



MIDLAND CONTINUES TO DISCOVER SEVERAL NEW HIGH-GRADE GOLD ZONES REACHING UP TO 38.5 G/T AU BY PROSPECTING ON THE HEVA PROJECT NEAR THE CADILLAC BREAK

Montreal, September 14, 2016. **Midland Exploration Inc. (“Midland”)** (TSX-V: MD) is pleased to report the results of the first phase of channel sampling and of the prospecting program conducted on its Heva gold project. This project is wholly owned by Midland and is located near the prolific Cadillac Break, about 5 kilometres northwest of the Canadian Malartic gold mine, jointly held by Agnico Eagle Mines Limited and Yamana Gold Inc., where proven reserves are estimated at 54.89 million tonnes grading 0.97 g/t Au (1.72 Moz Au) and probable reserves at 166.64 million tonnes grading 1.12 g/t Au (6.0 Moz Au), for a total of 7.72 Moz Au. The Heva Project, acquired by Midland in May 2013 from Arianne Phosphate Inc., consists of two claim blocks, Heva West and Heva East, totalling 33 claims and covering a surface area of more than 1,200 hectares.

Following stripping and prospecting work carried out in the early summer of 2016, which led to the discovery of five (5) new auriferous quartz veining systems grading up to 19.9 g/t Au, 6.5 g/t Au, 5.4 g/t Au, 3.5 g/t Au and 2.7 g/t Au (*see Midland press release dated July 5, 2016*), a channel sampling program was completed on these new auriferous veins in August. Best results were obtained in vein #100W40, which contained visible gold grains and which graded **24.1 g/t Au over 0.50 metre**. In addition, a grab sample collected about 5 metres west of the latter channel sample returned a gold grade of **38.5 g/t Au**.

Out of a total of 118 channel samples ranging from 0.40 to 0.75 metre in length, 64 samples yielded gold values above 0.1 g/t Au, including 18 samples with grades higher than 0.5 g/t Au, 9 of which were above 1.0 g/t Au. These include the following: **24.1 g/t Au over 0.50 metre; 3.3 g/t Au over 0.50 metre; 1.3 g/t Au over 2.10 metres including 3.4 g/t Au over 0.50 metre; 1.2 g/t Au over 1.50 metres including 2.3 g/t Au over 0.50 metre; 1.9 g/t Au over 0.50 metre; 1.7 g/t Au over 0.50 metre and 1.2 g/t Au over 0.75 metre** (*note that the true thickness of these is unknown and cannot be determined at this time with the information available*).

In parallel to this channel sampling program, twenty-four (24) grab samples were also collected during a prospecting campaign. This work led to the discovery of a new auriferous quartz vein (Central area) located 250 metres west of the sample grading 38.5 g/t Au, and where samples returned values reaching **6.1 g/t Au, 2.8 g/t Au, 1.8 g/t Au and 1.5 g/t Au** (*note that gold values from grab samples collected during this campaign may not be representative of the mineralized zones*).

Near the end of August, a soil sampling program was carried out (195 samples) and three new trenches were excavated, including one in the East area (vein #20E45) where grades reaching 9.1 g/t Au and 3.8 g/t Au were previously obtained in grab samples. The second trench was excavated between trenches HEV-16-005 and HEV-16-006, in an attempt to explain a new Orevision-type induced polarization anomaly, whereas the third trench was excavated north of trench HEV-16-007 over a gold and arsenic soil geochemistry anomaly. Assay results from 125 additional grab samples collected in these three new trenches, as well as analytical results for soil samples, are pending.

The next phase of the work program will begin this fall and will include a new stripping campaign, prospecting and geological mapping, a soil geochemistry survey, as well as geophysical surveys including a detailed magnetic survey and a possible extension of the Orevision induced polarization survey.

Figures showing the location of new results on the Heva Project may be consulted using the following link: http://media3.marketwire.com/docs/Heva_Sept14_2016.pdf.

Quality Control

All analysis were performed by ALS Minerals in Val d'Or. All samples were analyzed for gold by fire assay with an atomic absorption finish (AA23) on a fraction of 30 grams and a gravimetric finish for values greater than 3.0 g / t Au. For the quality control, in each transmission, certified standards and blanks were inserted at regular intervals throughout the sequence of samples. The data was reviewed by Mario Masson, VP Exploration for Midland, certified geologist and Qualified Person as defined by NI 43-101.

About Midland

Midland targets the excellent mineral potential of Quebec to make the discovery of new world-class deposits of gold, platinum group elements, base metals and rare earth elements. Midland is proud to count on reputable partners such as Agnico Eagle Mines Limited, Teck Resources Limited, SOQUEM INC., Osisko Exploration James Bay Inc., Japan Oil and Gas and Metals National Corporation and Abcourt Mines Inc. Midland prefers to work in partnership and intends to quickly conclude additional agreements in regard to newly acquired properties. Management is currently reviewing other opportunities and projects to build up the Company portfolio and generate shareholder value.

This press release was prepared by Mario Masson, VP Exploration for Midland, certified geologist and Qualified Person as defined by NI 43-101. For further information, please consult Midland's website or contact:

Gino Roger, President and Chief Executive Officer

Tel: 450 420-5977

Fax: 450 420-5978

E-mail: info@midlandexploration.com

Website: www.midlandexploration.com

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

This press release may contain forward-looking statements that are subject to known and unknown risks and uncertainties that could cause actual results to vary materially from targeted results. Such risks and uncertainties include those described in Midland's periodic reports including the annual report or in the filings made by Midland from time to time with securities regulatory authorities.