



News Release

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August 16, 2018

MINERAL MOUNTAIN TAKES AGGRESSIVE STEP OUT TO TEST STEEPLY PLUNGING HIGH GRADE SHOOT 225 METERS DOWN PLUNGE OF HOLE ST18-006

(Vancouver, August 16, 2018): Mineral Mountain Resources Ltd. and its subsidiary Mineral Mountain Resources (SD) Inc. (“**Mineral Mountain**” or the “**Companies**”) (TSX.V: “MMV”) (“OTCQX: MNRLF”) report that drill hole **ST18-007** is anticipated to pierce the steeply plunging high grade shoot, a mineralized iron formation shear zone at about **225 meters down plunge from ST18-006** previously reported in a news release dated August 9, 2018. As reported previously, borehole ST18-007 was stopped at a depth of 300 meters and subsequently geophysically probed by Discovery Geophysics. This probing confirmed that a strong EM response was estimated to be positioned about 100 meters “ahead of hole ST18-007”. This EM response coincides with the down plunge projection of the East Limb Shear that hosts the high grade gold shoot intersected in historical drill hole **BLG-UG3 (3.36 g/t Au over 24 meters)** and **ST18-006 (2.12 g/t Au over 20 meters)**. The total depth of drill hole ST18-007 is expected to be 500 m. (see target pierce point in longitudinal section, a cross section, and a 3D Isometric View of the EM conductor posted on the Company’s website www.mineralmtn.com).

Nelson Baker, President and CEO for the Company, commented: “We are particularly impressed with the consistent gold values recorded across the wide interval in ST18-006. There is no “nugget effect” in this style of gold deposit”.

Qualified Persons

The technical information in this news release has been prepared in accordance with Canadian regulatory requirements set out in National Instrument 43-101 and reviewed and approved by Nelson W. Baker, P.Eng. the President and CEO of Mineral Mountain Resources Ltd. and a Qualified Person for this project. All exploration activities at the Rochford Project are carried out under the strict supervision of Kevin Leonard, P.Geo. also a Qualified Person for this project.

About Mineral Mountain Resources and the Rochford Gold Project

Mineral Mountain Resources Ltd., through its wholly owned subsidiary Mineral Mountain

Resources (SD) Inc., is focused on the exploration of its 100%-owned **Rochford Gold Project** situated along the highly prospective **Homestake Gold Belt** in the Black Hills of South Dakota, U.S.A. The Rochford Project covers approximately 7,500 acres and straddles three major trends of structurally thickened auriferous iron formation that host ledge-type gold mineralization.

Since 2012, the Company, through its wholly owned subsidiary Mineral Mountain Resource (SD) Inc., has spent over \$9 million US in gold exploration in the Black Hills of South Dakota, controls the largest land position in the Rochford greenstone belt and now possesses by far the largest and most comprehensive database for the district in modern day exploration history! The Rochford Project is vastly under-explored and has the potential to host district scale gold discoveries.

On Behalf of the Board of Directors
MINERAL MOUNTAIN RESOURCES LTD.

"Nelson W. Baker", President and CEO

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Forward looking information

This release contains "forward-looking information" within the meaning of applicable Canadian securities legislation ("Forward-looking information"). Forward-looking information includes, but is not limited to, statements that address activities, events or developments that the Company expects or anticipates will or may occur in the future, including such things as future business strategy, competitive strengths, goals, expansion, growth of the Company's businesses, operations, plans and with respect to exploration results, the timing and success of exploration activities generally, permitting time lines, government regulation of exploration and mining operations, environmental risks, title disputes or claims, limitations on insurance coverage, timing and possible outcome of any pending litigation and timing and results of future resource estimates or future economic studies.

Often, but not always, forward-looking information can be identified by the use of words such as "plans", "planning", "planned", "expects" or "looking forward", "does not expect", "continues", "scheduled", "estimates", "forecasts", "intends", "potential", "anticipates", "does not anticipate" or "belief" or describes a "goal" or variation of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur or be achieved.

Forward-looking information is based on a number of material factors and assumptions, including, the result of drilling and exploration activities, that contracted parties provide goods and/or services on the agreed timeframes, that equipment necessary for exploration is available as scheduled and does not incur unforeseen break downs, that no labour shortages or delays are incurred, that plant and equipment function as specified, that no unusual geological or technical problems occur, and that laboratory and other related services are available and perform as contracted. Forward-looking information involves known and unknown risks, future events, conditions, uncertainties and other factors which may cause the actual results, performance or achievements to be materially different from any future results, prediction, projection, forecast, performance or achievements expressed or implied by the forward-looking

information. Such factors include, among others, the interpretation and actual results of current exploration activities; changes in project parameters as plans continue to be refined; future prices of gold; possible variations in grade or recovery rates; failure of equipment or processes to operate as anticipated; the failure of contracted parties to perform; labour disputes and other risks of the mining industry; delays in obtaining governmental approvals or financing or in the completion of exploration, as well as those factors disclosed in the company's publicly filed documents. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ materially from those described in forward-looking information, there may be other factors that cause actions, events or results not to be as anticipated, estimated or intended. There can be no assurance that forward-looking information will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward-looking information.