



Omineca Announces Grant of Incentive Stock Options

Saskatoon, SK. May 14, 2018 – Omineca Mining and Metals Ltd. (TSX-V: OMM) (“Omineca or the “Company”) announces that the Board of Directors of the Company has granted an aggregate of 4,000,000 incentive stock options to directors, officers and consultants to the Company at an exercise price of \$0.05 per share. In accordance with the Company’s stock option plan, the options vest immediately and shall expire 10 years after issuance, subject to earlier expiration in accordance with the stock option plan and the applicable policies of the TSX Venture Exchange. Such options (and the common shares issuable upon exercise) will be subject to applicable securities law hold periods.

About Omineca Mining and Metals Ltd.

Omineca Mining and Metals Ltd. controls a 100% interest in the Wingdam Project through its wholly owned subsidiary CVG Mining Ltd. The 2700 ha Wingdam Project is located 45 km east of Quesnel B.C. on the Barkerville highway and provides a unique opportunity for Omineca to develop near-term placer gold production in a proven mining district. The property overlies both placer and hard-rock tenures along the Lightning Creek valley, where topographic conditions have created a deep overburden accumulation which effectively resulted in a large portion of the channel being excluded from conventional surface placer mining activity.

On behalf of the Board of Directors

Omineca Mining and Metals Ltd.
Tom MacNeill
President and Chief Executive Officer
Phone: 306-653-2692