

ALTA VISTA VENTURES LTD.

AVV – TSX.V
News Release #13-8

July 23, 2013

ALTA VISTA TO ISSUE SHARES FOR DEBT

Alta Vista Ventures Ltd. (TSX-V - AVV and Frankfurt - YAB) wishes to announce a small debt settlement totaling \$43,000 with three directors and officers pertaining to long outstanding invoices. The Company plans to issue a total of 860,000 shares at a deemed price of \$0.05 per share for aggregate proceeds of \$43,000.

The issuance of the common shares will not result in the creation of a new Control Person (as such term is defined in the TSX Venture Exchange Corporate Finance Manual), will be subject to a four-month hold period from the date of the settlement and will be subject to the approval of the TSX Venture Exchange.

On behalf of the Board,

“Ian Foreman”
Ian Foreman, P.Geo.
President

For additional information on Alta Vista Ventures please call the Company at 604-678-2531.

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.

Statements in this press release, other than purely historical information, including statements relating to the Company's future plans and objectives or expected results, may include forward-looking statements. Forward-looking statements are based on numerous assumptions and are subject to all of the risks and uncertainties inherent in resource exploration and development. As a result, actual results may vary materially from those described in the forward-looking statements.

Alta Vista Ventures Ltd.

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