

ALTA VISTA VENTURES LTD.

AVV – TSX.V
News Release #13-14

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ALTA VISTA PROVIDES UPDATE ON OROFINO

Alta Vista Ventures Ltd. (TSX-V - AVV) is pleased to announce that it has received the data representing two months of due diligence of the Orofino Property located in Sonora State, Mexico. Argonaut completed two three week field programs utilizing five geologists resulting in over 200 man days spent on the property. The field programs completed by Argonaut were able to independently confirm the work previously completed by Alta Vista showing that the property is host to multiple advanced gold-silver targets. Sampling succeeded in increasing the size of the Santiago, San Francisco and El Gato targets.

However, Argonaut has decided to not continue their exclusivity on the property. “Documents shared with us speak favourably of the project and we do not know the specific reason(s) for their decision”, stated Ian Foreman, P.Geo., president of Alta Vista Ventures.

Argonaut staff took a total of 315 samples from targets that are within properties either wholly owned or under option to Alta Vista. The results provided by Argonaut are summarized below.

El Gato:

19 chip channel samples from outcrop ranging in length from 1.0 to 1.8 metres were taken with results ranging from 0.04 to 0.52 grams per tonne (g/t) gold (Au) and 0.9 to 9.5 g/t Silver (Ag). These results are consistent with previous outcrop sampling by Alta Vista. However, sampling did not test a previous trench dug at El Gato by Alta Vista that returned 5.0 metres grading 2.27 g/t Au and 10.2 g/t Ag from an exposure that is approximately 100 metres west of where Minera Teck drilled 2.27 g/t Au and 13.7 g/t Ag over 15.24 metres (see news release dated October 6, 2009).

El Gato East:

28 chip channel samples from outcrop ranging in length from 0.8 to 1.6 metres were taken with results ranging from trace to 4.55 g/t Au (with all but two samples returning greater than 0.1 g/t) and trace to 37.4 g/t Ag. El Gato East is located approximately 300 metres east of El Gato and is a new area that was not previously known or sampled by Alta Vista.

Together, the El Gato and El Gato East zones combine to form a target area containing gold values greater than 0.1 g/t that is in excess of 400 metres in length.

San Francisco:

45 chip channel samples from outcrop ranging in length from 1.0 to 2.5 metres were taken with results ranging from trace to 1.79 g/t Au and trace to 90.9g/t Ag. These results are consistent with the sampling previously performed by Alta Vista. Outcrops with gold values greater than 0.1 g/t have now been sampled over a strike length of approximately 900 metres at San Francisco.

Santiago:

73 chip channel samples from outcrop ranging in length from 0.4 to 4.5 metres were taken with results ranging from trace to 2.89 g/t Au and trace to 608.6 g/t Ag. These results are consistent with previous sampling by Alta Vista however the sampling by Argonaut was performed over a much more extensive

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area. Outcrops with gold values greater than 0.1 g/t have now been sampled over a strike length of approximately 1,200 metres at Santiago.

Koala:

18 chip channel samples from outcrop ranging in length from 1.2 to 4.0 metres were taken with results ranging from trace to 3.22 g/t Au and trace to 58.1 g/t Ag. These results were consistent with previous sampling by Alta Vista that includes the discovery outcrop, located at the southern edge of the Koala Zone, that returned 1.07 g/t gold, 60.1 g/t silver, 1.22 % lead and 1.82 % zinc over 1 metre and 10 metres averaging 0.58 g/t gold, 57.4 g/t silver, 8.4 % lead and 1.4 % zinc from a hand dug trench located approximately 45 metres to the east (see news release dated January 29, 2010).

El Creston:

130 chip channel samples from outcrop ranging in length from 0.9 to 3.0 metres were taken with results ranging from trace to 2.68 g/t Au (however, only two samples returned greater than 1 g/t) and trace to 53.0 g/t Ag. These samples are in line with previous sampling and confirm Alta Vista's interpretation that although the vein at El Creston is visually impressive due to it being up to 20 metres wide in places it is actually the lowest priority target on the property.

Samples collected by Argonaut averaged 4-6 kg in size and were sent to Inspecorate Labs in Hermosillo for analysis. Gold analyses were performed by 30 gram fire assay with an AA finish. Silver, copper and zinc were analyzed as part of a multi-element ICP package using an aqua regia digestion; samples with more than 100 g/t silver were re-analyzed using 'ore grade' detection limits.

Alta Vista was not given information regarding the Quality Assurance/Quality Control procedures undertaken by Argonaut nor the results thereof.

Ian Foreman, P.Geo., president of Alta Vista Ventures, is the Qualified Person according to NI 43-101 for the Orofino property and has approved the contents of this news release.

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.

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