

ALTA VISTA VENTURES LTD.

AVV – TSX.V
News Release #14-7

May 8, 2014

Alta Vista Completes Share Consolidation

Alta Vista Ventures Ltd. (TSX-V: AVV) is pleased to announce that the TSX Venture Exchange has approved the consolidation of its issued and outstanding share capital such that every two (2) existing shares will be consolidated into one (1) new share effective May 9, 2014. There will be no change in the Company's name. The share consolidation received TSX Venture Exchange acceptance on May 8, 2014.

The shares of the Company will commence trading on the TSX Venture Exchange on a consolidated basis under the same name and symbol on May 9, 2014 effective at the opening. Following the consolidation, the Company will have a total of 5,122,073 shares issued and outstanding.

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.