



TSXV: SRW  
OTCQX: SLDRF  
FRANKFURT: YRS

*For Immediate Release*

March 14, 2012

## **Solid Resources Grants Stock Options**

Solid Resources Ltd. ("SOLID" or the "Company") (TSX-V: SRW) (OTCQX: SLDRF) (Frankfurt: YRS) reports that the Company has granted an aggregate of 1,600,000 stock options to directors and officers of the Company. The options are at an exercise price of \$0.10 per share and valid for a period of five years from the date of the grant, subject to vesting provisions. The options are granted in accordance with the Company's Stock Option Plan approved by the shareholders on December 13, 2010. The grant of the options has been approved by the Board of Directors and is subject to the final approval of the TSX Venture Exchange.

About Solid Resources:

Solid Resources is a Canadian junior mining company focusing on the exploration and development of rare and precious metals and industrial commodities worldwide. The Company is currently quantifying the presence of tantalum, tin, lithium and other rare minerals on its property in north-western Spain. In addition, further exploratory work is being conducted on its gold, copper concession in the Province of Ayabaca in northwest Perú.

### **For further information contact:**

**Solid Resources Ltd**

Greg Pendura  
President & CEO  
Solid Resources Ltd.  
Ph: (780) 800-0726  
[www.solidresources.com](http://www.solidresources.com)

**The Howard Group Inc.**

Investor Relations  
Dave Burwell  
Toll Free: 1-888-221-0915  
Ph: (403) 410-7907  
Email:  
[info@howardgroupinc.com](mailto:info@howardgroupinc.com)  
[www.howardgroupinc.com](http://www.howardgroupinc.com)

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