RHEINGOLD EXPLORATION CORP.:

COMPANY ANNOUNCES SUSPENSION OF TRADING

June 14, 2013 – Rheingold Exploration Corp. (the "Company") (TSX-V: RGE) announced that the TSX Venture Exchange has suspended trading in the Company's securities as a result of a Cease Trade Order ("CTO") issued by the British Columbia Securities Commission for failure to file the Company's financial statement and management's discussion and analysis for the financial year ended January 31, 2013 (the "Financial Statements"). The Company has been advised by the TSX Venture Exchange that reinstatement to trading can occur only when the CTO is revoked and the Exchange has concluded its reinstatement review to ensure the Company has satisfactorily complied with Exchange requirements. The Company will provide an update once it has filed the Financial Statements and the CTO and suspension from trading are revoked.

About the Company

Rheingold Exploration Corp. is a Vancouver-based mineral exploration company currently focused on the exploration and development of its Pattullo Property located in the Rainy River district of Northwestern Ontario. For further information, please refer to the Company's filings on SEDAR (www.sedar.com) or contact the Company by telephone at 604.347.9160.

ON BEHALF OF THE BOARD

"Paul Pedersen"
Paul Pedersen, President and CEO

This press release contains "forward-looking information" that is based on the Company's current expectations, estimates, forecasts and projections. This forward-looking information includes, among other things, statements with respect to the Company's mineral property, plans, outlook and business strategy. The words "may", "would", "could", "should", "will", "likely", "expect," "anticipate," "intend", "estimate", "plan", "forecast", "project" and "believe" or other similar words and phrases are intended to identify forward-looking information.

Forward-looking information is subject to known and unknown risks, uncertainties and other factors that may cause the Company's actual results, level of activity, performance or achievements to be materially different from those expressed or implied by such forward-looking information. Such factors include, but are not limited to: uncertainties related to the ability of the Company to obtain or maintain an interest in the Patullo Property or any other mineral property, changes in economic conditions or financial markets; changes in prices for mineral products or increases in costs; litigation, legislative, environmental and other judicial, regulatory, political and competitive developments; technological or operational difficulties or inability to obtain permits encountered in connection with exploration activities; and labour relations matters.

This list is not exhaustive of the factors that may affect our forward-looking information. These and other factors should be considered carefully and readers should not place undue reliance on such forward-looking information. Except as required by law, the Company disclaims any intention or obligation to update or revise forward-looking information, whether as a result of new information, future events or otherwise.

NEITHER THE 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.