



NEWS RELEASE

December 3, 2013

RIFT VALLEY RESOURCES CORP. REPORTS METALLURGICAL TEST SAMPLE ASSAYS 60 G/T Au WITH 98% GOLD RECOVERY FROM COMBINED GRAVITY SEPARATION + CYANIDE LEACH

Rift Valley Resources Corp. ("Rift Valley") (CNSX – RVR) is pleased to announce the results of recently completed metallurgical testing on a sample collected from the No. 1 Magnetite Vein on its Cat Mountain Property located in north central B.C.

The 12 kg. sample was taken from approximately 500 kg. of material removed from the No. 1 Magnetite vein, a magnetite-gold bearing vein system exposed on surface atop Cat Mountain, and sent to the Metallurgical Division of Inspectorate Exploration and Mining Services Ltd., in Richmond, BC, for metallurgical testing. The sample testing included specific gravity, head characterization, magnetic separation, and gravity pre-concentration followed by cyanidation of gravity tails.

The sample responded very well to conventional extraction methods and Rift Valley is pleased with the results. The sample, which weighed 11.9 kilograms assayed 59.73 g/t gold and 8.5 g/t silver. Sulphur content was low at 0.06% as was carbon content at 0.03%. The specific gravity, determined by picnometric method, was measured at 3.94 g/cm3. (3.94 tonnes per cubic metre.)

Simple gravity concentration produced a recovery of 26.3% for gold. However, cyanide leaching of the gravity tail recovered an additional 71.6% gold. The combined gravity + cyanide leach processes recovered 97.9% gold. In addition, magnetic separation by Davis Tube produced a magnetic fraction comprising approximately 65% of the total sample that assayed 65.4% iron.

With regard to the gravity concentration, the sample was ground to 80% passing 200 mesh then subjected to a single pass gravity separation through a Nelson gravity concentrator. This gravity concentrate was further concentrated by hand panning to simulate cleaning. The cleaned concentrate assayed 13.62 kg/t (13,623 g/t) gold and



represented a gold recovery of 26.3%. Subsequent cyanidation of the gravity tails was conducted at 40 wt. % pulp density in 1 g/L NaCN for 48 hours with a consumption rate for NaCN of 2.35 kg/t. The resultant recovery from cyanidation was the additional gold recovery of 71.6%.

Rift Valley's management is very encouraged by the results of the first ever metallurgical work done on the Cat Mountain property. Additional testing has been recommended by Inspectorate in order to determine optimum grind size and leach retention.

Rift Valley management is currently planning on how to best proceed with additional metallurgical tests and to focus its 2014 exploration efforts to further delineate the vein size and grade.

A copy of the metallurgical report received from Inspectorate is posted on the Company's Website.

Rift Valley Resources Corp.

Craig Robson CEO

Wesley Raven, P. Geo., Director and VP Exploration of Rift Valley Resources Corp., is the Qualified Person pursuant to the National Instrument 43-101 Standards of Disclosure for Mineral Projects. He has reviewed and takes responsibility for the technical content in this news release.

This news release contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended as well as the BC Securities Act and Regulations. All forward-looking statements are inherently uncertain as they are based on current expectations and assumptions concerning future events or future performance of the company. Readers are cautioned not to place undue reliance on these forward-looking statements, which are only predictions and speak only as of the date hereof. These risks and uncertainties could cause the company's actual results to differ materially from those indicated in the forward-looking statements. In evaluating such statements, prospective investors should review carefully various risks and uncertainties identified in this release and matters set out in the company's public disclosure documents including the Technical Report dated May 15, 2012 and amended May 7, 2013 which are available at www.sedar.com under the profile of Rift Valley Resources Corp. and filings with the Canadian National Stock Exchange (CNSX) which are available at www.cnsx.ca.

