

208 Queens Quay West, Suite 2506, Toronto, Ontario, M5J 2Y5 Phone: (416) 628 9879

## CNRP MINING GRANTS INCENTIVE STOCK OPTIONS

Toronto, Ontario, July 31, 2014 – CNRP Mining Inc (CSE: CND) ("CNRP") announces that it has agreed to grant 125,000 incentive stock options to a director exercisable at a price of \$0.05 per share for 24 months from the date of grant.

Further, a total of 1,275,000 incentive stock options issued to directors have been cancelled effective today.

## **About CNRP Mining**

CNRP is a Toronto based mineral company primarily focused on developing the Elmtree Gold Project in New Brunswick, Canada. Elmtree has an indicated resource of 99,000 ounces of gold and an inferred resource of 195,000 ounces of gold.

For more information please see <a href="www.CNRPmining.com">www.CNRPmining.com</a> or contact Danny Wettreich at (416) 628 9879 or <a href="dw@CNRPmining.com">dw@CNRPmining.com</a>

**Forward-Looking Information:** This press release may include forward-looking information within the meaning of Canadian securities legislation, concerning the business and trading in the common stock of CNRP Mining Inc. The forward-looking information is based on certain key expectations and assumptions made by the company's management. Although the company believes that the expectations and assumptions on which such forward-looking information is based are reasonable, undue reliance should not be placed on the forward-looking information because the company can give no assurance that they will prove to be correct. These forward-looking statements are made as of the date of this press release and the company disclaims any intent or obligation to update publicly any forward-looking information, whether as a result of new information, future events or results or otherwise, other than as required by applicable securities laws.

The CSE has not reviewed, approved or disapproved the content of this press release