



VANGOLD GRANTS OPTIONS

Vancouver, B.C. – May 2, 2017. Vangold Resources Ltd. **(TSX-V: VAN)(OTC:VNGRF)** ("Vangold" or the "Company") announces that it has adopted the amended and restated stock option plan (the "Plan") approved by shareholders at the annual general meeting held on April 10, 2017. The Plan is subject to acceptance by the TSX Venture Exchange and reserves a fixed 6,784,614 common shares for issuance pursuant to options, less any common shares reserved for currently outstanding stock options.

The Company has also granted incentive stock options to purchase an aggregate of 4,000,000 common shares of the Company to directors, officers, employees and consultants of the Company. The options are exercisable at a price of \$0.20 for a period of five years, and are subject to TSXV acceptance of the Plan.

ABOUT VANGOLD

Vangold is a development-stage silver and gold company focused on developing its mining assets in Guanajuato, Mexico. Vangold is aggressively pursuing its business plan of becoming a producer by re-evaluating the potential of the historic El Pinguico Mine, advancing the development of our surrounding mineral property assets and pursuing growth through acquisition. Vangold is focused on achieving strong corporate growth and realizing value for our shareholders.

ON BEHALF OF THE VANGOLD RESOURCES LTD. BOARD OF DIRECTORS

Cameron King MBA, President & CEO

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Neither the TSX Venture Exchange nor its Regulations 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.