



Athabasca Announces Grant of Stock Options

Edmonton, Alberta – January 14, 2014 - Athabasca Minerals Inc. ("Athabasca" or the "Corporation" - TSX Venture: ABM) announces that its Board of Directors has approved the grant of 150,000 stock options to a director of the Corporation, subject to regulatory and TSX Venture Exchange approval. The options were issued with an exercise price of \$1.63 per share, vest as to one-third (1/3) on each of 6, 12 and 18 months from the date the option agreement was executed, and have a five year term.

About Athabasca Minerals

The Corporation is a resource company involved in the management, exploration and development of aggregate projects. These activities include contracts works, aggregate pit management, new aggregate development and acquisitions of sand and gravel operations. The Corporation also has industrial mineral land holdings in the vicinity of Fort McMurray and Peace River, Alberta, for the purpose of locating and developing sources of industrial minerals and aggregates essential to high growth economic development.

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Neither the TSX Venture nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture) accepts responsibility for the adequacy or accuracy of this release.

The securities of Athabasca have not been, nor will be, registered under the United States Securities Act of 1933, as amended, and may not be offered or sold within the United States or to, or for the account or benefit of, U.S. persons absent U.S. registration or an applicable exemption from U.S. registration requirements. This release does not constitute an offer for sale of securities in the United States.