

NEWS RELEASE

Cavan Ventures Inc.

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TSX Venture Symbol: CVN

Phase 2 Exploration Program Commencement

Cavan Ventures Inc. (the “Company”) is pleased to announce its Phase 2 exploration program has commenced on the Company’s Kaslo Property (formerly named Emerald Property), which is located in the Slocan Mining District, 14 km northwest of Kaslo, in southeastern British Columbia, Canada. The Slocan Mining District was a major producer of silver, lead, zinc, copper, and gold at the turn of the last century when over 300 mines were in operation.

Phase 1 of the 2008 program which began in June consisted of installation of a 17 km geochemical soil grid. Results from this program have been received from Acme Labs of Vancouver, BC and have resulted in a 300 metre extension of the 1100 metre multi-element soil anomaly which was outlined in the previous work program.

The Company plans to expand the soil grid, perform geophysical surveys, and perform trenching and geological mapping. The results of this program will help to define drill targets for the next phase of exploration.

William Gilmour, PGeo, a “Qualified Person” as defined in National Instrument 43-101, has reviewed the technical information presented in this news release.

The Company also announces effective August 8, 2008, Mr. Eugene Beukman’s resignation as director and member of the audit and compensation committee of the Company. Mr. Guang Xue has also resigned as director as of August 15, 2008. Cavan Ventures Inc. thanks both Mr. Beukman and Mr. Xue for their contribution to the Company.

In connection with Mr. Beukman’s resignation, the Company will appoint Benjamin Wong, the Company’s Chief Financial Officer, as a member of the audit committee, and Peter Cowdery, current director of the Company, as a member of the compensation committee.

This news release contains certain forward-looking statements that reflect the current views and/or expectations of Cavan Ventures Inc. with respect to its performance, business and future events. Such statements are subject to a number of risks, uncertainties and assumptions. Actual results and events may vary significantly.

TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

On behalf of the Board of Directors,
CAVAN VENTURES INC.:

“Ming Chiang”

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For further information please visit our website at www.cavanventures.com