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CAVAN RETAINS GFSS FOR LAND NEGOTIATIONS

August 20th, 2014, VANCOUVER, BC – CAVAN VENTURES INC. (TSX-V: CVN) ("**Cavan**" or the "**Company**") is pleased to announce that it will retain Germain Favel Specialized Services Incorporated ("**GFSS**") to act on its behalf to identify and negotiate potential mineral interest acquisitions with First Nations in the provinces of British Columbia, Alberta and Saskatchewan.

GFSS is a 100% privately-owned Aboriginal construction corporation based out of Vernon, British Columbia, and works within a number of different disciplines within the construction industry, both as a prime contractor, and also as a supplier of skilled labour, operators, and tradespeople. GFSS is at arm's length to the Company.

Mr. Favel comes from **Hollow Water First Nation**, on the East-Side of Lake Winnipeg, and is a **Status Aboriginal**. Mr. Favel has always advocated for increased opportunities for the First Nations People within the Construction Industry, and has made a point throughout his time as a Project Manager and Company Owner to promote the abilities and give opportunities to First Nations People, and is a firm believer in including the First Nations People within the decision-making processes in Project Planning and Coordination. He has good personal and working relationships with the majority of First Nation groups in British Columbia, Alberta, Saskatchewan, and Manitoba, and strives to create opportunities for training and economic development where he can.

In consideration for its services, GFSS will receive 500,000 stock options, exercisable at \$0.10 per share for a period of 5 years, to vest in installments of 125,000 options every six months.

Peter P. Swistak President/CEO of Cavan Ventures Inc. states : "The depth and scope of Mr. Favel's knowledge is something that Cavan is fortunate to have access to as we believe he is definitely the best in his field with an extensive bio and proven track record. He will add tremendous value, credibility and unique knowledge.

Cavan Venture's mission is to identify, acquire, and advance high potential mining prospects located in North America for the benefit of its stakeholders. For more information visit the website at www.cavanventuresinc.com.

ON BEHALF OF THE BOARD

Peter P. Swistak, President

FOR FURTHER INFORMATION PLEASE CONTACT:

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Forward-Looking Statement:

Some statements in this news release contain forward-looking information that involves inherent risk and uncertainty affecting the business of Cavan Ventures Inc. Actual results may differ materially from those currently anticipated in such statements.

Neither the TSX Venture Exchange nor its Regulation 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.