

NEWS RELEASE

Cavan Ventures Inc.

Suite 579-1917 West 4th Ave.
Vancouver, B.C.
V6J 1M7
Tel: (604) 628-5878; Fax: (604) 608-4935

January 23, 2009

TSX Venture Symbol: CVN

Cavan Ventures Inc. Announces Kaslo Property Update

In reference to Cavan Venture Inc.'s Technical Report filed on July 25, 2007 and subsequent News Releases issued on June 11, 2008 and August 22, 2008, Cavan Ventures Inc. (the "Company") is pleased to provide an update on its 2008 exploration program on the Kaslo Property (previously called the Emerald Property).

In July and August of 2008, geochemical, geophysical, and geological surveys were carried out on the Kaslo Property by Rio Minerals. In total, 1216 soil samples and 41 rock samples were collected and submitted for geochemical analysis. A magnetometer survey was completed over a 97 line-kilometre grid. Several hand-trenches were completed and several historic workings were evaluated.

Further investigation is recommended to determine the source of a large gold in soil anomaly located in the central portion of the property. This anomaly appears to be structurally controlled, as it trends across lithologies.

The exploration program was successful in expanding and delineating a 3000-metre long gold soil anomaly which varies in width from 100 to 300 metres. Exploration models for gold associated with structurally controlled listwanite alteration and quartz veins and/or faults/shears are proposed.

An assessment report on the above work performed in the 2008 exploration program is available to all investors on the Company's website: www.cavanventures.com. The Company intends to carry out further geological mapping on the Kaslo Property this year.

Peter Cowdery, P. Eng., a "Qualified Person" as defined in National Instrument 43-101, has reviewed the technical information presented in this news release.

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.

The 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”

Ming Chiang, President & CEO
(604)763-7748 (cel), (604)628-5878 (office)
ming@cavanventures.com

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