

# NEWS RELEASE

## Cavan Ventures Inc.

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March 16, 2010

TSX Venture Symbol: CVN

### Cavan Announces 2010 Exploration Program

Cavan Ventures Inc. (TSX Ventures: CVN.V), a public mineral exploration company based in Vancouver, British Columbia, is pleased to announce plans for the company's 2010 exploration program on the KM Property located approx. 30km north of Smithers, B.C.

During the 2009 field season, prospecting, rock sampling, and geological surveys were carried out over the central area of the property. This work resulted in the discovery of several new high-grade precious and base-metal zones. Select results are summarized in the following table:

Sample	Width (cm)	Au ppb	Ag ppm	Cu ppm	Pb ppm	Zn ppm
441036	110	798.9	>100.0	>10000.0	>10000.0	>10000
441037	200	1529.6	66.5	2773.4	>10000.0	3647
441039	grab	39.9	>100.0	5296.9	6646.4	6680
441051	10	282.7	>100.0	398.2	>10000.0	4662
441052	5	1763.8	>100.0	513.1	>10000.0	>10000
441054	18	1256.9	17.5	121.7	64.9	49
441055	10	217.8	>100.0	4029	>10000.0	>10000
441056	10	750.8	3.3	9.6	586.7	181
441058	10	681.7	>100.0	>10000.0	>10000.0	>10000
441069	3	163.5	59.4	3871	6866.7	40
441076	5	848.8	>100.0	335.1	>10000.0	7824
441081	15	1557.5	56.2	5740.6	60.4	14
441085	20	10284.4	>100.0	>10000.0	1061.6	1540
441090	3	2845.5	55.9	352.6	>10000.0	1527

An assessment report describing the 2009 exploration program is available to all investors on the company's website: [www.cavanventures.com](http://www.cavanventures.com) or SEDAR.

The company is currently planning an aggressive program of geology, prospecting, sampling, trenching, to be followed by diamond drilling for the 2010 field season.

Gregory Thomson, the "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.

**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.**

On behalf of the Board of Directors,  
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For further information please visit our website at [www.cavanventures.com](http://www.cavanventures.com)