

NEWS RELEASE

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Cavan Ventures Inc. Announces 2009 KM Property Exploration Program Results: 10.2 g/t Gold Discovery on the KM Property

Cavan Ventures Inc. (the “Company”) is pleased to announce it has completed the first phase of the exploration program on the KM Property.

The 2009 exploration program consisted of duplicate sampling of previously identified areas of interest, geological mapping, prospecting, silt sampling, and rock sampling in the areas to the north, west, and east of the previously identified mineralized zone. The programme successfully extended the area of interest approximately 2 kilometers in all directions. In total, 33 rock samples, 14 silt samples, and 4 test-soil samples were taken during the course of the programme. The company has acquired additional claims to cover newly discovered areas of mineralization and favourable geology.

The property is located approximately 120 kilometers northwest of Smithers, BC. in the Omineca Mining Division. Access is gained by helicopter and the property is located entirely above tree-line.

In 1987, twenty-nine grab-samples were taken from the South side of the property consisting of primarily quartz vein material containing galena, sphalerite, chalcopyrite, and pyrite. This sampling yielded assays of up to 1.54 g/t Au and 670 g/t Ag and the samples were collected along a 2.4-kilometer strike length. This reconnaissance-style sampling on the southern half of the current claim group is the only reported historical work known to have taken place on the property.

In 2009, prospecting and rock sampling were carried out over a 4 sq. km area. This work resulted in the discovery of several new high-grade 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

On the KM property, pyrite +/- pyrrhotite in shales can reach to 20% in hand specimens. The sulphides contained within the sediments can occur as fine-grained stringers parallel to bedding, fracture infills at angles to bedding, very fine-grained disseminations in shales, or podiform lenses which trace metamorphic planes. Iron-sulphides in sediments are common throughout the property and are considered formational and are without associated sulphides.

Microgranodiorite sill-like intrusives are host to quartz +/- ankerite veining approaching 5% of the total volume of the host. Veins typically range from 3 to 30 centimetres and can reach up to 1 meter in thickness. The veins are typically composed of milky quartz +/- coarse-grained ankerite (to 30%) and have to 30% combined blebby, coarse-grained sulphides. In decreasing order of abundance, veins typically contain blebby galena and pyrite, and lesser chalcopyrite and sphalerite.

Generally, the veins may extend into host rock but were not seen to penetrate to more than 1 metre. However, in one instance, a 4 centimetre vein continuous over 5 metres occurs parallel to a phyllically-altered microgranodiorite sill, and was observed to extend entirely within the sedimentary host rock. This mass of parallel quartz veinlets hosts galena and sphalerite in equal proportions to 30% and chalcopyrite to 5%. Sample #441064 taken at this location assayed 0.23% Cu, >1% Pb, and >1% Zn.

Quartz veins have been seen to comprise local stockworks but more commonly are lone, vuggy, and lacking of internal banding. However, in veins specific to the headwall area, veins are banded owing to thin sericitic/chloritic partings, have masses of earthy black material (ps. tourmaline), and blebby tetrahedrite equaling galena in abundance (5%).

Within the Bulkley dike lithology, quartz veins typically comprise to 2%, range from 1 to 4 centimetres, and have cores of ankerite +/- sulphides, sometimes approaching 100% ankerite. Mineralized cores of galena, pyrite, and chalcopyrite may be present; approaching to 5% combined sulphides, although galena-chalcopyrite-rich veins may amount to 30% combined sulphides. Sample 441058 taken from within a Babine dike assayed 617ppm Au with >100 g/t Ag.

The quartz veins of the diorite stock are mineralized in similar abundances to those found in the granodiorite sills, however, unlike the veins found in the granodiorite sills and Bulkley dikes, they penetrate the surrounding host rock and are traceable along strike. The largest vein found on the property is the Gully Vein which has recently returned assays of 0.798 g/t Au with 97 g/t Ag (441036), and 1.52 g/t Au with 64 g/t Ag (441037).

Samples taken of veins parallel to the Gully Vein on the margin of the dioritic stock returned 1.76 g/t Au with 109 g/t Ag (441052), and 1.25 g/t Au (441054). Approximately 200 metres northeast of this location, two samples from a previously-unsampled quartz vein at the margin of a Bulkley dike assayed 0.21 g/t Au with over 100 g/t Ag (441055), and 0.75 g/t Au (441056).

The highest assay reported from the property came from a quartz feldspar porphyry showing. A chalcopyrite-rich boulder discovered immediately below a cliff of phyllically-altered sill-like intrusive assayed 10.28 g/t Au, over 100 g/t Ag, and over 2.63% Cu (441085).

The KM Property has seen limited previous exploration activity. Based on the results of the 2009 programme, the company has planned an aggressive programme of geology, prospecting, sampling, trenching, and diamond drilling for the 2010 field season.

An assessment report describing the 2009 exploration program was prepared by Jesse R. Halle of Rio Minerals Limited and will be available to all investors on the Company's website: www.cavanventures.com.

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,
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