

NEWS RELEASE

Cavan Ventures Inc.

Suite 579-1917 West 4th Ave.

Vancouver, B.C. V6J 1M7

Tel: (604) 288-2756; Fax: (604) 909-5199

November 30, 2010

TSX Venture Symbol: CVN

Cavan Ventures Inc. Announces Adoption of New Stock Option Plan

VANCOUVER, November 30, 2010 - Cavan Ventures Inc. (“**Cavan**” or the “**Company**”) (TSXV: CVN.V), a public mineral exploration company based in Vancouver, British Columbia, is pleased to announce that it has adopted a new 10% rolling stock option plan (the “**Stock Option Plan**”) to provide incentive to the Company’s directors, officers, employees and consultants. The maximum number of shares which may be issued under the Stock Option Plan, together with the number of shares issuable under outstanding options granted otherwise than under the Stock Option Plan, shall not exceed 10% of the issued and outstanding shares of the Company from time to time.

The adoption of the Stock Option Plan was approved by the shareholders of the Company at the annual general meeting of shareholders held November 12, 2010 but is subject approval by the TSX Venture Exchange (the “**Exchange**”). Pursuant to Exchange policies, the Stock Option Plan will require annual shareholder approval at Cavan’s annual general meeting of shareholders.

At this time, the Company is also pleased to announce that Mr. Harvey Lawson has been appointed Chief Financial Officer of the Company. Mr. Lawson replaces Mr. Trevor Sinclair, who resigned as Chief Financial Officer effective November 12, 2010.

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

“Ming Chiang”

Ming Chiang, President & CEO
(604)763-7748 (cell); (604)288-2756 (office)
ming@cavanventures.com

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

If you would like to be added to Cavan's update list please send an email to ming@cavanventures.com .

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.