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CAVAN RECEIVES DRILLING PERMITS FOR THE TETEPISKA-WEST GRAPHITE PROJECT, QUEBEC

September 16th, 2014, VANCOUVER, B.C. – CAVAN VENTURES INC. (TSX-V: CVN) (“Cavan” or “the Company”) is pleased to announce the receipt of permits for drilling and trenching at its 100%-owned Tetepiska-West graphite property located in northeastern Quebec. The Ministère des Ressources naturelles et de la Faune Quebec has granted the Company permits to conduct a diamond drilling program, which will be managed by Magnor Exploration Inc. (La Baie, Quebec).

The Tetepiska-West property includes 54 mining claims covering 2,925.72 hectares and is located 24 kilometers southwest of the Lac Guéret graphite project that is presently under advanced exploration by Mason Graphite. One of the Company's new claim groups, the Reconnaissance Lake group, is located only 12 kilometers south of Lac Guéret. A map showing the locations of the new claim groups relative to Lac Guéret and other claim groups as described below can be seen at www.cavanventuresinc.com.

As reported in December 2013, rock grab samples were collected along a 4.25 meter wide east-west oriented graphite-enriched zone assayed at 55.1% Cg. A second rock grab sample collected about 1.20 meters south of the first location returned 48.80% Cg. A third rock grab sample taken three meters north-northeast of the first location assayed at 10.45 % Cg. A channel sample 1.9 meters in length and 5 cm wide was collected with a diamond grit saw across the mineralized zone in the western part of the exposed area and returned an average of 52.65 % Cg, including a 63.50% Cg over one meter. A second channel sample 5.6 meters in length and with similar width was collected along the northern limit of the high grade zone and returned an average grade of 12.80% Cg (*see news release December 19, 2013*). The program will include trenching and diamond drilling of five to six holes totalling up to 1,200 meters, designed to test the graphitic mineralization at depth as well as their lateral extension.

The technical contents of this release were prepared and approved by Roger Ouellet, P. Geo., independent consultant to Cavan and a qualified person as defined by National Instrument 43-101.

Cavan’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

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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.