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News Release

STRONGBOW GRANTS INCENTIVE STOCK OPTIONS

January 3, 2017 Trading Symbol: TSX-V: SBW #17-01

Strongbow Exploration Inc. (TSX-V: SBW) announces that the Board of Directors has approved a grant of 2,800,000 incentive stock options to directors, officers, employees and consultants of the Company as of January 3, 2017. The stock options are exercisable at $0.15 until January 3, 2022 and are subject to vesting provisions, becoming fully vested one year from the date of grant. This grant includes 100,000 stock options for Blytheweigh, a London (UK) based media relations company retained by the Company in September 2016; the grant to Blytheweigh represents less than 2% of the Company's issued and outstanding share capital.

The Company's Stock Option Plan allows for the issuance of up to 10% of the issued and outstanding share capital in the form of incentive stock options. Following this grant, the Company has 5,020,000 stock options issued, representing 8.3% of the Company's issued and outstanding share capital.

For additional information please contact Richard Williams at (604) 638 8005 or by e-mail at rwilliams@strongbowexploration.com.

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Megan Ray

ON BEHALF OF THE BOARD OF DIRECTORS

"Richard D. Williams"
Richard D. Williams, P.Geo

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