



Suite 1010, 1075 West Georgia Street
Vancouver, BC, Canada V6E 3C9
Tel: 1.778.373.0102 Fax: 1.604.639.4670

NEWS RELEASE

NOT FOR DISSEMINATION IN THE UNITED STATES OR FOR
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FOR IMMEDIATE RELEASE
July 5th, 2019
Vancouver, British Columbia

TSXV: THX
Shares Outstanding: 370,682,965

THOR ANNOUNCES PROPOSED AMENDMENTS TO STOCK OPTIONS

Thor Exploration Ltd. (TSXV: THX) (the "Company") announces that the board of directors of the Company has approved the following amendments (the "Amendments") to 10,250,000 stock options granted to officers and group consultants of the Company under its stock option plan.

Original Terms	Amended Terms
9,750,000 options \$0.12 exercise price Expiry rate – January 16, 2020	9,750,000 options \$0.12 exercise price Expiry rate – January 16, 2022
500,000 options \$0.12 exercise price Expiry rate – May 7, 2020	500,000 options \$0.12 exercise price Expiry rate – May 7, 2022

The Amendments are subject to the approval of the TSX Venture Exchange.

About Thor

Thor Explorations Ltd. is a Canadian mineral exploration company engaged in the acquisition, exploration and development of mineral properties located in Nigeria, Senegal and Burkina Faso. Thor holds a 100% interest in the Segilola Gold Project located in Osun State of Nigeria and a 70% interest in the Douta Gold Project located in south-eastern Senegal. Thor also holds a 49% interest in the Bongui and Legue gold permits located in Houndé greenstone belt, south west Burkina Faso. Thor trades on the TSX Venture Exchange under the symbol "THX".

THOR EXPLORATIONS LTD.
Segun Lawson
President & CEO

For further information please contact:

Tel: 778-373-0102
Fax: 604-434-1487
Email: info@thorexpl.com

Neither 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.

This press release does not constitute an offer to purchase securities. The securities to be offered in the offering have not been and will not be registered under the United States Securities Act of 1933, as amended,

or any state securities laws and may not be offered or sold in the United States or to, or for the benefit or account of, a U.S. person, except pursuant to an available exemption from such registration requirements.

Cautionary Note Regarding Forward-Looking Statements

Except for the statements of historical fact contained herein, the information presented constitutes “forward looking statements” within the meaning of certain securities laws, and is subject to important risks, uncertainties and assumptions. Such forward-looking statements, including but not limited to the approval of the Amendments by the TSX Venture Exchange. The words “may”, “could”, “should”, “would”, “suspect”, “outlook”, “believe”, “anticipate”, “estimate”, “expect”, “intend”, “plan”, “target” and similar words and expressions are used to identify forward-looking information. The forward-looking information in this news release describes the Company’s expectations as of the date of this news release and accordingly, is subject to change after such date. Readers should not place undue importance on forward-looking information and should not rely upon this information as of any other date. While the Company may elect to, it does not undertake to update this information at any particular time.