PROJECTS

Aben Acquires Forrest Kerr Gold Project in B.C.'s Golden Triangle

July 18, 2016

Vancouver, BC – Aben Resources Ltd. (TSX-V: ABN) (OTCBB: ABNAF) (Frankfurt: E2L2) (the "Company") is pleased to announce, further to its news release on July 06th, the TSX Venture Exchange has accepted for filing three agreements with third-parties whereby the Company will acquire a 100% interest in the 23,000 hectare Forrest Kerr Gold Project within B.C.'s "Golden Triangle" region north of Stewart, B.C. The Golden Triangle is host to significant mineral deposits including Galore Creek, Copper Canyon, Schaft Creek, Valley of the Kings, Snowfield, KSM, Snip, Granduc, Red-Chris and numerous others.

See Forrest Kerr project, Golden Triangle area map:
http://www.abenresources.com/i/maps/ABN_Forrest_Kerr_Project_map_small.jpg

Aben's Forrest Kerr land package is located along the Forrest Kerr Fault, immediately north of the Iskut River and southward of More Creek, with recent road access afforded to the northern and southern limits of the property. The claims consist of a 40km-long north-south belt overlying rocks of the Hazelton and Stuhini Groups, a complex assemblage of volcanic accumulations with intervening sedimentary sequences which are host to significant gold deposits in the Golden Triangle area.

Historical drilling and field work done through the project area in the past hosts numerous high-grade gold, silver, and base metal mineral showings as well as past drill results.

High-lights include:

- RDN drill-hole RG91-16, at the Boundary Zone, returned 10.2 g/t gold over 17m (including 359.7 g/t gold over 0.45m) and RG91-21 which returned 101.0 g/t Au over 1.95m and 137.8 g/t Au over 0.85m (true width unknown). Many of these intercepts, interpreted to be possible feeder zones to a precious metal VMS system, are yet to be followed up.

- 1990 drilling at the Triple Creek Zone to the south returned up to 39.7m grading 1.78 g/t Au (including 2.0m grading 5.9 g/t Au, 190.0 g/t Ag and 12.4% Cu).

- Notable sample occurrences include: Jungle (25.5 g/t float); For (15.85% Cu in narrow veins; Forgold (30.5 g/tAu and 15.85% Cu in narrow veins); Falls (22.11 g/t Au, .32% Cu-grab); Marmot Heights (45.57 g/t Au-grab).

Aben has not been able to independently verify the methodology and results from historical work programs within the property boundaries. However, management believes that the historical work programs have been conducted in a professional manner and the quality of data and information produced from them are relevant.

2016 Forrest Kerr Exploration Activity

Aben intends to immediately initiate a comprehensive data compilation, bringing all historical work into a single GIS database. This work will be followed by fieldwork aimed at determining drill targets for a possible fall, 2016 drilling campaign. Permitting for the drilling activity is currently underway.

Forrest Kerr Area History

Interest in the Golden Triangle region of British Columbia dates back to 1861 when placer gold was discovered at the confluence of the of the Stikine and Anuk rivers sparking the Stikine Gold Rush. Large-scale lode mining first took place at the Premier Mine located north of Stewart in 1918. In 1964, Cominco discovered the Snip deposit, which commenced operation in 1991; ultimately producing over 1.1 million ounces at an average grade of 27.5 g/t. Eskay Creek was discovered in 1988 and ultimately produced in excess of 3 million ounces of gold and 160 million ounces of silver, in addition to appreciable lead and zinc. Pretivm Resources in June, 2014 announced updated Proven and Probable Mineral Reserves at Valley of the Kings containing 6.9 million ounces of gold from 13.5 Mt ore grading 15.7 g/t gold, with commercial production scheduled for 2017. Management cautions that past results or discoveries on proximate land are not necessarily indicative of the results that may be achieved on the subject properties.

Systematic exploration within regions of the Forrest Kerr project area commenced in the mid-1980s and saw continuous exploration programs from 1988 to 2005. Little work has been completed from 2005-2016. Early work in the project area was focussed on exploration for Eskay-type (VMS) deposits, though the more recent discovery of structurally-related high-grade gold mineralization at Valley of the Kings underscores the variety of exploration targets available to Aben.

Since the completion of significant exploration activity in the early 2000s, the area has seen major infrastructure improvements including roads associated with the construction of the Forrest Kerr and McLymont Creek hydro-electric facilities near the southern boundary of the property and the construction of the 287KV Northwest Transmission Line. Development of the Galore Creek Project has also provided road access to the northern reaches of the Forrest Kerr Project, which provide greatly improved access in addition to new exposures made by road-cuts.

Tim J. Termuende, Director of Aben Resources, has reviewed and approved the technical aspects of this news release and is the Qualified Person as defined by National Instrument 43-101.

About Aben Resources:

Aben Resources is a Canadian gold exploration company developing projects in British Columbia, the Yukon and North West Territories.

For further information on Aben Resources Ltd. (TSX-V: ABN), visit our Company's web site at www.abenresources.com.

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