CORPORATE

Aben Commences Exploration Activity at Forrest Kerr Gold Project in B.C.'s Golden Triangle

September 7, 2016

Vancouver, BC – Aben Resources Ltd. (TSX-V: ABN) (OTCBB: ABNAF) (Frankfurt: E2L2) ("Aben" or the "Company") is pleased to announce the commencement of exploration activity on Aben's 100% owned 23,000 hectare Forrest Kerr Property located within B.C.'s Golden Triangle region (see ABN news release July 18th). 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.

2016 fieldwork is intended to provide reconnaissance-scale geological exploration throughout the project area (which spans approximately 40km north/south), with particular emphasis on the area straddling the newly-constructed Galore Creek access road. Fieldwork follows extensive research and data compilation completed by Aben since acquiring the project.

The objective of the current program is to provide confirmation of existing high-grade mineral occurrences, soil and geophysical anomalies, geological and structural relationships. In addition, prospecting and geological mapping will be completed to further identify and confirm target areas for follow-up drilling campaigns. Permitting for future drilling is currently underway.

B.C.'s Golden Triangle map:
http://abenresources.com/site/assets/files/3725/abn_golden_triangle_map.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 hydro-electric power and road access afforded to the northern and southern areas 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 numerous significant gold deposits in B.C.'s Golden Triangle area.

Forrest Kerr project, B.C., Golden Triangle claims map:
http://abenresources.com/site/assets/files/3725/abn-forrest-kerr-project-map-small.jpg

The Forrest Kerr Gold Project is located in the heart of the Golden Triangle of British Columbia and is considered to hold significant potential for precious metal mineralization. Numerous mineralized occurrences are documented throughout the project area and sound, systematic fieldwork conducted from the late 1980's to the mid 2000's provide a solid framework for ongoing fieldwork. With little activity in the area during the past decade, the area is ripe for modern exploration techniques. The area has recently seen major infrastructure improvements, including roads and hydro-electric facilities. In addition, rapid melting rates of glaciers in parts of the property area are expected to provide new exposures in areas that were inaccessible during previous exploration campaigns.

Cornell McDowell, P.Geo., V.P. of Exploration 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.

Aben Resources has approx. 19.9 million shares issued and outstanding.

ABEN RESOURCES LTD.

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