

Results from the Grenadier Gold showing and final Drill Results from Lake Obalski exploration targets, Duvay-Chenier Gold Project, Quebec and Amendment of Warrant Terms

VANCOUVER, BRITISH COLUMBIA – March 16, 2018 - Tres-Or Resources Ltd. (“Tres-Or or the “Company”) (TSX-V: TRS, OTCPK: TRSFF) and option partner Secova Metals Corp. (“Secova”) (TSX.V: SEK FSE: N4UN USA: SEKZF) are pleased to report results from surface hand sample gold assays at the Grenadier Gold showing and the final drill results from the Lake Obalski exploration targets from the Duvay-Chenier Gold Project (the “Property”), located 15 km northeast of Amos, Quebec.

Grenadier Gold showing

The Grenadier Gold showing is located 2 kms southeast of the Duvay Zone Principal. Grenadier was originally discovered in the 1930s, and mapped in 1938. As mapped, the showing was characterized by high-grade hand samples of gold-bearing quartz veins. The major quartz veins extend dominantly in a west-northwest direction, with cross cutting vertical northeast veins also mapped. Trench and grab samples (including some collected from trenches over short distances) were reported from 1938 with values up to 177.60 g/t gold (Au), as described in a later 1981 assessment report GM 61123 (see Table 1 below).

The historic Grenadier showing area was stripped, mapped and photographed using drone technology in 2017. Surface grab samples of quartz veins from this previously trenched area returned values of up to **7.29 g/t Au**. A total of twenty-one samples were collected, and **four of those samples returned between 2.06 and 7.29 g/t Au**. The highest value sample is sulfide rich (16.9 % sulfur). None of the other samples have more than 1.0 % sulfur.

Ten of the samples were split into two to four sub-samples before delivery to the lab. Two of those samples yielded high gold values (3.86 g/t Au and 4.85 g/t Au respectively) from one of the two sub-samples, but low values (0.090 g/t Au and 0.014 g/t Au) from the second sub-sample, indicative of a nuggety (coarse) gold occurrence at Grenadier.

Further field work including channel sampling and trenching is recommended at Grenadier after snowmelt.

Table 1: Historical results from 1938 map (left) and 2017 results from this news release (right). Note: historical results converted from ounces per short ton to grams per tonne. Silver (Ag) samples below detection limit of 0.3 g/t Ag not reported.

1938 g/t	<u>m</u>	Sample #	Sub-sample	50 gm fire assay ppb	Gravimetry finish	<i>Metallic Sieve</i>	Ag g/t	Fe %	S %
9.94	grab	GRN01	137951 A	<8				2.440	0.99
3.43	grab	GRN01	137952 B	<8				3.110	0.76
4.80	0.08 m	GRN02	137953 A	<8				1.030	< 0.01
80.23	0.23 m	GRN02	137954 B	<8				1.250	0.13
37.37	?	GRN03	137955 A	25				0.610	< 0.01
11.66	?	GRN03	137956 B	12				0.650	< 0.01
177.60	?	GRN04	137957 A	<8				3.960	0.01
11.31	?	GRN04	137958 B	<8				3.920	0.03
81.94	0.13 m	GRN04	137959 C	<8				4.410	0.03
86.40	?	GRN04	137960 D	<8				2.610	0.03
3.09	0.25 m	GRN05	137961 A	<8				0.720	< 0.01
2.74	0.23 m	GRN05	137962 B	71				0.510	< 0.01
4.80	0.25 m	GRN06	137963 A	4026	3.86		0.5	3.320	0.15
5.14	0.18 m	GRN06	137964 B	90				3.410	0.06
17.49	0.51 m	GRN07	137965 A	<8				1.290	< 0.01
2.06	0.61 m	GRN07	137966 B	<8				2.440	< 0.01
1.37	0.64 m	GRN08	137967 A		4.85	[M/S]		0.810	0.01
20.57	grab	GRN08	137968 B	14				0.730	0.01
81.60	grab	GRN09	137969 A	41				2.760	< 0.01
		GRN09	137970 B	<8				1.290	< 0.01
		GRN10	137971 A	<8				1.230	0.01
		GRN11	137972 A	75				0.970	< 0.01
		GRN11	137973 B	<8				0.870	< 0.01
		GRN12	137974 A	2060	2.06			2.190	0.02
		12422	----	9				5.30	0.32
		12423	----	42				5.36	0.51
		12424	----	<8				6.37	0.58
		12425	----	10				5.82	0.20
		12426	----	<8				4.33	0.02
		12427	----	<8			0.8	3.19	0.78
		12428	----	75				2.07	0.07
		12429	----	<8				5.35	0.20
		12430	----	6952	7.29		6.7	14.30	16.90

Drill results from Lake Obalski exploration targets

The Lake Obalski area exploration targets were selected from magnetic and electromagnetic anomalies with interpreted crossing shear and fault structures. Five targets were tested with 6 drill holes totalling 1182 m. Several of the targets demonstrated fluid flow through the stratigraphic column with the best gold mineralization being elevated levels associated with semi- to massive sulfide intervals (> 20% sulfur) returning 0.3 g/t Au over 1.0 m between 63.5 and 64.5 m depth

(drill hole DUV17-19), and another interval lacking sulfide (0.32 % S) of 0.3 g/t Au over 3.0 m in drill hole DUV17-18. The Lake Obalski targets are located 2.5 kms northwest of the Duvay Zone Principal along the northwest trending Duvay Main shear and a magnetically-defined northeast fault (see news release March 5, 2018 for Duvay Zone Principal drill results).

2017 Drill and Grenadier Sampling Protocols

Samples from both the drilling of Lake Obalski targets and the surface samples at Grenadier were sealed in bags at the secured Duvay building site, and delivered to Techni-Lab Abitibi Inc. in Ste. Germaine de Boule, Quebec (ISO/IEC 17025; a division of Actlabs, Ancaster, Ontario). For drill core, a one-half split was sampled, and the remainder stored for reference. For the Grenadier samples, 10 of the samples of sufficient size were split into 2 to 4 sub-samples and processed separately. At Techni-Lab, samples are analyzed for gold by traditional fire assay with atomic absorption finish, with those samples returning >1 g/t gold repeated using a 50g aliquot and gravimetric finish. One sample was identified by the lab during analysis as suitable for metallics sieve analysis for coarse gold, which yielded the 4.85 g/t Au result mentioned in the text above. Samples were also analyzed for multi-elements including sulfur, silver, cobalt, copper and zinc by total digestion ICP at the Actlabs facility in Ancaster Ontario. Techni-Lab holds a certificate of accreditation conforming to ISO 17025:2005 for the processes used in this analysis.

The Duvay-Chenier Property is under an Option Agreement to Secova Metals Corp. Secova is to earn a 65% interest from Tres-Or by completing exploration expenditures of \$3.25 million by December 2018 (\$750,000 completed). Tres-Or is the project Operator.

Laura Lee Duffett, P.Geo. and Harrison Cookenboo, Ph.D., P.Geo., OGQ are the qualified persons as defined in National Instrument- 43-101, who have reviewed and are responsible for the technical information presented in this news release.

Tres-Or Resources Ltd. Amendment to Warrant Terms

The Company announces that it will be seeking regulatory approval to amend the terms of certain warrants. With respect to warrants which are exercisable at a price of \$0.10 per share and are set to expire on April 14, 2018 and April 20, 2018, the Company proposes to extend the expiry dates of all 6,260,000 warrants until December 31, 2018 subject to Exchange approval.

On behalf of the Board of Directors

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About Tres-Or Resources Ltd.:

Tres-Or Resources Ltd. (TSX-V: TRS, USA: TRSFF) is a Canadian resource company focused on exploring for gold, base metals and diamond resources in the Abitibi-Témiscamingue regions in northwestern Quebec.

Additional information related to the Company is available at: www.tres-or.com.

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This press release contains "forward-looking information" that is based on the Company's current expectations, estimates, forecasts, and projections. This forward-looking information includes, among other things, statements with respect to the Company's exploration and development plans. The words "will", "anticipated", "plans" or other similar words and phrases are intended to identify forward-looking information. Forward-looking information is subject to known and unknown risks, uncertainties and other factors that may cause the Company's actual results, level of activity, performance, or achievements to be materially different from those expressed or implied by such forward-looking information.