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PACIFIC RIDGE GRANTS INCENTIVE STOCK OPTIONS

Vancouver, B.C. – November 30, 2016 – Pacific Ridge Exploration Ltd. (TSX Venture: PEX) (“Pacific Ridge” or the “Company”) has granted incentive stock options under its 10% rolling stock option plan to directors, officers and consultants of the Company to purchase a total of 488,000 common shares at \$0.08 per share exercisable for a period of five years. The options are subject to TSX Venture Exchange acceptance.

Pacific Ridge also announces that it has appointed Arie Page as Corporate Secretary of the Company.

On behalf of the Board of Directors,

“Gerald G. Carlson”

Gerald G. Carlson
President & CEO
Pacific Ridge Exploration Ltd.

For further information, contact:

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Neither the 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.