

IDAHO NORTH RESOURCES ANNOUNCES RESULTS OF PRELIMINARY SAMPLING OF UNDERGROUND QUARTZ VEINS AT THE LONE JACK GOLD MINE

October 25, 2016

Idaho North Resources (OTC:IDAH) (“IDAH” or the “Company”) today announced results of a preliminary sampling campaign at its Lone Jack Gold Mine (“Lone Jack”) project in Whatcom County, Washington.

In August, IDAH signed an Option Agreement on the Lone Jack property, which includes a fully-permitted high-grade gold mine that has historically produced more than 30,000 ounces of gold at grades ranging from 0.5 to 3.0 ounces per ton (opt). Modern operations (since 1991) have produced more than 4500 ounces of gold at average grades exceeding 1.0 opt. For more details, please see IDAH’s news release dated August 24, 2016.

Rock chip samples were taken from the Lulu and Whist quartz veins, two of the three historically productive quartz veins at Lone Jack that are accessible through existing mine workings and represent mining targets for future operations. These samples were taken to verify previous sampling results.

The Lulu vein is a gently dipping quartz vein that averages 4 feet in width that occurs throughout a large stoped area that was last mined in the 1920s. The sampled area encompasses more than 100 feet of the working face of a continuous quartz vein. All samples were taken in a vertical direction, spaced equally along the 100-foot section.

Sample number	Gold, ppm	Gold, oz. /ton	Silver, ppm
97476	6.40	0.187	0.1
97477	0.485	0.014	0.2
97478	5.074	0.148	0.9
97479	4.755	0.138	0.1
97480	63.90	1.866	2.0
97481	30.50	0.891	0.4

Historical sampling of a more detailed nature in this area of the Lulu vein was undertaken by Dr. Robert Grant for his 1984 report on the Lone Jack Mine property. Dr. Grant estimated a preliminary resource of over 7000 tons at an average gold grade of 0.70 opt.



Underground, Lulu vein, 4 foot high, previously mined stope to the right



Underground, Lulu vein, 4 foot thickness, sample # 97478

The Whist vein was last mined in 2010 and accessible portions of this vertically dipping 3 foot vein were sampled on the main haul level

Sample number	Gold, ppm	Gold, oz. /ton	Silver, ppm
97483	4.6	0.134	0.8

97484	11.0	0.321	0.6
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Underground, Whist vein, near sampled area, 3 ft. wide

The variation in gold values reflects the ‘nugget effect’ common in high grade gold quartz veins. Although a larger sample size will provide a better estimation of expected grade, extensive prior sampling of the Lulu and Whist veins has demonstrated consistent grades of at least 0.50 opt gold.

IDAHO President Lane Griffin stated, “We will use this data to determine the feasibility of mining and milling these veins in the near future, allowing seasonal breaks due to winter snows. We will also evaluate funding opportunities in keeping with our strategy as a ‘project generator’, incubating mining and exploration projects then partnering with other companies which earn into specific projects by advancing them. This business plan allows our participation in a variety of high-potential mining and exploration projects while keeping our costs low and our stock dilution to a minimum.”

ABOUT IDAHO NORTH RESOURCES

Idaho North Resources is a U.S. based junior company exploring for gold, silver, and alternative energy sources. The Company has an Exploration Program Agreement with Coeur Mining under which Coeur will fund, and have exclusive earn-in rights to certain of the Company’s properties. The Company also has a 50/50 business alliance agreement with the Lithium Corporation for the acquisition of high quality Lithium properties in the state of Nevada. The Company also recently optioned the high-grade Lone Jack Gold Mine property in northeastern Washington.

This press release was prepared under the supervision and review of Lane Griffin, a Registered Member of the Society for Mining, Metallurgy and Exploration, a Licensed Geologist, and a Qualified Person as defined in NI 43-101 and has verified the technical information contained within as valid and authentic.

Cautionary Statement

Except for the historical information contained herein, certain matters discussed in this press release are forward-looking statements which involve risks and uncertainties. These forward- looking statements

are based on expectations and assumptions as of the date of this press release and are subject to numerous risks and uncertainties which could cause actual results to differ materially from those described in the forward-looking statements. Forward-looking statements can be identified by, among other things, the use of forward-looking language, such as the words “plan,” “believe,” “expect,” “anticipate,” “intend,” “estimate,” “project,” “may,” “will,” “would,” “could,” “should,” “seeks,” or “scheduled to,” or other similar words, or the negative of these terms or other variations of these terms or comparable or similar language, or by discussion of strategy or intentions. Such forward-looking statements include, without limitation, statements regarding future business strategy, plans and goals and other statements that are not historical facts. Forward-looking statements address activities, events or developments that the Company expects or anticipates will or may occur in the future, and are based on current expectations and assumptions. Although management believes that its expectations are based on reasonable assumptions, it can give no assurance that these expectations will prove correct. The Company does not intend to publicly update any forward- looking statements, whether as a result of new information, future events, or otherwise, except as may be required under applicable securities laws.

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