12 Mitchell Road
Flin Flon, Manitoba R8A 1N1
Tel: 204-687-3500
Email: BorealGoldInc@gmail.com
Website: BorealGold.ca
BGLD (CSE)

BOREAL GOLD INC. GRANTS INCENTIVE STOCK OPTIONS

Flin Flon, Manitoba, March 19, 2026 –**Boreal Gold Inc (CSE:BGLD)** ("**Boreal**" or the "**Company**") announces that it has granted an aggregate of 1,300,000 stock options to its directors, officers and consultants for the purchase of up to 1,300,000 common shares of the Company pursuant to its Stock Option Plan approved by the company's shareholders at the Annual General Meeting held on February 6, 2026. Each option is exercisable for a period of 5 years from the date of grant at a price of $0.23 per common share. The options vest immediately and are subject to a statutory hold period of four months and one day.

About Boreal Gold Inc

Boreal Gold Inc is a Canadian junior mineral exploration company with a specific focus on mineral properties in northwest Manitoba and northeast Saskatchewan, Canada. All of the Issuer's properties are currently at the exploration stage. The Issuer has assembled a portfolio of base metal and precious metal prospects in strategic locations in the Provinces of Manitoba and Saskatchewan.

Boreal Gold Inc

"signed"
Richard Masson
President & CEO

No stock exchange or securities regulatory authority has reviewed or accepted responsibility for the adequacy or accuracy of this release. Some of the statements contained in this release are forward-looking statements, such as estimates and statements that describe the Issuer's future plans, objectives or goals, including words to the effect that the Issuer or management expects a stated condition or result to occur. Since forward-looking statements address future events and conditions, by their very nature, they involve inherent risks and uncertainties.