

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: FAR RESOURCES LTD (the "Issuer", "Far", we" or "our").

Trading Symbol: FAT

Number of Outstanding Listed Securities: 45,752,666

Date: September 7, 2016

Report on Business

1. *Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month.*

Zoro

Definitive Agreement with Strider Resources Ltd. ("Strider")

Further to the Issuer's earlier announcement that it had entered into a letter of understanding with Strider Resources Limited ("Strider"), the Issuer announced on August 10, 2016 that it had entered into an option agreement effective (the "Option Agreement") with Strider to acquire an undivided 100% interest in and to all lithium-bearing pegmatite dykes on Claim Jake 3558 (P3558F) and a 350 metre wide strip along the northeast edge of claim Jake 3558 and a portion of adjacent claims Bert 6304 (MB6304) and Bert 797 (MB797) that are contiguous with its Zoro1 claim in Snow Lake, Manitoba (collectively, the "Property").

The Option Agreement

The Option Agreement supersedes and replaces the letter of understanding between Far and Strider announced on July 5, 2016 and sets out the terms under which Far can acquire a 100% interest in the Property subject to a 2% NSR (the "First Option") and further sets out how the Company can acquire an undivided fifty percent (50%) interest in the NSR, being one-half of the NSR or a 1% Net Smelter Return, (the "Second Option") from the Optionors.

The Issuer may exercise the First Option by making the following cash payments and common share issuances to Strider:

1. Upon signing the Option Agreement Far will pay to Strider \$50,000 in cash and \$50,000 in shares of Far
2. on or before first anniversary date of the Definitive Agreement Far will pay to Strider \$50,000 in cash and \$50,000 in shares of Far;

3. on or before second anniversary date of the Definitive Agreement Far will pay to Strider \$75,000 in cash and \$75,000 in shares of Far; and
4. on or before third anniversary date of the Definitive Agreement Far will pay to Strider \$75,000 in cash and \$75,000 in shares of Far Resources.

All shares issued under the Option Agreement will be subject to a four month and one day statutory hold period from the date of issuance.

Provided the Issuer has exercised the First Option, Far may exercise the Second Option by making a \$1,000,000 cash payment to Strider, together with all accrued but unpaid NSR at the time, prior to the commencement of commercial production.

During the option period, Far will be solely responsible for carrying out and administering exploration, development and mining work on the Property and for maintaining the Property in good standing.

The Zoro Lithium Property

The Issuer's Zoro Lithium Property is comprised of the Zoro1 claim covering approximately 52 hectares near Wekusko Lake in western Manitoba governed by the option agreement with Top Notch Marketing Ltd., R. Ross Blusson and Double-U-Em Investments Ltd. as more fully described in the news release dated April 28, 2016; and the undivided 100% interest in and to pegmatite dykes on Claim Jake 3558 (P3558F) and a 350 metre wide strip along the northeast edge of claim Jake 3558 and a portion of adjacent claims Bert 6304 (MB6304) and Bert 797 (MB797) that are contiguous with the Zoro1 claim pursuant to the option agreement with Strider Resources Limited as described in news releases dated June 26, 2016 and August 10, 2016.

The Zoro Lithium Property covers a number of known lithium pegmatite occurrences, one of which contains an historic "reserve" based on 1956 drilling on the "Principal Dyke" of 1.8 million tonnes grading 1.4% Li₂O. The mineral reserve cited above is presented as an historical estimate and uses historical terminology which does not conform to current standards, and as such should not be relied upon. Although the historical estimates are believed to be based on reasonable assumptions, they were calculated prior to the implementation of National Instrument 43-101. These historical estimates do not meet current standards as defined under sections 1.2 and 1.3 of NI 43-10 and therefore should not be relied upon.

Far Resources has received a work permit from the government of Manitoba for their planned drill program to assess seven lithium-rare metal bearing pegmatites.

Sample Assays on Zoro

In July, the Issuer received the analyses of seven composite rock chip samples collected from historic blasted trenches during a recent visit to the expanded Zoro property. The purpose of the sample collection was to compare lithium contents in rock samples analysed with modern analytical technology to results from historic assays.

Analyses for these samples are presented as percentages of Li₂O in Table 1. Results of recently collected chip samples compare favourably with the range of historic values reported in Manitoba government assessment files. Dykes 2, 4 and 5 are present on recently optioned adjacent ground.

These results confirm the presence of significant lithium mineralization present as spodumene-bearing pegmatite dykes on the Zoro property and will assist in planning an upcoming drill program (cf. News Release July 19, 2016).

Dyke	Sample	Far Resources Ltd.	Historic Assays
		Li ₂ O%	Li ₂ O%
2	2-1	2.71	1.66
2	2-2	3.53	1.69
4	4-1	2.41	1.12
5	5-1	6.11	2.26
5	5-2	6.35	2.22
5	5-3	1.78	2.42-7.28*
5	5-4	1.46	

Table 1. Summary of lithium assay data from historic exploration and recent confirmatory exploration by Far Resources Ltd.
*Historic range in Li₂O contents from Dyke 5 rock chip samples.

The scientific and technical information regarding Far Resources' lithium claims has been approved by Mark Fedikow, P.Geo., a consultant of Far Resources and a "qualified person" as defined in NI 43-101.

Option Agreement with Redline Minerals

In June 2016, Redline Minerals and Far Resources further amended the Option Agreement, so that upon Far Resources having earned an initial 50% interest, it may elect to earn a further 30% interest by paying the Optionor an additional \$180,000 cash, (reduced from \$240,000 in the original agreement); issuing an additional 1,500,000 shares; and incurring an additional \$900,000 (reduced

from \$1,500,000 in the original agreement) in Exploration Expenditures within three years of the election date.

Further to the update provided in the news release dated February 1, 2016, the Company has initiated permitting for an exploration program on the Little Granite claims to verify the results from work carried out in the 1980s in the Little Granite mine area. Sampling carried out by Far Resources in late 2013 confirmed the presence of abundant strongly mineralised epithermal vein material on the mine dumps, assumed to have been excavated during the decline development in the early 1980s. Two samples thought to be representative of the main style of quartz veining returned values of 179 g/t silver and 2.9 g/t gold and 170 g/t silver and 6.7 g/t gold respectively, while a third sample of grey, finer-grained quartz material returned values of 1,439 g/t silver and 25.2 g/t gold. Limited drilling in 1984 returned several high grade vein intercepts (see news release dated February 1, 2016 for details). These results pre-date the implementation of NI 43-101, and since the work was not conducted under the supervision of a QP, cannot be relied upon and are presented as historical information only. However, the sampling conducted by Far suggests the results are credible and that further work using modern techniques and supervision is warranted.

For further information regarding the Issuer please visit the CSE Disclosure Hall at www.thecse.com, or view the Issuer's filings posted on SEDAR, www.SEDAR.com.

2. *Provide a general overview and discussion of the activities of management.*

Most recently, Management entered into the Option Agreement with Strider, as more fully described under Item 1.

3. *Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.*

This does not apply to the Issuer.

4. *Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.*

This does not apply to the Issuer.

5. *Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.*

See Item 1 – Option Agreement with Strider Resources Ltd.

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

This does not apply to the Issuer.

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

This does not apply to the Issuer.

8. Describe the acquisition of new customers or loss of customers.

This does not apply to the Issuer.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

This does not apply to the Issuer.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

This does not apply to the Issuer.

11. Report on any labour disputes and resolutions of those disputes if applicable.

This does not apply to the Issuer.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

This does not apply to the Issuer.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

The Issuer has received a \$20,000 non-interest bearing demand loan with no fixed term from its CEO.

14. Provide details of any securities issued and options or warrants granted. n/a

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Total:			

15. Provide details of any loans to or by Related Persons.

This does not apply to the Issuer.

16. Provide details of any changes in directors, officers or committee members.

No changes to directors, officers or committee members.

17. *Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.*

This does not apply to the Issuer.

Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated September 7, 2016

Keith Anderson

Name of Director or Senior Officer

/s/ Keith Anderson

Signature

Director and CEO

Official Capacity

Issuer Details Name of Issuer FAR RESOURCES LTD.	For Month End August 31, 2016	Date of Report YY/MM/DD 2016/09/07
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