

July 8, 2016
PR # 16-03

TSX.V: NFR
Frankfurt: 8N6

Northern Freegold Begins It's 2016 Yukon Exploration Program to Vector in On Higher Grades of Gold Mineralization

Vancouver, BC: July 8, 2016 – Northern Freegold Resources Ltd. (TSX-V: NFR) crews have been mobilized to the Yukon to begin phase one of the company's 2016 exploration program.

Nucleus and Revenue Deposit – Define Paragenetic Sequence to Better Target Mineralization

Initially, the company will focus on the controls of mineralization at Nucleus and Revenue in order to vector in on higher grade mineralized zones adjacent to, and within the known mineral deposits. An important goal of this work will be to define a paragenetic sequence to better target the porphyry style mineralization. This information will be utilized to guide future drill programs, which will target higher-grade mineralized zones.

Previous diamond drilling at Nucleus has returned a number of holes with high grade gold results from a 500 metre by 200 metre gold rich core that remains open (partial listing of selected drill results below).

Hole ID	DH From (m)	DH To (m)	Length (m)*	Au (g/t)
GRD07-041	66.85	69.10	2.25	11.60
GRD07-041	133.85	135.85	2.00	45.00
GRD07-058	79.65	90.25	10.60	20.51
GRD07-058	101.70	103.71	2.01	6.22
GRD07-058	109.10	112.22	3.12	5.65
GRD08-068	74.05	77.30	3.25	113.15
GRD08-073	102.40	105.63	3.23	40.17
GRD08-073	107.02	111.80	4.78	15.14
GRD08-073	124.13	131.89	7.76	17.04
GRD08-099	112.49	114.55	2.06	256.31
GRD08-100	242.14	245.05	2.91	9.37
GRD08-111	29.65	35.05	5.40	36.40
GRD08-113	60.13	63.73	3.60	55.27
GRD08-114	21.00	23.63	2.63	104.18
GRD08-114	79.42	89.80	10.38	9.18
GRD08-114	190.00	192.00	2.00	4.76
GRD08-118	96.30	97.50	1.22	16.60
GRD08-118	120.40	122.01	1.61	52.10
GRD08-120	55.53	57.33	1.80	18.41
GRD12-175	88.80	92.85	4.05	4.16

* True width unknown

Tinta Hill Deposit – Magnetic and VLF-EM Geophysical Survey and Geochemical Soil Survey

Concurrently with this program, the Northern Freegold plans to complete a 70-line km magnetic and VLF-EM geophysical survey at the Tinta Hill deposit as well as a 10-line km multi-element geochemical soil survey. The Tinta Hill Deposit is a structurally controlled, polymetallic low to intermediate sulphidation epithermal system. The main Tinta vein hosted deposit has been the dominant target for exploration since its discovery in 1930; however there are three other known veins in the immediate area that remain underexplored and warrant follow up work as well. The proposed field program will provide additional geophysical and geochemical coverage over the three veins outside of the main deposit with an objective of defining trench and/or diamond drill targets.

Freegold Mountain – A 198 Sq. Km. Project with Road Access

The Freegold Mountain project is located within the Dawson Range and covers an area in excess of 198 square km (75 square miles). The project has significant infrastructure advantages. It is located approximately 200 km northwest of Yukon's capital and industrial center in Whitehorse. It is road accessible from Whitehorse, along the main Klondike Highway, a paved all-weather highway, thence along a 70 km government maintained road from Carmacks, called the Freegold Road. This road currently terminates near the Company's Revenue camp and provides road access to the Nucleus, Revenue and Tinta deposits as well as most mineralized showings on the property. Commercial electrical grid power (138kv) is available at Carmacks or Stewart Crossing. A spur electrical line extends into the Minto copper mine 30 km north of the Freegold Mountain project.

Three Significant Mineral Deposits at Freegold Mountain

The Freegold Mountain property covers a fertile and very prospective segment of the Big Creek Fault Zone and is endowed with three significant mineral deposits and numerous showings, which represent porphyry-epithermal systems related to Mid-and Late-Cretaceous magmatic events. The Late-Cretaceous event, defined by Allan et al. 2013 and Bineli, 2011, has been recognized on the Freegold Mountain property to span at least 5 Ma (79 Ma – 74 Ma) and is responsible for the emplacement of the Stoddart (porphyry) prospect and both the Revenue (porphyry) and Nucleus (porphyry-skarn-epithermal) deposits as well as numerous other showings including the recently discovered Irene (epithermal) prospect. These porphyry-hydrothermal systems define an 8.0 km northwest trending fertile exploration corridor within the Big Creek Fault Zone.

Irene Zone – Potential for High-grade Gold+/-Silver+/-Copper mineralization at Surface

Recently Northern Freegold has been focused on select areas to the east of Nucleus and Revenue, which showed the potential for higher-grade gold mineralization. This initial work culminated in the discovery of the Irene zone where bedrock sampling in 2013 and 2014 returned 7.11 g/t Au over 3.0 metres in TR13-021 (see news release #14-03 dated February 27, 2014) and 9.45 g/t Au, 114.5 g/t Ag, 0.79% Cu over 1.00 metre in trench TR14-037 (see news release #14-11 dated November 17, 2014) highlighting the potential for high-grade gold+/-silver+/-copper mineralization at surface, in an under-explored area of the property.

PRESS RELEASE



NI 43-101 Disclosure

Paul Reynolds, B. Sc., P. Geo., President of Northern Freegold Resources Ltd., is the Qualified Person, as defined by NI 43-101, for the Freegold Mountain Project and has reviewed and approved the technical information in this release.

About Northern Freegold

Northern Freegold is a growth oriented Canadian-based precious metals exploration and development company and is focused on creating value through the advancement of the district scale Freegold Mountain project in Yukon. For maps and detailed information, please visit our website at www.northernfreegold.com

On behalf of the Board of Directors

Signed "*Paul Reynolds*"

Paul Reynolds, President

For further information please contact:

Paul Reynolds, President
Northern Freegold Resources Ltd.
(604) 893-8757

John Anderson, Chairman
Northern Freegold Resources Ltd.
(604) 218-7400

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.