

Northern Lights – Secret Pass and Medicine Springs Project Update

Vancouver, British Columbia. October 11, 2022, Northern Lights Resources Corp. (“Northern Lights” or the “Company”) (CSE: NLR, OTC: NLRCF) is pleased to announce an update to its 100% owned Secret Pass Gold Project (“Secret Pass Project”) located in Arizona and the Medicine Springs Silver Project (“Medicine Springs Project”) the Company is exploring in joint venture with Reyna Silver (TSX.V RSLV) in Nevada.

Secret Pass Project

Following a strategic review, Northern Lights has reduced its land position at its Secret Pass Gold Project to focus on the areas of known gold mineralization between Tin Cup and the FM Zone.

The Secret Pass Project area now totals approximately 271 hectares comprising one State Mineral License (212 Ha) and 8 Bureau of Land Management mineral claims (65 Ha).

In 2021, Northern Lights completed a 610 metre drill program at the Tin Cup Prospect that included 4 diamond drill holes. The assay results from the initial Tin Cup drill program showed the presence of significant gold mineralization with assays up to 29.9 g/t gold. See Figure 1 and NLR announcement of 7 March 2022 for further information.

Following on from the success of the initial four holes completed, Northern Lights is planning to expand the exploration program at Secret Pass to include the drilling of three (3) additional holes at Tin Cup and two (2) drill holes at the FM Zone for a total of approximately 1,100 metres plus a deep penetrating Induced Polarization (IP) Survey over the area between the Tin Cup and FM zones. The FM Zone is located approximately 1 km east of the Tin Cup prospect.

The IP survey will explore to depths of ~400 metres and will assist to further define the drill targets associated with zones of high chargeability located along strike and to depth over the identified soil anomaly zone between Tin Cup and the FM Zone. Approximately 16 line km are planned in the IP survey. See Figure 2.

Medicine Springs Project

Northern Lights and Reyna Silver (TSX.V RSLV) are earning 100% interest in the Medicine Springs silver project located in Elko County Nevada. The Medicine Springs is prospective to host a large-scale carbonate replacement deposit containing silver, zinc and lead mineralization. Drilling is continuing on the first drill hole at Medicine Springs with a target depth of approximately 1,000 metres. The key objectives of the drill hole, MS-22-01, is to determine the thickness of the carbonate sequence, the depth of oxidation and confirmation of the geophysical anomalies identified by Northern Lights exploration work in 2019. A total of approximately 4,000 metres is planned to be completed at Medicine Springs over the next several months.

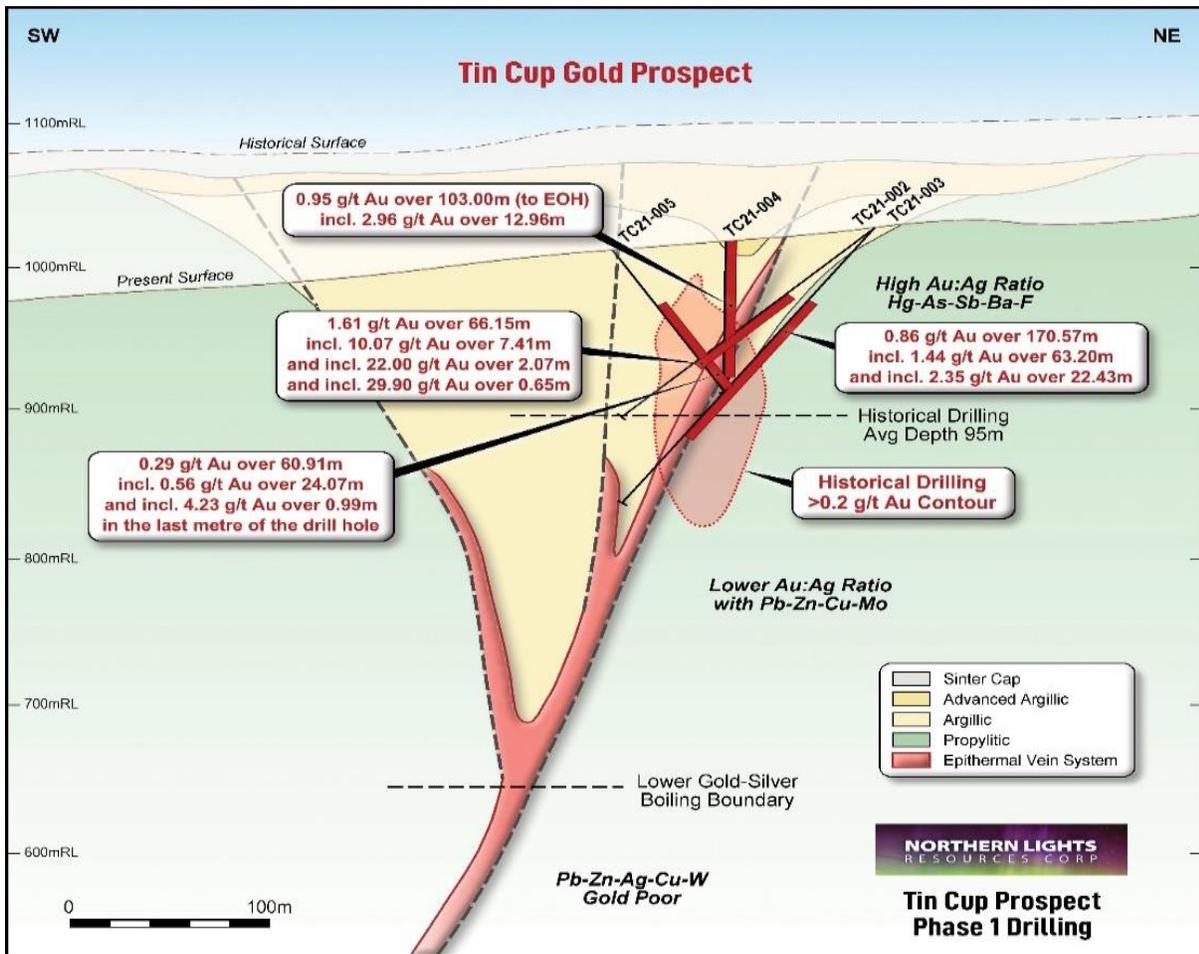


Figure 1 – Secret Pass – Tin Cup Drilling Results

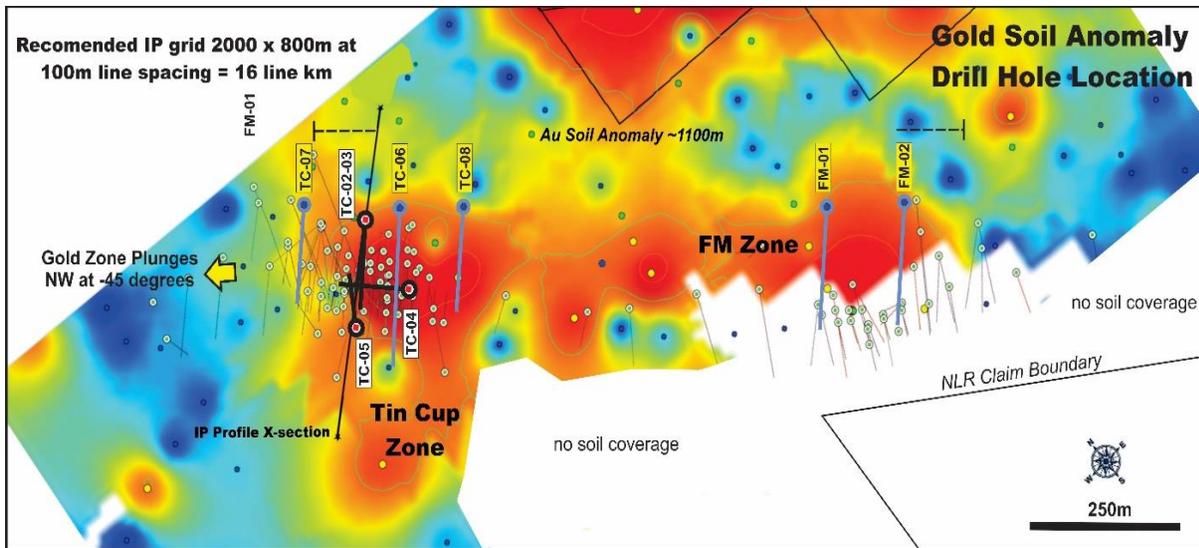


Figure 2: Drill Locations, Gold Soil Anomalies, Proposed IP Grid

QA/QC Statement

Diamond Core (HQ size) was drilled by Godbe Drilling LLC under the supervision of Mr. Lee Beasley, QP for Northern Lights Resources. The core was split with the half core transported to Skyline Assayers and Laboratories (Skyline) in Tucson, AZ. Field control QA/QC samples, including standards, blanks, and field duplicates, were inserted into the sample stream at a rate of one field control sample every 20 regular samples. Samples received by the lab are logged, weighted and assigned into batches. Sample preparation begins with crushing samples to 75% passing -10 mesh. From this sample, 250 grams of material is separated using a riffle splitter which is then further pulverized to at least 95% - 150 mesh resulting in a pulp that is ready for analysis. Gold was determined by fire assay fusion of a 30-gram sub-samples with atomic absorption spectroscopy (method FA-01). Overlimit samples of gold (greater than 5 g/t) were assayed by gravimetric means (FA-02). Skyline Laboratories is accredited in accordance with ISO/IEC 17025:2017 and ISO 9001:2015.

Competent Persons Statement

Information in this report relating to Exploration Results is based on information reviewed by Mr. Lee R. Beasley, a Certified Professional Geologist who is a Member of the American Institute of Professional Geologists, and a consultant to Northern Lights Resources. Mr. Beasley has sufficient experience which is relevant to the style of mineralization and type of deposit under consideration and to the activity which he is undertaking to qualify as a Qualified Person for the purposes of NI43-101 Standards of Disclosure for Mineral Projects. Mr. Beasley consents to the inclusion of the data in the form and context in which it appears.

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About Northern Lights Resources Corp.

Northern Lights Resources Corp is a growth-oriented exploration and development company that is advancing two projects: The 100% owned, Secret Pass Gold Project located in Arizona; and the Medicine Springs silver-zinc-lead Project located in Elko County Nevada where Northern Lights, in joint venture with Reyna Silver are earning 100% ownership. Northern Lights Resources is a member of the Arizona Mining Association.

Northern Lights Resources trades under the ticker of “NLR” on the CSE and “NLRCF” on the OTCQB. This and other Northern Lights Resources news releases can be viewed at www.sedar.com and www.northernlightsresources.com.

CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING INFORMATION: This news release includes certain “forward-looking statements” under applicable Canadian securities legislation. Forward-looking statements include, but are not limited to, statements with respect to: the terms and conditions of the proposed private placement; use of funds; the business and operations of the Company after the proposed closing of the Offering. Forward-looking statements are necessarily based upon a number of estimates and assumptions that, while considered reasonable, are subject to known and unknown risks, uncertainties, and other factors which may cause the actual results and future events to differ materially from those expressed or implied by such forward-looking statements. Such factors include, but are not limited to: general business, economic, competitive, political and social uncertainties; delay or failure to receive board, shareholder or regulatory approvals; and the uncertainties surrounding the mineral exploration industry. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward looking statements. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by law.