



Symbol: GAR – TSX Venture Exchange

NEWS RELEASE

VANCOUVER, BRITISH COLUMBIA. August 1, 2014 - Green Arrow Resources Inc. (the “Company or “Green Arrow”). Green Arrow is pleased to announce that it has entered into a Property Option Agreement with 37 Capital Inc. (“37 Capital”), a related company, whereby Green Arrow has been granted an irrevocable and exclusive right and option to acquire 37 Capital’s 33% right, title and interest in certain mineral claims known as the Extra High Property situated in the Kamloops Mining Division of the Province of British Columbia. The Extra High Property is subject to a 1½% Net Smelter Returns Royalty payable to an unrelated third party.

In order to exercise the option and acquire 37 Capital’s 33% right, title and interest in the Extra High Property, the Company is required to make cash payments totaling \$150,000 within a period of 12 months.

The Company is also pleased to announce that it has made a formal application to acquire a mineral exploration concession covering an area of approximately 640 sq. km in southern Portugal. The Company’s formal application is currently being reviewed by the applicable authorities in Portugal. The Company is hopeful that its formal application shall be favourably reviewed in due course by the applicable Portuguese authorities.

For more information on the Company, please contact Jake H. Kalpakian, President, at (604) 681-0204 ext. 6105, or visit the Company’s website at www.greenarrowresources.com.

On behalf of the Board of
Green Arrow Resources Inc.

“Jake H. Kalpakian”
Jake H. Kalpakian,
President

Trading in the securities of the Company should be considered speculative.

The TSX Venture Exchange has neither approved or disapproved the contents of this news release.

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