



ATLANTIC GOLD

ATLANTIC GOLD COMMENCES RESOURCE DEFINITION AND REGIONAL DRILL PROGRAM ON ADVANCED GOLD DEPOSITS AND EXPLORATION TARGETS

September 8, 2016

Vancouver, British Columbia – Atlantic Gold Corporation (TSX-V: AGB) ("Atlantic" or the "Company") is pleased to announce commencement of a resource definition drilling program (the "Program") with an objective of bringing the resources at the Company's Cochrane Hill and Fifteen Mile Stream deposits to measured and indicated status aimed at adding to the existing mine life at its Moose River Consolidated Project ("MRC Project"), one of Canada's few construction stage, permitted, financed, open pit gold projects. A feasibility study released in early July of 2015 demonstrated that the MRC project will produce 87,000 oz gold / year on average for 8.5 years at AISC of C\$690/oz. with post-tax NPV⁵ C\$168 million, and an IRR of 30% (@US\$1,200 and \$0.80 CAD/USD). Please see the Company's news release dated July 2, 2015.

The Company will also commence a regional program targeting advanced exploration prospects to further add to the Company's resource base within proximity to the MRC processing facility. This program will be designed to provide further "proof of concept" of the potential of Company's large exploration tenement holdings in the Meguma Terrane of Nova Scotia.

Recent recognition of disseminated style mineralization has changed the understanding of the potential of the region. To date, gold has been mined since the 1860's only from high grade underground deposits. Previously overlooked low to medium grade shale hosted mineralization, when combined with traditional quartz veins in the targeted stratigraphy has generated wide mineable zones suitable for open pit mining, as demonstrated by the company's Touquoy and Beaver Dam deposits.

Cochrane Hill and Fifteen Mile Stream – Snapshot of Current Resource

The current resource estimates for these two deposits are tabulated below:

| | Category | Tonnes (millions) | Grade (g/t) Au | Contained Au (oz) |
|--|--------------------|-------------------|----------------|-------------------|
| COCHRANE HILL* | | | | |
| | Indicated Resource | 4.5 | 1.8 | 251,000 |
| | Inferred Resource | 5.6 | 1.6 | 298,000 |
| FIFTEEN MILE STREAM** | | | | |
| | Inferred Resource | 11.72 | 1.55 | 584,000 |
| <i>Resources that are not reserves do not have demonstrated economic viability</i> | | | | |

**The Mineral Resource estimate for Cochrane Hill is quoted at a cut-off grade of 0.5g/t. It has an effective date of August 1, 2014 and was prepared as part of a technical report in accordance with NI 43-101 by Mr. Neil Schofield, a principal of FSSI (Australia) Pty Ltd, released on August 14, 2014 on SEDAR.*

***The Mineral Resource estimate for Fifteen Mile Stream is quoted at a cut-off grade of 0.5g/t. It has an effective date of February 18, 2015 and was prepared as part of a technical report in accordance with NI 43-101 by Mr. Neil Schofield, a principal of FSSI (Australia) Pty Ltd, released on April 2, 2015 on SEDAR.*

Please view the map below:

http://atlanticgoldcorporation.com/resources/maps/Drill_Program_Highlight_Map.pdf

Resource Definition Program

The Program is estimated to commence in earnest in September 2016, comprising approximately 340 holes for a total of 44,000 metres of diamond drilling over three phases at a measured pace and is expected to be completed over a period of up to 9 months. The program will begin with a precursor program of 2,500m over 20 diamond core holes across both deposits. Results from the precursor program will determine the scope of drilling for the second phase, to be done on a 50m x 20m grid, and results from the second phase will determine the scope of drilling for the third phase, to be done on a 25m x 20m grid.

Regional Program

The Company is planning a program of approximately 1500 metres over 15 diamond core holes directed initially at five regional targets within trucking distance of the MRC plant which is presently under construction. These targets are characterized by various combinations of attributes: historic workings, encouraging drill intersections obtained by previous explorers or from Atlantic's own regional reconnaissance programs, and/or geophysical anomalies reminiscent of those associated with known mineralization.

The execution of the Program is subject to the completion of the Company's recently announced flow-through private placements (announced September 1, 2016) which is currently scheduled to occur on September 22, 2016. Results and updates will be reported progressively.

Steven Dean, Chairman and CEO commented, *"With site development now fully underway at the MRC Project, Atlantic is now in a position to strategically build and consolidate its gold Mineral Resource within the economic radius of the Touquoy processing plant. It is fully expected that this drilling program will be successful in upgrading the Mineral Resources at Cochrane Hill and Fifteen Mile Stream to Measured and Indicated status, and will also identify additional resources in the region, that are expected to substantially extend the mine life and /or annual production at MRC".*

Neil Schofield MS – Applied Earth Sciences, MAusIMM, MAIG, an independent consultant to the Company, and a Qualified Person as defined by National Instrument 43-101 ("NI 43-101"), has reviewed and approved the contents of this news release.

On behalf of the Board of Directors,

Steven Dean
Chairman and Chief Executive Officer

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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.

Forward-Looking Statements:

This release contains certain "forward looking statements" and certain "forward-looking information" as defined under applicable Canadian and U.S. securities laws. Forward-looking statements and information can generally be identified by the use of forward-looking terminology such as "may", "will", "expect", "intend", "estimate", "anticipate", "believe", "continue", "plans" or similar terminology. Forward-looking statements and information are not historical facts, are made as of the date of this press release, and include, but are not limited to, statements regarding discussions of future plans, guidance, projections, objectives, estimates and forecasts and statements as to management's expectations with respect to, among other things, the activities contemplated in this news release and the timing and receipt of requisite regulatory, and shareholder approvals in respect thereof. Forward-looking statements in this news release include, without limitation, statements related to proposed exploration and development programs, grade and tonnage of material and resource estimates. These forward looking statements involve numerous risks and uncertainties and actual results may vary. Important factors that may cause actual results to vary include without limitation, the timing and receipt of certain approvals, changes in commodity and power prices, changes in interest and currency exchange rates, risks inherent in exploration estimates and results, timing and success, inaccurate geological and metallurgical assumptions (including with respect to the size, grade and recoverability of mineral reserves and resources), changes in development or mining plans due to changes in logistical,

technical or other factors, unanticipated operational difficulties (including failure of plant, equipment or processes to operate in accordance with specifications, cost escalation, unavailability of materials, equipment and third party contractors, delays in the receipt of government approvals, industrial disturbances or other job action, and unanticipated events related to health, safety and environmental matters), political risk, social unrest, and changes in general economic conditions or conditions in the financial markets. In making the forward-looking statements in this press release, the Company has applied several material assumptions, including without limitation, the assumptions that: (1) market fundamentals will result in sustained gold demand and prices; (2) the receipt of any necessary approvals and consents in connection with the development of any properties; (3) the availability of financing on suitable terms for the development, construction and continued operation of any mineral properties; and (4) sustained commodity prices such that any properties put into operation remain economically viable. Information concerning mineral reserve and mineral resource estimates also may be considered forward-looking statements, as such information constitutes a prediction of what mineralization might be found to be present if and when a project is actually developed. Certain of the risks and assumptions are described in more detail in the Company's audited financial statements and MD&A for the year ended December 31, 2015 and the quarter ended June 30, 2016 on the SEDAR website at www.sedar.com. The actual results or performance by the Company could differ materially from those expressed in, or implied by, any forward-looking statements relating to those matters. Accordingly, no assurances can be given that any of the events anticipated by the forward-looking statements will transpire or occur, or if any of them do so, what impact they will have on the results of operations or financial condition of the Company. Except as required by law, we are under no obligation, and expressly disclaim any obligation, to update, alter or otherwise revise any forward-looking statement, whether written or oral, that may be made from time to time, whether as a result of new information, future events or otherwise, except as may be required under applicable securities laws.