

PRESS RELEASE

Ressources Appalaches files its Mine Plan with Provincial Regulators

Rimouski, August 20, 2013 – Ressources Appalaches (APP - TSXV) is pleased to report on the filing of the Dufferin gold mine plan with the provincial regulators and the further progress of the rehabilitation of the underground galleries and the advancement of the refurbishment of the milling installation at its' 100% owned Dufferin gold mine in Nova Scotia.

The mine engineering team has finalised the mine plan and the required geotechnical studies associated with the scheduling of the first veins where we intend to begin mining operations in the coming months. The mine plan along with the underground ventilation, electrical and ground control plans as well as the mining schedule were presented to the provincial regulators for their internal review process.

The rehabilitation of the underground galleries and the refurbishment of the milling installation continues to progress with the purpose of resuming gold production in the coming months. To date, all redundant mill equipment have been removed to prep for the arrival of the flacon concentrator, screen and filter press. The gold room area has also been prepped for final design layout, while works on the ball mill progresses. Finally, the dewatering of the underground galleries has advanced to level 3, while the rehab following up close behind the dewatering.

In accordance with its compensation policy and stock option plan the board of directors of Ressources Appalaches granted 300,000 stock options to Mr. Jose Oro newly named on the board (press release of June 26, 2013) with an exercise price of \$0.10. The options are valid for a period of five years.

Tracking our Progress

Website www.ressourcesappalaches.com is being updated actively with all of our news and project updates. Bookmark us!

www.RessourcesAppalachesTV.com is up and running explaining the project from individual perspective.

Twitter account setup @ResAppalaches and being used to update any and all subscribers. Subscribe now to get your 140 character updates as we progress.

About Ressources Appalaches

Since it was created in 1994, the goal of Ressources Appalaches has been to discover and develop deposits of base and precious metals in Canada with an expertise targeted towards the Appalachian geological formation in Québec and Nova Scotia. The Company is mainly focused on the exploration and development of the Dufferin Gold Mine in Nova Scotia.

Photos of the Dufferin Mine and its facilities are available on the Company's website at: www.ressourcesappalaches.com.

The contents of this press release were prepared and reviewed by Alain Hupé, Eng. A Qualified Person as defined in NI 43-101. Neither the TSX Venture Exchange nor its Regulation Service Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts any responsibility for the adequacy or accuracy of this release.

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For information:

Alain Hupé, Eng.
President

Jean-Claude Morel
Executive Vice-President

418-724-0901
info@ressourcesappalaches.com

This press release may contain certain forward-looking statements that include elements of risk and uncertainty. Consequently, actual results may differ substantially from those anticipated in such statements. These risks and uncertainties are described in the quarterly and annual reports, and in the documents submitted to the securities administration.