

PRESS RELEASE

Growing Shareholding in Europe

Rimouski, Quebec, Canada – November 8, 2013 – Ressources Appalaches (APP - TSXV and OU3 - FWB) is pleased to report that it has contracted Smart Relations as investor relations and corporate communications service provider for European investors.

Growing Shareholding Base in Europe

Smart Relations is an IR company based in Munich, Germany and run by Mr. Oliver Gross and Mr. Kaner Etem. Smart Relations will represent Ressources Appalaches in Germany and European countries. The agreement between Appalaches and Smart Relations provides investor relation services to the Company for an initial period of six months in consideration of the payment of €2,500 per month.

The project was presented in Munich at the CM-Equity's 11th Resource Conference in front of more than 150 investors, asset manager, family offices, financial editors as well as investment advisers and analysts.

Geology Matters Conference - Halifax – November 13 and 14, 2013

Ressources Appalaches hereby wishes to invite you to visit their booth and to meet Company management at the annual Geology Matters conference co-hosted by the Nova Scotian Department of Natural Resources, occurring at the Westin Hotel in Halifax on November 13 and 14.

Allocation of Stock Options

In accordance with its compensation policy and stock option plan, on November 7, 2013, the Board of Directors of Ressources Appalaches granted 850,000 stock options to Directors and 575,000 stock options to employees with an exercise price of \$0.105 expiring on November 7, 2018. At the same date, Ressources Appalaches filed a modification to its stock option plan with the TSX Venture Exchange. This change will increase the maximum number of stock options that may be issued under this plan from 8,000,000 to 13,000,000.

About Smart Relations

Smart Relations and its team of professionals around Mr. Oliver Groß and Mr. Kaner Etem offers custom-made investor relations services for companies from all industries. Smart Relations focuses on the special needs and expectations of European and especially German-speaking investors. The team has strong relationships with sector-specific journalists and major national media outlets.

For more information:

Smart Relations

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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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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.