

NEWS RELEASE
Tres-Or Announces 2018 Exploration Plans: 5,500 m Drill Program at the Fontana Gold Project, Quebec

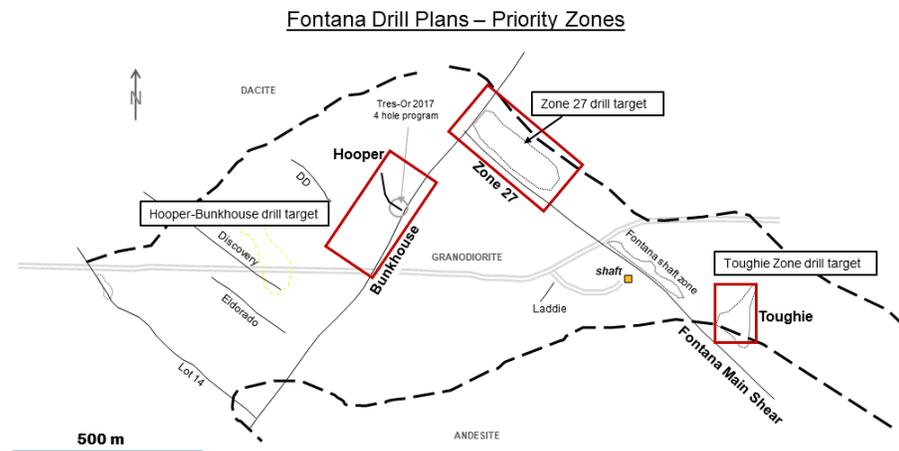
Vancouver, B.C. – March 1, 2018 - Tres-Or Resources Ltd. (“Tres-Or” or the “Company”) (TSX-V: TRS, OTC/OTC: TRSFF) is pleased to announce 2018 exploration plans for a new 5,500 m drill program on its wholly owned **Fontana Gold Project**. Fontana is the Company’s flagship project located 10 km northeast of Amos, and 65 km north of Val-d’Or, Quebec.

The Company commenced this program with 4 drill holes into the intersection of the Hooper and Bunkhouse zones which confirmed high-grade gold mineralization (e.g. **46.1 g/t Au over 0.5 m**; **15.9 g/t Au over 1.0 m**; and **10.1 g/t Au over 1.0 m**; see NR December 8, 2017 for details). Currently, the Company is integrating the vast amounts of historical data into 3D models to identify the highest priority zones to focus the planned 2018 drill program (www.tres-or.com).

“Tres-Or plans to resume drilling the Fontana Gold Project with a substantial drill program in 2018. Fontana is the heart of the Amos gold district and recent geologic compilation studies appear to point toward a promising gold opportunity.” said Laura Lee Duffett, Tres-Or’s President.

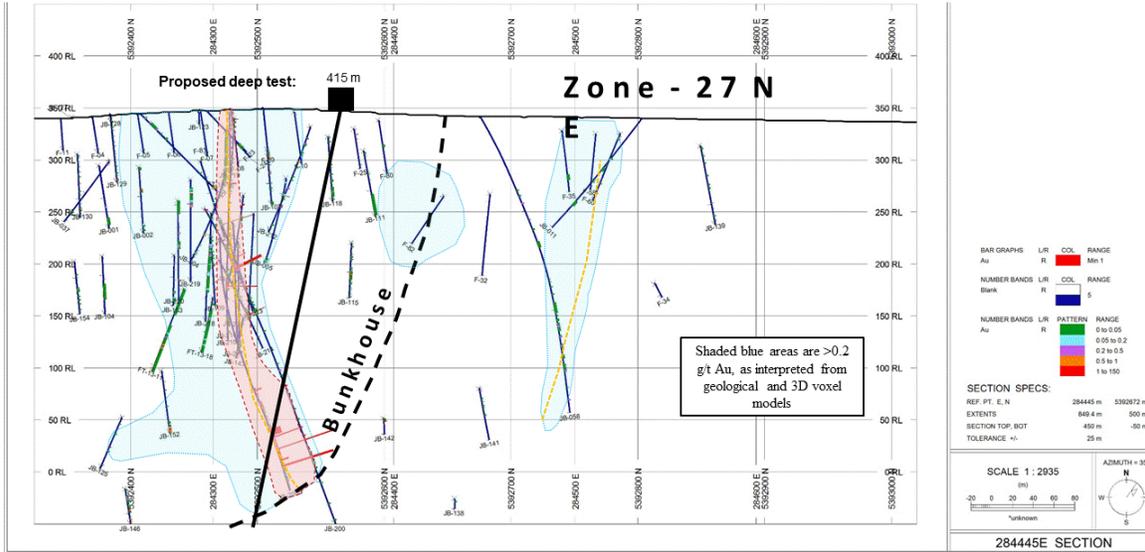
Based on the ongoing 3D modelling, Tres-Or plans a 5,500 m drill program focused on: 1) Zone 27; 2) Bunkhouse and Hooper Zones; 3) Fontana shaft zone and 4) the “Toughie” Zone (see Map 1 and NR February 21, 2018 for more details). Drilling will start at Zone 27, where historical intersections include: **6.53 g/t Au over 8.3 m**; **58.40 g/t Au over 1.8 m**; **114.0 g/t Au over 0.9 m** and **0.43 g/t Au over 31.5 m** (see www.tres-or.com for listing of composite intervals from 32 drill holes 1945 to 2013).

Map 1: Proposed drill traces: 4 priority mineralization zones at the Fontana Gold Project.

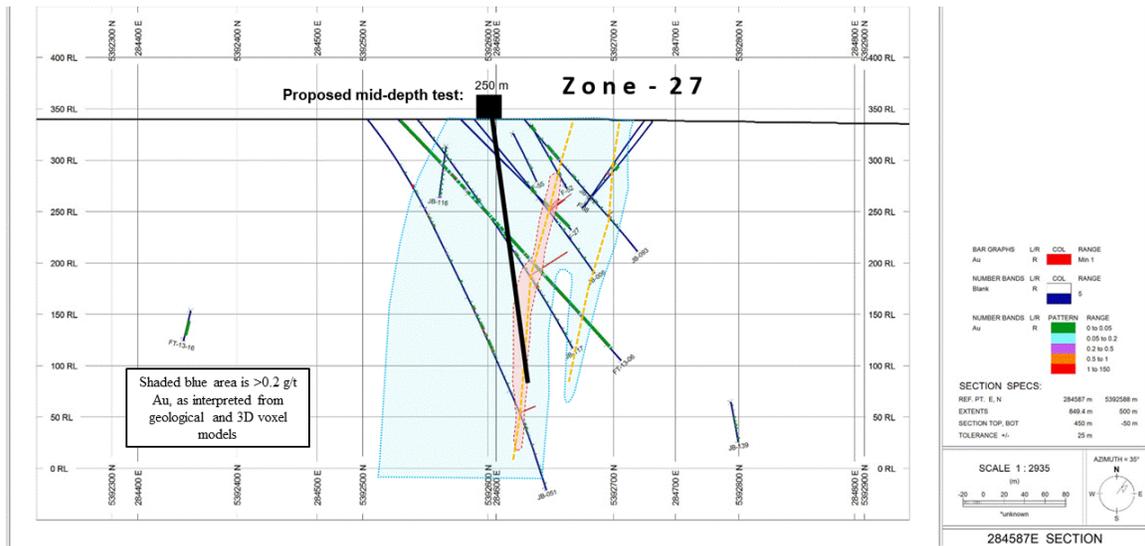


Fontana was originally discovered in the 1930s, and has been the subject of considerable historical work including drilling, bulk samples and underground workings, which have led to identification of multiple priority gold zones. Tres-Or is engaged in a program of confirming and extending the historical mineralization. Drill holes are being designed in relation to the ongoing 3D modelling, as illustrated on the cross sections 1 and 2 below.

Cross section 1: Proposed drill hole testing highly enriched gold zone at depth on the Bunkhouse sheared quartz/fault zone.



Cross section 2: Proposed test of Zone 27 gold zone.



Laura Lee Duffett, P.Geo. and Harrison Cookenboo, Ph.D., P.Geo., OGQ are the qualified persons as defined in National Instrument- 43-101, who have reviewed and are responsible for the technical information presented in this news release.

PDAC Conference in Toronto

Tres-Or will be attending the Prospectors and Developers Conference (PDAC) in Toronto which starts on March 4 and ends March 7. The Company welcomes you to stop by booth No. 2233 to meet our team and review our Fontana 3D modelling efforts if you plan on attending.

On behalf of the Board of Directors

“Laura Lee Duffett”

Laura Lee Duffett
President and CEO

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About Tres-Or Resources Ltd.:

Tres-Or Resources Ltd. (TSX Venture: TRS) is a Canadian resource company focused on exploring for gold, base metals and diamond resources in the Abitibi-Témiscamingue regions in northwestern Quebec. Additional information related to the Company is available at: www.tres-or.com.