



Solstice Announces Amended and Restated Stock Option Plan

VANCOUVER, British Columbia, January 7, 2022 - Solstice Gold Corp. (TSXV: SGC) ("**Solstice**", "we", "our" or the "**Company**") is pleased to announce that it has received final approval from the TSX Venture Exchange for the amendment and restatement of the Company's stock option plan (the "**Amended and Restated Plan**"), which was approved by a majority of its shareholders at its annual general and special meeting of shareholders held on December 14, 2021 (the "**Meeting**").

The Amended and Restated Plan is a 10% rolling stock option plan meaning that the maximum number of listed shares issuable under the plan is 10% of the issued and outstanding shares of the Company at the time of the grant of options. As there are currently 162,645,679 common shares of the Company issued and outstanding, a maximum of 16,264,567 shares are currently issuable under the Amended and Restated Plan.

For more information on the Amended and Restated Plan, please see the Company's management information circular in respect of the Meeting on the Company's SEDAR profile at www.sedar.com.

About Solstice Gold Corp.

Solstice is a gold-focused exploration company with high-quality, district scale projects in established mining regions of Canada. Our 174 km² Red Lake land position is located on the northern extensions of the prolific Red Lake Gold District in Ontario. The RLX Gold Project is located approximately 45km from the Red Lake Mine Complex owned by Evolution Mining. Our district scale Qaiqtuq Gold Project covers 886 km² with certain other rights covering an adjacent 683 km², hosts a 10 km² gold boulder field and is fully permitted with multiple drill-ready targets. Qaiqtuq is located in Nunavut, Canada, only 26 km from Rankin Inlet and approximately 7 km from the Meliadine gold deposits owned by Agnico Eagle Mines Limited. Our newly formed 225km² Atikokan Gold Project is in the Thunder Bay Mining District. Solstice has approximately 162 million shares outstanding.

Solstice is committed to responsible exploration and development in the communities in which we work. For more details on Solstice Gold, our exploration projects and details on our recently acquired portfolio of projects please see our Corporate Presentation available at www.solsticegold.com.

Neither 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.

On Behalf of Solstice Gold Corp.

Mike Timmins, Chief Executive Officer

For further information on Solstice Gold Corp., please visit our website at www.solsticegold.com or contact:

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Cautionary Note Regarding Forward-Looking Statements and Information

This news release contains certain forward-looking statements (“FLS”) including, but not limited to statements relating to the Company’s planned exploration activities. FLS can often be identified by forward-looking words such as “approximate or (~)”, “emerging”, “goal”, “plan”, “intent”, “estimate”, “expects”, “potential”, “scheduled”, “may” and “will” or similar words suggesting future outcomes or other expectations, beliefs, plans, objectives, assumptions, intentions or statements about future events or performance. There is also no guarantee that continued exploration at Solstice exploration projects, all of which are at an early stage of exploration, will lead to the discovery of an economic gold deposit. Factors that could cause actual results to differ materially from any FLS include, but are not limited to the future impacts of the COVID 19 pandemic and government response to such pandemic, the ability of the Company to continue exploration at its projects during the pandemic and the risk of future lack of access to the projects as a result thereof, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, inability to locate source rocks, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects, regulatory approvals and other factors. FLS are subject to risks, uncertainties and other factors that could cause actual results to differ materially from expected results.

Potential shareholders and prospective investors should be aware that these statements are subject to known and unknown risks, uncertainties and other factors that could cause actual results to differ materially from those suggested by the FLS. Shareholders are cautioned not to place undue reliance on FLS. By their nature FLS involve numerous assumptions, inherent risks and uncertainties, both general and specific, that contribute to the possibility that the predictions, forecasts, projections and various future events will not occur. Solstice undertakes no obligation to update publicly or otherwise revise any FLS whether as a result of new information, future events or other such factors which affect this information, except as required by law.

This news release contains information with respect to adjacent or other mineral properties in respect of which the Company has no interest or rights to explore or mine or acquire. Readers are cautioned that mineral deposits on adjacent or similar properties are not indicative of mineral deposits on the Company’s properties, nor is there certainty that Solstice’s projects will contain economic mineralization. This news release mentions other companies that are unrelated to Solstice and this does not imply any agreements, partnerships or rights with respect to any of these companies or their properties other than where explicitly defined. Past performance is no guarantee of future performance and all investors are urged to consult their investment professionals before making an investment decision.