



**March 31, 2009**  
**For 4:00PM Release**  
**AGE: TSX-V**

## **Adventure Gold: Amendment to Stock Option Plan – Grant of Stock Options**

**MONTREAL, QC - Adventure Gold Inc. (AGE: TSX-V)** (the "Company"), announces that it has amended its stock option plan (the "Stock Option Plan"). The amendment increases the maximum number of shares issuable upon exercise of the options granted to key employees, officers, directors and consultants of the Company pursuant to the Stock Option Plan from 1,778,088 to 3,000,000. The new stock option pool represents less than 10% of the total number of shares issued and outstanding. The amendment was approved by the Company's Board of Directors and is subject to the approval of the TSX Venture Exchange.

Effective March 26, 2009, the Company has granted 245,000 stock options to a Director, an Officer and three employees. Each option entitles the holder to purchase one common share of the Company at a price of \$0.14 per share for a period of five years.

### Profile:

Adventure Gold Inc. is a mining exploration company focused on discovering high quality gold deposits in the Abitibi greenstone belt located in north-west Quebec and north-east Ontario - one of the richest gold deposit areas in the world. Adventure Gold holds quality assets in the Val-d'Or, Québec and Timmins, Ontario areas and is led by a determined management and technical team with extensive exploration and mine production experience. The Company will be active in 2009 with \$1,150,000 slated for exploration in the Val-d'Or and Timmins regions and will continue to aggressively seek new properties in compliance with the corporate strategy.

For more information, please contact:

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