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NEWS RELEASE

STRONGHOLD ANNOUNCES THE SIGNING OF DEFINITIVE OPTION AGREEMENT WITH MOWASI GOLD CORP

Vancouver, BC – Stronghold Metals Inc (“Stronghold” or the “Company”) (Z: TSX-V, SDMTF: OTCQX, E9X: Frankfurt) is pleased to announce that on October 7th, 2011, it entered into a definitive Option Agreement with Mowasi Gold Corp. (“Mowasi”) under the terms and conditions previously announced by the Company on August 12, 2011. Under the terms of the Option Agreement, Stronghold can earn a 95% beneficial interest in Mowasi’s exclusive interest in 23 prospecting permits medium scale and 8 mining permits medium scale (the “Concessions”) which are adjacent to the Company’s Eagle Mountain Project in Guyana under the following terms and conditions:

- Mowasi holds an option to acquire a 100% exclusive interest in the Concessions and has irrevocably granted Stronghold the sole and exclusive Option for a period of up to eighteen months and ninety days to acquire up to a ninety-five percent (95%) undivided interest in Mowasi’s interest in the Concessions. In order to keep the Option in good standing through the Option Period, Stronghold shall:
 - Pay Mowasi the sum of \$100,000 USD and issue to Mowasi, 250,000 Common Shares of Stronghold.
 - Expend Exploration Expenditures of not less than \$1,000,000 USD in the first eighteen months.
 - Make any required option payments to underlying owners.
- Once Stronghold has made all payments required to keep the Concessions in good standing pursuant and incurred the \$1.0 million USD aggregate Exploration Expenditures, Stronghold will earn an undivided 49% interest in the Concessions or the entity that owns the Concessions.

- At anytime up until ninety days after making the Exploration Expenditures, Stronghold will have the Option to acquire an additional 46% Interest in the Concessions or the entity that owns the Concessions, bringing the total owned by Stronghold to 95%, by issuing to Mowasi, two million (2,000,000) common shares of Stronghold and paying the sum of \$1 million USD.
- In the event that Stronghold exercises the Option and acquires a 95% Interest in the Concessions, Mowasi's 5% interest in the Concessions will be carried until such time as the Company completes a Feasibility Study on the Concessions.
- Stronghold will be the operator on the Concessions during the Option Period and will be entitled to continue to act as Operator until it resigns.

Stronghold is currently planning the immediate exploration activities of the Mowasi Properties. Work on the ground is expected to start in early 2012. The first phase program will include among others, detailed drainage mapping, stream sediment and soil sampling program, regional and detailed local geological mapping, potential trenching etc. Once completed, drill targeting will become feasible within 2012.

Yannis Tsitos, Stronghold CEO states, "We are pleased to be able to include the Mowasi Properties in our program at Eagle Mountain. In light of the recent success from our ongoing drill program at Eagle Mountain, we thought it prudent to option strategically located concessions in the close vicinity of our Eagle Mountain concessions. The exploration program there has been designed to provide our geologists with a better understanding of the underlying structures, potentially leading to an increase in the gold resources surrounding the Company's Eagle Mountain project. "

On behalf of The Board of Directors of Stronghold Metals Inc.

"Ioannis (Yannis) Tsitos"

President, CEO & Director

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