



STRONGHOLD METALS INC. (TSX-V: Z)
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NEWS RELEASE

**STRONGHOLD ENGAGES FIRST CANADIAN CAPITAL CORP.
TO PROVIDE INVESTOR RELATION SERVICES**

Vancouver, B.C. – (“**Stronghold**” or the “**Company**”) (TSX-V Z), (OTCQX: STMD) and (Frankfurt: E9X)

Stronghold Metals Inc (“the Company”), is pleased to announce that the Company has entered into an agreement (the “**Consulting Agreement**”), with First Canadian Capital Corp. (“**First Canadian**”). First Canadian will provide strategic marketing and investor relations services to the Company. The Consulting Agreement is for a term of one year, subject to extension, unless terminated earlier by the parties in accordance with the terms of the Consulting Agreement.

Pursuant to the Consulting Agreement, the Company grants First Canadian an option package consisting of a total 350,000 options exercisable at incremental prices and paying a monthly fee. The Company has granted First Canadian options (the “**Options**”) of the Company to acquire 150,000 shares at a price of \$0.34 per share, 80,000 shares at \$0.45 per share and 120,000 shares at \$.60 per share. The Options expire on the earlier of two years from the date of the Consulting Agreement and 30 days after First Canadian ceases to provide the services set out in the Consulting Agreement. In accordance with TSX Venture Exchange policies, the Options will be subject to vesting provisions over a 12 month period.

Mr. Ioannis (Yannis) Tsitos, Stronghold’s President and Chief Executive Officer stated: “We are very pleased to retain First Canadian as our investor relations consultants, especially as they are known to be very selective in their engagements. We have completed 103 of the 150 diamond drill Holes in the current program at Eagle Mountain and have so far only announced the assay results from 32 of those holes. We anticipate that there will be a steady series of announcements over the coming months as the analytical results become available and our

program matures with the addition of further technical studies, such as metallurgical tests and environmental studies in early 2012. First Canadian will ensure that those results reach a wide and diverse audience.”

About the Stronghold Metals Inc.

Stronghold Metals is an emerging mid-sized gold exploration and development Company with its primary property, the Eagle Mountain gold project, located in Guyana, South America.

About First Canadian Capital Corp.

www.firstcanadiancapital.com

First Canadian Capital Corp. (FCCC) has been providing investor relations services for more than a decade, specializing in providing investor relations services to emerging small-cap and mid-tier companies. FCCC's core competencies are found in identifying quality assets and undervalued companies with high growth potential and providing effective investor relations and market awareness services to these companies. FCCC is proud to have had 2 clients win the PDAC Prospector of the Year Award.

For further information please see <http://www.strongholdmetals.com> or contact:

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First Canadian Capital Corp.

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

“Ioannis (Yannis) Tsitos”

President, Chief Executive Officer & Director

This document contains certain forward looking statements which involve known and unknown risks, delays, and uncertainties not under the corporation's control which may cause actual results, performance or achievements of the corporation's to be materially different from the results, performance or expectation implied by these forward looking statements.

Neither the 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.