



News Release No. 16-07

Trading symbol: TSX-V: RMO

Rainy Mountain Grants Stock Options

West Vancouver, British Columbia, September 20, 2016 – Rainy Mountain Royalty Corp. (the “Company”) announces that in accordance with the terms of the Company’s stock option plan, the Company has granted 747,000 incentive stock options to certain directors, officers, employees and consultants, at an exercise price of \$0.06 per share for a term of 5 years.

For further information, contact Mr. Clive Shallow, Shareholder Communications, at 604-922-2030, or visit the Company’s website at www.rmroyalty.com.

Rainy Mountain Royalty Corp.

“Douglas L. Mason”

Douglas L. Mason, President & CEO

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.