CONTINENTALGOLD

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Continental Gold Issues First Sustainability Report

Toronto, Ontario, September 26, 2016 – Continental Gold Inc. (**TSX:CNL; OTCQX:CGOOF**) ("Continental" or the "Company") is pleased to announce the publication of its first Sustainability Report, prepared using the Global Reporting Initiative (GRI) G4 standards as a guide. The Report provides information on the Company's safety, environmental, social and economic performance in 2015, as well as key issues identified by the Company and its stakeholders.

Ari Sussman, Chief Executive Officer, stated: "This first Sustainability Report provides us the opportunity to highlight the progress and long-term commitment of the Company to operate our unique high-grade project in an economically, socially and environmentally responsible manner, and will serve as a benchmark for monitoring our progress and contribution to the quality of life for communities in Western Antioquia."

Dr. Kenneth Thomas, Lead Director of the Company, noted in the Report that the Company's small-scale Buriticá mine has been operating for a number of years, allowing "significant experience to be gained in underground mining, processing, worker-training and experience, health and safety, administration and community relations-thereby, most importantly, contributing to sustainability understanding. Few juniors have such experience as they venture into large-scale operations."

Key achievements in 2015 mentioned in the Report included:

- Addressing small-scale mining in a manner consistent with human rights and formulating a constructive co-existence model;
- Strengthening the Company's environment impact management;
- Achieving Occupational Health and Safety Assessment Series (OHSAS) 18001 Standard certification for workplace occupational health and safety management systems in early 2015;
- Providing approximately 10,000 hours of worker training; and
- Coordinating technical training to approximately 600 members of local communities.

The 2015 Sustainability Report is available for download in both English and Spanish on the Company's website at www.continentalgold.com. A printed version is also available; to request a copy, please email info@continentalgold.com.

About Continental Gold

Continental Gold Inc. is an advanced-stage exploration and development company with an extensive portfolio of 100%–owned gold projects in Colombia. Formed in April 2007, the Company—led by an international management team with a successful track record of discovering and developing large high–grade gold deposits in Latin America—is focused on advancing its high–grade Buriticá gold project to production.

For information on the Buriticá Project, please refer to the technical report, prepared in accordance with NI 43–101, entitled "Buriticá Project NI 43–101 Technical Report Feasibility Study, Antioquia, Colombia" and dated March 29, 2016 with an effective date of February 24, 2016, led by independent consultants JDS Energy & Mining Inc. The technical report is available on SEDAR at www.sedar.com, on the OTCQX at www.otcmarkets.com and on the Company's website at www.continentalgold.com. Additional details on the rest of Continental's suite of gold exploration properties are also available at www.continentalgold.com.

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Forward-looking Statements

This press release contains or refers to forward–looking information under Canadian securities legislation, including statements regarding the effect of the 2015 Sustainability Report, continuing to operate the Buriticá project in an economically, socially and environmentally responsible manner, advancing the Buriticá project, and future plans and objectives of the Company, and is based on current expectations that involve a number of significant business risks and uncertainties. Forward–looking statements are subject to other factors that could cause actual results to differ materially from expected results. Readers should not place undue reliance on forward–looking statements. Factors that could cause actual results to differ materially from any forward–looking statement include, but are not limited to, an inability to advance the Buriticá project to the next level, failure to convert estimated mineral resources to reserves, capital and operating costs varying significantly from estimates, the preliminary nature of metallurgical test results, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, political risks, uncertainties relating to the availability and costs of financing needed in the future, changes in equity markets, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects and the other risks involved in the mineral exploration and development industry. Specific reference is made to the most recent Annual Information Form on file with Canadian provincial securities regulatory authorities for a discussion of some of the factors underlying forward–looking statements. All of the forward–looking statements made in this press release are qualified by these cautionary statements, and are made as of the date hereof. The Company assumes no responsibility to update them or revise them to reflect new events or circumstances other than as required by law.

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