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TSX-V: SMD

STRATEGIC METALS LTD. ANNOUNCES THE GRANTING OF INCENTIVE STOCK OPTIONS

Vancouver, B.C. – September 3, 2019 - Strategic Metals Ltd. (TSX-V: SMD) (“Strategic”) announces that it has granted incentive stock options to directors, officers, employees and consultants, entitling them to purchase up to a total of 2,550,000 common shares at a price of \$0.49 per share for a period of five years. The options will vest on a quarterly basis commencing three months from the date of grant.

About Strategic Metals Ltd.

Strategic is a project generator with a portfolio of more than 130 projects that are the product of over 50 years of focussed exploration and research by a team with a track record of major discoveries. Projects available for option, joint venture or sale include drill-confirmed prospects and drill-ready targets with high-grade surface showings, geochemical anomalies and geophysical features that resemble those at nearby deposits.

Strategic has a strong cash position and large shareholdings in a number of active mineral exploration companies including 43.2% of GGL Resources Corp., 41.8% of Rockhaven Resources Ltd., 27.7% of Precipitate Gold Corp., 17.8% of Silver Range Resources Ltd., 8.7% Trifecta Gold Ltd., and 6.4% of ATAC Resources Ltd.

ON BEHALF OF THE BOARD

“W. Douglas Eaton”

President and Chief Executive Officer

For further information concerning Strategic or its various exploration projects please visit our website at www.strategicmetalsltd.com or contact:

Corporate Information

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This news release may contain forward looking statements based on assumptions and judgments of management regarding future events or results that may prove to be inaccurate as a result of exploration and other risk factors beyond its control, and actual results may differ materially from the expected results.