VANCOUVER, BC--(Marketwired - May 14, 2014) - GoldQuest Mining Corp. (TSX VENTURE: GQC) (FRANKFURT: M1W) (BERLIN: M1W) ("GoldQuest" or the "Company") announces that it has granted an aggregate of 165,000 incentive stock options (the "Options") to officers and employees of GoldQuest, at an exercise price of $0.31 per share.

The Options are exercisable for a five-year period from the date of grant and will vest as follows: 1/3rd on the 6 month anniversary from the date of the grant; 1/3rd on the first anniversary from the date of the grant and the final 1/3rd on the 18 month anniversary from the date of the grant.

The Options are granted pursuant to the Company's stock option plan, which was most recently approved by the shareholders of the Company at the annual general meeting of shareholders held on June 28, 2013.

The Company also announces that it has entered into an agreement with Mr. Jeremy Niemi (P.Geo), formerly the Director of Technical Services and Compliance of GoldQuest, appointing Mr. Niemi as the Vice-President, Exploration of the Company.

About GoldQuest

GoldQuest is a Canadian based mineral exploration company with projects in the Dominican Republic traded on the TSX-V under the symbol GQC.V and in Frankfurt/Berlin with symbol M1W, with 145,755,044 shares outstanding as at May 14, 2014, (160,096,563 on a fully diluted basis, as at May 14, 2014).

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 news release.

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