



Sandspring Retains Investor Relations Consultant

Denver, Colorado – 29 April 2014 -- Sandspring Resources Ltd. (“Sandspring” or the “Company”) (TSX.V: SSP) Sandspring is pleased to announce that it has retained the part-time investor relations consulting services of Naomi Nemeth to enhance the Company's profile and create greater awareness of the Company's plans and objectives among the global investment communities, with an emphasis on highlighting the progress of the Toroparu Project in Guyana.

Ms. Nemeth is a seasoned investor relations professional with more than 25 years' experience, the past ten of which have been focused on the mining industry with companies such as Banro Corp (gold mining in the Democratic Republic of the Congo), Loncor Resources (gold exploration in the DRC) Desert Sun Mining (acquired by Yamana Gold), Wolfden Resources (acquired by Zinifex), African Copper, Homeland Energy and Continental Gold. Ms. Nemeth began her career as a geologist working in the Yukon, Northwest Territories and Ontario and has an undergraduate degree in geology and biology from Brock University and a Master's degree in journalism from the University of Western Ontario.

The Consulting Agreement with Ms. Nemeth has an initial term of six months and provides for a monthly payment to Ms. Nemeth of \$5,000 per month. In addition, Ms. Nemeth is eligible to participate in the Company's stock option plan. The Consulting Agreement is subject to the approval of the TSX Venture Exchange.

About Sandspring

Sandspring Resources Ltd. is a Canadian junior mining company currently in advanced exploration and moving toward a definitive feasibility study for the multi-million ounce Toroparu Project in the Republic of Guyana. Visit Sandspring's website at <http://www.sandspringresources.com>.

FOR FURTHER INFORMATION PLEASE CONTACT:

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Additional information on Sandspring can be viewed on SEDAR under the Company's profile at www.sedar.com or on Sandspring's website at www.sandspringresources.com. This press release includes certain forward-looking statements concerning future performance and operations of the Company, including management's objectives, strategies, beliefs and intentions. Forward-looking statements are frequently identified by such words as "may", "will", "plan", "expect", "anticipate", "estimate", "intend" and similar words referring to future events and results. Forward-looking statements are based on the current opinions and expectations of management at the time such statements are made. All forward-looking statements and information is inherently uncertain and may cause the actual results, performance or achievements of the Company to be materially different from any future results, performance or achievements expressed or implied by such forward-looking statements or information.

Forward-looking statements are subject to a variety of assumptions, risks and uncertainties, including the speculative nature of mineral exploration and development, fluctuating commodity prices, changes in project parameters as plans continue to be refined, uncertainties of project cost overruns or unanticipated costs and expenses, uncertainties inherent in conducting operations in a foreign country, uncertainties related to the availability and costs of financing needed in the future, uncertainties related to the ability to enter into the contracts necessary to develop the mining project on reasonable terms, the risk that the conclusion of pre-production studies may not be accurate, the risk that the Company may be unable to successfully advance the Toroparu Project to feasibility, risks that the Company may not obtain positive results from ongoing evaluation and testing of multiple gold targets located elsewhere in the Company's landholdings, operating or technical difficulties in connection with mining or development activities, labour disputes, and contests over title to properties, particularly title to undeveloped properties, among other risks as described in our public filings available at www.sedar.com. Actual events or results may differ materially from those projected in the forward-looking statements and we caution against placing undue reliance thereon. Sandspring Resources Ltd. has an ongoing obligation to disclose material information, as it becomes available.

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.