

News release via Canada NewsWire, Calgary 403-269-7605

Attention Business Editors:
Abenteuer Grants Stock Options

CALGARY, Jan. 30 /CNW/ - Abenteuer Resources Corp. (the "Corporation") (TSX Venture Exchange, Tier 2 listed under symbol ABU) is pleased to announce that on January 24th, 2003, certain holders of options exercised 100,000 options at an exercise price of \$0.25 per share for a total cash infusion to the Corporation of \$25,000.00.

Further, on January 27, 2003 pursuant to its Management Stock Option Plan, the Corporation granted to one of its directors and management non-transferable options to purchase an aggregate of 40,000 common shares in the Corporation's capital stock, all of which shares will be reserved by the Corporation for issuance until the options are exercised or expire. Further, the Corporation granted to two consultants similar options to purchase an aggregate of 70,000 common shares in the Corporation's capital stock. These options are all exercisable by the holders at a price of \$0.25 per share until December 18th, 2006. The grant of these options is subject to acceptance by the TSXVE. There are now outstanding options to purchase a total of 530,000 of the Corporation's shares, or 10% of its issued and outstanding shares.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.

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/For further information: Raymond Fong, President of Abenteuer Resources Corp., (403) 514-9998/
(ABU.)

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