



LA QUINTA RESOURCES CORPORATION
1710 – 1177 W. Hasting Street, Vancouver, BC V6E 2L5

No.13-06

LAQ: TSX-V

NEWS RELEASE

SEC 12G file#82-35061

LA QUINTA RESOURCES TO SETTLE DEBT

Vancouver, B.C. August 22, 2013 - La Quinta Resources Corporation (TSX-V: LAQ / Frankfurt: LQK / OTCBB: LQRCP) (“La Quinta” or the “Company”) is pleased to announce that, subject to regulatory approval, it has entered into debt settlement agreements with certain creditors and intends to settle aggregate debts of \$275,170.06 by the issuance of 1,546,484 common shares in the capital of the Company at \$0.07 per share. All shares issued pursuant to the debt settlement are subject to a hold period expiring 4 months from the date of issuance.

About La Quinta Resources Corporation

The Coppertonic property, located south of Canim Lake, British Columbia, is a copper-gold occurrence historically known as the Sleeping Giant prospect. The project covers 24 claim units covering 480 hectares. A prominent magnetic anomaly centered on the property is interpreted to reflect a larger area of covered porphyry than what outcrops. Historic drilling on the prospect has included an aggregate of twenty two drill holes as described in the Company’s August 15, 2013 news release. No resources have been identified on the Coppertonic property. La Quinta has engaged J.W. Morton P.Geog to prepare a compliant report to be filed by September 15, 2013.

On behalf of the board,

“Dustin Henderson”

Dustin Henderson, BBA, President, CEO and Corporate Secretary

La Quinta Resources Corp.

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