



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

No.13-08

LAQ: TSX-V

NEWS RELEASE

SEC 12G file#82-35061

LA QUINTA RESOURCES FINAL DEBT SETTLEMENT

Vancouver, B.C. October 11, 2013 - La Quinta Resources Corporation (TSX-V: LAQ / Frankfurt: LQK / OTCBB: LQRCP) (“La Quinta” or the “Company”) is pleased to announce that the Company has received TSX Venture Exchange approval to issue 1,449,627 common shares (the “Shares”) in the capital of the Company at \$0.07 per share. The Shares are being issued in accordance with debt settlement agreements entered into with certain creditors and to settle aggregate debts of \$261,610.06. All shares issued pursuant to the debt settlement are subject to a hold period expiring 4 months from the date of issuance.

La Quinta has terminated the option agreement (the “Agreement”) previously optioned in April 2011 with Cariboo Rose Resources Ltd. The Agreement terminated on September 30, 2013 and is of no further legal force or effect and the parties are released and discharged from all obligations and liabilities under the Agreement.

About La Quinta Resources Corporation

The Copperton 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 Copperton property.

On behalf of the board,

“Dustin Henderson”

Dustin Henderson, BBA, President, CEO and Corporate Secretary

La Quinta Resources Corp.

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“Neither 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.” This document includes forward- looking statements. When used in this document, the words “potential”, “plan”, “could”, “estimate”, “expect”, “intend”, “may”, “should”, and similar expressions are intended to be among the statements that identify forward-looking statements. Although La Quinta believes that their expectations reflected in these forward-looking statements are reasonable, such statements involve risks and uncertainties and no assurance can be given that actual results will be consistent with these forward-looking statements.”