



CADAN RESOURCES CORPORATION

916 – 925 West Georgia Street
Vancouver, BC V6C 3L2 Canada
Tel: (604) 687-0760
Fax: (604) 687-0710
Email: info@cadanresources.com
www.cadanresources.com

July 20, 2009
NEWS RELEASE

For Immediate Dissemination
Symbol: CNF-TSXV

CADAN GRANTS STOCK OPTIONS

CADAN RESOURCES CORPORATION (CNF-V) (the “Company”) announced that it has granted an aggregate of 5,200,000 incentive stock options to various directors and consultants of the Company. The exercise price of the options has been set at \$0.10 and they are exercisable for a period of 5 years.

The options are governed by the Company’s stock option plan which is subject to TSX Venture Exchange acceptance and ratification by the shareholders of the Company.

Any shares issued on the exercise of these stock options will be subject to a four-month hold period commencing on the date of the grant.

ends

Cadan Resources Corporation is a junior exploration Company with operations in the Philippines and Colombia and trades on the TSX Venture Exchange (Canada) with trading symbol CNF-V.

“Brett Taylor”

On behalf of the board of directors,
Brett Taylor, President & CEO

For further information, please contact:
Brett Taylor, President & CEO,
Email: btaylor@philco.bayandsl.ph
Tel: +63-920-909-5852

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