



NEWS RELEASE

**CNQ: HYL
FRANKFURT: HYK**

HY LAKE GOLD ANNOUNCES GRANT OF OPTIONS

FOR IMMEDIATE RELEASE, December 14, 2009 - Toronto, Ontario.

Hy Lake Gold Inc. (CNQ: HYL; FRANKFURT: HYK) (“Hy Lake Gold” and “the Company”) announces that on December 4, 2009 it has granted incentive stock options for the purchase of 400,000 common shares of Hy Lake Gold to directors of the Company. The options have an exercise price of \$0.20 and expire five years from the date of grant.

Hy Lake Gold is a junior exploration company focussed on the gold exploration and development business in the prolific Red Lake mining district of north-western Ontario, Canada. Hy Lake Gold has assembled a significant property package, totalling approximately 3,000 hectares, in west Red Lake. The properties cover a twelve kilometre distance along the west Red Lake Trend, containing three former producing gold mines, and the Company intends to explore these properties both along strike and at depth. To find out more about Hy Lake Gold Inc. please visit our website at www.hylake.com.

There are 32,984,195 shares of Hy Lake Gold outstanding.

On behalf of the board:

Mr. Robert B. Seitz, President
office @ hylake.com

The CNSX has neither approved nor disapproved of the contents of this press release.