

September 26 2019

TSX.V - GIGA

Giga Metals Grants Stock Options

(VANCOUVER) – Giga Metals Corporation (the "Company") today announced that pursuant to its Stock Option Plan, approved by the TSX Venture Exchange, the Company will be granting 225,000 stock options to certain Directors and Employees, exercisable at \$0.40 per share, expiring September 26, 2024.

On behalf of the Board of Directors,

"Mark Jarvis"

MARK JARVIS, President GIGA METALS CORPORATION Tel – 604 681 2300

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.