



News Release - Antioquia Gold Announces Stock Options Granted Under Existing Plan

December 30, 2009, Calgary, Alberta: Antioquia Gold Inc. (TSX-V: AGD) has granted, subject to TSX-V approval, options to acquire a total of 1,600,000 common shares of AGD to Directors, Officers and senior managers in Colombia, at an exercise price of \$0.49 per share, vesting immediately and expiring if unexercised on December 23, 2012, in accordance with the existing stock option plan.

AGD is a Calgary based mineral exploration company focused on searching out precious metals and other mineral opportunities in Colombia. AGD's principal asset is its Cisneros Project, located 70 kilometers northeast of Medellin in the Department of Antioquia, Colombia.

Caution regarding forward looking information

This press release may contain forward-looking statements. Such forward-looking statements involve a number of known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of AGD to be materially different from actual future results and achievements expressed or implied by such forward looking statements. . Actual results can differ materially from those anticipated by management at the time of writing due to many factors, the majority of which are beyond the control of AGD and its management. Readers are cautioned not to place undue reliance on these forward-looking statements, which speak only as of the date the statements were made. Readers are also advised to consider such forward-looking statements while considering the risks involved.

For further information on Antioquia Gold Inc., visit our website at www.antioquiagoldinc.com or contact

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