May 20, 2021

## Gran Tierra Energy Inc.

(the "Company")

## Notification of Transactions in the Company's Shares by Directors and Persons Discharging Managerial Responsibility

The Company announces the following transactions in the Company's common shares undertaken by directors / persons discharging managerial responsibility ("PDMRs").

The notification set out below is provided in accordance with the requirement of Article 19 of the EU Market Abuse Regulation.

Contact Information:

Gary Guidry

President and Chief Executive Officer

Ryan Ellson

Executive Vice President and Chief Financial Officer

Rodger Trimble

Vice President, Investor Relations

(403) 265-3221

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1	Details of the person discharging managerial responsibilities / person closely associated						
a)	Name	Ryan Ellson, Executive V Jim Evans, Vice Presiden	Gary Guidry, President and Chief Executive Officer Ryan Ellson, Executive Vice President and Chief Financial Officer im Evans, Vice President, Corporate Services Rodger Trimble, Vice President, Investor Relations				
2	Reason for the	notification					
a)	Position/status	See 1 a) above	ee 1 a) above				
b)	Initial notification /Amendment	nitial notification					
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a)	Name	Gran Tierra Energy Inc.					
b)	LEI	549300IH2S17MAIUCN	49300IH2S17MAIUCM32				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted						
a)	Description of the financial instrument, type of instrument  Identification code  Common Shares  ISIN: US38500T1016						
b)	Nature of the transaction	Acquisition of Commo	Acquisition of Common Shares through the Company's Employee Share Savings Plan				
c)	Price(s) and volume(s)	PDMR  Gary Guidry Ryan Ellson Jim Evans Rodger Trimble		Price(s)  USD 0.68  USD 0.68  USD 0.68  USD 0.68	Volume (s) 6,049 4,284 1,890 3,024		
d)	Aggregated information - Aggregated volume - Price	nformation Price(s) Volume USD 0.68 15,2		me (s)			
e)	Date of the transaction	19 May 2021	19 May 2021				
f)	Place of the transaction	Toronto Stock Exchan	Toronto Stock Exchange (TSX)				