

March 16, 2020

Gran Tierra Energy Inc.
(the “Company”)

Director / PDMR Shareholding

Gran Tierra Energy Inc. has been notified of the following transactions in the Company’s common shares undertaken by directors / persons discharging managerial responsibility (“PDMR”).

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
Chief Executive Officer

Ryan Ellson
Executive Vice President and Chief Financial Officer

Rodger Trimble
Vice President, Investor Relations

(403) 265-3221
info@grantierra.com

1	Details of the person discharging managerial responsibilities / person closely associated					
a)	Name	Wade Capital Corporation				
2	Reason for the notification					
a)	Position/status	Person Closely Associated with Brooke Wade, Director				
b)	Initial notification /Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	Gran Tierra Energy Inc.				
b)	LEI	549300IH2S17MAIUCM32				
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	Common Stock				
	Identification code	ISIN: US38500T1016				
b)	Nature of the transaction	Purchase of Shares				
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>USD 0.27</td> <td>200,000</td> </tr> </tbody> </table>	Price(s)	Volume (s)	USD 0.27	200,000
Price(s)	Volume (s)					
USD 0.27	200,000					
d)	Aggregated information - Aggregated volume - Price	n/a				
e)	Date of the transaction	12 March 2020				
f)	Place of the transaction	Toronto Stock Exchange (TSX)				

Details of the person discharging managerial responsibilities / person closely associated					
Name	David Smith				
Reason for the notification					
Position/status	Director				
Initial notification /Amendment	Initial notification				
Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
Name	Gran Tierra Energy Inc.				
LEI	549300IH2S17MAIUCM32				
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					
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Identification code	ISIN: US38500T1016				
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Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>USD 0.255</td> <td>85,000</td> </tr> </tbody> </table>	Price(s)	Volume (s)	USD 0.255	85,000
Price(s)	Volume (s)				
USD 0.255	85,000				
Aggregated information - Aggregated volume - Price	n/a				
Date of the transaction	13 March 2020				
Place of the transaction	Toronto Stock Exchange (TSX)				

Details of the person discharging managerial responsibilities / person closely associated					
Name	Gary Guidry				
Reason for the notification					
Position/status	President and Chief Executive Officer; Director				
Initial notification /Amendment	Initial notification				
Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
Name	Gran Tierra Energy Inc.				
LEI	549300IH2S17MAIUCM32				
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USD 0.254	850,000				
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Date of the transaction	13 March 2020				
Place of the transaction	Toronto Stock Exchange (TSX)				