

March 27, 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

Details of the person discharging managerial responsibilities / person closely associated					
Name	Lawrence West				
Reason for the notification					
Position/status	Vice President, Exploration				
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					
Description of the financial instrument, type of instrument	Common Stock				
Identification code	ISIN: US38500T1016				
Nature of the transaction	Purchase of Shares				
Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>USD 0.22</td> <td>57,970</td> </tr> </tbody> </table>	Price(s)	Volume (s)	USD 0.22	57,970
Price(s)	Volume (s)				
USD 0.22	57,970				
Aggregated information - Aggregated volume - Price	n/a				
Date of the transaction	25 March 2020				
Place of the transaction	Toronto Stock Exchange (TSX)				