

May 5, 2020

Gran Tierra Energy Inc.
(the “Company”)

Notification of Transactions in the Company's Shares by Director 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
info@grantierra.com

1	Details of the person discharging managerial responsibilities / person closely associated					
a)	Name	Gary Guidry				
2	Reason for the notification					
a)	Position/status	President and Chief Executive Office; 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 Shares				
	Identification code	ISIN: US38500T1016				
b)	Nature of the transaction	Acquisition of Common Shares through Employee Share Savings Plan				
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 0.33</td> <td>10,754</td> </tr> </tbody> </table>	Price(s)	Volume (s)	USD 0.33	10,754
Price(s)	Volume (s)					
USD 0.33	10,754					
d)	Aggregated information - Aggregated volume - Price	n/a				
e)	Date of the transaction	4 May 2020				
f)	Place of the transaction	Toronto Stock Exchange (TSX)				

1	Details of the person discharging managerial responsibilities / person closely associated					
a)	Name	Ryan Ellson				
2	Reason for the notification					
a)	Position/status	Executive Vice President and Chief Financial Officer				
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.				
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USD 0.33	3,809					
d)	Aggregated information - Aggregated volume - Price	n/a				
e)	Date of the transaction	4 May 2020				
f)	Place of the transaction	Toronto Stock Exchange (TSX)				

1	Details of the person discharging managerial responsibilities / person closely associated					
a)	Name	Rodger Trimble				
2	Reason for the notification					
a)	Position/status	Vice President, Investor Relations				
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				
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USD 0.33	5,377					
d)	Aggregated information - Aggregated volume - Price	n/a				
e)	Date of the transaction	4 May 2020				
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