

March 20, 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

<b>1</b>	<b>Details of the person discharging managerial responsibilities / person closely associated</b>					
a)	Name	Wade Capital Corporation				
<b>2</b>	<b>Reason for the notification</b>					
a)	Position/status	Person Closely Associated with Brooke Wade, Director				
b)	Initial notification /Amendment	Initial notification				
<b>3</b>	<b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>					
a)	Name	Gran Tierra Energy Inc.				
b)	LEI	549300IH2S17MAIUCM32				
<b>4</b>	<b>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</b>					
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 0.204</td> <td>300,000</td> </tr> </tbody> </table>	Price(s)	Volume (s)	USD 0.204	300,000
Price(s)	Volume (s)					
USD 0.204	300,000					
d)	Aggregated information - Aggregated volume - Price	n/a				
e)	Date of the transaction	19 March 2020				
f)	Place of the transaction	Toronto Stock Exchange (TSX)				