

March 6, 2023

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
info@grantierra.com

1	Details of the person discharging managerial responsibilities / person closely associated								
a)	Name	Gary Guidry, President and Chief Executive Officer							
2	Reason for the notification								
a)	Position/status	See 1 a) above							
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 Identification code	Common Shares ISIN: US38500T1016							
b)	Nature of the transaction	Acquisition of Common Shares							
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>PDMR</th> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>Gary Guidry</td> <td>USD 0.86</td> <td>150,000</td> </tr> </tbody> </table>		PDMR	Price(s)	Volume (s)	Gary Guidry	USD 0.86	150,000
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d)	Aggregated information - Aggregated volume - Price	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>USD 0.86</td> <td>150,000</td> </tr> </tbody> </table>		Price(s)	Volume (s)	USD 0.86	150,000		
Price(s)	Volume (s)								
USD 0.86	150,000								
e)	Date of the transaction	March 3, 2023							
f)	Place of the transaction	Toronto Stock Exchange (TSX)							