

May 22, 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, President and Chief Executive Officer Ryan Ellson, Executive Vice President and Chief Financial Officer Jim Evans, Vice President, Corporate Services Rodger Trimble, Vice President, Investor Relations																
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	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>PDMR</th> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>Gary Guidry</td> <td>USD 0.27</td> <td>10,786</td> </tr> <tr> <td>Ryan Ellson</td> <td>USD 0.27</td> <td>7,640</td> </tr> <tr> <td>Jim Evans</td> <td>USD 0.27</td> <td>3,371</td> </tr> <tr> <td>Rodger Trimble</td> <td>USD 0.27</td> <td>5,393</td> </tr> </tbody> </table>		PDMR	Price(s)	Volume (s)	Gary Guidry	USD 0.27	10,786	Ryan Ellson	USD 0.27	7,640	Jim Evans	USD 0.27	3,371	Rodger Trimble	USD 0.27	5,393
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e)	Date of the transaction	21 May 2020
f)	Place of the transaction	Toronto Stock Exchange (TSX)