

March 5, 2019

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 Performance Stock Units and Stock Options undertaken by directors / persons discharging managerial responsibility (“PDMRs”).

Performance Stock Units (“PSUs”) and Stock Options have been granted to PDMRs effective March 1, 2019. The PSUs entitle the holder to receive, at the option of the Company, either the underlying number of shares of the Company's common stock upon vesting of such units or a cash payment equal to the value of the underlying shares. The PSUs granted on March 1, 2019 vest after three years, subject to the continued employment of the grantee. Upon vesting, the underlying number of common shares or the cash payment equivalent to their value may range from zero to 200% of the number of PSU's vested, based on the Company’s performance with respect to the applicable performance targets.

Each Stock Option permits the holder to purchase one share of common stock of the Company at the stated exercise price. The exercise price equals the market price of a share of common stock at the time of grant. Stock Options vest over three years and expire five years from the date of issue.

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
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 Ed Caldwell, Vice President, Health Safety and Environment & Corp. Social Responsibility Ryan Ellson, Chief Financial Officer Jim Evans, Vice President, Corporate Services Alan Johnson, Vice President, Asset Management Glen Mah, Vice President, Business Development Susan Mawdsley, Vice President, Finance and Corporate Controller Rodger Trimble, Vice President, Investor Relations Lawrence West, Vice President, Exploration																																
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	Performance Stock Units Each Performance Stock Unit represents a contingent right to receive one share of Gran Tierra Energy Inc. common stock.																																
	Identification code	n/a																																
b)	Nature of the transaction	Grant of Performance Stock Units																																
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>n/a</td> <td>545,455</td> </tr> <tr> <td>Ed Caldwell</td> <td>n/a</td> <td>178,571</td> </tr> <tr> <td>Ryan Ellson</td> <td>n/a</td> <td>372,727</td> </tr> <tr> <td>Jim Evans</td> <td>n/a</td> <td>217,532</td> </tr> <tr> <td>Alan Johnson</td> <td>n/a</td> <td>155,844</td> </tr> <tr> <td>Glen Mah</td> <td>n/a</td> <td>155,844</td> </tr> <tr> <td>Susan Mawdsley</td> <td>n/a</td> <td>155,844</td> </tr> <tr> <td>Rodger Trimble</td> <td>n/a</td> <td>155,844</td> </tr> <tr> <td>Lawrence West</td> <td>n/a</td> <td>217,532</td> </tr> </tbody> </table>			PDMR	Price(s)	Volume (s)	Gary Guidry	n/a	545,455	Ed Caldwell	n/a	178,571	Ryan Ellson	n/a	372,727	Jim Evans	n/a	217,532	Alan Johnson	n/a	155,844	Glen Mah	n/a	155,844	Susan Mawdsley	n/a	155,844	Rodger Trimble	n/a	155,844	Lawrence West	n/a	217,532
PDMR	Price(s)	Volume (s)																																
Gary Guidry	n/a	545,455																																
Ed Caldwell	n/a	178,571																																
Ryan Ellson	n/a	372,727																																
Jim Evans	n/a	217,532																																
Alan Johnson	n/a	155,844																																
Glen Mah	n/a	155,844																																
Susan Mawdsley	n/a	155,844																																
Rodger Trimble	n/a	155,844																																
Lawrence West	n/a	217,532																																

d)	Aggregated information - Aggregated volume - Price	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>n/a</td> <td>2,155,193</td> </tr> </tbody> </table>	Price(s)	Volume (s)	n/a	2,155,193																										
Price(s)	Volume (s)																															
n/a	2,155,193																															
e)	Date of the transaction	1 March 2019																														
f)	Place of the transaction	Outside a trading venue																														
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	<p>Stock Options</p> <p>Each Stock Option represents a right to purchase one share of Gran Tierra Energy Inc. common stock at the stated exercise price</p> <p>n/a</p>																														
b)	Nature of the transaction	Grant of Stock Options																														
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>PDMMR</th> <th>Price(s)</th> <th>Volume (s)</th> </tr> </thead> <tbody> <tr> <td>Gary Guidry</td> <td>USD 2.32</td> <td>291,667</td> </tr> <tr> <td>Ed Caldwell</td> <td>USD 2.32</td> <td>95,486</td> </tr> <tr> <td>Ryan Ellson</td> <td>USD 2.32</td> <td>199,306</td> </tr> <tr> <td>Jim Evans</td> <td>USD 2.32</td> <td>116,319</td> </tr> <tr> <td>Alan Johnson</td> <td>USD 2.32</td> <td>83,333</td> </tr> <tr> <td>Glen Mah</td> <td>USD 2.32</td> <td>83,333</td> </tr> <tr> <td>Susan Mawdsley</td> <td>USD 2.32</td> <td>83,333</td> </tr> <tr> <td>Rodger Trimble</td> <td>USD 2.32</td> <td>83,333</td> </tr> <tr> <td>Lawrence West</td> <td>USD 2.32</td> <td>116,319</td> </tr> </tbody> </table>	PDMMR	Price(s)	Volume (s)	Gary Guidry	USD 2.32	291,667	Ed Caldwell	USD 2.32	95,486	Ryan Ellson	USD 2.32	199,306	Jim Evans	USD 2.32	116,319	Alan Johnson	USD 2.32	83,333	Glen Mah	USD 2.32	83,333	Susan Mawdsley	USD 2.32	83,333	Rodger Trimble	USD 2.32	83,333	Lawrence West	USD 2.32	116,319
PDMMR	Price(s)	Volume (s)																														
Gary Guidry	USD 2.32	291,667																														
Ed Caldwell	USD 2.32	95,486																														
Ryan Ellson	USD 2.32	199,306																														
Jim Evans	USD 2.32	116,319																														
Alan Johnson	USD 2.32	83,333																														
Glen Mah	USD 2.32	83,333																														
Susan Mawdsley	USD 2.32	83,333																														
Rodger Trimble	USD 2.32	83,333																														
Lawrence West	USD 2.32	116,319																														
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 2.32</td> <td>1,152,429</td> </tr> </tbody> </table>	Price(s)	Volume (s)	USD 2.32	1,152,429																										
Price(s)	Volume (s)																															
USD 2.32	1,152,429																															
e)	Date of the transaction	1 March 2019																														
f)	Place of the transaction	Outside a trading venue																														