July 11, 2022

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 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 instrumentCommon SharesIdentification codeISIN: US38500T1016						
b)	Nature of the transaction	Acquisition of Common Shares through the Company's Employee Share Savings Plan					
c)	Price(s) and volume(s)			Price(s) USD 1.17 USD 1.17 USD 1.17 USD 1.17 USD 1.17	Volume (s) 3,268 2,315 1,021 1,634		
d)	Aggregated information - Aggregated volume - Price		me (s) 8				
e)	Date of the transaction	06 July 2022	06 July 2022				
f)	Place of the transaction	Toronto Stock Exchar	Toronto Stock Exchange (TSX)				