



High Tide Resources Prepares to Drill Labrador West Iron Project

Benchmark Fe 62% Prices Remain Strong and Above US \$160/MT

TORONTO, Ontario, April 6, 2022 – High Tide Resources Corp. (“**High Tide**” or the “**Company**”) (CSE: HTRC) is pleased to announce that it has secured a diamond drill rig for its flagship Labrador West Iron Project with drilling anticipated to commence in mid-April 2022. Drill program details will be released in a subsequent news release.

Steve Roebuck, Interim CEO & Director of High Tide states, “We are very pleased to have secured a rig from a contractor with extensive experience drilling iron ore in the Labrador Trough. Currently, we anticipate drilling approximately 6 to 8 holes and up to 2500 m of HQ diameter core. After listing on the CSE in late February, this quick start for High Tide will help keep our investors engaged and allow the Company to achieve some of its goals in a timely manner.”

Labrador West Iron Project

High Tide plans to quickly advance the project through the drilling phase, release a maiden resource and commence a PEA level study all within the first 12 months of going public. Explored and drilled by Rio Tinto Exploration from 2010 to 2012, and by then-private High Tide Resources in 2020, with 22 core holes and ~5,200 metres of drill core logged and assayed, the deposit has already been significantly de-risked and ready for rapid advancement. Located only 20 kilometres northeast of Labrador City, Labrador and adjacent to the IOC’s Carol Lake Mine, the project is proximal to all the critical infrastructure required to explore, daylight and develop a major new iron deposit in the heart of the southern Labrador Trough which is home to 4 operating iron mines.

About High Tide

High Tide is focused on, and committed to, the development of advanced-stage mineral projects in Canada using industry best practices combined with a strong social license from local communities. High Tide is earning a 100% interest in the Labrador West Iron Project located adjacent to IOC/Rio Tinto’s 23 mtpy Carol Lake Mine in Labrador City, Labrador and owns a 100% interest in the Lac Pegma copper-nickel-cobalt deposit located 50 kilometres southeast of Fermont Quebec.

Further details on the Company, including the NI 43-101 technical report on the Labrador West Iron property can be found on the Company’s website at www.hightideresources.com.

Qualified Person

The technical information contained in this news release has been approved by Steve Roebuck, P.Geo., President and Interim CEO of High Tide Resources, who is a Qualified Person as defined in "National Instrument 43-101, Standards of Disclosure for Mineral Projects."

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Forward-looking information

This news release includes certain "forward-looking statements" which are not comprised of historical facts. Forward-looking statements include estimates and statements that describe the Company's future plans, objectives or goals, including words to the effect that the Company or management expects a stated condition or result to occur. Forward-looking statements may be identified by such terms as "believes", "anticipates", "expects", "estimates", "may", "could", "would", "will", or "plan". Since forward-looking statements are based on assumptions and address future events and conditions, by their very nature they involve inherent risks and uncertainties. Although these statements are based on information currently available to the Company, the Company provides no assurance that actual results will meet management's expectations. Risks, uncertainties and other factors involved with forward-looking information could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. Forward looking information in this news release includes, but is not limited to, listing of the Company's shares on the CSE, the Company's objectives, goals or future plans, statements, exploration results, potential mineralization, the estimation of mineral resources, exploration and mine development plans, timing of the commencement of operations and estimates of market conditions. Factors that could cause actual results to differ materially from such forward-looking information include, but are not limited to: the ability to anticipate and counteract the effects of COVID-19 pandemic on the business of the Company, including without limitation the effects of COVID-19 on the capital markets, commodity prices supply chain disruptions, restrictions on labour and workplace attendance and local and international travel, failure to receive requisite approvals in respect of the foregoing, failure to identify mineral resources, failure to convert estimated mineral resources to reserves, the inability to complete a feasibility study which recommends a production decision, the preliminary nature of metallurgical test results, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, political risks, inability to fulfill the duty to accommodate First Nations and other indigenous peoples, uncertainties relating to the availability and costs of financing needed in the future, changes in equity markets, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects, capital and operating costs varying significantly from estimates and the other risks involved in the mineral exploration and development industry, and those risks set out in the Company's public documents filed on SEDAR. Although the Company believes that the assumptions and factors used in preparing the forward-looking information in this news release are reasonable, undue reliance should not be placed on such information, which only applies as of the date of this news release, and no assurance can be given that such events will occur in the disclosed time frames or at all. The Company disclaims any intention or obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, other than as required by law.