



High Tide Resources Completes Phase 1 Prospecting at its Clearcut Lithium Project in Quebec

TORONTO, January 16, 2023 – High Tide Resources Corp. (“**High Tide**” or the “**Company**”) (CSE: **HTRC**) announces today that it has completed its Phase 1 prospecting program at the 14,400-hectare Clearcut Lithium Project (‘Property’) located in the emerging Cadillac-Pontiac lithium camp southwest of Val d’Or, Quebec (Figure 1). Companies already active in the camp include Winsome Resources, Sayona Mining, Vision Lithium, Brunswick Exploration and Renforth Resources.

Steve Roebuck, Director, President & Interim CEO of High Tide states, “The exploration team did a great first-pass boots-on-the-ground prospecting program over a large area under challenging weather conditions in late 2022. Coupled with our LiDAR reprocessing and digital mapping, we now have a much better feel for the geology on portions of the property and will use this, along with the geochemistry from the assays and the new airborne geophysics, to refine our exploration model as we prepare for the spring 2023 exploration program.”

The prospecting program was executed by ALS GoldSpot Discoveries Ltd. (formerly GoldSpot Discoveries Corp.) technical team with an objective of identification of lithium-cesium-tantalum-bearing pegmatite bodies (LCT-Pegmatite) using systematic rock geochemical sampling of all pegmatite bodies and felsic intrusions. A total of 294 stations were described for geology, and 142 rock samples were collected (Figure 2) and sent to ALS Labs – an accredited laboratory - for analysis using ME-ICP81 and ME-MS81 packages. Quality assurance and quality control procedures have been implemented to ensure best practices in sampling and analysis of the rock samples: Standards and blanks were regularly inserted into the sample stream. Assay results are still pending.

The Property consists of 249 claims made accessible by a network of logging roads which increases efficiency and reduces exploration costs. The 2022 geological program highlighted felsic to intermediate intrusions, including granite, granodiorite, tonalite and diorite, which locally contain discontinuous biotite-muscovite-bearing pegmatite dykes. The field program coupled with a new airborne magnetic and radiometric survey in 2022 provide unprecedented insights into the geological framework of the Property for further exploration activities. Field data and assays interpretations will be performed by the same group of experts from ALS GoldSpot to generate prospectivity analysis of LCT-Pegmatite using a hybrid approach of machine learning techniques and geoscience knowledge.

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 owns a 100% interest in the Labrador West Iron Project located adjacent to the Carol Lake Mine in Labrador City, NF and owns a 100% interest in the Lac Pegma copper-nickel-cobalt deposit located 50 kilometres southeast of Fermont, Quebec and is earning a 100% interest in the Clearcut Lithium Project located ~75 kilometres southwest of Val d'Or, Quebec. Majority shareholder Avidian Gold (TSX.V: AVG) controls approximately 33% of High Tide's outstanding shares.

Further details on the Company, including a 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 in this press release has been prepared in accordance with the Canadian regulatory requirements set out in NI 43-101 -- Standards of Disclosure for Mineral Projects, and reviewed and approved by Ludovic Bigot, professional geologist (OGQ – P.GEO No. 01655), a qualified person as defined by NI 43-101 guidelines.

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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.

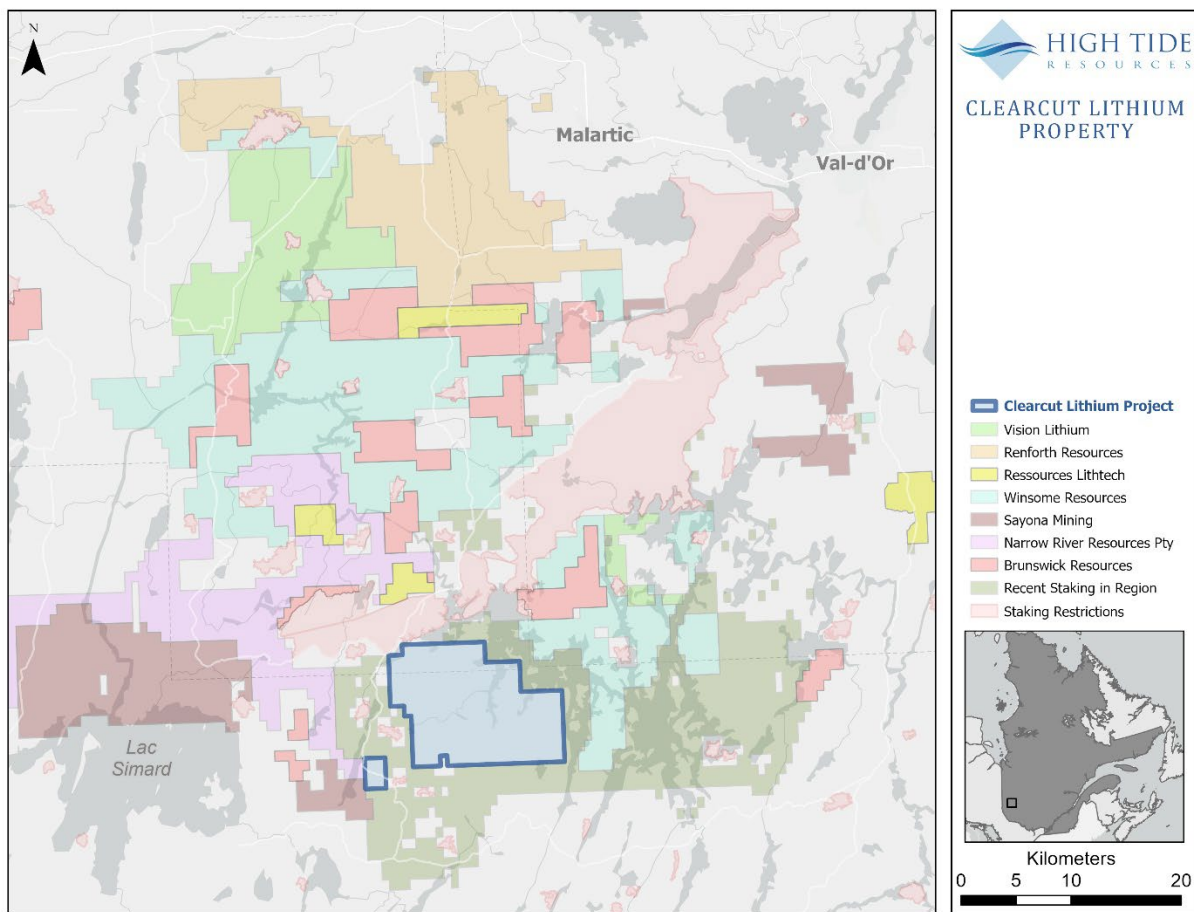


Figure 1: Clearcut Lithium Project location map with other company claims.

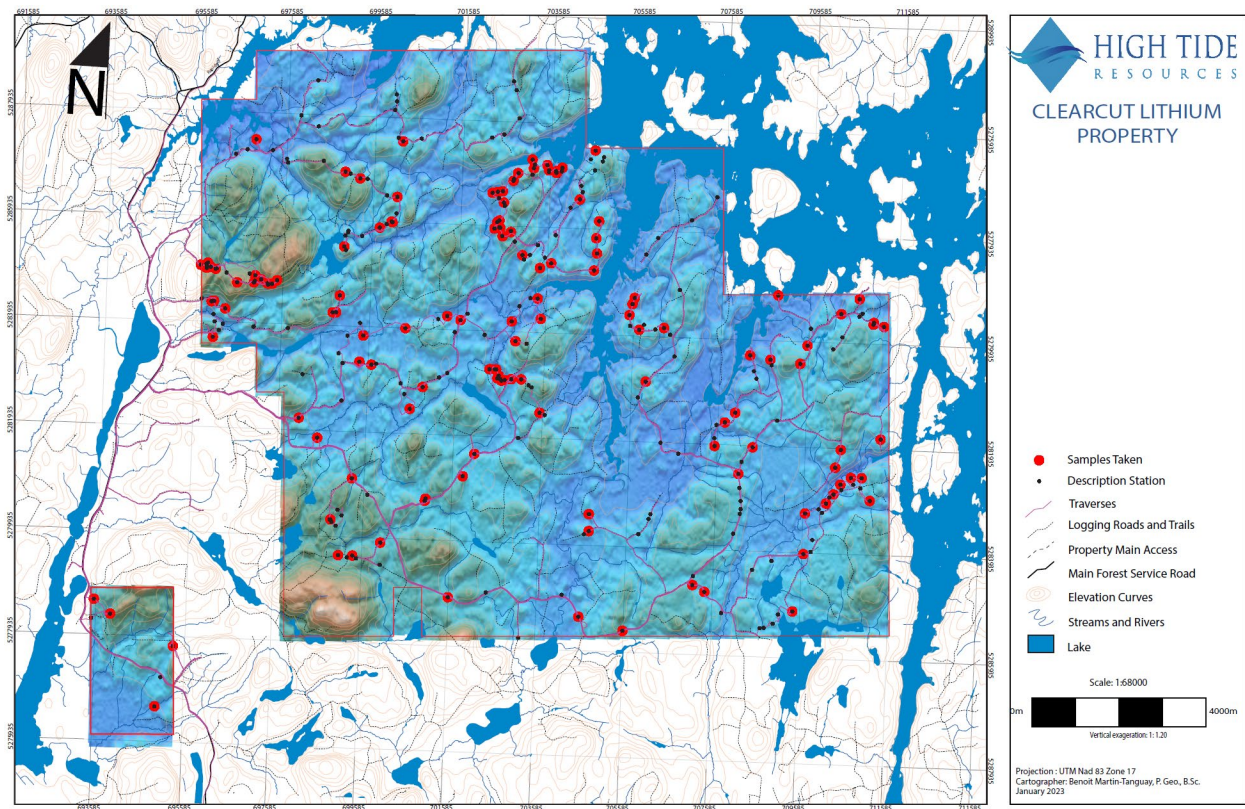


Figure 2: Clearcut Lithium Project location map of samples, stations and traverses for the November 2022 field program.