



High Tide Resources Outlines 2026 Exploration and Technical Program for Labrador West Iron Project

TORONTO, Ontario, May 20, 2026 – High Tide Resources Corp. (“High Tide” or the “Company”) (CSE: HTRC) is pleased to announce details of its 2026 exploration and technical program at the Company’s flagship Labrador West Iron Project. The upcoming field season is designed to significantly advance the Project through targeted drilling, metallurgical test work, environmental baseline studies, and key economic evaluations.

Steve Roebuck, President & CEO of High Tide states, *“The 2026 program is our most ambitious to date and is designed to aggressively grow and upgrade the resource while advancing the Project toward major development milestones. With drilling, test work, environmental studies, and economic analysis all running in parallel, we expect to generate the data required to demonstrate the Project’s long-term potential.”*

2026 Drilling Program

High Tide plans to complete **5,000 to 7,500 metres of HQ-diameter core drilling** during the 2026 field season. The program will include:

- **Infill drilling** to increase confidence in existing resource blocks and support upgrades and confidence levels to the current resource categories.
- **Step-out drilling** to expand the current mineral resource.
- **Exploration drilling** to test newly defined targets, including high-priority anomalies located to the **northeast** of the current resource footprint.

The combined program is designed to support the Company’s objective of growing the global resource toward **approximately 1 billion tonnes**.

Metallurgical Test Work

Metallurgical test work is ongoing at **SGA-Liebenburg Laboratory in Germany**, where iron recovery, concentrate quality, and processing characteristics are being evaluated to produce Direct Reduction Quality Iron Ore Concentrate and Direct Reduction Iron Ore Pellets. These results will be incorporated into future engineering studies and will help refine process design criteria for the Project.

Environmental Baseline Program

High Tide will continue its multi-year **environmental baseline data collection program**, including hydrology, wildlife, vegetation, and atmospheric studies. This work will support future

regulatory submissions and ensure the Project is advanced in accordance with all regulatory requirements and High Tide' planned submission of its Project Description to start the Environmental Assessment process.

Preliminary Economic Assessment (PEA)

Data generated from the 2026 drilling, metallurgical testing, and environmental programs will be incorporated into a **Preliminary Economic Assessment**. The PEA will evaluate the potential economic viability of the Labrador West Iron Project and will outline preliminary mine design, processing flowsheets, infrastructure requirements, and financial metrics.

About High Tide

High Tide is focused on and committed to the development of mineral projects critical to infrastructure development 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 which hosts a NI 43-101 Inferred iron resource of 655 Mt @ 28.84% Fe and is located adjacent to IOCC's Carol Lake Mine in Labrador City, NL. This resource is exposed at surface and was pit constrained for an open-pit mining scenario. The Technical Report was filed on SEDAR on April 6, 2023 and was authored by Ryan Kressall M.Sc., P.Geo, Matthew Herrington, M.Sc., P.Geo, Catharine Pelletier, P.Eng. and Jeffrey Cassoff P.Eng.

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

For further information, please contact:

Steve Roebuck
Director, President & CEO
Email: sroebuck@hightideresources.com

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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, developing the Labrador West Iron Project into the next stage of development, 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: 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.