High Tide Commences Geophysical Survey at its Lac Pegma Copper - Nickel - Cobalt Project in Quebec

TORONTO, Ontario, May 17, 2021 – High Tide Resources Corp. ("High Tide" or the "Company") is pleased to announce that it has engaged Prospectair Geosurveys Inc. based in Gatineau, Quebec to perform a Heliborne High-Resolution Magnetic and Time-Domain Electromagnetic Survey at its 100% owned Lac Pegma Copper - Nickel - Cobalt property located 50 kilometers southeast of Fermont, Quebec. High Tide is a majority controlled private subsidiary of Avidian Gold Corp ("Avidian" TSX-V: AVG & OTCQB: AVGDF), a company with advanced stage gold assets in Alaska and Nevada.

High Tide Director and Interim CEO, Steve Roebuck, states: *"We are very pleased to commence work on the Lac Pegma Project. The high-resolution Mag and EM survey is a key part of our program to expand the historical resource and identify new targets at Lac Pegma. Mapping the ultra mafics with Mag and tracking electromagnetic conductors on a 50-meter line spacing will provide our geologist with a much better understanding of the geology and potential target areas. Historical data (mag only) from government surveys dates back to 1980 and is very widely spaced."*

The survey will be carried out with traverse lines oriented N025 in order to properly map the dominant magnetic/geological strike, and with a 50m line spacing. Control lines will be flown perpendicular to traverse lines and at a 500 m line spacing. Total survey distance is 599-line kilometers. The survey begins on or before May 17 and data collection is expected to be completed within 2 to 3 days weather dependent.

Qualified Person Statement

All scientific and technical information disclosed in this news release was prepared and approved by Steve Roebuck, P.Geo., interim CEO & VP Exploration of High Tide Resources Corp. who is a Qualified Person as defined by NI 43-101 and has reviewed and approved this news release.

About High Tide Resources Corp.

High Tide is a private corporation that 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 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. High Tide's majority shareholder is Avidian Gold.

For further information, please contact:

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Forward-looking information

This News Release includes certain "forward-looking statements". These statements are based on information currently available to the Company and the Company provides no assurance that actual results will meet management's expectations. 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. Actual results relating to, among other things, results of exploration, project development, reclamation and capital costs of the Company's mineral properties, and the Company's financial condition and prospects, could differ materially from those currently anticipated in such statements for many reasons such as: changes in general economic conditions and conditions in the financial markets; changes in demand and prices for minerals; litigation, legislative, environmental and other judicial, regulatory, political and competitive developments; technological and operational difficulties encountered in connection with the activities of the Company; and other matters discussed in this news release. This list is not exhaustive of the factors that may affect any of the Company's forward-looking statements. These and other factors should be considered carefully and readers should not place undue reliance on the Company's forward-looking statements. The Company does not undertake to update any forward-looking statement that may be made from time to time by the Company or on its behalf, except in accordance with applicable securities laws.