



HARVEST GOLD CORP.
Suite 400 – 1681 Chestnut Street
Vancouver, BC V6J 4M6

T: (604)737-2303
F: (604) 737-1140
E: info@harvestgoldcorp.com
W: www.harvestgoldcorp.com

Harvest Gold Receives Preliminary 3D IP results at Emerson; Updates the completed RAB drilling at Emerson and the completed 2D IP at Goathorn

Vancouver, British Columbia – September 16, 2021 – Harvest Gold Corporation (“Harvest”, “Harvest Gold” or the “Company”) (TSXV: HVG) is pleased to announce that it has received Preliminary IP results for its 100% owned Au-Cu Emerson Property (the “**Emerson Property**”) located in central B.C. The 56 km² Emerson Property comprises 14 contiguous mineral claims located 15 km west of Houston, B.C. with a nearby railroad, high voltage powerline and gas pipeline.

Harvest Gold President and CEO, Rick Mark, states: “The exploration programs at our Emerson Property were designed to increase our general understanding of the mineral potential of the property and define precise gold targets under thin glacial cover. Multi-disciplinary geological, geochemical, and geophysical exploration methods have been deployed and today we are providing preliminary results to the market, and they are most encouraging. The Harvest Technical Team met Friday to begin discussions on drill targets and drilling costs. The good news is it appears we will be able to drill into the winter, so hope to be starting in late October of this year.”

Emerson 3D IP Survey

The 3D IP survey over the Emerson Property has now been completed with the final results pending.

Daniel Lui, MSc, P.Geo., Senior Project Geologist, Equity Exploration Consultants Ltd. states: “The Dias geophysics team has confirmed that there is a “healthy” and discrete chargeability and coincident conductivity anomaly through the centre of the Emerson IP grid. This chargeability feature continues to the NW of the historically mapped “alteration zone”.”

Daniel continues: “Their team is still in the process of extracting the data from the field instruments, but from the data we have received we have confirmed that we have captured the whole anomaly to the west and east of the survey area. Additionally, it appears we have a strong chargeability feature continuing to the NW where we have permitted drill pad locations planned along Road #1. A more complete report with refined figures and images and initial interpretations by Dias is expected within two weeks.”

Emerson RAB Program

The preliminary results from the RAB drilling program, which are currently being processed and validated, have helped identify in-situ alteration under cover.

Visual analysis of chip samples from the RAB drilling have shown that some of the historical trenches did not reach bedrock while the current RAB program has been able to better define the actual location of altered intrusive rock under glacial cover. The upcoming analytical work will utilize mineralogy and geochemistry to help Harvest Gold precisely vector into gold targets obscured by glacial cover at the Emerson Property.

Goathorn 2D IP Program

The Company confirms that the 2D IP survey over the Goathorn prospect designed to pursue Gold-Copper porphyry anomalies has been completed.

The preliminary results from the IP survey indicate that the survey successfully tested up to 480 m below surface. The final processing and inversion of the results for interpretations and targeting has begun.

Qualified Person Statement

The disclosure of technical or scientific information in this press release has been reviewed and approved by Warren Bates, P.Geo. Director of Property Investigations for Harvest Gold. Mr. Bates serves as a Qualified Person under the definition of National Instrument 43-101.

About Harvest Gold Corporation

Harvest Gold is focused on the Interior Plateau of British Columbia exploring for near surface Gold deposits and Copper Gold Porphyry deposits. Harvest Gold's board of directors, management team and technical advisors have collective geological and financing experience exceeding 400 years.

Harvest Gold acknowledges that the Emerson and Goathorn Projects are situated in the traditional territory of the Wet'suet'en Nation while the Jacobite Project is situated in the traditional territory of the Lake Babine Nation. Harvest Gold is committed to developing positive and mutually beneficial relationships based on respect and transparency with local Indigenous communities.

ON BEHALF OF THE BOARD OF DIRECTORS

Rick Mark,
President and CEO
Harvest Gold Corporation

For more information please contact:

Rick Mark or Jan Urata

@ 604.737.2303 or info@harvestgoldcorp.com

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Forward Looking Information

This news release includes certain statements that may be deemed "forward looking statements". All statements in this news release, other than statements of historical facts, that address events or developments that Harvest Gold expects to occur, are forward looking statements. Forward looking statements are statements that are not historical facts and are generally, but not always, identified by the words "expects", "plans", "anticipates", "believes", "intends", "estimates", "projects", "potential" and similar expressions, or that events or conditions "will", "would", "may", "could" or "should" occur.

This news release may include technical information that was generated prior to the introduction of National Instrument 43-101. Details of the sampling methods, handling, and quality control methods used in the generation of this historical technical data are unknown to Harvest Gold, and

the drill material, assay results, true width of intercepts herein cannot be and have not been verified by the Company's Qualified Person for the purposes of National Instrument 43-101.

A number of mineral resources or significant occurrences disclosed herein relate to nearby properties owned by other companies, and the data presented have been extracted from these companies' press releases and websites. A Qualified Person has been unable to verify this information from the adjacent properties, and such results are not necessarily indicative of potential quantities or grades of mineralization on the Company's properties.

Relating to exploration, the identification of exploration targets and any implied future investigation of such targets on the basis of specific geological, geochemical and geophysical evidence or trends are future-looking and subject to a variety of possible outcomes which may or may not include the discovery, or extension, or termination of mineralization. Further, areas around known mineralized intersections or surface showings may be marked by wording such as "open", "untested", "possible extension" or "exploration potential" or by symbols such as "?". Such wording or symbols should not be construed as a certainty that mineralization continues or that the character of mineralization (e.g. grade or thickness) will remain consistent from a known and measured data point. The key risks related to exploration in general are that chances of identifying economical reserves are extremely small.

Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results may differ materially from those in the forward-looking statements. Factors that could cause the actual results to differ materially from those in forward looking statements include market prices, exploitation and exploration successes, and continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. Forward looking statements are based on the beliefs, estimates and opinions of the Company's management on the date the statements are made. Except as required by securities laws, the Company undertakes no obligation to update these forward-looking statements in the event that management's beliefs, estimates or opinions, or other factors, should change.