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HARVEST EXTENDS FLAGSHIP EMERSON PROPERTY CLAIMS TO THE SOUTH; CORPORATE AND TECHNICAL PRESENTATIONS POSTED ON WEBSITE

Vancouver, British Columbia / October 14, 2020 - Harvest Gold Corporation (TSX.V: HVG) (“Harvest Gold” or the “Company”) is pleased to announce it has staked two additional adjoining claims to the south of its Emerson property in the interior plateau of British Columbia. With the new staking, the Emerson property has now expanded to over 56 km² in size.

Henry Awmack, P.Eng., developer of the Emerson, Goathorn, and Jacobite projects and a member of Harvest Gold’s technical advisory board and states: “The Emerson property is large enough to cover the Blackwater gold and New Prosperity porphyry targets as presently envisioned, but prior staking by David Caulfield and I at the south end of the property did not include potential anomalies that extend to the south and west off the current IP grid as shown by the accompanying figure. These are two areas that Harvest Gold has now added to provide several hundred metres more coverage.”

Harvest President and CEO Rick Mark states: “Henry is constantly imagining what Discovery will look like for Harvest Gold and we have followed his advice to reach further south at Emerson, As well, we are now ready to expand the audience for our new Harvest Gold story and have posted our October, 2020 Corporate Presentation and each Property’s Technical Presentations on the home page of the website at www.harvestgoldcorp.com.”

NEW EMERSON CLAIMS

Emerson Creek Canyon Cu-Au mineralization has been sporadically explored in Emerson Creek canyon (SE corner of the current Emerson property) since the 1920’s. The best-described program was by Lacana in 1987 who identified a felsic volcanic package, which appears to be part of the same Kasalka Group felsic volcanic package that hosts the Blackwater target on the Emerson property.

Lacana drilled 7 shallow holes with disappointing results, although one hole hit 0.5 m @ 8.9 g/tonne Au in a clay-altered rhyolite. There was no geology map with Lacana’s assessment report to the B.C. government, so it was not clear how extensive the felsic volcanics are in this area. However, there is a 1966 vintage geology map in the BC government property file that documents lithologies and their thickness/orientation in the area and suggests that the felsic package appears >1200 m wide and trends SE, which fits well with Lacana’s drilling/trenching results. Importantly, these new Emerson extension claims cover the strike extension of this Kasalka Group felsic volcanic package as this formation is one key to the Blackwater story.

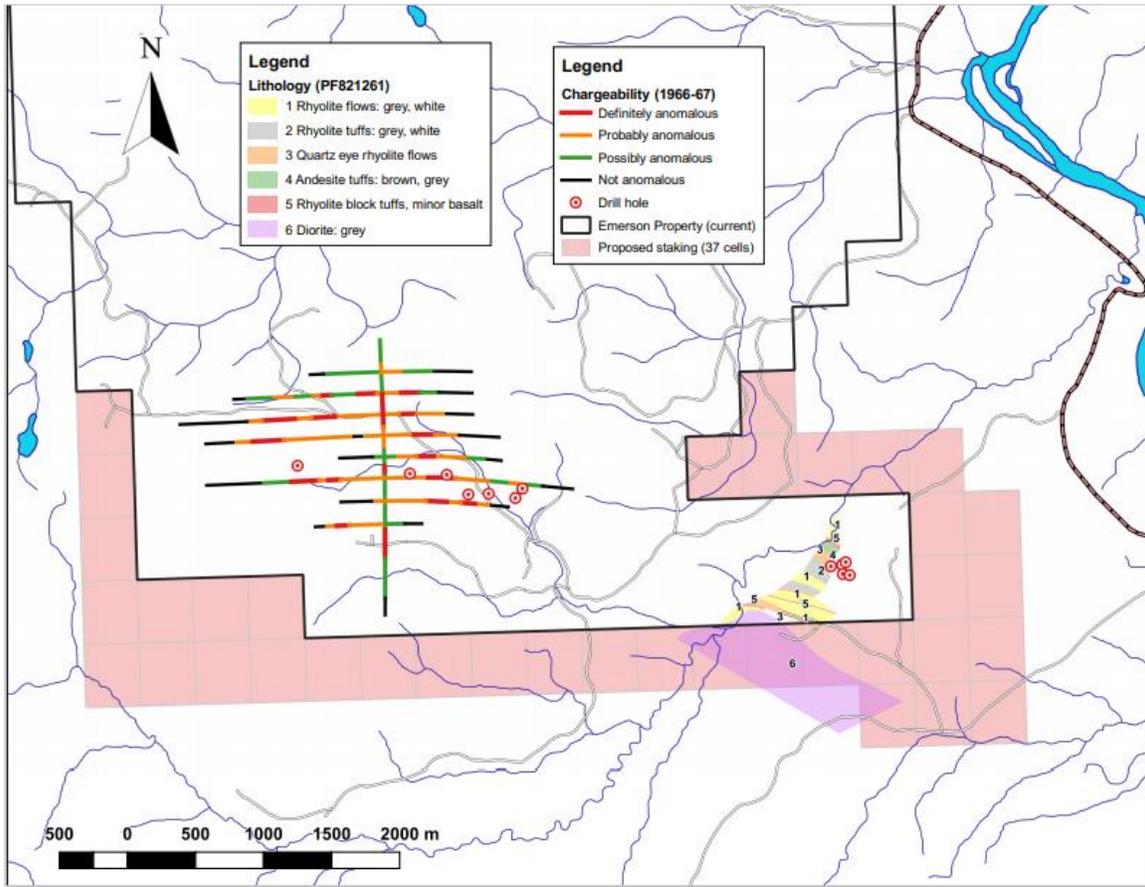


Figure 1: Location of New Staking to Expand Coverage of IP Anomalies

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

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

ON BEHALF OF THE BOARD OF DIRECTORS

Rick Mark,
 President and CEO
 Harvest Gold Corporation

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Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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 Corporation (the "Company") 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 includes 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.