

## FORM 7

### **MONTHLY PROGRESS REPORT**

Name of Listed Issuer: Anteros Metals Inc. (the "Issuer" or the "Company").

Trading Symbol: ANT

Number of Outstanding Listed Securities: **34,381,962**

Date: April 7, 2026 reporting on March 2026

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

#### **General Instructions**

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

#### **Report on Business**

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

**During March 2026, the Company continued advancing its Phase 1 drilling program at the Seagull Critical Minerals Project in Ontario.**

**On March 12, 2026, the Company entered into a mining option agreement granting an option to acquire the Knob Lake property in Newfoundland and Labrador through staged payments and milestones.**

**On March 13, 2026, the company reported platinum and palladium assay results from drill hole RM26-01. No other material business developments occurred during the month.**

2. Provide a general overview and discussion of the activities of management.

**During March 2026, management activities were primarily focused on oversight of exploration activities at the Seagull Critical Minerals Project, coordination with contractors and technical consultants.**

**On March 26, 2026, the Company announced the appointment of Mr. Abraham Drost as Executive Chairman and announced amended pricing for its previously reported non-brokered private placement.**

**During the month the Company was also focused on preparation related to ongoing exploration activities and the announced financing.**

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

**During March 2026, no new drilling, exploration or acquisition activities were undertaken.**

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

**Not applicable**

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

**None**

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

**Not Applicable.**

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

**Not Applicable**

8. Describe the acquisition of new customers or loss of customers.

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**Not Applicable.**

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

**None.**

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

**None.**

11. Report on any labour disputes and resolutions of those disputes if applicable.

**None.**

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

**None**

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

**Other than transactions with regular trade creditors, there was no indebtedness that occurred or was repaid during the month of February 2026**

14. Provide details of any securities issued and options or warrants granted.

**On March 24, 2026, 2,700,000 options with an exercise price of \$0.065 and an expiry date of March 23, 2031, were granted to certain directors, officers and consultants of the Company. The options vest immediately. The Company also announced amended pricing for its previously reported non-brokered private placement.**

15. Provide details of any loans to or by Related Persons.

**None.**

16. Provide details of any changes in directors, officers or committee members.

**On March 25, 2026, the Company announced the appointment of Mr. Abraham Drost as Executive Chairman of the Board of the Company and the resignation of Ms. Emily Halle as a director of the Company and her appointment as a strategic advisor to the Company.**

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

**The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Filing Statement dated January 28, 2025. The Filing Statement is available on the Issuer's SEDAR+ profile at [www.sedarplus.ca](http://www.sedarplus.ca) and on the Issuer's disclosure hall with the CSE at [www.thecse.com](http://www.thecse.com).**

## Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated April 7, 2026.

Alan Rootenberg  
Name of Director or Senior Officer

"Alan Rootenberg"  
Signature  
CFO  
Official Capacity

<b>Issuer Details</b> Name of Issuer Anteros Metals Inc.	For Month End March 2026	Date of Report YY/MM/DD 2026-04-07
Issuer Address  35 Sweetenwater Crescent, Conception Bay South, Newfoundland and Labrador A1W 4T2		
City/Province/Postal Code Newfoundland and Labrador	Issuer Fax No.	Issuer Telephone No. ( 417 ) 277-4528
Contact Name Alan Rootenberg	Contact Position CFO	Contact Telephone No. (416) 277-4528
Contact Email Address alan.r@themsgroupinc.com	Web Site Address <a href="http://www.anterosmetals.com">www.anterosmetals.com</a>	