

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of CNSX Issuer: **ALTA VISTA VENTURES LTD.** (the "Issuer")

Trading Symbol: **AVV**

Date: **August 5, 2016**

1. New Options Granted:

| Name of Optionee | Position (Director/Officer/ Employee/Consultant of the Company) | Insider Yes / No? | No. of Optioned Shares | Exercise Price | Expiry Date | No. of Options Granted in the Past 12 Months |
|-------------------|--|-------------------------|------------------------------|-------------------|-------------|---|
| Michael McMillan | Consultant | No | 1,300,000 | \$0.10 | 4-Aug-19 | Nil |
| Laara Shaffer | Officer | No | 200,000 | \$0.10 | 4-Aug-19 | Nil |
| George Smitherman | Director | Yes | 500,000 | \$0.10 | 4-Aug-19 | 500,000 |
| Kim Derry | Consultant | No | 350,000 | \$0.10 | 4-Aug-19 | 350,000 |

Total Number of optioned shares proposed for acceptance: **2,350,000**

2. Other Presently Outstanding Options

| Name of Optionee | No. of Optioned Shares | Exercise Price | Original Date of Grant | Expiry Date |
|-----------------------------------|---------------------------|-------------------|---------------------------|-------------|
| Richard Groome | 500,000 | \$0.10 | 15-July-16 | 15-July-19 |
| George Smitherman | 500,000 | \$0.18 | 1-Feb-16 | 31-Jan-19 |
| Kim Derry | 350,000 | \$0.18 | 1-Feb-16 | 31-Jan-19 |
| Robert McPherson | 500,000 | \$0.14 | 29-Dec-15 | 29-Dec-18 |
| Carlos Alberto Alvarez Sanchez | 50,000 | \$0.14 | 29-Dec-15 | 29-Dec-18 |
| Three Vape Guys | 500,000 | \$0.12 | 10-Dec-15 | 10-Dec-18 |
| Robert Melamede | 190,000 | \$0.10 | 2-Oct-15 | 2-Oct-18 |
| Guy Laberge | 500,000 | \$0.10 | 3-Nov-15 | 2-Nov-18 |
| Donald Shaxton | 500,000 | \$0.10 | 6-Aug.-15 | 6-Aug.-18 |
| Jason Springett | 500,000 | \$0.10 | 6-Aug.-15 | 6-Aug.-18 |
| Ian Foreman | 50,000 | \$0.20 | 26-Jul-13 | 25-Jul-18 |
| Edmundo Uribe | 37,500 | \$0.20 | 26-Jul-13 | 25-Jul-18 |
| Jennifer Schindler | 37,500 | \$0.20 | 26-Jul-13 | 25-Jul-18 |
| Foremost Management Services Inc. | 300,000 | \$0.105 | 3-Jun-14 | 3-June-17 |
| Edmundo Uribe | 100,000 | \$0.105 | 3-Jun-14 | 3-June-17 |
| Jennifer Schindler | 75,000 | \$0.105 | 3-Jun-14 | 3-June-17 |
| Michelle Ross | 150,000 | \$0.105 | Jan. 8/15 | 7-Jan-18 |

(1) Set out number of optioned shares for each grant with different terms.

Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was held. **April 15, 2015**
- (b) State the date of the news release announcing the grant of options: **August 5, 2016**
- (c) State the total issued and outstanding share capital at the date of grant or amendment. **36,483,755.**
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options **19.71%.**
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. **106,751**
- (f) If the issuer has completed a public distribution of its securities within 90 days of the date of the grant, state the per share price paid by the public investors. **N/A**
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **N/A**

2. 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 is no material information concerning the Issuer which has not been publicly disclosed.
- 3. The undersigned hereby certifies to the CNSX 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 CSE Requirements (as defined in CSE Policy 1).
- 4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated **August 5, 2016**

“signed”
Laara Shaffer
Corporate Secretary