FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Alma Gold Inc.** (the "Issuer")

Trading Symbol: **ALMA**

Number of Outstanding Listed Securities: **6,774,560 common shares were issued and outstanding as at September 30, 2022**

Date: **October 6, 2022 (for the month of September 2022)**

Report on Business

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.

The Issuer is engaged in the business of mineral exploration and the acquisition of mineral exploration projects in Canada, as well as internationally. In addition to its Clarence Stream North Gold Project in New Brunswick (Canada), the Issuer is also exploring for gold in West Africa through its subsidiary, Karita Gold Corp.

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

   During the month of September 2022, the Issuer's principal activities consisted of:

   - **Attending to general corporate and administrative matters.**

2. 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.

   None

3. 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.

None

4. 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

5. 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.

None

6. 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.

None

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

None

8. 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

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

None

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

None

11. 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

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

None

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

None

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

None

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

None

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

See the "Risks and Uncertainties" section of the Issuer's Management Discussion & Analysis dated as at July 26, 2022 for the 2nd quarter ended May 31, 2022, to be read in conjunction with the Issuer's interim Financial Statements dated as at July 26, 2022 for the six months ended May 31, 2022, as well as the "Risk and Uncertainties" section of the Issuer's Management Discussion & Analysis dated as at March 30, 2022 for the 4th quarter ended November 30, 2021, to be read in conjunction with the Issuer's audited Financial Statements dated as at March 23, 2022 for the year quarter ended November 30, 2021, all the aforementioned reports and documents are available on SEDAR at www.sedar.com.

In addition to the above, the Issuer is subject to various constraints impacting activity levels imposed as a result of the COVID-19 situation and additional business and financial risks that may result therefrom.

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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 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: September 7, 2022

Gregory Isenor
Name of Director or Senior Officer

"Gregory Isenor"
Signature

President and CEO
Official Capacity

Issuer Details Name of Issuer Alma Gold Inc.	For Month End September 2022	Date of Report YY/MM/DD 22/09/07
Issuer Address c/o 810 – 789 West Pender Street		
City/Province/Postal Code Vancouver, BC V6C 1H2	Issuer Fax No. (604) 687-3141	Issuer Telephone No. (604) 687-2038
Contact Name Gregory Isenor	Contact Position President & CEO	Contact Telephone No. (902) 832-5555
Contact Email Address gpisenor@karitagold.com	Web Site Address https://almagoldinc.com/	