

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: APPIA ENERGY CORP. (the "Issuer").

Trading Symbol: API

Date: March 8, 2021

1. New Options Granted:

Date of Grant: March 5, 2021

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares ⁽¹⁾	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
J. Frederick Kozak	President	Yes	1,000,000	\$0.65	Mar 05/26	Nil
		TOTAL	1,000,000			

Note:

(1) The Options shall fully vest at the expiration of two (2) years from the Date of Grant, with one-third (333,334 Options) vesting immediately, one-third (333,333 Options) vesting on March 5, 2022 and the final one-third (333,333 Options) vesting on March 5, 2023.

Total Number of optioned shares proposed for acceptance: 1,000,000 .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
James Sykes	500,000	0.10	April 14, 2016	April 14, 2021
Irvine R. Annesley	100,000	0.30	August 22, 2016	August 22, 2021
Nick Bontis	400,000	\$0.30	February 1, 2017	February 1, 2022
	100,000	\$0.25	August 4, 2020	August 4, 2025
William R. Johnstone	400,000	\$0.30	February 1, 2017	February 1, 2022
	100,000	\$0.25	August 4, 2020	August 4, 2025
Brian Robertson	400,000	\$0.30	February 1, 2017	February 1, 2022
	100,000	\$0.25	August 4, 2020	August 4, 2025
Thomas Skimming	600,000	\$0.30	February 1, 2017	February 1, 2022
	150,000	\$0.25	August 4, 2020	August 4, 2025

Douglas Underhill	400,000	\$0.30	February 1, 2017	February 1, 2022
	100,000	\$0.25	August 4, 2020	August 4, 2025
Frank van de Water	400,000	\$0.30	February 1, 2017	February 1, 2022
	100,000	\$0.25	August 4, 2020	August 4, 2027
James Sykes	250,000	\$0.30	February 1, 2017	February 1, 2022
	250,000	\$0.25	August 4, 2020	August 4, 2025
Olga Stevens	50,000	\$0.30	February 1, 2017	February 1, 2022
	50,000	\$0.25	August 4, 2020	August 4, 2025
Sherry Bates	50,000	\$0.30	February 1, 2017	February 1, 2022
	50,000	\$0.25	August 4, 2020	August 4, 2025
Christopher B. Tatum	200,000	\$0.30	August 1, 2018	August 1, 2023
Irvine Annesley	200,000	\$0.25	August 4, 2020	August 4, 2025
Nicolas A. Guest	200,000	\$0.68	February 10, 2021	February 10, 2026
TOTAL	5,150,000			

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

3. 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 or will be held. N/A.
- (b) State the date of the news release announcing the grant of options. N/A.
- (c) State the total issued and outstanding share capital at the date of grant or amendment.

The total issued and outstanding Share Capital as at March 5, 2021 being the date of grant of options, is 92,541,066.

- (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.

Options representing 1.1% of current issued and outstanding capital have been granted. An aggregate number of Options representing 6.65% of current issued and outstanding capital are issued and outstanding.

- (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.

After the grant of options above, 3,104,106 shares are reserved for option grants.

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

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- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

N/A.

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated March 8, 2021.

William R. Johnstone
Name of Director or Senior
Officer

"William R. Johnstone"
Signature

Assistant Corporate Secretary
Official Capacity