

FORM 7
MONTHLY PROGRESS REPORT
For the Month of July 2019

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| Name of CSE Issuer: | Mistango River Resources Inc. (the "Issuer") |
| Trading Symbol: | MIS |
| Number of Outstanding Listed Securities: | 55,482,571 |
| Date of filing: | August 6, 2019 |

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 the month of June, the Company raised funds to recommence work on its Omega Project, Mistango's key asset. The Company is awaiting the exploration permit from the Ministry of Northern Development and Mines and expects to be drilling the property by the second week of August 2019.

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

In July, the Board of Directors and management retained Adiuware Geology and Engineering Inc. ("Adiuware") to assist with the Omega Project campaign. Adiuware's Cath Pitman previously worked on the Omega Property with AMC Consulting. Mistango believes that the Omega Project is one of the most interesting properties between Agnico-Eagle's Upper Beaver property and the famous Kerr Addison Mine (now owned by Gold Candle Ltd.) in Virginiatown. Other parties are drilling on properties next to the Omega, and Management believes the time is right to commence a new work program with a view to increasing the current resource. Mistango has started its Phase V of the Omega Project, which includes 3800m of drilling. We also have potential new exploration targets on the southern horizon of the Omega deposit, where Mistango proposes ten holes of approximately 1200m deep for exploration in Phase VI. Management is very excited to see renewed interest in both Mistango and the Larder Break.

Management continues to seek additional financing opportunities to further develop its properties.

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 or acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario Securities law.*

See # 2 above.

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

See # 2 above.

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 or licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.*

See # 1 and # 2 above.

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.*

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.*

Not applicable.

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

There were no hiring's, terminations or lay-offs during the month of July.

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

Not applicable.

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.*

Not applicable.

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

Not applicable.

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

None.

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

Not applicable.

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

See # 10 above.

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

The Issuer is affected by resource commodity prices as well as the equity markets' interest in financing junior mineral exploration companies.

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 CSE that the Issuer is compliant 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 7 Monthly Progress Report is true.

Dated: July 31st, 2019.

Name of Director or Senior Officer: Robert J. Kasner

Signature:

Official capacity: Chairman, Chief Executive Officer and Director

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| Issuer details Mistango River Resources Inc. | For Month End July 2019 | Date of Report August 6, 2019 |
| Issuer address P.O. Box 546, 4 Al Wende Avenue, | | |
| City/Province/Postal Code Kirkland Lake, Ontario, Canada P2N 3J5 | Issuer Fax Number (705) 567 5557 | Issuer Telephone Number (705) 567 5351 |
| Contact Name Robert J. Kasner | Contact Position President, CEO, and Director | Contact Telephone Number (705) 567 5351 |
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