

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Miramont Resources Corp.** (the "Issuer" or "Miramont").

Trading Symbol: **MONT**

Number of Outstanding Listed Securities: **50,098,297**

Date: **August 1, 2018**

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.

Miramont (CSE: MONT) (OTCQB: MRRMF) (FRANKFURT: 6MR) is a Canadian based exploration company with a focus on acquiring and developing mineral projects within prospective belts of South America. Miramont's key assets are located in southern Peru, held by Minera Puno Gold, S.A.C. ("Minera Puno"), a Peruvian subsidiary of Miramont's wholly owned subsidiary, Puno Gold Corporation ("Puno"). The Cerro Hermoso property hosts a 1.4km diameter breccia pipe targeting gold - polymetallic mineralization, while the Lukkacha property is

targeting porphyry copper mineralization. Miramont is currently focusing its resources on the Cerro Hermoso and Lukkacha properties.

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

Miramont received approval from the Ministry of Energy and Mines (“MEM”) for its Environmental Impact Statement (known by the Spanish acronym as “DIA”) for the Cerro Hermoso gold-copper project. Miramont is now in the process of filing all required notices with the appropriate authorities to begin drilling, but an unanticipated regulatory decision will result in a delay. Miramont requested authorization to initiate exploration activities when it received approval of its DIA. While normally a simple process, the MEM has delayed final authorization to determine if granting of this permission would possibly affect the collective rights of any indigenous communities in the project area. In that case a government led consultation process with such communities would be required. MEM has said it will review with other relevant Peruvian agencies the current status of any indigenous communities before proceeding.

Miramont would like to emphasize that private individuals hold the surface land to the project, a situation that has been verified on site with the involvement of local authorities and neighboring farming communities. Miramont has agreements with all private surface owners as well as goodwill agreements with the nearby communities. As such, Miramont believes that further review or consultation is unnecessary before granting authorization to drill. Miramont understands and shares the Peruvian Government’s need to ensure that the community’s right to information and to express opinions and concerns is always respected. Miramont maintains continuous contact with all local stakeholders to achieve this.

Miramont asked the MEM for a reconsideration of the delay based on additional information that demonstrated the Cerro Hermoso project sits on privately owned land. Subsequently, the MEM determined that Miramont is not eligible for an automatic approval of its drilling permit as it is possible that exploration drilling may affect indigenous communities. Miramont appreciates additional review to ensure that any potentially affected communities are identified and fully consulted. As Miramont’s DIA was already approved, this is the final level of review necessary before issuance of drilling permits.

The MEM, through its operating agencies, must first determine if indigenous groups will, in fact, be affected by Miramont’s activities. If it determines no community will be affected, then the drilling permit should be issued without further delay. If MEM finds communities may be affected, it will be required to conduct a process known as *consulta previa* between itself and the local community. The purpose is to ensure that the community has been fully informed of the pending exploration activities. Once the *consulta previa* process is conducted, a permit should be issued.

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.

See item 2 above.

A Technical Report on the Cerro Hermoso property prepared for Miramont, in accordance with National Instrument 43-101, is available for review on www.sedar.com.

Miramont entered into an option agreement to acquire the rights to the Milenos 32 concession adjacent to its Cerro Hermoso project in Peru. This concession gives Miramont full control of the Pocomoro zone where highly anomalous copper and silver has been identified in surface rock samples. The combined area of the project is now 1,318 hectares and includes the entire diatreme system that controls mineralization in the district. Under the terms of the agreement, Miramont has been granted a four-year option to acquire the concession from its private owner. Miramont must make payments as follows to maintain the option: US\$20,000 on signing (paid), US\$25,000 on the first anniversary, US\$30,000 on the second anniversary and US\$35,000 on the third anniversary. Miramont may exercise its option on the fourth anniversary by paying the greater of US\$1 for each ounce of gold contained in a National Instrument 43-101 compliant resource (on the concession) or \$200,000. There are no work commitments or royalties on the property. The terms of the agreement were determined through arm's length negotiation and consultation with the Board of Directors of Miramont and did not involve any Related Persons.

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.

N/A

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.

N/A

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.

N/A

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.

See item 3 above.

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

N/A

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.

N/A

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

The Issuer has no direct employees. Minera Puno, Miramont's Peruvian subsidiary, hires individuals in country for work on the Cerro Hermoso and Lukkacha properties.

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

N/A

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.

N/A

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

N/A

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

Security	Number Issued	Details of Issuance	Use of Proceeds
N/A			

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

N/A

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

N/A

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

N/A

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 August 2, 2018.

Tyson King
Name of Director or Senior Officer

/s/ "Tyson King"
Signature

Vice President and Director
Official Capacity

Issuer Details		For Month End	Date of Report
Name of Issuer Miramont Resources Corp.		July 31, 2018	YY/MM/D 2018/08/01
Issuer Address 2601 – 1111 Alberni Street			
City/Province/Postal Code Vancouver, B.C., V6E 4V2		Issuer Fax No. N/A	Issuer Telephone No. (604) 377-0403
Contact Name Leah Hodges		Contact Position Corporate Secretary	Contact Telephone No. (604) 377-0403
Contact Email Address lhodges@miramontresources.com		Web Site Address www.miramontresources.com	