

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: MONT

Number of Outstanding Listed Securities: 55,773,234

Date: July 2, 2019

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; the Milenos 32 concession, adjacent to the Cerro Hermoso project which gives Miramont full control of the Pocomoro zone, is where highly anomalous copper and silver has been identified in surface rock samples; the An An concession borders the Cerro Hermoso concession block on its southeast boundary; and the Lukkacha property targets 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.

The Issuer announced that it completed 1,862.70 m in four diamond drill holes as part of Phase II drilling at its Cerro Hermoso gold-polymetallic project in southern Peru. Once all four holes from Phase II drilling have been sampled, they will be shipped for analysis. Results are expected in approximately 4-5 weeks.

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.

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.

N/A

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 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 July 2, 2019.

Tyson King
Name of Director or Senior Officer

/s/ "Tyson King"
Signature

President, CEO and Director
Official Capacity

Issuer Details		For Month End	Date of Report
Name of Issuer Miramont Resources Corp.		June 30, 2019	YY/MM/D 2019/07/02
Issuer Address 23rd Floor, 1177 West Hastings Street			
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.	
Vancouver, B.C., V6E 2K3	N/A	(604) 377-0403	
Contact Name	Contact Position	Contact Telephone No.	
Leah Hodges	Corporate Secretary	(604) 377-0403	
Contact Email Address	Web Site Address		
<u>lhodges@miramontresources.com</u>	<u>www.miramontresources.com</u>		