

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Mistango River Resources (the "Issuer").

Trading Symbol: MIS

Number of Outstanding Listed Securities: 114,453,417

Date: August 5, 2020

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.

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.*

The company continued its exploration program on its Eby-Baldwin project.

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

The company continued its exploration program on its Eby-Baldwin project. On July 6, management announced that it has appointed Dr. Keith Benn as VP of Exploration to lead its exploration program in Kirkland Lake.

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 #1 and 2 above.

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.*

See #1 and 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 and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.*

Not applicable.

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.*

On July 6, the Company announced that it has appointed Dr. Keith Benn as its VP of Exploration.

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.*
Not applicable.
15. *Provide details of any loans to or by Related Persons.*
Not applicable.
16. *Provide details of any changes in directors, officers or committee members.*
Not applicable.
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 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 5, 2020.

Gautam Narayanan
Name of Director or Senior
Officer

"Gautam Narayanan"
Signature
Director
Official Capacity

Issuer Details Name of Issuer Mistango River Resources Inc.	For Month End July 2020	Date of Report 2020/08/05
Issuer Address 1805 - 55 University Avenue		
City/Province/Postal Code Toronto, Ontario, Canada, M5J 2H7	Issuer Fax No. ()	Issuer Telephone No. (416) 644 1567
Contact Name Stephen Stewart	Contact Position Director	Contact Telephone No. (416) 644 1567
Contact Email Address sstewart@orefinders.ca	Web Site Address www.mistango.com	