



NEWS RELEASE

October 1, 2018

Bonterra Energy Corp. Confirms Cash Dividend for September 2018 Payable October 31, 2018

October 1, 2018 | CALGARY, ALBERTA - Bonterra Energy Corp. (www.bonterraenergy.com) (TSX: BNE) ("Bonterra" or the "Company") announces that the September 2018 monthly cash dividend will be \$0.10 per share and will be paid on October 31, 2018. The record date for the dividend is October 15, 2018 and the ex-dividend date is October 12, 2018. The dividend is paid monthly and is subject to commodity prices and production levels.

The dividend is considered an "eligible dividend" for tax purposes.

Bonterra Energy Corp. is a conventional oil and gas corporation with operations in Alberta, Saskatchewan and British Columbia. The shares are listed on The Toronto Stock Exchange under the symbol "BNE".

For further information please contact:

George F. Fink, Chairman and CEO or
Robb D. Thompson, CFO and Secretary
Telephone: (403) 262-5307
Fax: (403) 265-7488
Email: info@bonterraenergy.com