Calgary, Alberta, April 4, 2022 - TransGlobe Energy Corporation ("TransGlobe" or the “Company”) announces that on March 29, 2022; Mr. Geoff Probert, Chief Operating Officer, exercised 258,251 stock options under the Company’s Stock Option Plan (“SOP”). In addition, on March 30, 2022; Mr. Randy Neely, President and Chief Executive Officer, exercised 430,428 stock options under the Company’s SOP.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Status</th>
<th>SOP Options Exercised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geoff Probert</td>
<td>Chief Operating Officer</td>
<td>PDMR</td>
<td>258,251</td>
</tr>
<tr>
<td>Randy Neely</td>
<td>President and Chief Executive Officer</td>
<td>PDMR</td>
<td>430,428</td>
</tr>
</tbody>
</table>

The shares issued are net of costs and taxes payable. A further announcement will be made once the tax analysis is complete and the resultant number of new shares to be issued are known.

This notification is made under article 19.1 of the Market Abuse Regulation (“MAR”) and relates to options exercises by Persons Discharging Managerial Responsibilities (“PDMR”) on March 29 and March 30, 2022 under the Company’s SOP.

About TransGlobe

TransGlobe Energy Corporation is a cashflow focused oil and gas exploration and development company whose current activities are concentrated in the Arab Republic of Egypt and Canada. TransGlobe’s common shares trade on the Toronto Stock Exchange and the AIM market of the London Stock Exchange under the symbol TGL and on the NASDAQ Exchange under the symbol TGA.

For further information, please contact:

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