

Paramount Resources Ltd.

Paramount Resources Announces Closing of Sale of NuVista Energy Ltd. Shares and October Dividend

CALGARY, AB, Oct. 1, 2025 /CNW/ - Paramount Resources Ltd. ("Paramount" or the "Company") (TSX: POU) is pleased to announce that it has closed its previously announced sale of 18.5 million common shares of NuVista Energy Ltd. The Company received aggregate cash proceeds of \$296 million from the sale.

Paramount is also pleased to announce that its Board of Directors has declared a cash dividend of \$0.05 per common share that will be payable on October 31, 2025 to shareholders of record on October 15, 2025. The dividend will be designated as an "eligible dividend" for Canadian income tax purposes.

ABOUT PARAMOUNT

Paramount is an independent, publicly traded, liquids-rich natural gas focused Canadian energy company that explores for and develops both conventional and unconventional petroleum and natural gas, including longer-term strategic exploration and pre-development plays, and holds a portfolio of investments in other entities. The Company's principal properties are located in Alberta and British Columbia. Paramount's class A common shares are listed on the Toronto Stock Exchange under the symbol "POU".

ADVISORIES

There are no assurances as to the continuing declaration and payment of future monthly dividends by the Company or the amount or timing of any such dividends. There are risks that may result in the Company changing, suspending or discontinuing its monthly dividend program, including changes to free cash flow, operating results, capital requirements, financial position, market conditions or corporate strategy and the need to comply with requirements under debt agreements and applicable laws respecting the declaration and payment of dividends.

SOURCE Paramount Resources Ltd.

For further information: For further information, please contact: Paramount Resources Ltd., James H.T. Riddell, President and Chief Executive Officer and Chairman; Paul R. Kinvig, Chief Financial Officer; Rodrigo R. Sousa, Executive Vice President, Corporate Development and Planning, www.paramountres.com, Phone: (403) 290-3600

<https://stage.mediaroom.com/paramount/2025-10-01-Paramount-Resources-Announces-Closing-of-Sale-of-NuVista-Energy-Ltd-Shares-and-October-Dividend>