



PRESS RELEASE

MEG Energy Announces US\$600 Million Offering of Senior Unsecured Notes

CALGARY, ALBERTA (January 19, 2021) - MEG Energy Corp. ("MEG" or the "Company") (TSX: MEG) announced today that, subject to market and other conditions, it plans to commence a private offering (the "offering") of US\$600 million in aggregate principal amount of senior unsecured notes due 2029 (the "notes"). MEG intends to use the net proceeds of the offering, if completed, and cash on hand to (i) redeem in full its US\$600 million aggregate principal amount of 7.0% senior unsecured notes due March 2024 (the "2024 Notes"), and (ii) pay fees and expenses related to the offering.

MEG also announced today that it has issued a conditional notice to redeem in full MEG's 2024 Notes at a redemption price of 101.167%, plus accrued and unpaid interest to, but not including, the redemption date. The redemption is expected to be completed on or about February 18, 2021, and the redemption of the 2024 Notes is conditioned upon the completion of the offering.

The notes to be offered by MEG will not be registered under the U.S. Securities Act of 1933, as amended (the "U.S. Securities Act"), and may not be offered or sold in the United States absent registration or an applicable exemption from registration requirements. The notes are being offered only to persons reasonably believed to be qualified institutional buyers in the United States under Rule 144A and outside the United States in compliance with Regulation S under the U.S. Securities Act. In Canada, the notes are to be offered and sold on a private placement basis in certain provinces of Canada. This news release does not constitute an offer to sell, or a solicitation of an offer to buy, any security and shall not constitute an offer, solicitation or sale in any jurisdiction in which such an offer, solicitation, or sale would be unlawful.

About MEG

MEG is an energy company focused on sustainable in situ thermal oil production in the southern Athabasca region of Alberta, Canada. MEG is actively developing innovative enhanced oil recovery projects that utilize steam-assisted gravity drainage extraction methods to improve the responsible economic recovery of oil as well as lower carbon emissions. MEG transports and sells its thermal oil production to refiners throughout North America and internationally. MEG's common shares are listed on the Toronto Stock Exchange under the symbol "MEG".

Forward-Looking Information

Certain statements contained in this news release may constitute forward-looking statements within the meaning of applicable Canadian securities laws. These statements relate to future events or MEG's future performance. All statements other than statements of historical fact may be forward-looking statements. The use of any of the words "anticipate", "continue", "estimate", "expect", "may", "will", "project", "should", "believe", "dependent", "ability", "plan", "intend", "target", "potential" and similar expressions are intended

to identify forward-looking statements. Forward-looking statements are often, but not always, identified by such words. These statements involve known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking statements. In particular, and without limiting the foregoing, this news release contains forward-looking statements with respect to the proposed offering of notes, the use of proceeds therefrom, the timing and successful completion of the offering and the redemption of the 2024 Notes. Such forward-looking information is based on certain assumptions and analysis made by MEG in light of its experience and perception of current conditions and expected future developments as well as other factors it believes are appropriate in the circumstances. However, whether actual results, performance or achievements will conform to MEG's expectations and predictions is subject to a number of known and unknown risks and uncertainties which could cause actual results to differ materially from MEG's expectations. Further information regarding the assumptions and risks inherent in the making of forward-looking statements can be found in MEG's most recently filed Annual Information Form ("AIF"), along with MEG's other public disclosure documents. Copies of the AIF and MEG's other public disclosure documents are available through the Company's website at www.megenergy.com/investors and through the SEDAR website at www.sedar.com. The forward-looking information included in this news release is expressly qualified in its entirety by the foregoing cautionary statements. Unless otherwise stated, the forward-looking information included in this news release is made as of the date of this news release and MEG assumes no obligation to update or revise any forward-looking information to reflect new events or circumstances, except as required by law.

For further information, please contact:

Investor Relations

T 587.293.6045

E invest@megenergy.com

Media Relations

T 587.233.8396

E media@megenergy.com