

FORM 11**NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT**Name of CNSX Issuer: **ALTA VISTA VENTURES LTD.** (the "Issuer")Trading Symbol: **AVV**Date: **February 1, 2016****1. New Options Granted:**

Name of Optionee	Position (Director/Officer/ Employee/Consult- ant of the Company)	Insider Yes / No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in the Past 12 Months
George Smitherman	Director	Yes	500,000	\$0.18	31-Jan-19	Nil
Kim Derry	Consultant	No	350,000	\$0.18	31-Jan-19	Nil

Total Number of optioned shares proposed for acceptance: **850,000****2. Other Presently Outstanding Options**

Name of Optionee	No. of Optioned Shares	Exercise Price	Original Date of Grant	Expiry Date
Robert McPherson	500,000	\$0.14	1-Feb-16	29-Dec-18
Carlos Alberto Alvarez	50,000	\$0.14	1-Feb-16	29-Dec-18
Three Vape Guys	500,000	\$0.12	10-Dec-15	10-Dec-18
Guy Laverge	500,000	\$0.10	3-Nov-15	2-Nov-18
Donald Shaxton	500,000	\$0.10	6-Aug.-15	6-Aug.-18
Jason Springett	500,000	\$0.10	6-Aug.-15	6-Aug.-18
Ian Foreman	50,000	\$0.20	26-Jul-13	25-Jul-18
Edmundo Uribe	37,500	\$0.20	26-Jul-13	25-Jul-18
Laara Shaffer	37,500	\$0.20	26-Jul-13	25-Jul-18
Jennifer Schindler	37,500	\$0.20	26-Jul-13	25-Jul-18
Foremost Management Services Inc.	300,000	\$0.105	3-Jun-14	3-June-17
Edmundo Uribe	100,000	\$0.105	3-Jun-14	3-June-17
Laara Shaffer	75,000	\$0.105	3-Jun-14	3-June-17
Jennifer Schindler	75,000	\$0.105	3-Jun-14	3-June-17
Michelle Ross	150,000	\$0.105	Jan. 8/15	7-Jan-18

(1) Set out number of optioned shares for each grant with different terms.

Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was held. **April, 2015**
- (b) State the date of the news release announcing the grant of options: **N/A**
- (c) State the total issued and outstanding share capital at the date of grant or amendment. **26,579,607.**
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options **16.61%.**
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. **900,921**
- (f) If the issuer has completed a public distribution of its securities within 90 days of the date of the grant, state the per share price paid by the public investors. **N/A**
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **N/A**

2. 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 is no material information concerning the Issuer which has not been publicly disclosed.
- 3. The undersigned hereby certifies to the CNSX 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 CSE Requirements (as defined in CSE Policy 1).
- 4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated **February 1, 2016**

“signed”
Laara Shaffer
Corporate Secretary