FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: GoldHaven Resources Corp. (the "Issuer")

Trading Symbol: GOH

Number of Outstanding Listed Securities: 87,372,870

Date: August 6, 2026 *(for the month ended July 31, 2026)*

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

(a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.

(b) The term "Issuer" includes the Issuer and any of its subsidiaries.

(c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

   The Issuer (CSE:GOH) is a Canadian junior exploration Company focused on acquiring and exploring highly prospective land packages in North and South America. The Company's projects include (i) the flagship Magno Project, a district-scale polymetallic property adjacent to the historic Cassiar mining district in British Columbia; (ii) the Three Guardsman Project, which exhibits significant potential for copper and gold-skarn mineralization; (iii) the Copeçal Gold Project, located in Mato Grosso, Brazil with a 6km strike of anomalous gold in soil samples; and (iv) three critical mineral projects with extensive tenement packages totalling 123,900 hectares: Bahia South, Bahia North and Iguatu projects located in Brazil.

2. Provide a general overview and discussion of the activities of management.

During July 2026, management's principal activities included, but were not limited to, discussion on and the preparation of necessary documentation, in respect of:

(i) General management and administrative matters;

(ii) Exploration programs for the Magno, Three Guardsmen and Copecal Projects to be conducted during between through September 2026; and

(iii) Marketing, advertising and investor awareness programs.

3. Describe & provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties & attach any mineral or oil & gas or other reports required under Ontario securities law.

During July 2026 the Company:

(i) entered into a drilling services agreement with Northtech Drilling Ltd. to conduct the Company's fully funded inaugural diamond drill program at its 100%-owned Magno Project, located in the Cassiar District of northern British Columbia, comprising approximately 5,000 to 7,000 metres of diamond drilling (with a minimum commitment of 3,000 metres), targeting historical tungsten, silver, zinc, lead, copper and indium mineralization, with mobilization targeted for approximately August 1, 2026, subject to permitting (July 2, 2026).

(ii) engaged Scott Geophysics Ltd. to conduct a targeted induced polarization ("IP") survey at its Three Guardsmen Project, covering approximately three kilometres across priority target areas designed to identify the potential intrusive source of previously identified magnetite-copper skarn mineralization (July 7, 2026). The survey was completed on July 22, 2026, comprising approximately 3.9 kilometres of IP surveying, with the resulting dataset submitted for processing and three-dimensional inversion.

(iii) announced the completion and interpretation of its district-scale Quantitative Magnetic Tensor (QMAGT) airborne geophysical survey at its Magno Project, located in the Cassiar district of Northern British Columbia, defining a continuous north-south structural corridor across the Company's 37,000+ hectare land package that links numerous known tungsten, silver, zinc, copper and indium occurrences within a single geological framework (July 15, 2026).

(iv) reported high-grade gold assay results of up to 55.3 g/t Au from follow-up metallic screen analyses of select rock samples collected during its 2025 surface exploration program at its Magno Project, with the highest-grade values concentrated within the Magno and D Zone target areas and spatially associated with the Company's recently identified district-scale structural corridor (July 30, 2026).

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

N/A

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

On July 2, 2026, the Company entered into a drilling services agreement with Northtech Drilling Ltd. to conduct the Company's inaugural diamond drill program at its 100%-owned Magno Project, and a marketing services agreement with X Media Inc. SEZC, effective July 1, 2026, pursuant to which X Media will provide digital marketing, investor awareness and public relations services for a six-month term at a fee of US$500,000. X Media and its principals are arm's length to the Company. On July 6, 2026, the Company entered into a marketing services agreement with Gold Standard Media, LLC for an initial term of one year, pursuant to which the Company will pay a one-time cash fee of US$750,000 for financial publishing and digital marketing services. Gold Standard Media and its principals are arm's length to the Company. On July 7, 2026, the Company engaged Scott Geophysics Ltd., an arm's-length geophysical contractor, to conduct an induced polarization survey at its 100%-owned Three Guardsmen Project.

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

None.

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

None.

8. Describe the acquisition of new customers or loss of customers.

Not applicable.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

None.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None.

11. Report on any labour disputes and resolutions of those disputes if applicable.

None.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

None.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

None.

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds
Restricted Share Units (RSUs)	750,000	July 2, 2026	N/A – equity compensation, vesting in equal monthly installments over 36 months

15. Provide details of any loans to or by Related Persons.

None.

16. Provide details of any changes in directors, officers or committee members.

None.

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Management Discussion & Analysis for the year ended July 31, 2025 (the "MD&A") under the heading "Financial Instruments and Risk Management". The MD&A is available on the Issuer's SEDAR profile at www.sedarplus.ca.

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 Exchange 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 Exchange Requirements (as defined in CNSX Policy 1) except as disclosed to the Exchange in connection with an ongoing review of the Issuer's scientific and technical disclosure.

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: August 6, 2026

Steven Vanry
Name of Director or Senior Officer

"Steven Vanry"
Signature

CFO and Corporate Secretary
Official Capacity

Issuer Details Name of Issuer **GoldHaven Resources Corp.**	For Month End **July 31, 2026**	Date of Report YY/MM/DD **26/08/06**
Issuer Address **#2288 – 1177 West Hastings Street, Vancouver, BC V6E 2K3**		
City/Province/Postal Code **Vancouver, British Columbia, V6C 3L6**	Issuer Fax No. **N/A**	Issuer Telephone No. **604 629 8254**
Contact Name **Steve Vanry**	Contact Position **CFO**	Contact Telephone No. **604 671 9522**
Contact Email Address **steve@goldhavencorp.com**	Web Site Address **www.goldhavenresources.com**	