



Press Release

HARVEST OPERATIONS FILES 2013 YEAR-END DISCLOSURE DOCUMENTS

CALGARY, ALBERTA – MARCH 31, 2014: Harvest Operations Corp. (Harvest or the Company) has filed its Annual Information Form (AIF) and its Statement of Reserves Data and Other Oil and Gas Information Form 51-101F1 for the year ended December 31, 2013.

The Company has also filed the Report of Independent Qualified Reserves Evaluator Form 51-101F2 and the Report of Management and Directors Form 51-101F3 all under the Canadian Securities Administrators National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities.

Harvest filed its Audited Consolidated Financial Statements for the year ended December 31, 2013 and related Management's Discussion and Analysis on both SEDAR and EDGAR on March 6, 2014.

An electronic copy of each document is available on Harvest's website at www.harvestenergy.ca and on Harvest's SEDAR profile at www.sedar.com. Printed copies of these documents can be requested through our website or by contacting Investor Relations at the toll free number and email address below.

Harvest also announces today that Mr. Les Hogan has tendered his resignation as Chief Operating Officer of Harvest effective March 31, 2014. We would like to thank Mr. Hogan for his hard work and contributions to Harvest over the past six years as a member of the senior management team.

HARVEST PROFILE:

Harvest is a wholly-owned, subsidiary of Korea National Oil Corporation (KNOC). Harvest is a significant operator in Canada's energy industry offering stakeholders exposure to exploration, development and production of crude oil and natural gas (Upstream), an oil sands project under construction and development in northern Alberta (BlackGold) and refining and marketing of distillate, gasoline and fuel oil (Downstream) segments.

KNOC is a state owned oil and gas company engaged in the exploration and production of oil and gas along with storing petroleum resources. KNOC will fully establish itself as a global government-run petroleum company by applying ethical, sustainable and environment-friendly management and by taking corporate social responsibility seriously at all times. For more information on KNOC, please visit their website at www.knoc.co.kr/ENG/main.jsp.

ADDITIONAL INFORMATION:

Further information about us can be accessed under our public filings found on SEDAR at www.sedar.com or at www.harvestenergy.ca. Information can also be found by contacting our Investor Relations department at (403) 265-1178 or at 1-866-666-1178.

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