

ENERPLUS CORPORATION

The Dome Tower, Suite 3000 US Bank Tower, Suite 2200 333 - 7th Avenue SW Calgary, Alberta T2P 2Z1

950 - 17th Street Denver, Colorado 80202-2805

November 2, 2023

Enerplus Announces Quarterly Cash Dividend for December 2023

CALGARY, Alberta - Enerplus Corporation ("Enerplus") (TSX: ERF) (NYSE: ERF) today announced that a quarterly cash dividend in the amount of US\$0.06 per share will be payable on December 15, 2023, to all shareholders of record at the close of business on November 30, 2023. The ex-dividend date for this payment is November 29, 2023.

The US\$0.06 per share dividend is equivalent to approximately CDN\$0.083 per share if converted using the current US/Canadian dollar exchange rate of 1.38. The CDN dollar equivalent dividend will be based upon the US/Canadian exchange rate closer to the payment date. Payments to shareholders who are not residents of Canada will be net of any Canadian withholding taxes that may be applicable. Dividends paid by Enerplus are considered "eligible dividends" for Canadian tax purposes. For U.S. income tax purposes, Enerplus' dividends are considered "qualified dividends".

For further information, including financial and operating results and our most recent corporate presentation, please visit our website at www.enerplus.com or phone 1-800-319-6462. Shareholders may, upon request, obtain a hard copy of Enerplus' complete audited financial statements free of charge.

About Enerplus

Enerplus is an independent North American oil and gas exploration and production company focused on creating long-term value for its shareholders through a disciplined, returns-based capital allocation strategy and a commitment to safe, responsible operations.

Investor Contacts Drew Mair, 403-298-1707 Krista Norlin, 403-298-4304