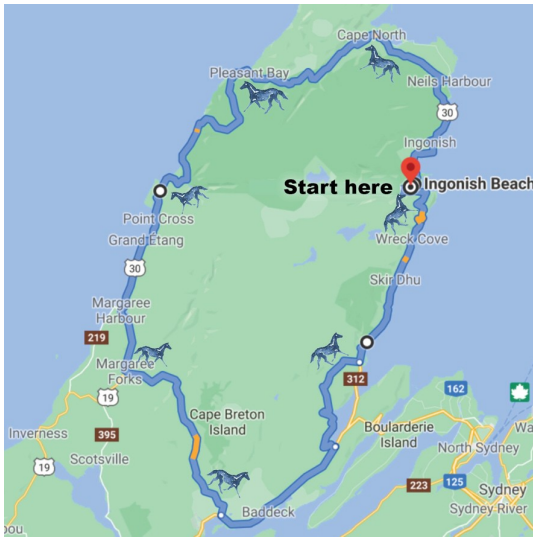


## **NSEF's Cabot Trail Virtual Ride/Drive Participant Log Sheet**



*Begin your virtual journey at beautiful Ingonish Beach, continuing your way around the trail (virtually) riding/driving to each destination. Using this log sheet, you can track time spent riding or driving from June 5<sup>th</sup> to August 30<sup>th</sup> in your own area. Match your time riding/driving with the virtual destination indicated in your log sheet.*

*Participants will be entered for a chance to win prizes along the way. Share your virtual journey with photos on social media, tagging NSEF, or by sending them to [nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca). Happy and safe riding/driving! Remember to ensure Covid-19 Compliance rules and regulations.*

Your Name: \_\_\_\_\_ Horse Name(s): \_\_\_\_\_

NSEF#: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

<b>Start: Ingonish Beach</b>	<b>Time in Saddle/Seat</b>	<b>Date</b>	<b>Highlights (ex. What did you see?)</b>
Ingonish	<b>1 hour</b>		
Neils Harbour	<b>1 hour</b>		
Cape North	<b>1 hour</b>		
Pleasant Bay	<b>1.5 hours</b>		
Skyline Trail	<b>1 hour</b>		
Chéticamp	<b>1 hour</b>		
Point Cross	<b>45 minutes</b>		
Grand Étang	<b>20 minutes</b>		
Margaree Harbour	<b>1 hour</b>		
Margaree Forks	<b>1 hour</b>		
Lower Middle River	<b>2 hours</b>		
Baddeck	<b>1 hour</b>		
St. Ann's	<b>1 hour</b>		
Wreck Cove	<b>3 hours</b>		
Finish: Ingonish Beach	<b>1 hour</b>		

Submit this log sheet via email, fax, or mail by September 7<sup>th</sup> in order to qualify for the grand prize. You do not have to complete the virtual ride/drive in order to qualify.

Email: [nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca)

Fax : 902-425-5606

Mail: NSEF, 5516 Spring Garden Road 4<sup>th</sup> Floor, Halifax, NS B3J 1G6