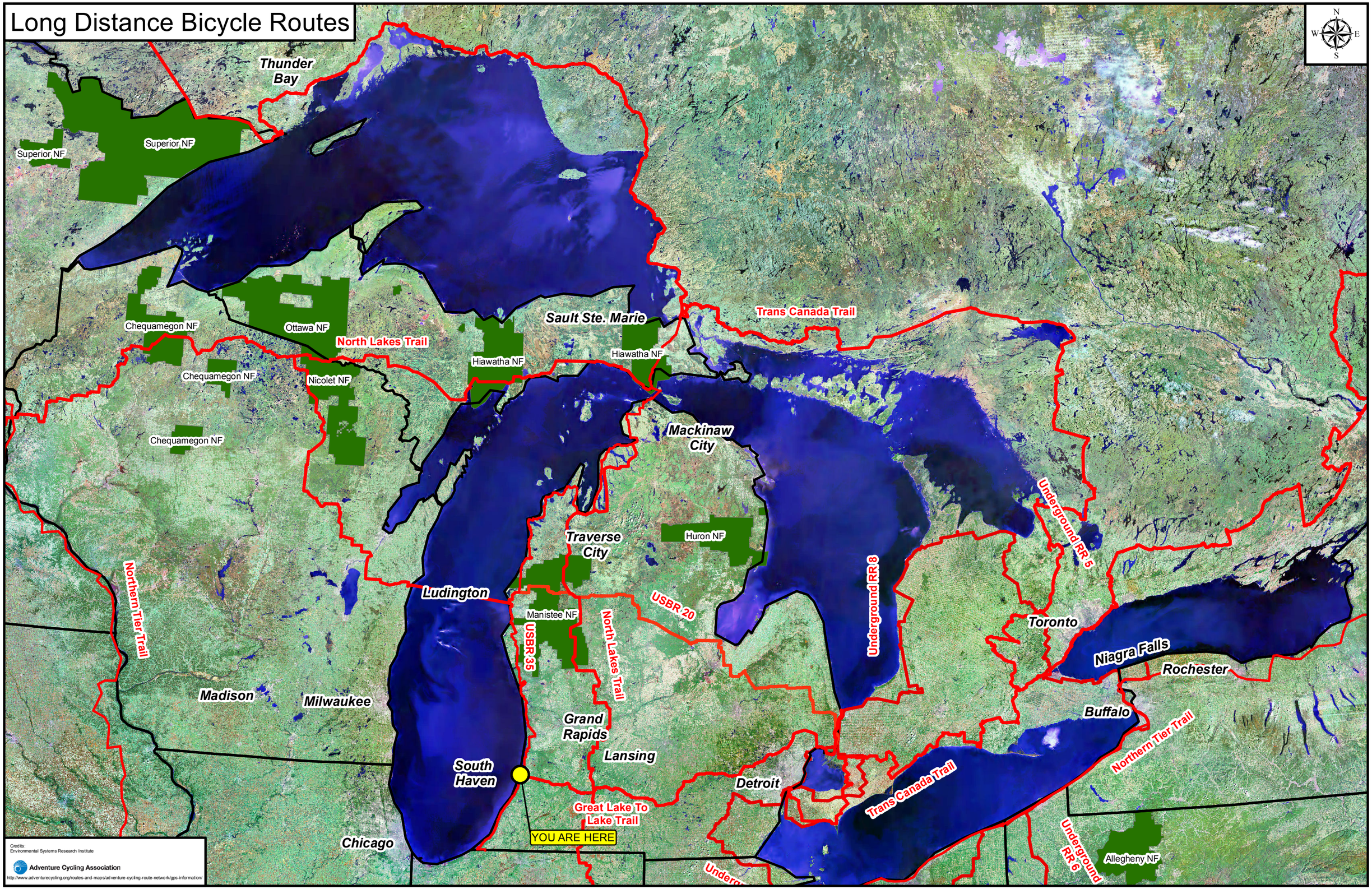Long Distance Bicycle Routes