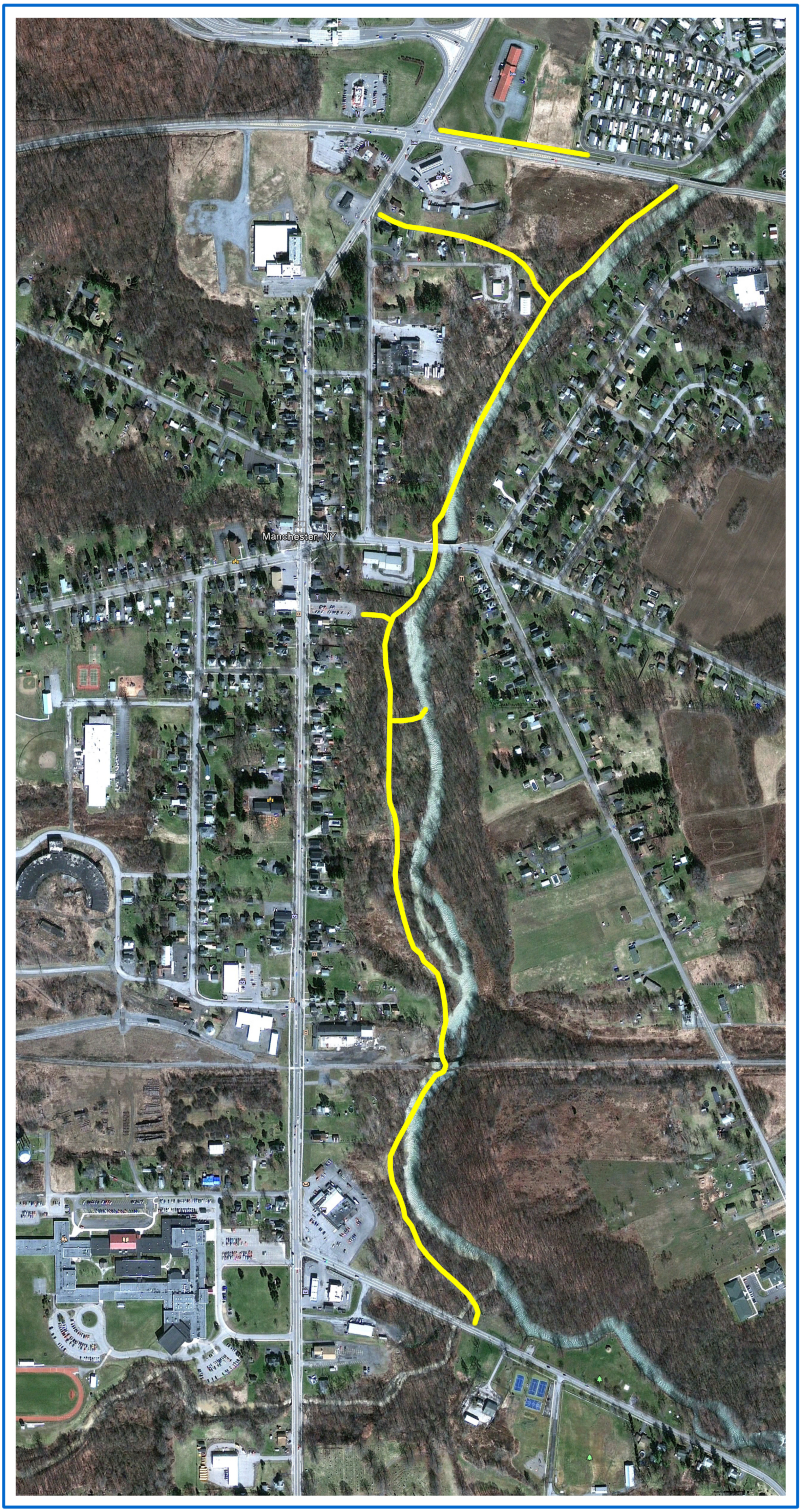Manchester Gateway Trail