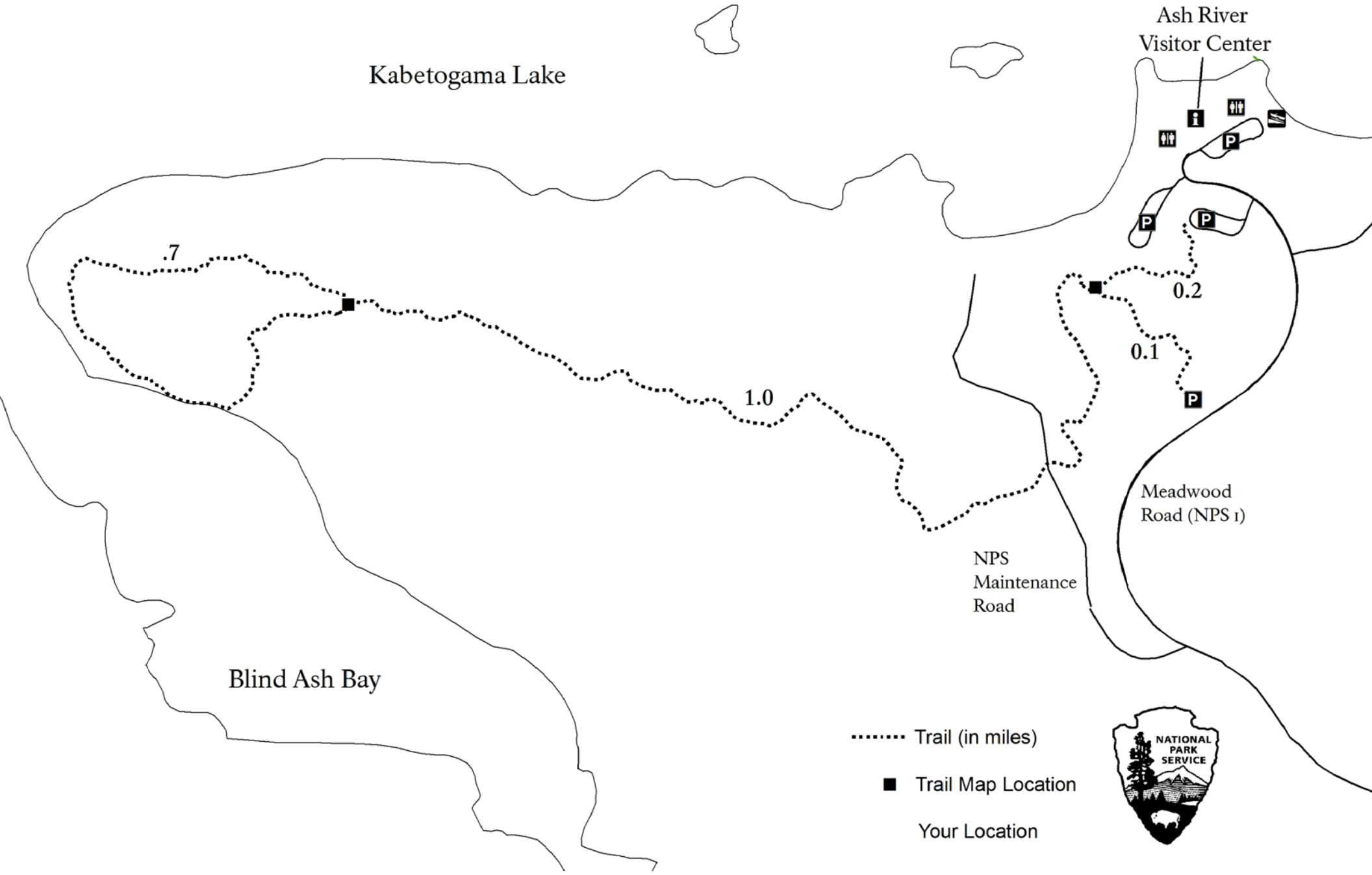Blind Ash Bay Hiking Trail