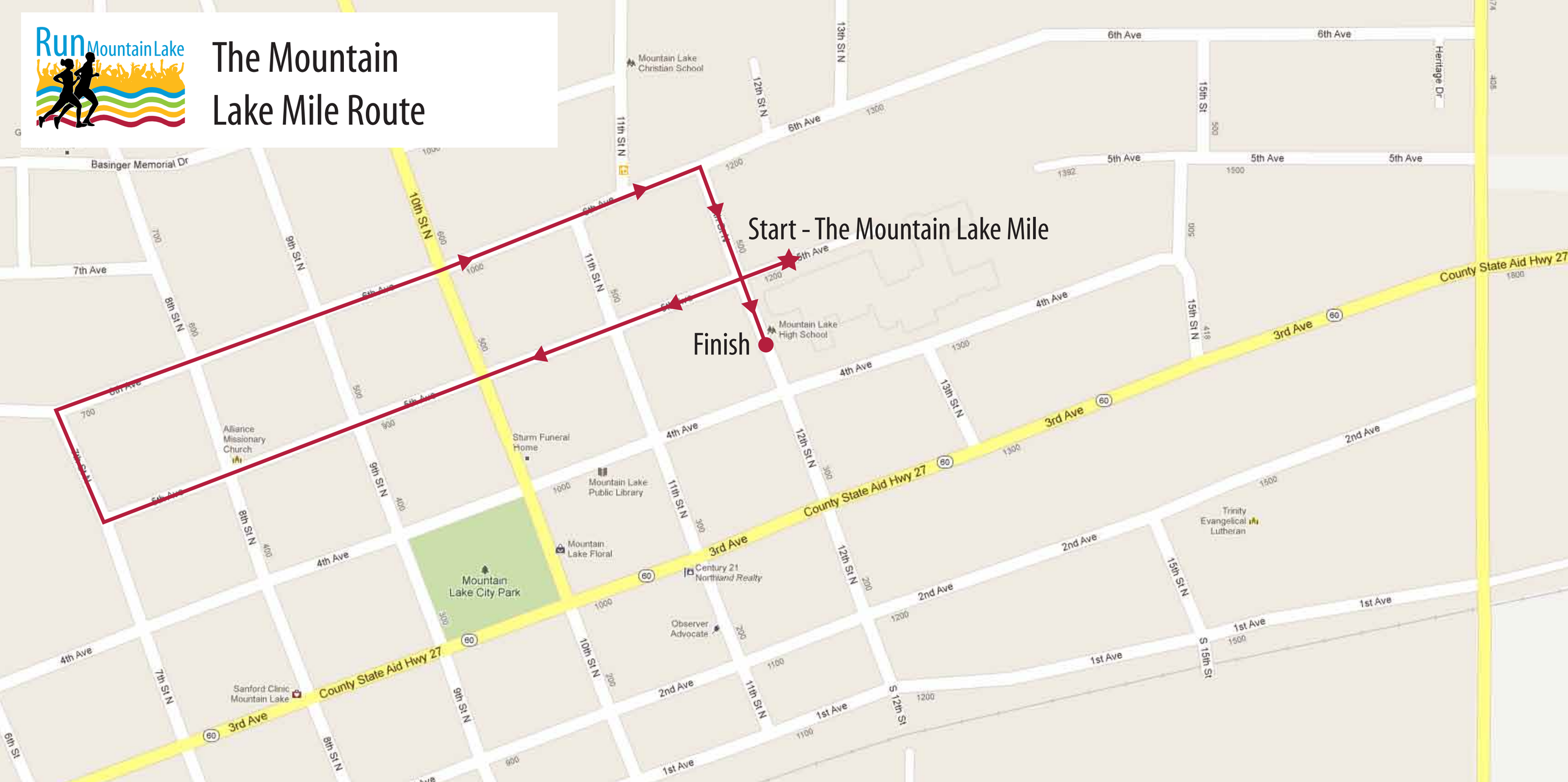The Mountain Lake Mile Route