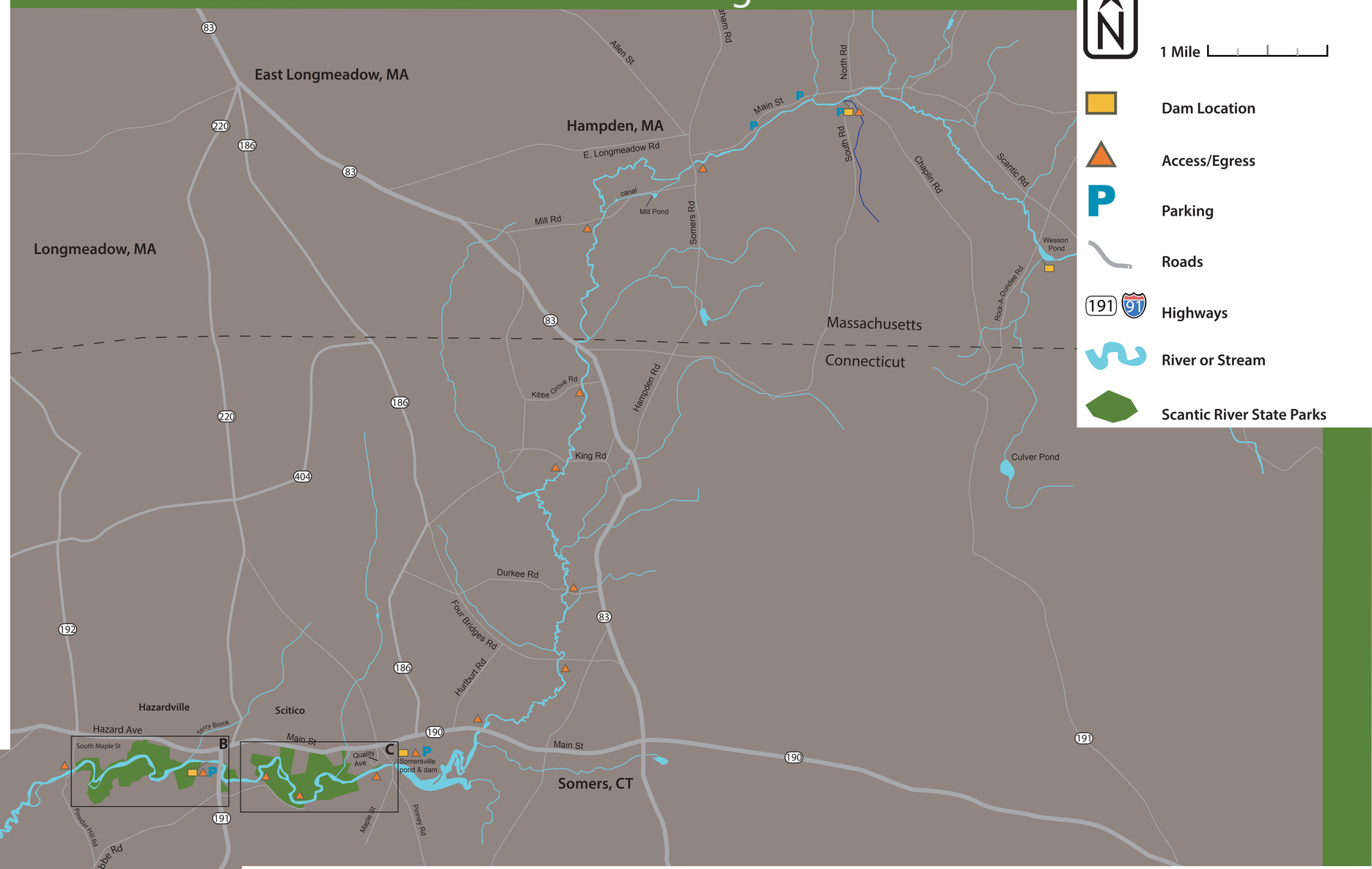Scantic River Paddle and Hiking Guide