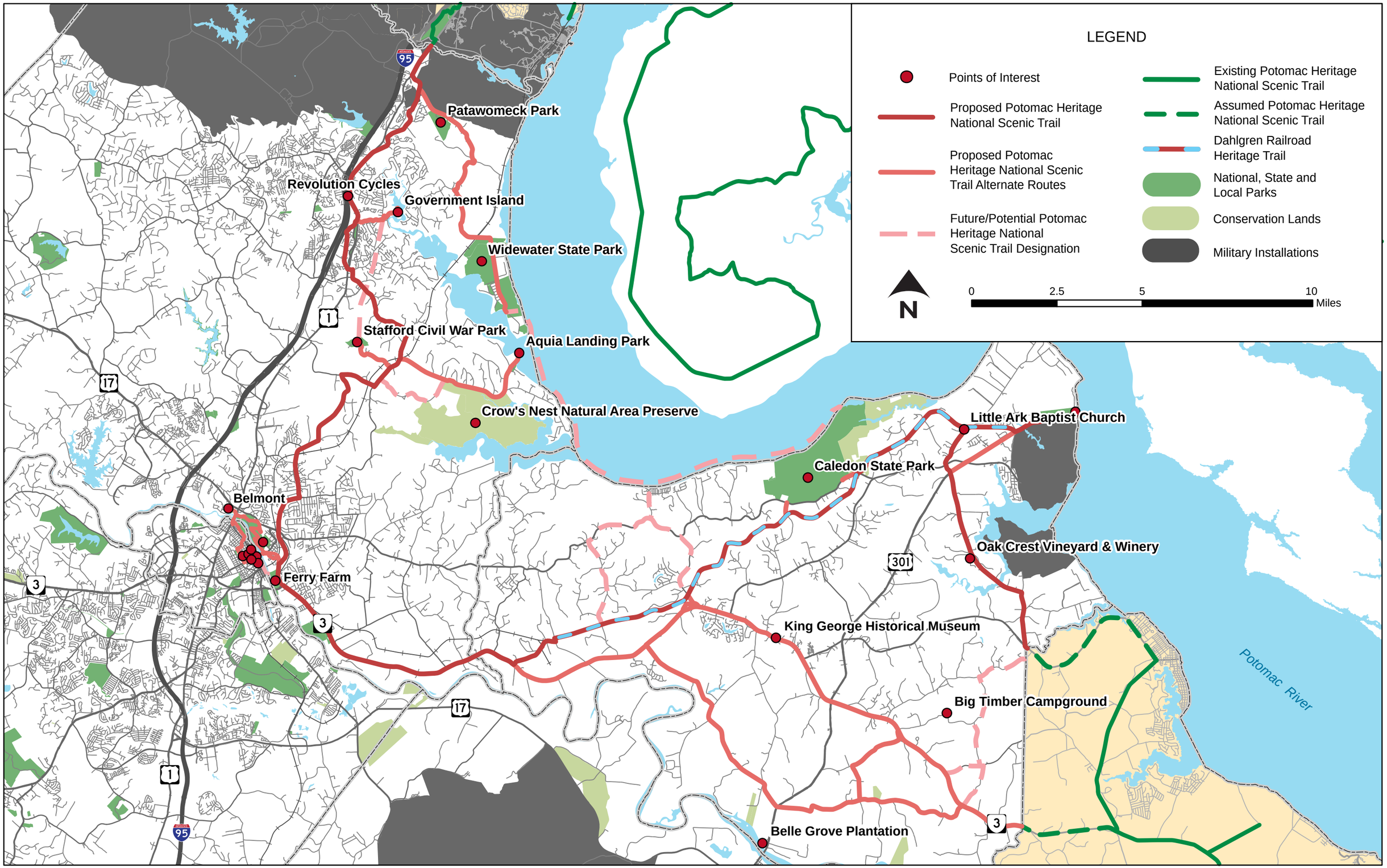Potomac Heritage National Scenic Trail routes within the GWRC Region