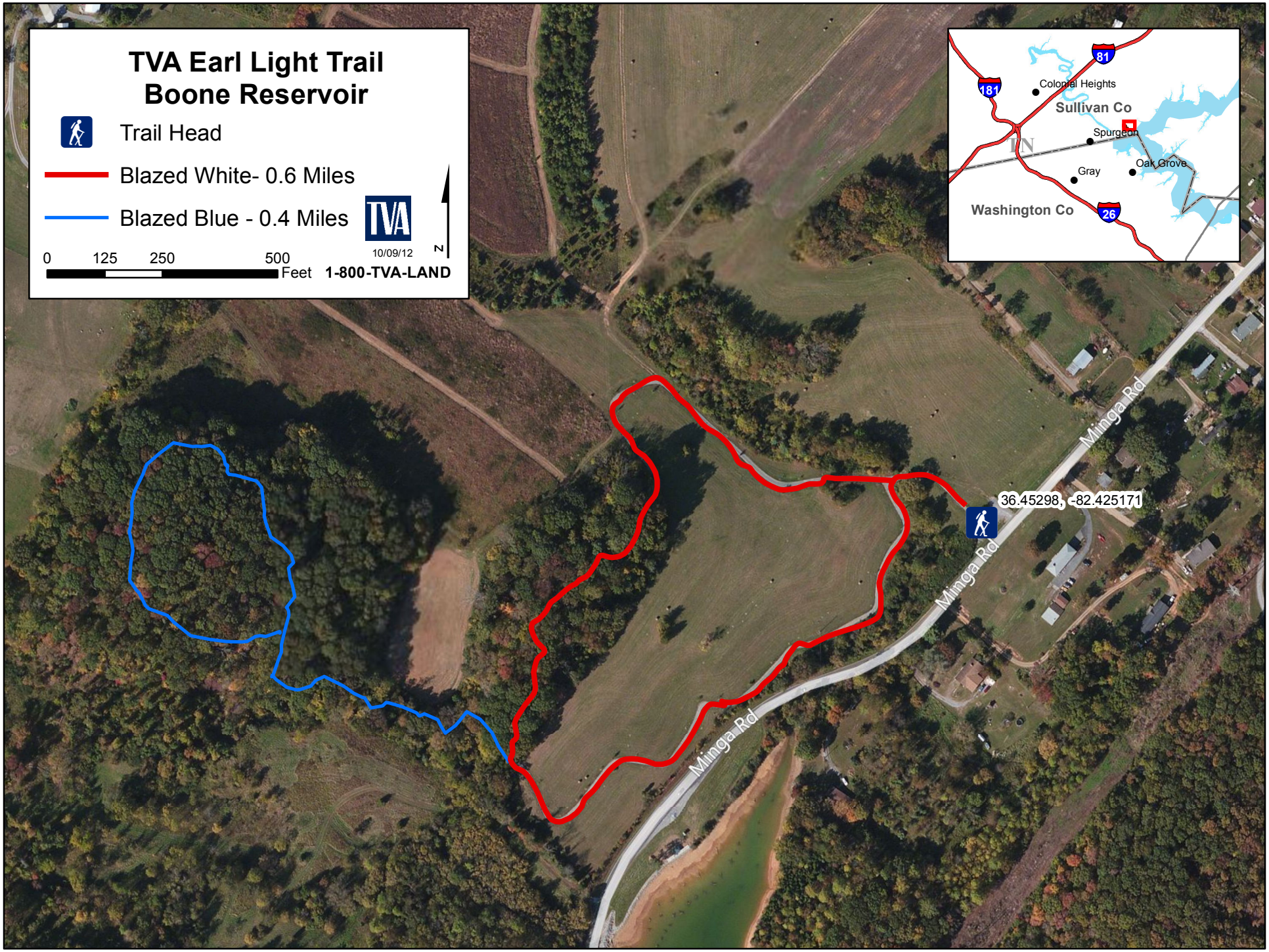

http://www.tva.com/river/recreation/dispersed/trail-table.htm