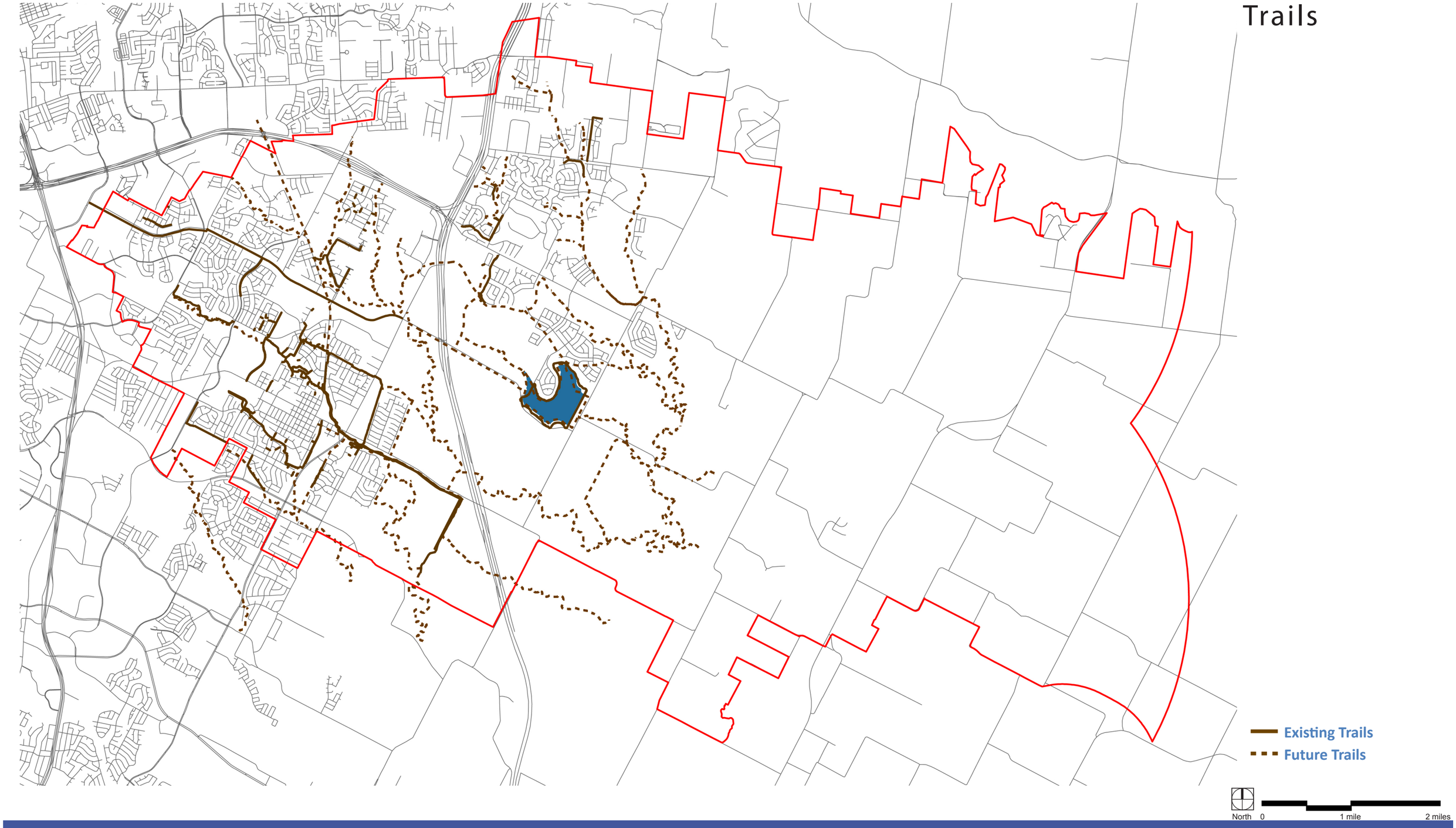Trails