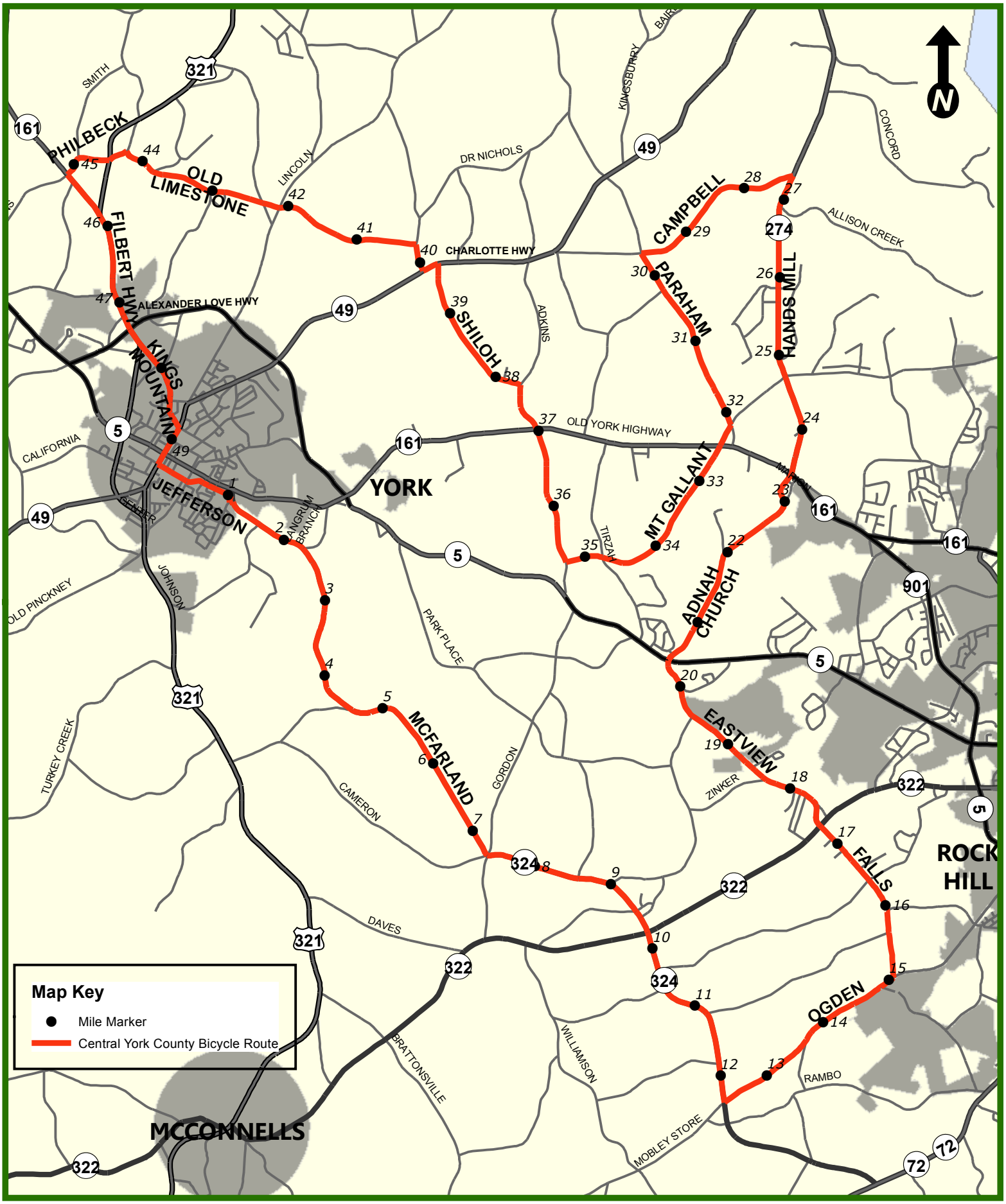Central York County Bike Route