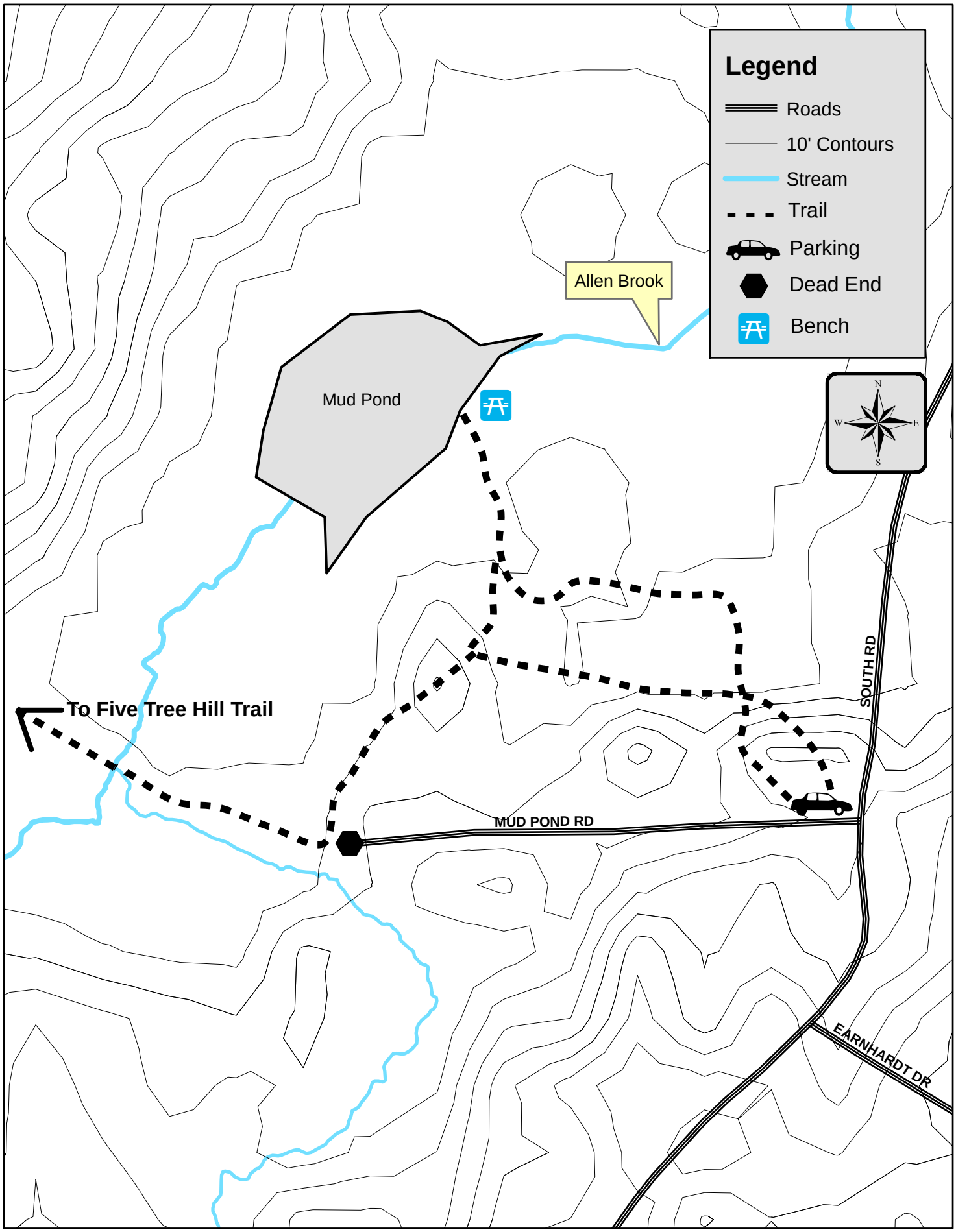Mud Pond Conservation Area Trail