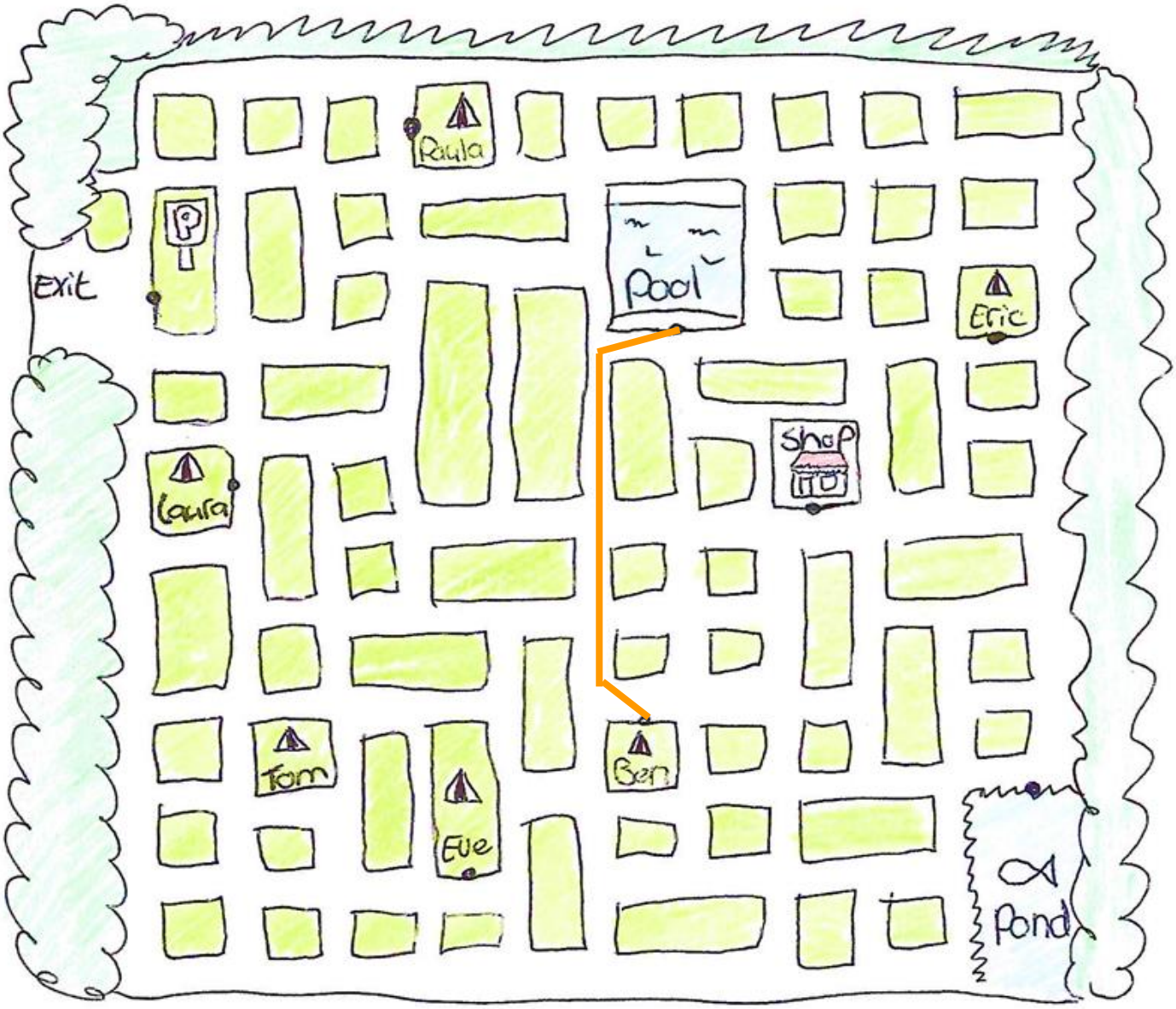Invulblad Follow the route