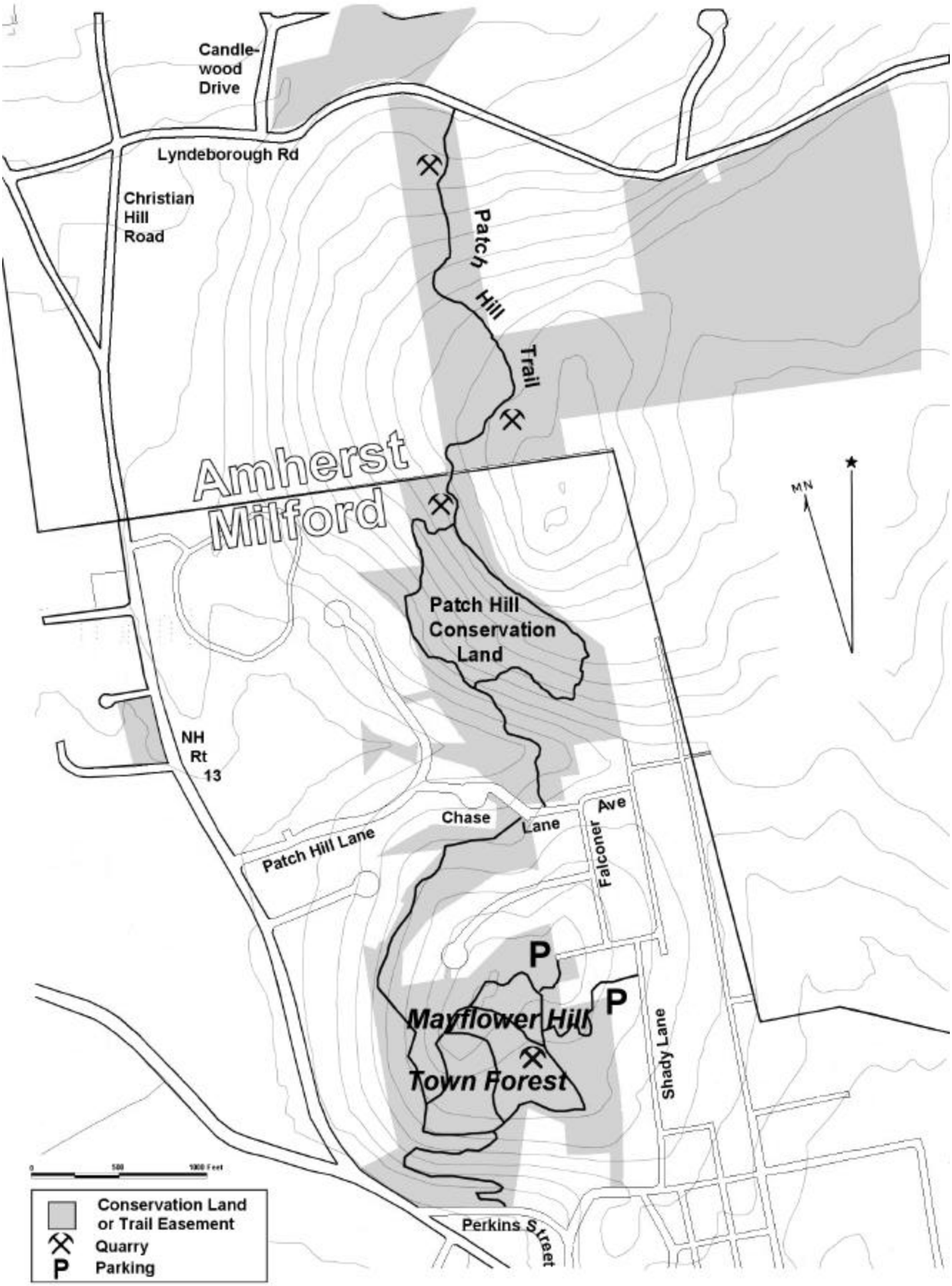Amherst to Milford via Patch Hill and Mayflower Town Forest