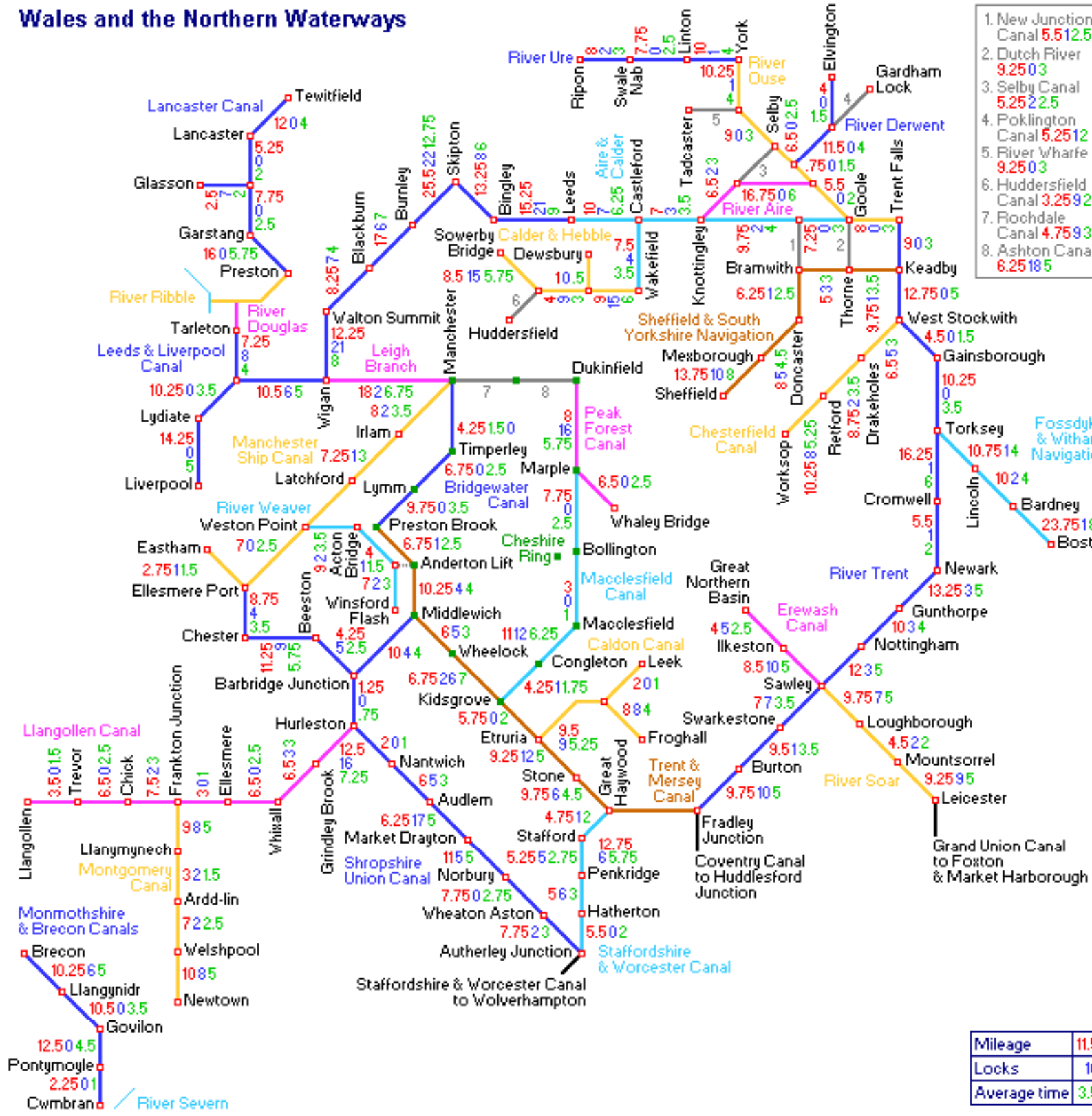Wales and the Northern Waterways