

• 3rd EDITION •

THE CARROT



FOOD, DRINKS, AND HOPS WITHIN A MILE OF THE GHS SWAMP RABBIT TRAIL

GREENVILLE HEALTH SYSTEM SWAMP RABBIT TRAIL FOOD GUIDE

➤ GREENVILLEREC.COM/THECARROT ➤

*edible*UPCOUNTRY

 GREENVILLE
CountyRec
PARKS • RECREATION • TOURISM



GREENVILLE
HEALTH SYSTEM

FROM SAM & TY

WELCOME TO THE 3RD EDITION OF THE CARROT!

Get OUT and Get HAPPY!

Since its inception in 2009, the Greenville Health System Swamp Rabbit Trail has spurred excitement across the Upstate and motivation for discovering a “Greenway of Life”. In less than a decade, the GHS Swamp Rabbit Trail has grown to 19.9 miles with over 500,000 users annually, fostering healthy lifestyles and connecting our communities in ways that roads never can.

The motivations are many. You like climbing on your bike for a long ride towards the Blue Ridge, or you enjoy walking through the morning mist of the Reedy River with friends, or you find a simple happiness in the wide-eyed smile of your child as they explore the sunshine and the freedom of the trail. Whatever the impetus, *The Carrot* is your guide to local food and drink as you travel the trail.

This 3rd edition continues the happy public-private collaboration between *edible Upcountry* and Greenville County Rec, with generous support from the Greenville Health System, Furman University and other stellar local business partners. (Look for the sponsor/handshake icon and show those businesses some extra love along your way).

Ultimately, this guide is a celebration of community. Locally roasted coffee, savory sandwiches, seasonal veggies, expertly crafted beers, fresh lemonade, ice cream. This is a call for explorers and dreamers and ramblers, wayfaring strangers and friends alike. The GHS Swamp Rabbit’s future is as rosy as a fresh-picked apple and, since the trail opened, the surrounding area has already seen transformative growth. So tuck this guide in your back pocket or use the mobile-friendly on-line version (greenvillerec.com/thecarrot) and get rolling, friends.

Sincerely,

Ty Houck



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Natural & Historic Resources
Greenville County Rec
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864-331-9631*

Samantha S. Wallace










*Publisher
edible Upcountry
sam@edibleupcountry.com*

p.s. We love to hear from you. Send us your thoughts on the GHS Swamp Rabbit Trail, The Carrot guide or anything else you think we should know.

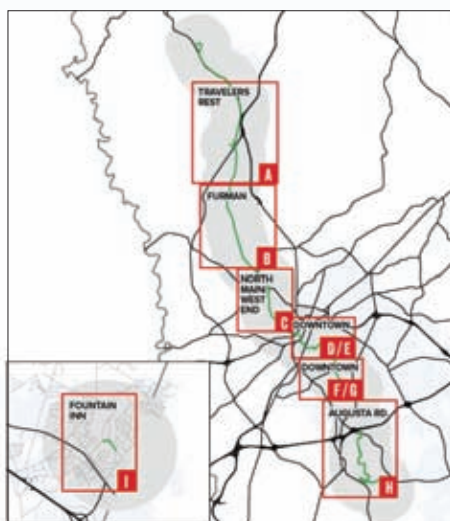
HOW TO USE THIS GUIDE

The trail is broken into 9 maps identifying specialty retail, restaurants, cafes, grocery stores, ice cream shops, community gardens as well as convenient restrooms and parking. At the back of the guide, you'll find a comprehensive directory of all listings*. Each identified destination was mapped by Google Maps to be within a 1/4 mile bike ride or a 1/4 mile walk of the trail. We hope *The Carrot* helps you find new delicious, interesting and convenient pit stops to make the most of your GHS Swamp Rabbit experience, and hopes to encourage you to think about using the trail for your daily trips.

-  Vegan
-  GF Gluten Free
-  Certified Organic
-  Chemical Free
-  Carrot Sponsor
-  Restrooms
-  P Parking

Color-Coded Descriptions:

- BAKERY
- BREWERY & BEER
- CAFE
- COMMERCIAL KITCHEN
- FARMERS MARKET
- GARDEN - APPT. ONLY
- GARDEN - PUBLIC
- GROCERY
- ICE CREAM
- JUICE BAR
- RESTAURANT
- SPECIALTY RETAIL
- CARROT SPONSOR



- A** Travelers Rest
- B** Furman
- C** Northwest Greenville
- D** Downtown (College St. to Washington)
- E** Downtown (Washington to Broad St.)
- F** Downtown (South of Broad St.)
- G** Downtown (Augusta St. & South Main (West End))
- H** Augusta Road
- I** Fountain Inn



Denotes locations within walking distance (1/4 mile) from the GHS Swamp Rabbit Trail



GHS Swamp Rabbit Trail



Denotes Greenville B Cycle Station
greenville.bicycle.com / 864.423.9088



Denotes mile markers (stencils every 1/10 mi.)

*Please note that listings in this guide are subject to change without notice.

TRAVELERS REST



BREWERY & BEER
CARROT SPONSOR
CAFE
FARMERS MARKET

GARDEN - APPT. ONLY
GARDEN - PUBLIC
GROCERY
ICE CREAM


JUICE BAR
RESTAURANT
SPECIALTY RETAIL

1 Northwest Grill *(not shown on map)* 
13045 Old White Horse Rd. • 864-610-0610



2 Ingles     
1500 Greer Hwy. • 864-834-5937
ingles-markets.com

3 Petee's Good Foods 
101 N. Main St. • 864-834-7315


4 Pink Mama's Ice Cream 
10 S. Main St. • 864-905-4849
pinkmamasicecream.com




5 Tandem Creperie and Coffee House 
2 S. Main St. • 864-610-2245
tandemccc.com



6 Carolina Honey Bee Company  
10 S. Main St. • 864-610-2337
carolinabeecompany.com

7 Shortfields  
24 S. Main St. • 864-834-4050
shortfields.com



8 Copperhead Mountain Distillery 
14 S. Main St. • 864-610-2228
copperheadntn.com



9 Swamp Rabbit Brewery and Taproom 
26 S. Main St. • 864-275-0165
theswamprabbitbrewery.com




10 Cafe at Williams Hardware   
13 S. Main St. • 864-834-7888
cafeatwilliamshardware.com




11 The Forest Coffeehouse  
27 S. Main St. • 864-834-5500
theforestcoffee.com


12 Sidewall Pizza Company 
35 S. Main St. • 585-414-8620
sidewallpizza.com


13 Whistle Stop at American Café  
109 S. Main St. • 864-630-4354
whistlestopattheamericancafe.com


14 Upcountry Provisions  
Community Garden
102 S. Poinsett Hwy. • 864-834-8433
upcountryprovisions.com

15 Upcountry Provisions   
102 S. Poinsett Hwy. • 864-834-8433
upcountryprovisions.com

16 Treats Smoothie and Juice Bar   
305 S. Main St. • 843-813-5323
treatssc.com

17 Sushi Yama 
319 S. Main St. • 864-610-2639
facebook.comSushi-Yama-Travelers-Rest



18 Duke's Doggs at Swoll's Place 
317 S. Main St. • 864-834-3710

19 TR's Oriental 
331 S. Main St. • 864-834-3399

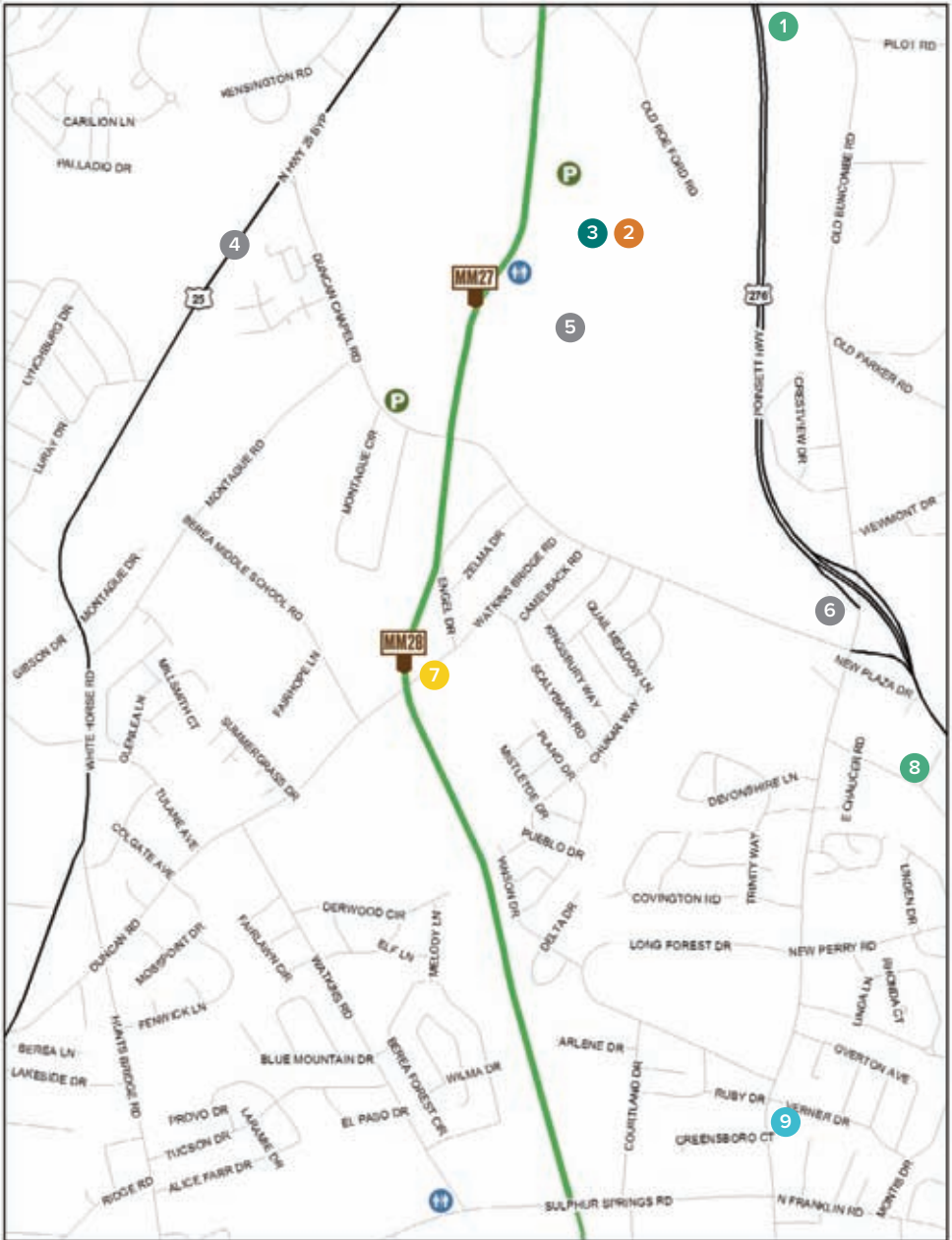
20 Traveler's Rest Community  
Farmer's Market
115 Wilhem Winter Street • 864-355-0000
greenville.k12.sc.us/trest

21 Kierke-Gaarden  
751 Old Buncombe Rd. • 864-834-2228
mcfinc.org/vistahouse/kierke-gaarden

22 Trailside Diner 
1310 Geer Hwy. • 864-689-1400

23 Sunrift Adventures  
1 Center St. • 864-834-3019
sunrift.com



FURMAN UNIVERSITY






CARROT SPONSOR
FARMERS MARKET

GARDEN - APPT. ONLY
GARDEN - PUBLIC






GROCERY
RESTAURANT

- 1 Redeemer PCA Community Garden**
6150 Old Bucombe Rd. • 864-610-9400
redeemerchurch.net
- 2 Furman's Randy**  
Blackwell Farm Stand
3300 Poinsett Hwy. • 864-294-2000
www2.furman.edu/academics/shicenter/ForStudents/
Pages/FurmanFarm.aspx


- 3 Furman University Farm**   
3300 Poinsett Hwy. • 864-294-2000
furmanuniversityfarm.blogspot.com



- 4 El Rancho Grande**
570 N. Hwy 25 • 864-834-3909

- 5 Furman Food Court**     
(Chik-Fil-A, Sushi with Gusto, Moe's, Starbucks)
3300 Poinsett Hwy. • 864-294-2000
www2.furman.edu

Furman University     
(Daniel Dining Hall, Tupelo Honey at the Paddock,
Barnes & Noble Cafe, Einstein Bros. Bagels,
& The Paladen)
3300 Poinsett Hwy • 864-294-2000
www.furman.cafefonappetit.com

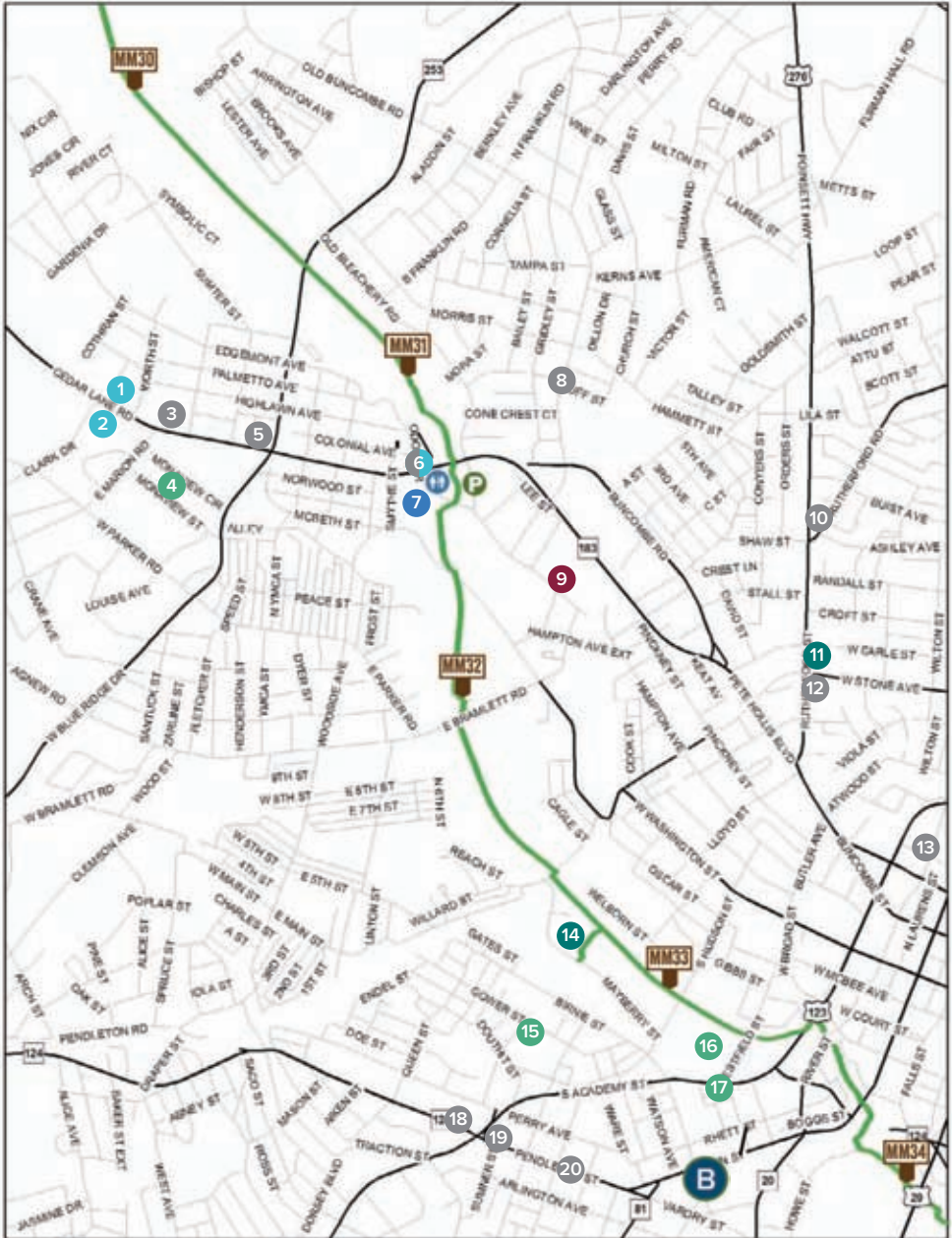
- 6 Olympian Grill**
402 Duncan Chapel Rd. • 864-246-8199
olympiangrill.com

- 7 Addison Homes' Trailside Community** 
16 Parkway Commons Way • 864-848-2667
addison-homes.com

- 8 Duncan Chapel Elementary Garden**  
210 Duncan Chapel Rd. • 864-355-2700
greenville.k12.sc.us/dchapel/

- 9 The Tomato Vine**
4120 Old Buncombe Rd. • 864-246-4062

NORTHWEST GREENVILLE


















BREWERY & BEER
CARROT SPONSOR

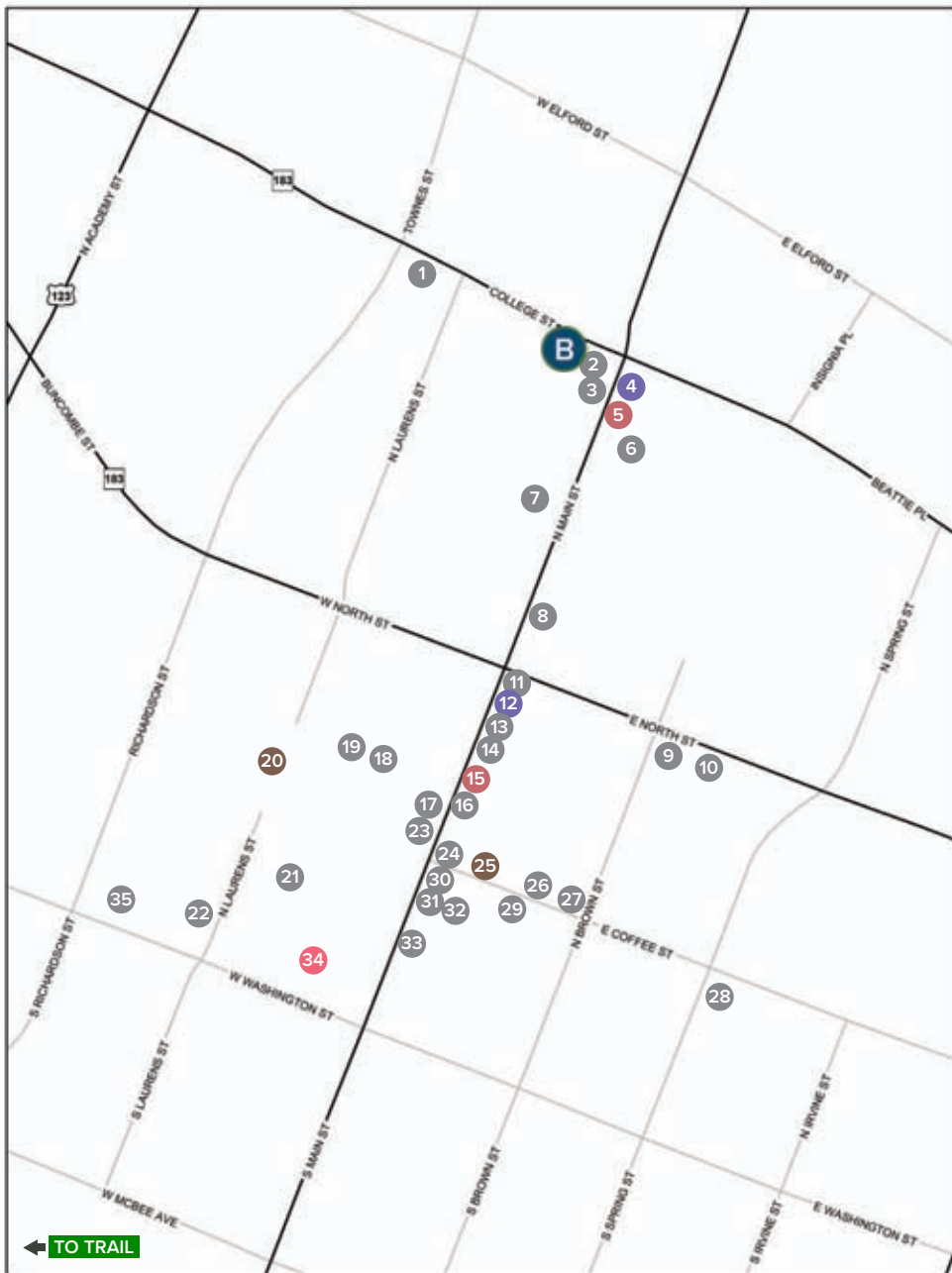
COMMERCIAL KITCHEN
GARDEN - APPT. ONLY

GARDEN - PUBLIC
GROCERY

RESTAURANT

- 1 **Pasteleria y Panaderia El Nino Toro**
1127 Cedar Ln. • 864-246-0039
- 2 **Mister Supermarket**
1129 Cedar Ln. • 864-246-0039
- 3 **Riverside Family Restaurant**
1000 Cedar Ln. • 864-233-0600
- 4 **Monaview Elementary Garden** 
- 5 **City View House of Pizza**
702 Cedar Ln. • 864-373-4432
- 6 **Swamp Rabbit Cafe & Grocery**    
- 7 **King of Pops**
205 Cedar Ln. Rd • 706-224-2063
greenville.kingofpops.com
- 8 **Brown's Restaurant**
1900 Old Buncombe Rd. • 864-232-3260
- 9 **Birds Fly South Ale Project**  
- 10 **Independent Public Ale House**
110 Poinsett Highway • 864-522-1265
ipagreenville.com
- 11 **Triune Mercy Center Garden**
222 Rutherford St. • 864-498-9750
triunemercy.org
- 12 **Tommy's Country Ham House**
214 Rutherford St. • 864-242-6099
tommyscountryhamhouse.com
- 13 **No.1 China**
505 N. Main St. • 864-235-4250
- 14 **Reedy River Farms**    
- 15 **St. Anthony of Padua Garden**
309 Gower St. • 864-271-0167
newstanthony.com
- 16 **AJ Whittenburg Elementary Garden**  
- 17 **Project Host Garden**  
525 S. Academy St. • 864-235-3403
projecthost.org
- 18 **First Wok**
1152 Pendleton St. • 864-235-4166
- 19 **OJ's Diner**
907 Pendleton St. • 864-235-2539
ojs-diner.com
- 20 **Pete's Original Spero's**
598 Pendleton St. • 864-271-2970
sperosoriginalpetes.com

DOWNTOWN COLLEGE ST. TO WASHINGTON ST.



CAFE

ICE CREAM

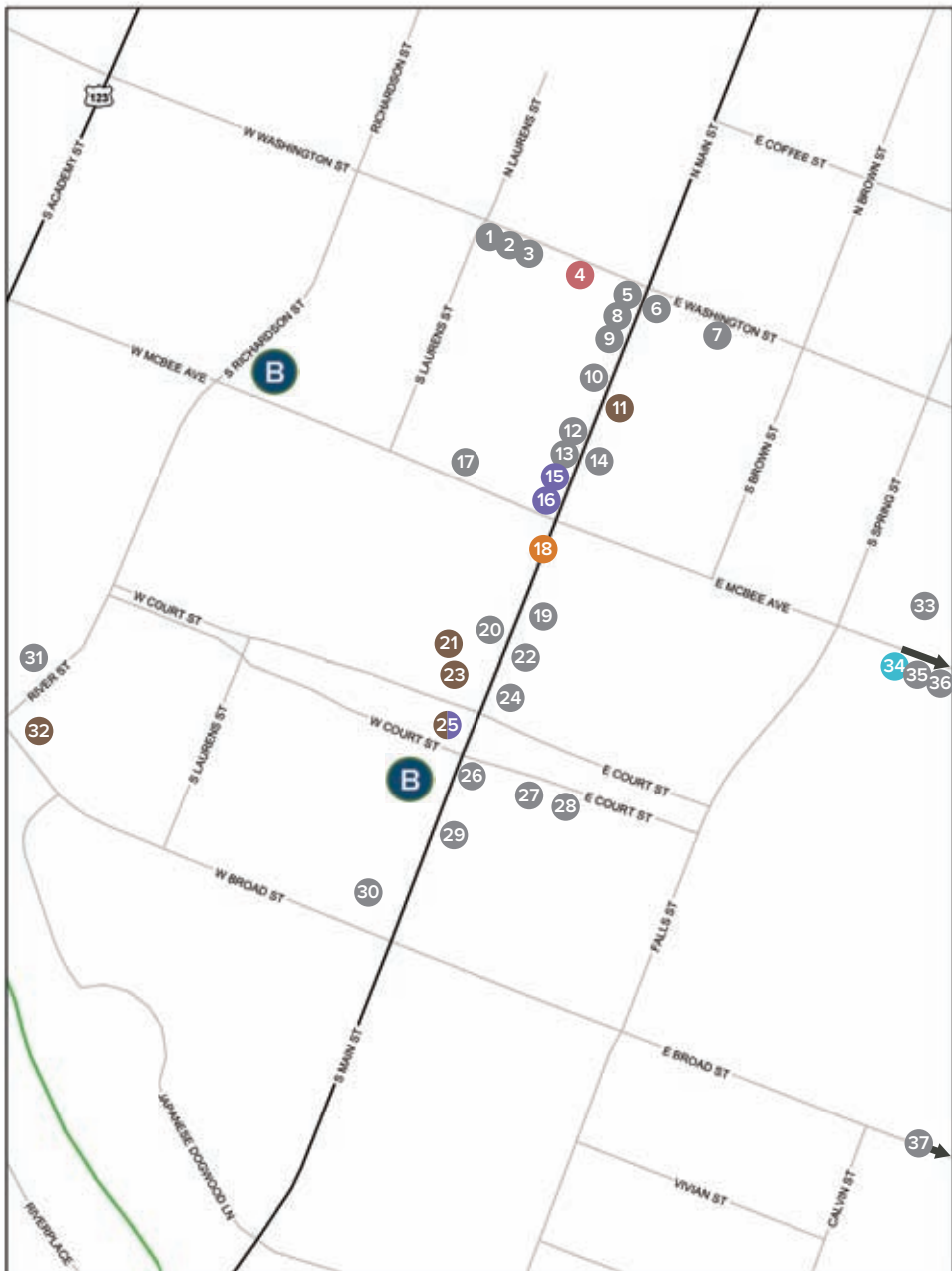
JUICE BAR

RESTAURANT

SPECIALTY RETAIL

- 1 **Cafe and Then Some** 
101 College St. • 864-232-2287
cafeats.com
- 2 **Sushi Go** 
247 N. Main St. • 864-631-1145
- 3 **Blu Martini** 
1 College St. • 864-242-5743
- 4 **Oil & Vinegar** 
220 N. Main St. # 203 • 864-241-6689
greenvillesc.oilandvinegarusa.com
- 5 **Kilwin's Greenville** 
220 N. Main St. • 864-241-2003
kilwins.comgreenville
- 6 **Roost Restaurant**   
220 N. Main St. • 864-298-2424
roostrestaurant.com
- 7 **Kilpatrick's Irish Pub** 
221 N. Main St. • 864-552-1970
kilpatrickspubhouse.com
- 8 **Bertolo's** 
200 N. Main St. • 864-467-9555
antoninobertolospizza.com
- 9 **DT's Tavern** 
100 E. North St. • 864-232-1514
- 10 **Tsunami** 
106 E. North St. • 864-467-1055
tsunamigreenville.com
- 11 **City Tavern** 
128 N. Main St. • 864-239-2202
- 12 **Spice & Tea Exchange** 
124 N. Main St. • 864-509-0125
spiceandtea.comgreenville
- 13 **The Green Room**  
116 N. Main St. • 864-335-8222
thegreenroomupstate.com
- 14 **Sharkey's Pub** 
112 N. Main St. • 864-241-7988
- 15 **Marble Slab Creamery** 
108 N. Main St. • 864-255-5008
marbleslab.com
- 16 **Lemongrass Thai**  
106 N. Main St. • 864-241-9988
lemongrass thai.net
- 17 **Oakblue Kitchen** 
109 N. Main St. • 864-520-2578
oakbluekitchen.com
- 18 **Cantina 76** 
103 N. Main St. • 864-239-0164
facebook.comcantina76greenville
- 19 **Sassafras Southern Bistro**  
103 N. Main St. #107 • 864-235-5990
sassafrasbistro.com
- 20 **Methodical Coffee** 
101 N. Main St. • 864-735-8407
methodicalcoffee.com
- 21 **Tupelo Honey Cafe** 
1 N. Main St. • 864-451-6200
tupelohoneycafe.com
- 22 **Caviar and Bananas** 
1 N. Laurens St. • 864-235-0404
caviarandbananas.com
- 23 **Sip Rooftop Lounge** 
103 N. Main St. #400 • 864-552-1916
highstreethospitality.comsip-rooftop-lounge
- 24 **Ristorante Bergamo** 
100 N. Main St. • 864-271-8667
ristorantebergamo.com
- 25 **Coffee Underground**  
1 E. Coffee St. • 864-298-0494
coffeeunderground.com
- 26 **Addy's** 
17 E. Coffee St. • 864-232-2339
addys.net
- 27 **Ink N Ivy** 
21 E. Coffee St. • 864-438-4698
greenville.inkanivy.com
- 28 **Downtown Dogs** 
204 Coffee St. • 864-239-0151
- 29 **Vic's Pizza** 
12 E. Coffee St. • 864-232-9191
- 30 **Trio**  
22 N. Main St. • 864-467-1000
triocafe.com
- 31 **Rey's Pub** 
20 N. Main St. • 864-326-7400
- 32 **Stellar Restaurant & Wine Bar** 
20 N. Main St. • 864-438-4954
stellarwinebar.com
- 33 **Handi**   
18 N. Main St. • 864-241-7999
- 34 **Southern Pressed Juicery**   
207 S. Main St. • 864-232-7007
southernpressedjuicery.com
- 35 **Aloft W XYZ Bar** 
5 N. Laurens St. • 864-297-6100
aloftgreenvilledowntown.com/greenville-bars





DOWNTOWN WASHINGTON ST. TO BROAD ST.



CAFE
FARMERS MARKET

GROCERY
ICE CREAM

RESTAURANT
SPECIALTY RETAIL

- 1 **Barley's Taproom & Pizzeria**
25 W. Washington St. • 864-232-3706
barleysville.com
- 2 **The Trappe Door** 
23 W. Washington St. • 864-451-7490
trappedoor.com
- 3 **Wild Wings Cafe** 
15 W. Washington St. • 864-242-9453
wildwingcafe.com
- 4 **Luna Rosa** 
9 W. Washington St. • 864-242-4040
lunarosagelato.com
- 5 **Sushi Murasaki**
2 S. Main St. • 864-271-2452
sushimurasaki.net
- 6 **Sticky Fingers** 
1 S. Main St. • 864-331-7427
stickyfingers.com
- 7 **Sully Steamers**
6 E. Washington St. • 864-509-6061
sullysteamers.com
- 8 **The Orient**
4 S. Main St. • 864-787-6241
- 9 **Cantinflas**
10 S. Main St. • 864-250-1300
- 10 **Miso's On Main**
18 S. Main St. • 864-616-9426
- 11 **Port City Java**
11 S. Main St. • 864-250-9040
portcityjava.com
- 12 **Jamaican Mi Ire**
28 S. Main St. • 864-271-8620
- 13 **Takosushi** 
34 S. Main St. • 864-271-5055
tako-sushi.com
- 14 **Pita Pit**
21 S. Main St. • 864-239-0192
pitapitusa.com
- 15 **Poppington's Popcorn** 
30 S. Main St. • 864-349-1331
poppingtonspopcorn.com
- 16 **Jerky & Vine**
36 S. Main St. • 864-982-5802
greenvillejerkyandvine.com
- 17 **The Cazbah**
16 W. McBee Ave. • 864-241-9909
thecazbah.com
- 18 **TD Saturday Market**
Main St. • 864-467-4494
saturdaymarketlive.com
- 19 **Carolina Ale House** 
113 S. Main St. • 864-351-0521
carolinaalehouse.com
- 20 **Bellacino's Pizza & Grinders** 
123 S. Main St. • 864-242-6009
bellacinoupstate.com
- 21 **Joel's Java** 
120 S. Main St. • 864-421-9700
westinpoinsettgreenville.com
- 22 **Trattoria Giorgio** 
121 S. Main St. • 864-271-9166
trattoriagiorgio.net
- 23 **Spoonbread**
120 S. Main St. • 864-421-9700
westinpoinsettgreenville.com
- 24 **Nose Dive** 
116 S. Main St. • 864-373-7300
thenosedive.com
- 25 **The Chocolate Moose** 
130 S. Main St. • 864-232-2121
chocomoosebakery.com
- 25 **M. Judson Booksellers** 
130 S. Main St. • 864-232-2121
chocomoosebakery.com
- 26 **Soby's New South Cuisine** 
207 S. Main St. • 864-232-7007
sobys.com
- 27 **Soby's on the Side** 
22 E. Court St. • 864-271-8431
sobysontheside.com
- 28 **Connolly's Irish Pub** 
24 E. Court St. • 864-467-0300
connollysirish.com
- 29 **Grill Marks** 
209 S. Main St. • 864-233-5825
marksburgers.com
- 30 **Rick Erwin's Nantucket Seafood** 
40 W. Broad St. • 864-546-3535
nantucketseafoodgrill.com
- 31 **American Roadside Burgers**
301 E. McBee Ave. • 864-509-0088
americanroadside.com
- 32 **Brew and Ewe** 
108 W. Broad St. • 864-370-2739
brewandewe.com
- 33 **The Playwright Irish Pub** 
401 River St. • 864-241-3384
theplaywrightpub.com
- 34 **Publix**
400 E. McBee Ave. #100 • 864-240-2015
- 35 **Marybeth's**
500 E. McBee Ave. #109 • 864-242-2535
marybethsatmcbec.com
- 36 **Greek Town Grille**
400 E. McBee Ave. • 864-233-5505
greetown-grille.net
- 37 **Northhampton Wines & Restaurant**
(not shown on map)
211A Broad St. • 864-271-3919
northhamptonwines.com

DOWNTOWN SOUTH OF BROAD ST.








































CAFE

ICE CREAM

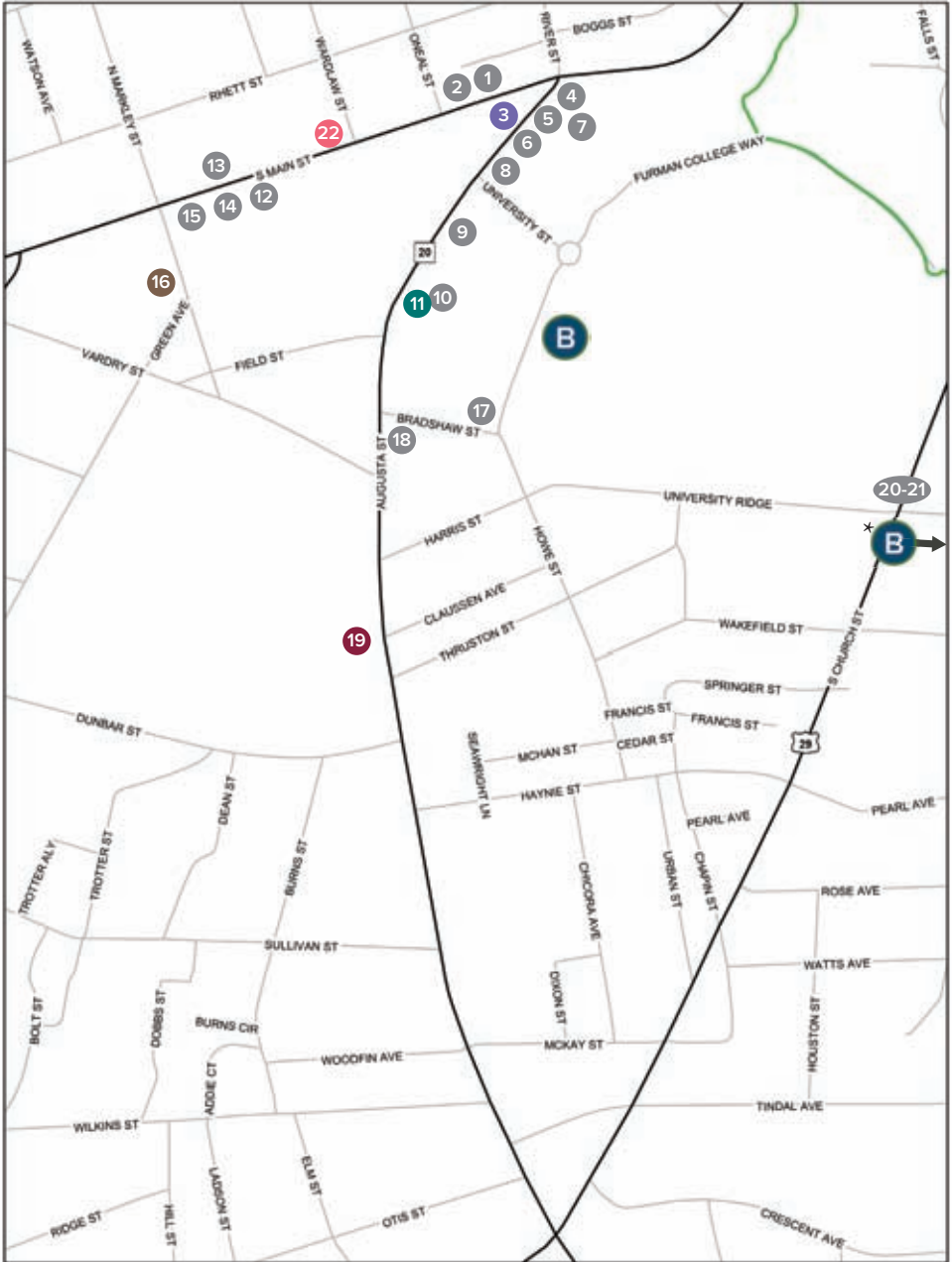
JUICE BAR

RESTAURANT

- 1 O-Cha Tea Bar** 
300 River St. #112 • 864-283-6702
ochateabaronline.com
- 2 Larkin's on the River**   
318 S. Main St. • 864-467-9777
larkinsontheriver.com
- 3 Blues Boulevard Jazz** 
300 River St. #203 • 864-242-2583
bluesboulevardjazzgreenville.com
- 4 Lazy Goat** 
170 River Place • 864-679-5299
thelazygoat.com
- 5 Kuka Juice**   
101 Falls Park Dr. #102 • 864-905-1214
kukajuice.com
- 6 Rick's Deli and Market**   
101 Falls Park Dr. • 864-312-9060
rickerwins.com
- 7 Gringos**   
11 W. Camperdown Way • 864-233-5825
www.gringos911.com
- 8 Pour Taproom** 
7 Falls Park Dr. • 864-412-7400
pourtaproom.com
- 9 Halls Chophouse** 
550 S. Main St. • 864-335-4200
hallschophousegreenville.com
- 10 Spill the Beans** 
531 S. Main St. • 864-242-6355
stbdowntown.com
- 11 Passerelle Bistro**   
601 S. Main St. • 864-509-0142
passerelleinthepark.com
- 12 Chicora Alley**   
608B S. Main St. • 864-2324100
chicoraalley.com
- 13 Rainer's**   
610 S. Main St. • 864-232-1753
talldudecafe.com
- 14 Mary's at Falls Cottage**   
615 S. Main St. • 864-298-0005
fallscottage.com
- 15 Pomegranate**  
618 S. Main St. • 864-241-3012
pomegranateonmain.com
- 16 Brazwell's**  
631 S. Main St. • 864-568-5053
greenville.brazwellspub.com
- 17 Blueberry Frog** 
624 S. Main St. • 864-517-7971
blueberryfrog.com
- 18 Joe's Place** 
640 S. Main St. Suite 101B • 864-558-0828
joesplacellc.com
- 19 Rick Erwin's West End Grille** 
648 S. Main St. • 864-232-8999
rickerwins.com

DOWNTOWN

AUGUSTA RD. AND S. MAIN (WEST END)
































BREWERY & BEER
CARROT SPONSOR

CAFE
GARDEN - PUBLIC

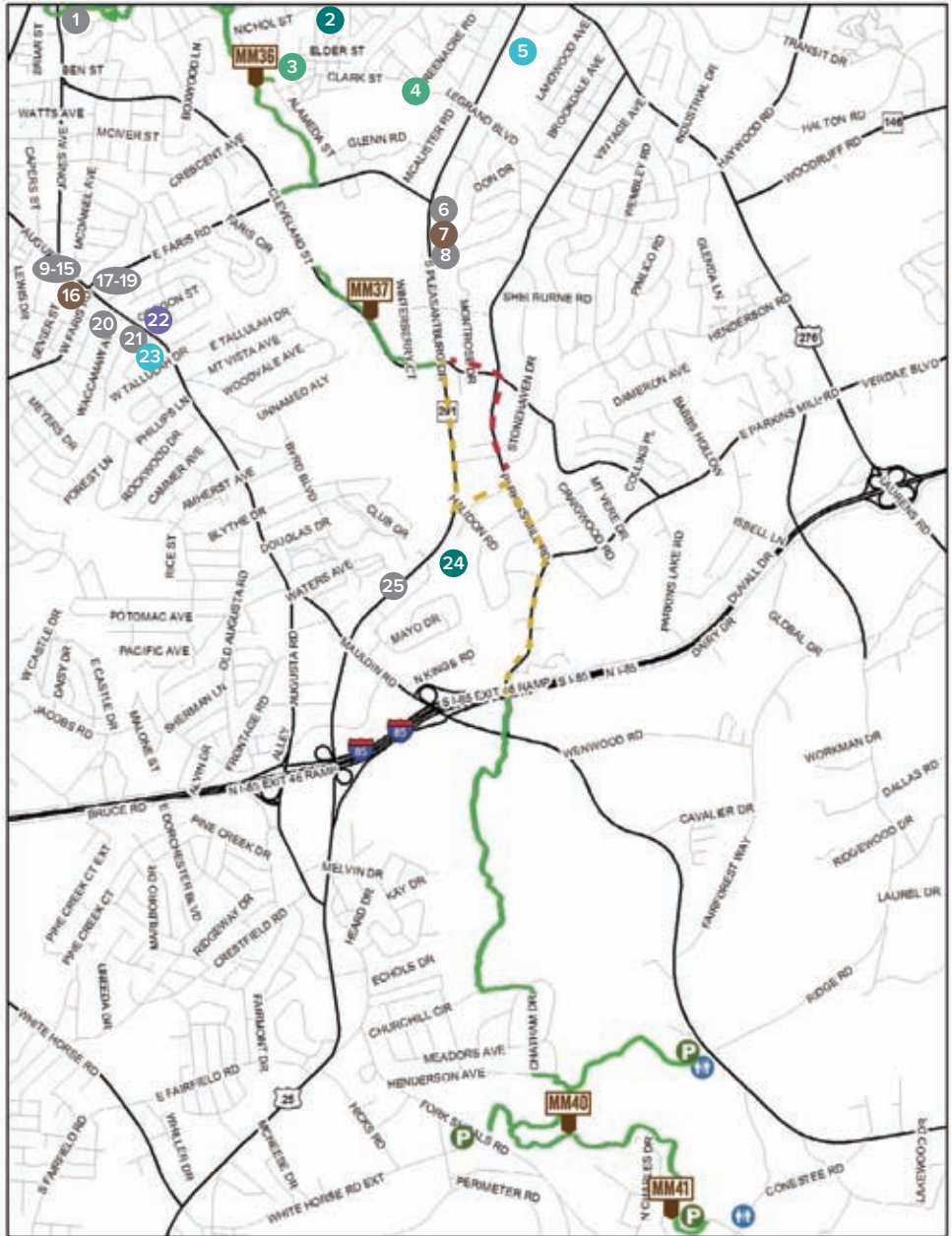
JUICE BAR
RESTAURANT

SPECIALTY RETAIL

- 1 American Grocery Restaurant**   
732 S. Main St. • 864-232-7665
americangr.com
- 2 On The Roxx** 
734 S. Main St. • 864-351-0541
ontheroxxgreenville.com
- 3 Amanda Henry's Popcorn Parlor**   
18 Augusta Street • 864-991-8878
amandahenryspopcornparlor.com
- 4 Smoke on the Water**  
1 Augusta St. #202 • 864-232-9091
saucytavern.com
- 5 Mellow Mushroom**   
1 Augusta St. #101 • 864-233-9020
mellowmushroom.comgreenville
- 6 The Green Lettuce** 
19 Augusta St. • 864-250-9650
greenlettuceusa.com
- 7 The Velo Fellow**   
1 Augusta St. #126 • 864-242-9296
thevelofellow.com
- 8 Eggs Up Grill**  
31 Augusta Street • 864-520-2005
eggsupgrill.com
- 9 Smiley's Acoustic Cafe**  
111 Augusta St. • 864-282-8988
smileysacousticcafe.com
- 10 Funnelicious** 
155 Augusta St. • 864-631-1527
funnelicious.com
- 11 Funnelicious Community Garden** 
155 Augusta St. • 864-631-1527
funnelicious.comcommunity-garden
- 12 Compadres**
929 S. Main St. • 864-282-8945
compadresmex.com
- 13 Mac's Speed Shop**
930 S. Main St. • 864-239-0286
macspeedshop.com
- 14 Purple Bistro**
933 S. Main St. • 864-232-3255
- 15 Liberty Taproom**   
941 S. Main St. • 864-770-7777
libertytaproom.com
- 16 West End Coffee Shop**
18 S. Markley St. • 864-242-2810
westendcoffee.com
- 17 Chef Manigault's**
28 Howe St. • 864-483-3942
chefmanigault.net
- 18 Brick Street Cafe**
315 Augusta St. • 864-421-0111
brickstreetcafe.com
- 19 Upstate Craft Beer Co.**   
400 Augusta St. • 864-609-4590
upstatecraftbeer.com
- 20 Biscuit Head** 
823 S. Church St. • 864-248-0371
biscuitheads.com
- 21 Toss Pizza Pub**
823 S. Church St. • 864-283-0316
tospizzapub.com
- 22 Bex Cafe and Juice Bar**
820 S. Main St. #104 • 864-552-1509

* B-Cycle Station at Caine-Halter YMCA
721 Cleveland St. • 864-679-9622
ymcagreenville.org/locations/caine-halter-ymca

AUGUSTA ROAD



CAFE














GARDEN - APPT. ONLY

GARDEN - PUBLIC



GROCERY

RESTAURANT

SPECIALTY RETAIL

- 1 **Sidewall Pizza Company** 
99 Cleveland St. • 864-558-0235
sidewallpizza.com
- 2 **Nichtown Historical Garden**
100 Rebecca St. • 864-233-2056
- 3 **Annie's House Garden**  
58 Baxter St. • 864-283-2907
sustainingway.org/projects
- 4 **Sterling Elementary Garden** 
99 John McCarroll Way • 864-385-0243
- 5 **Publix**
235 S. Pleasantburg Dr. • 864-250-4700
publix.com
- 6 **Pita House** 
495 S. Pleasantburg Dr. • 864-271-9895
pitahouse.com
- 7 **Grateful Brew**
501 S Pleasantburg Dr. • 864-558-0767
gratefulbrewgl.com
- 8 **Frodo's Pizza** 
511 S. Pleasantburg Dr. • 864-232-1800
frodospizza.com
- 9 **Oriental House**  
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ohrestaurant.com
- 10 **Davani's**
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-  Continue .6 miles on S. Pleasantburg, then .2 miles on Windmont, followed by .9 miles on Parkins Mill.
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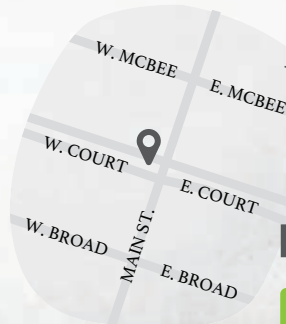
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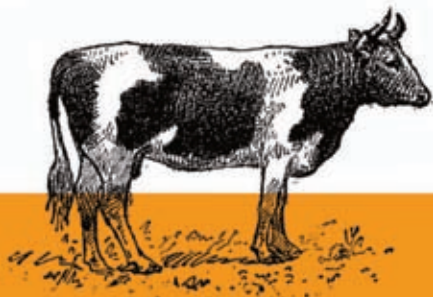
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