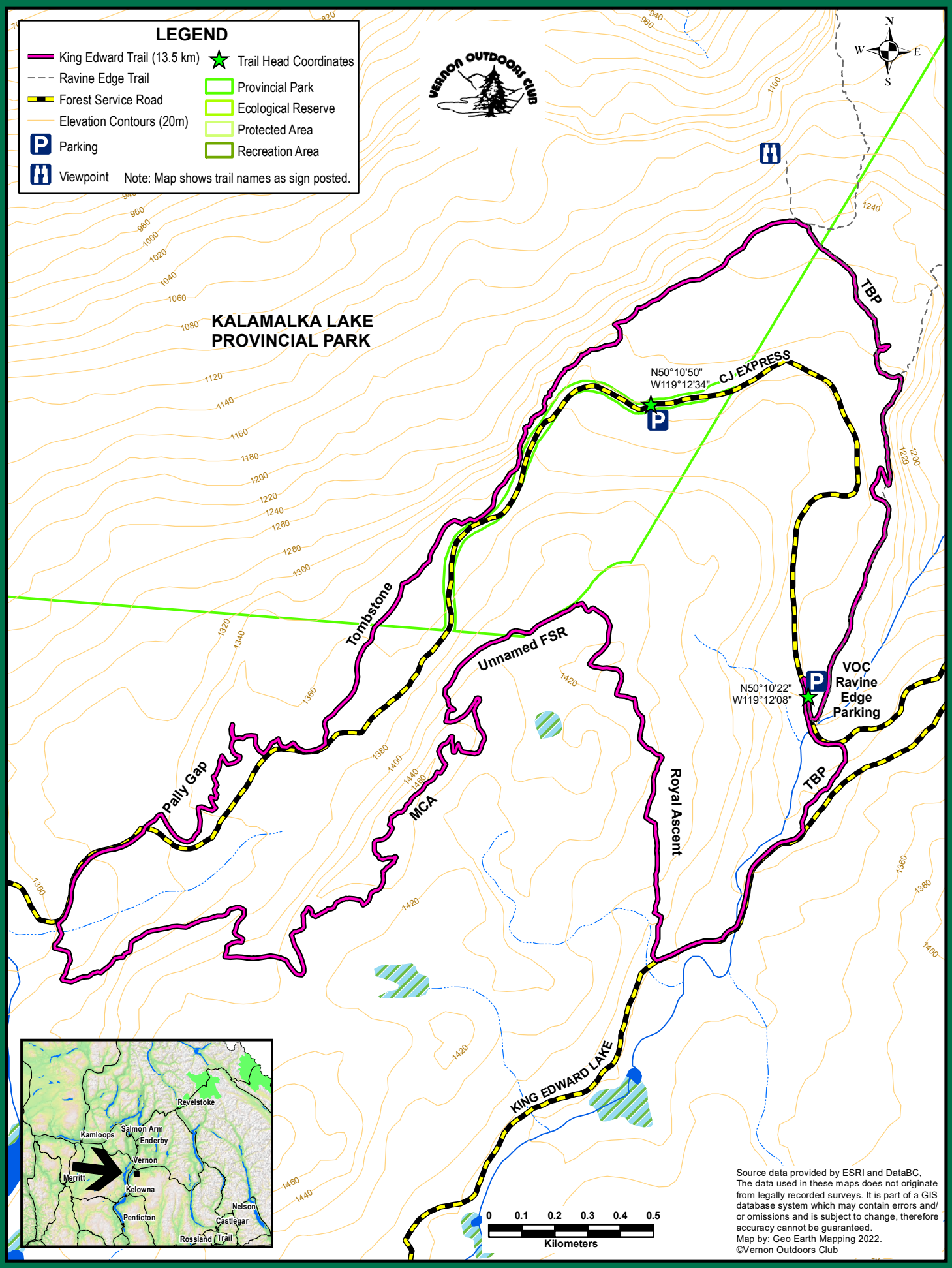King Edward Hiking Trail, 13.5 km Loop