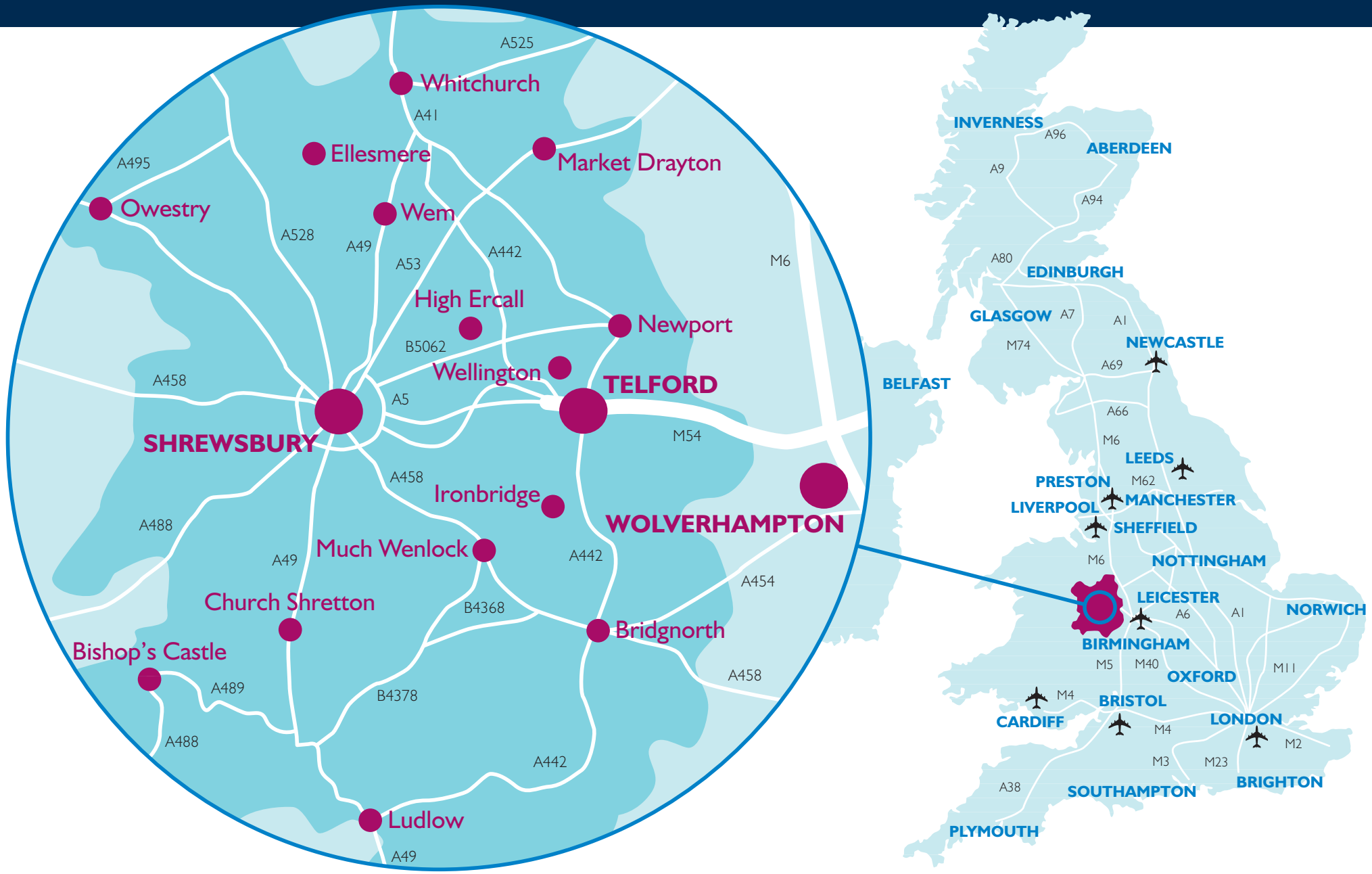HOW TO GET TO TELFORD AND SHROPSHIRE