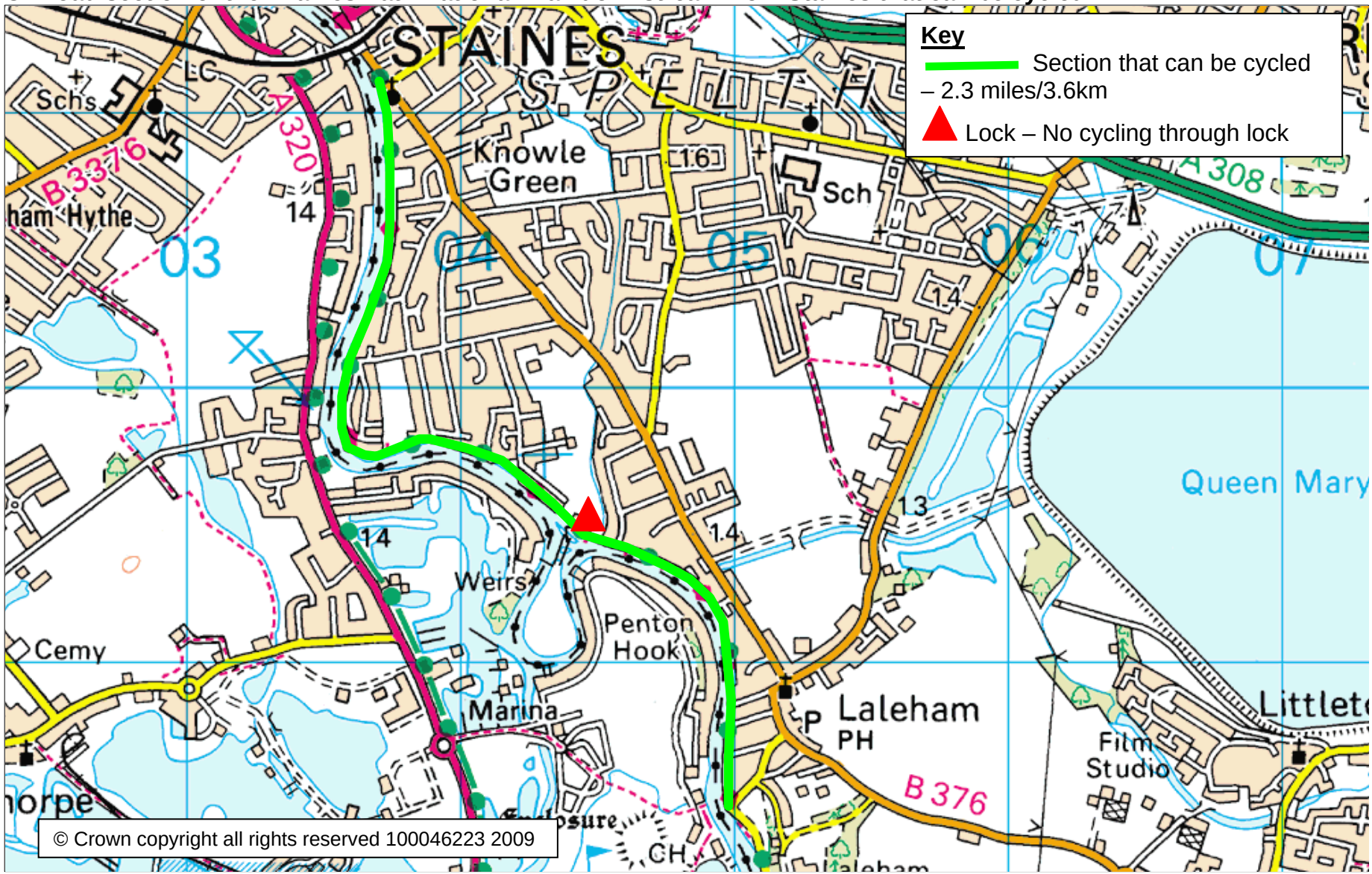Off-road section of the Thames Path National Trail downstream from Staines that can be cycled