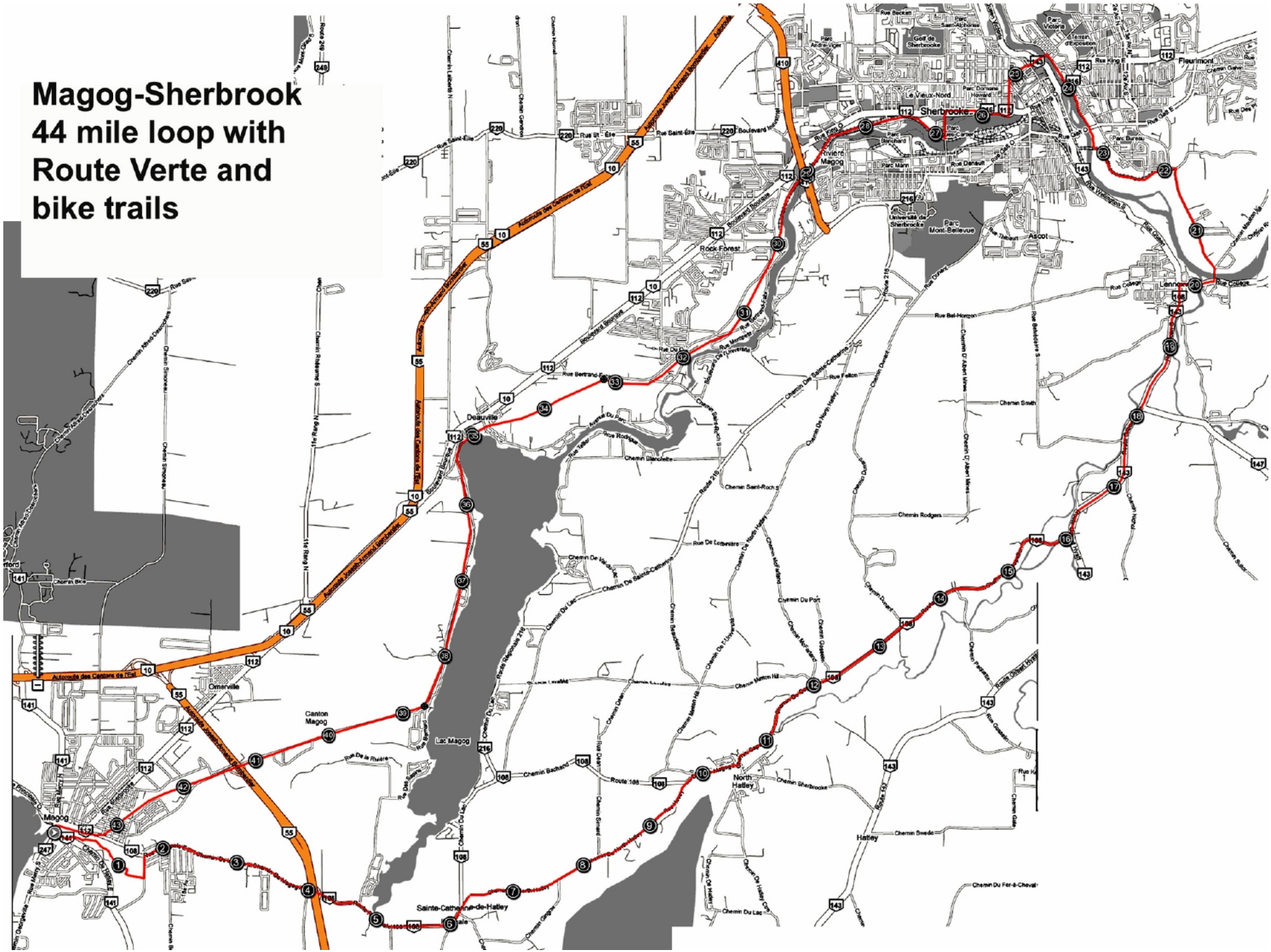Magog-Sherbrook 44 mile loop with Route Verte and bike trails