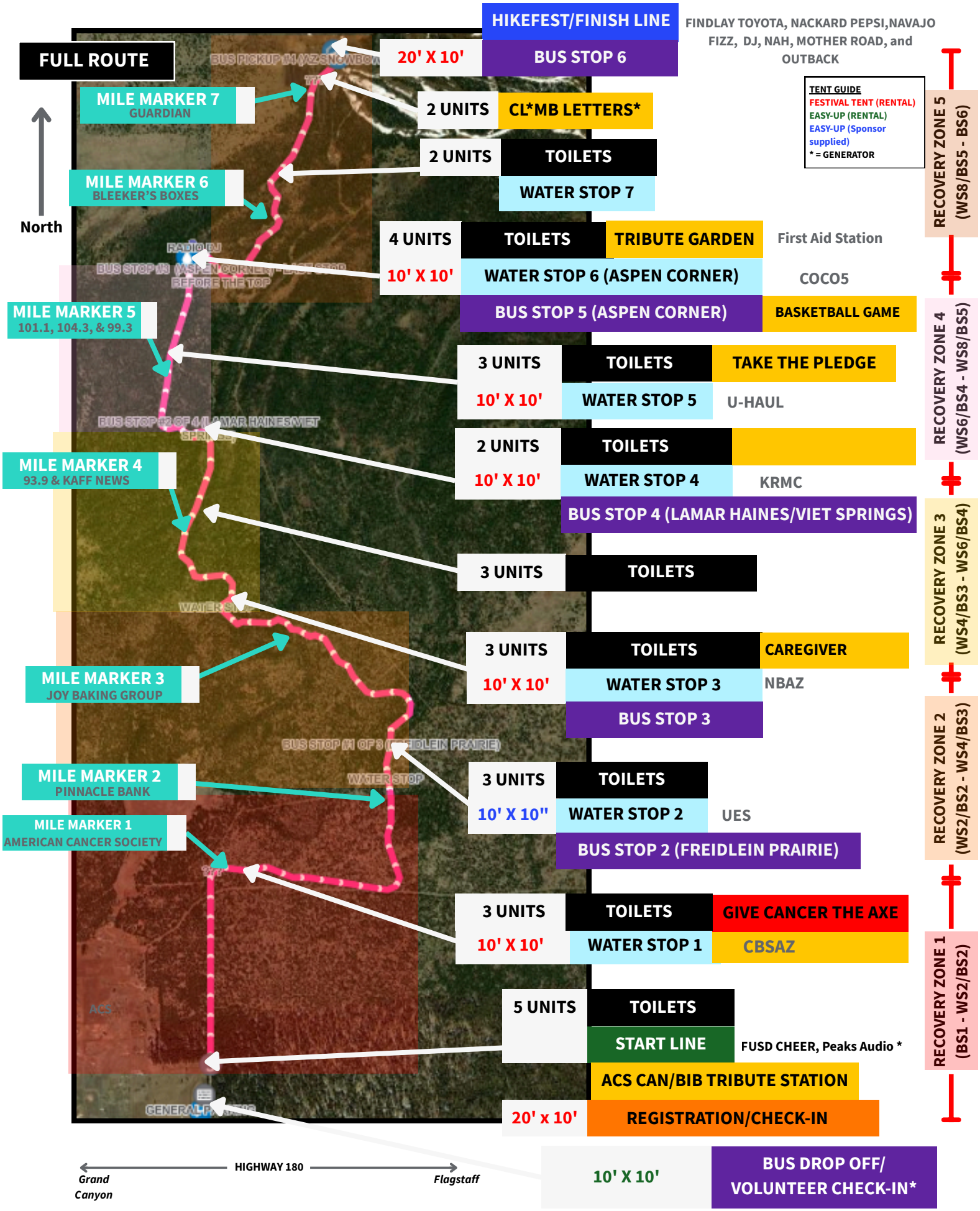FULL ROUTE + RECOVERY ZONES