MEANDERING NUMBERS

Fill each region (indicated by thick black lines) with each of the digits from 1 to N, where N is the number of cells in the region.

Cells with the same digits must not be orthogonally or diagonally adjacent. Consecutive numbers within the region must be orthogonally adjacent, which means that it must be possible to draw a path that starts at 1 and ends at N, going through each other cell exactly once and in numerically increasing order.

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