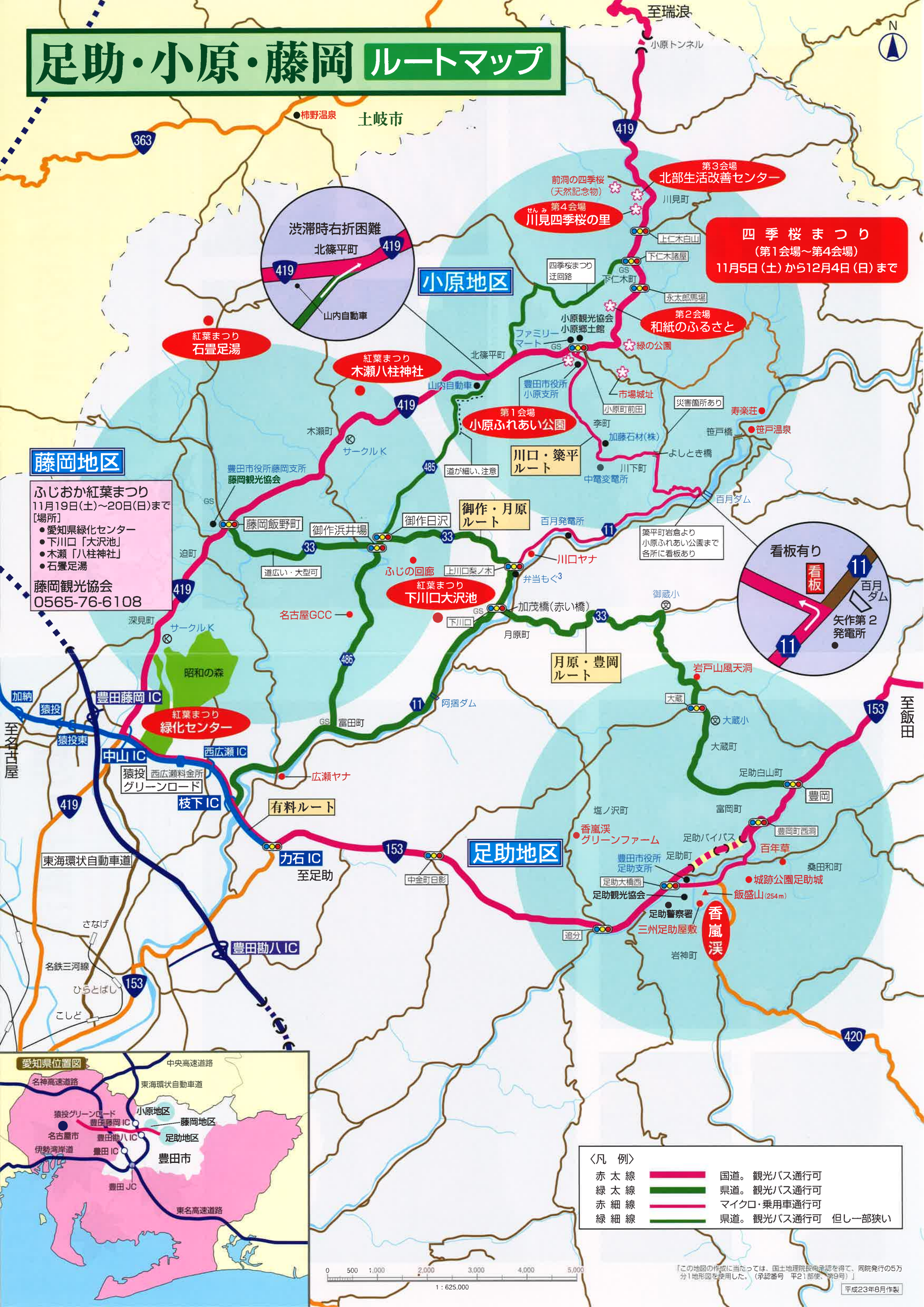足助・小原・藤岡 ルートマップ