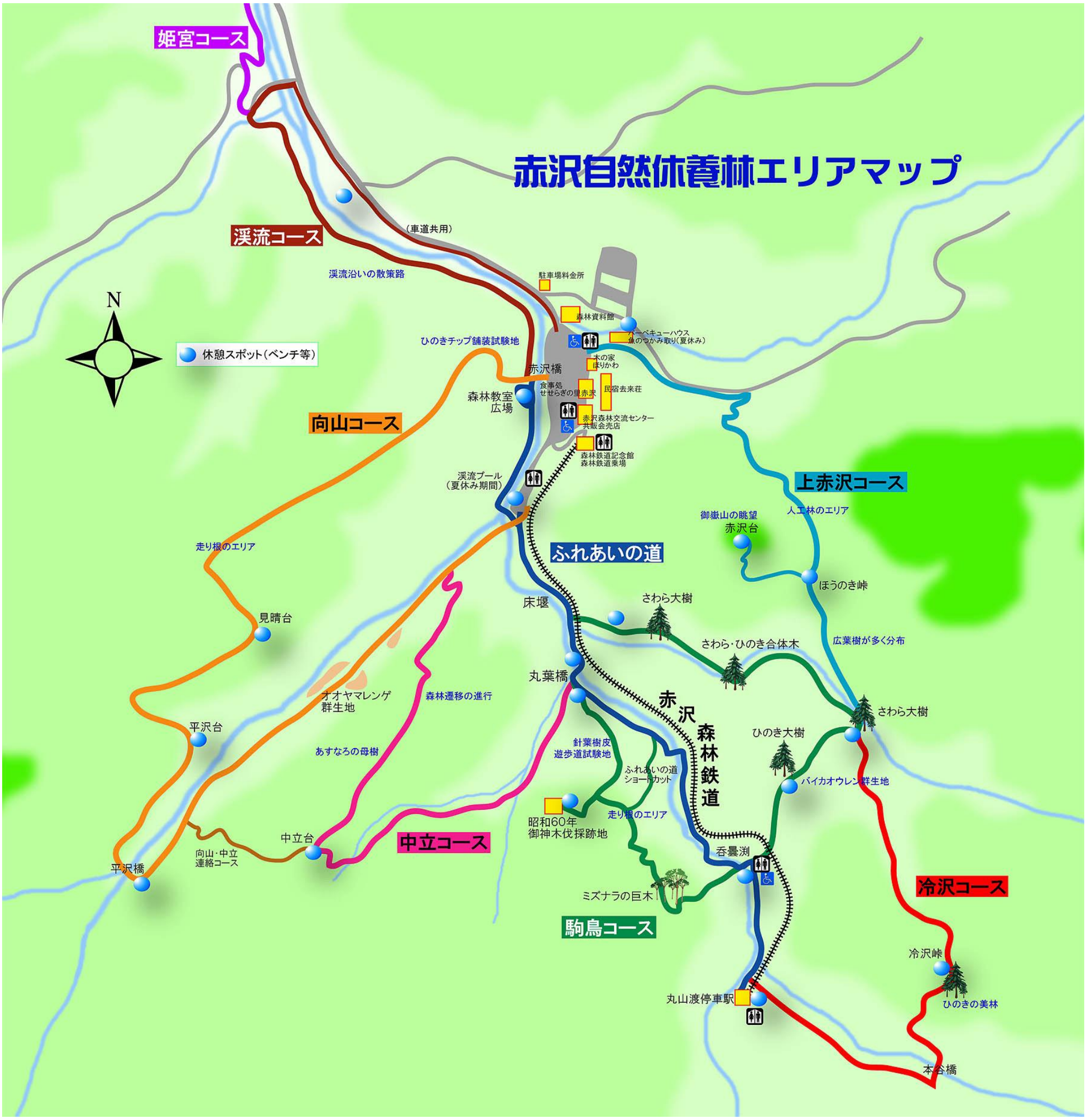赤沢自然休養林エリアマップ