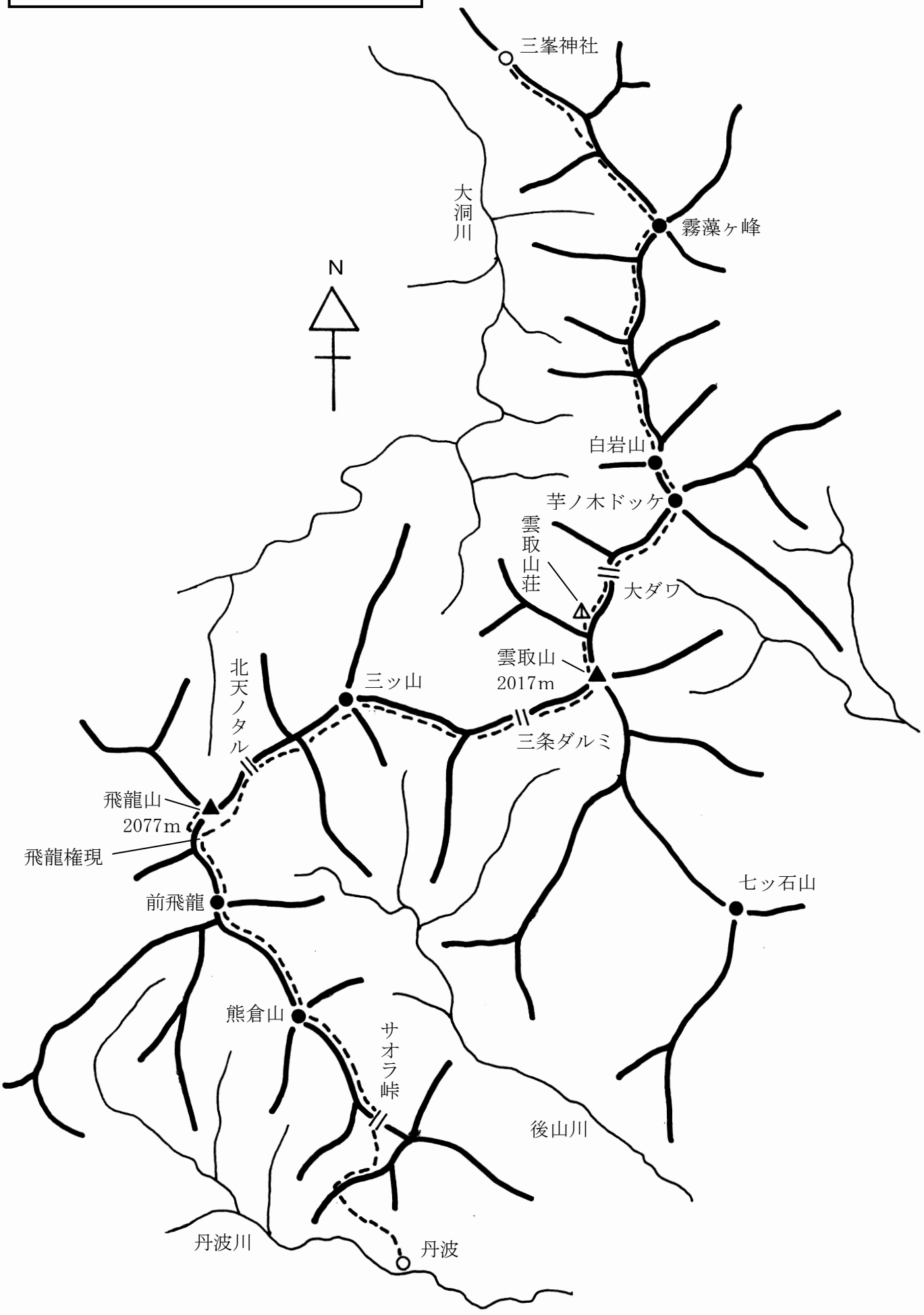2010年　７月山行　概念図