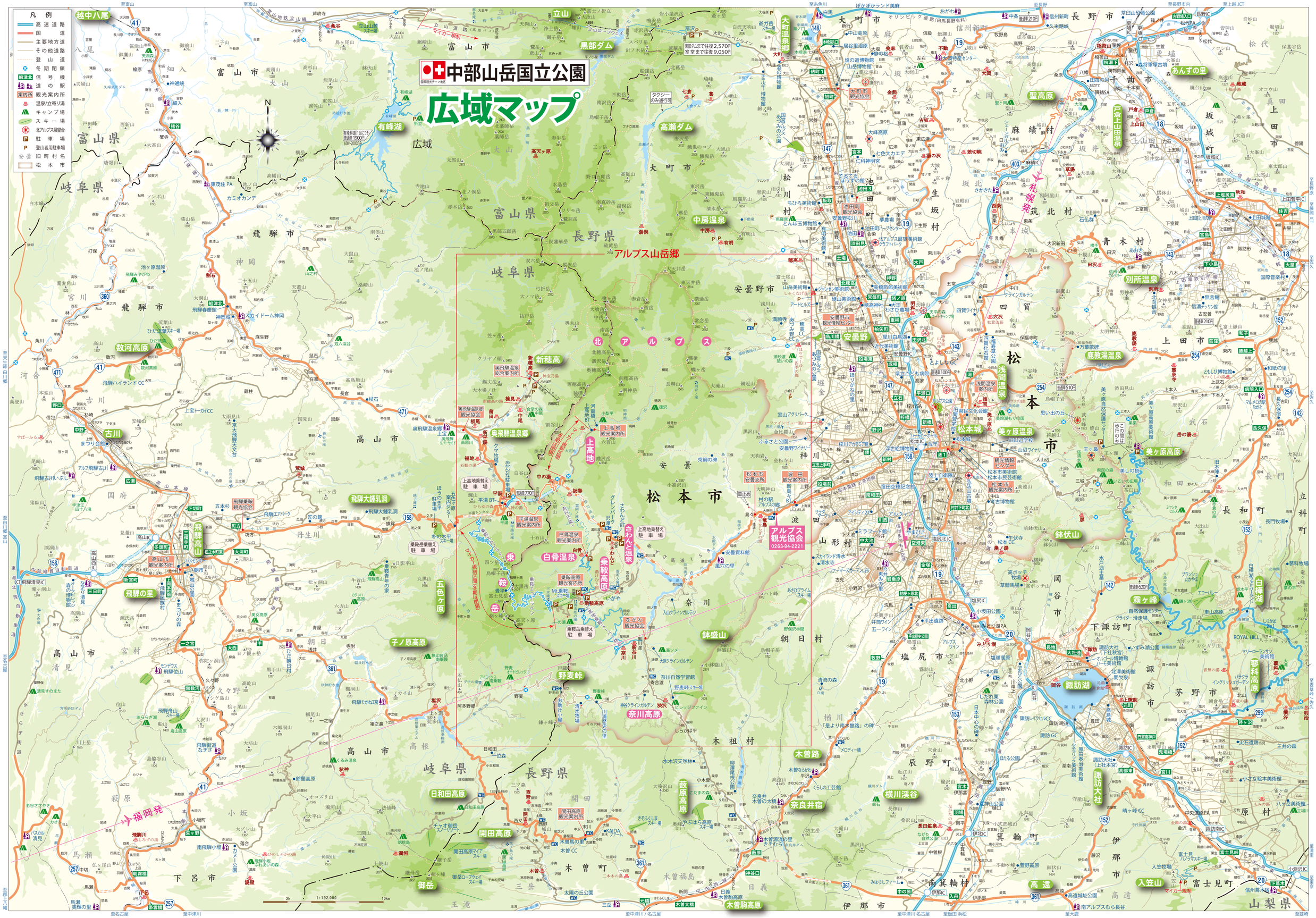中部山岳国立公園 広域マップ