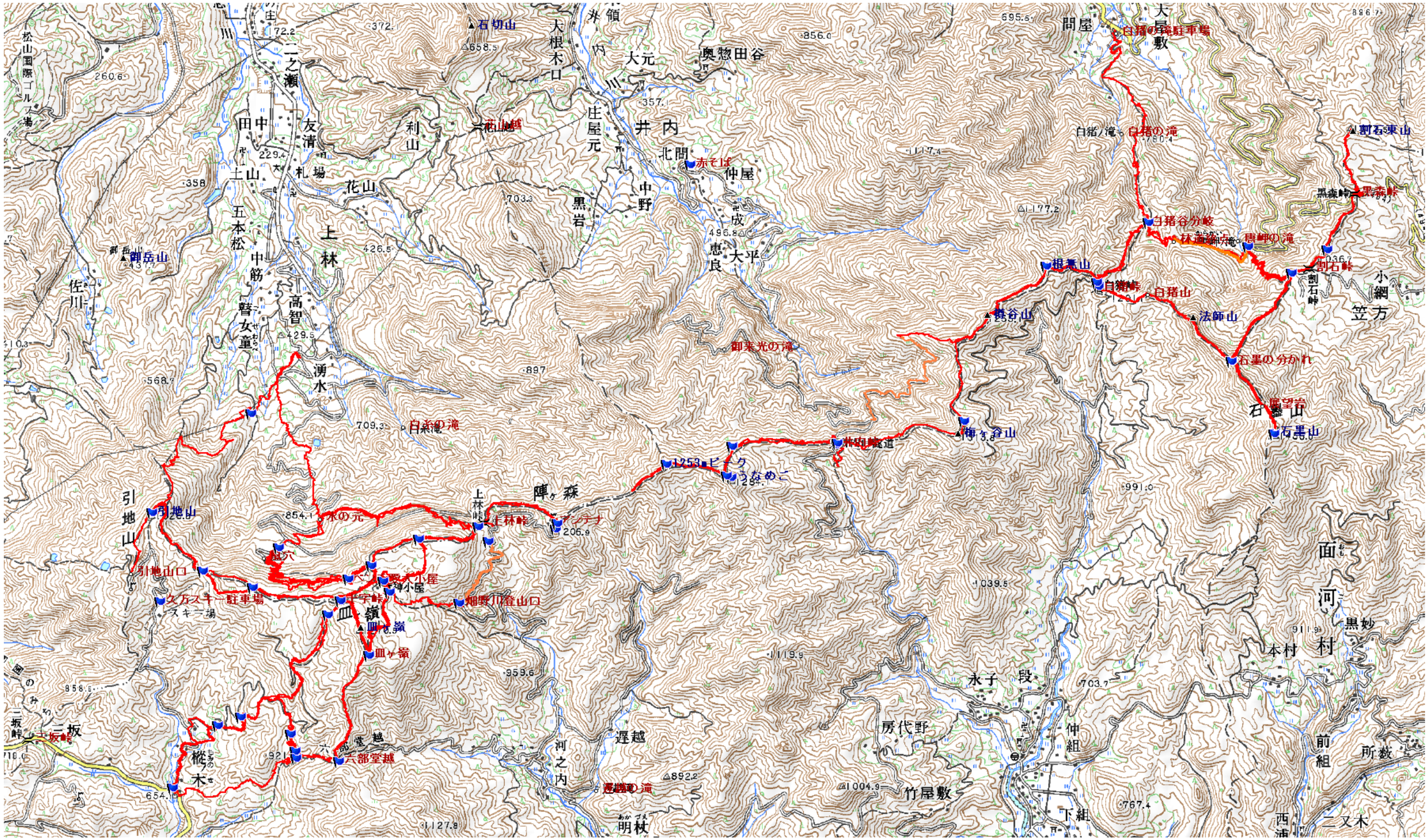東温アルプス全山縦走図（A3）