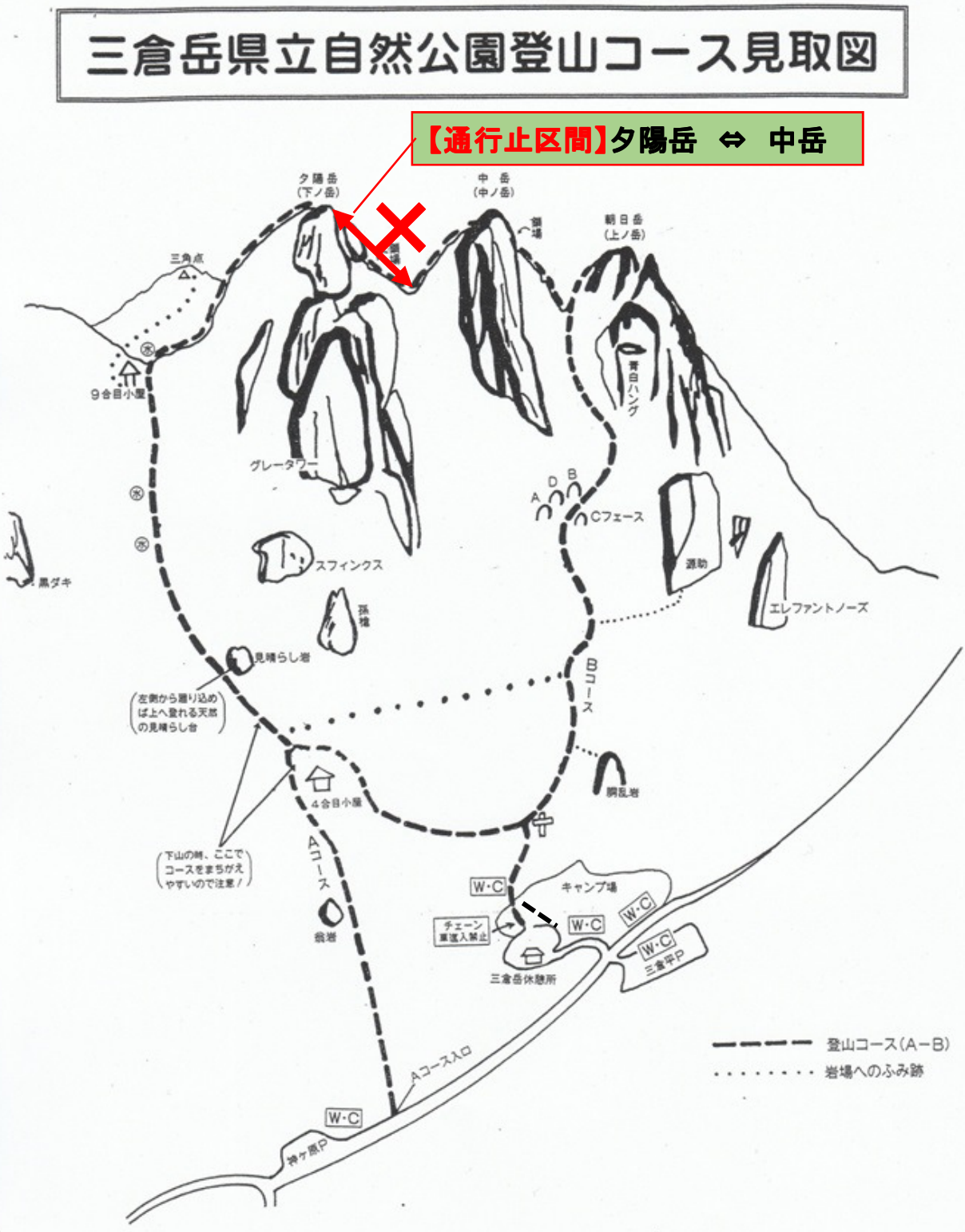三倉岳県立自然公園登山コース見取図