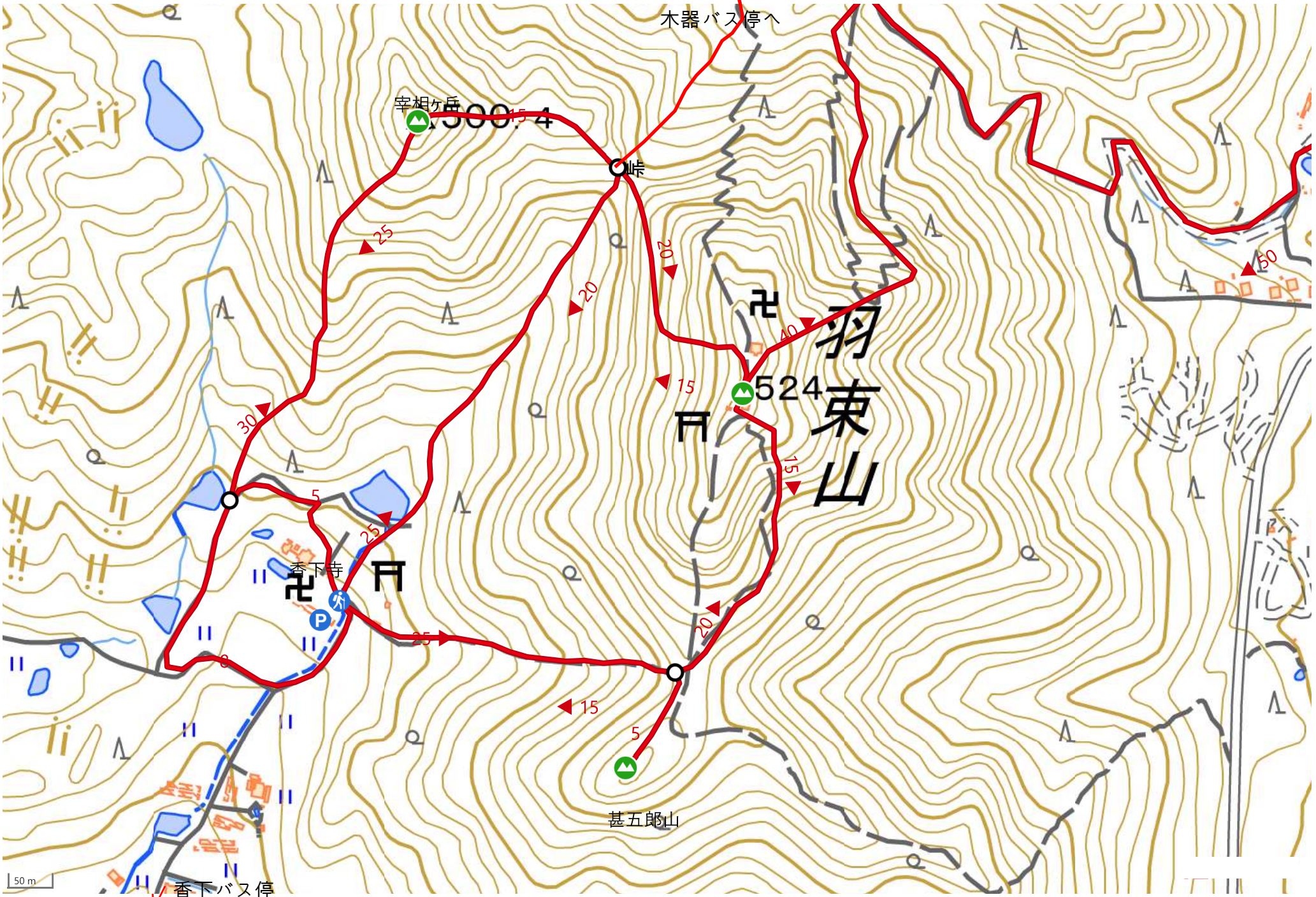羽束山・宰相ケ岳ルート