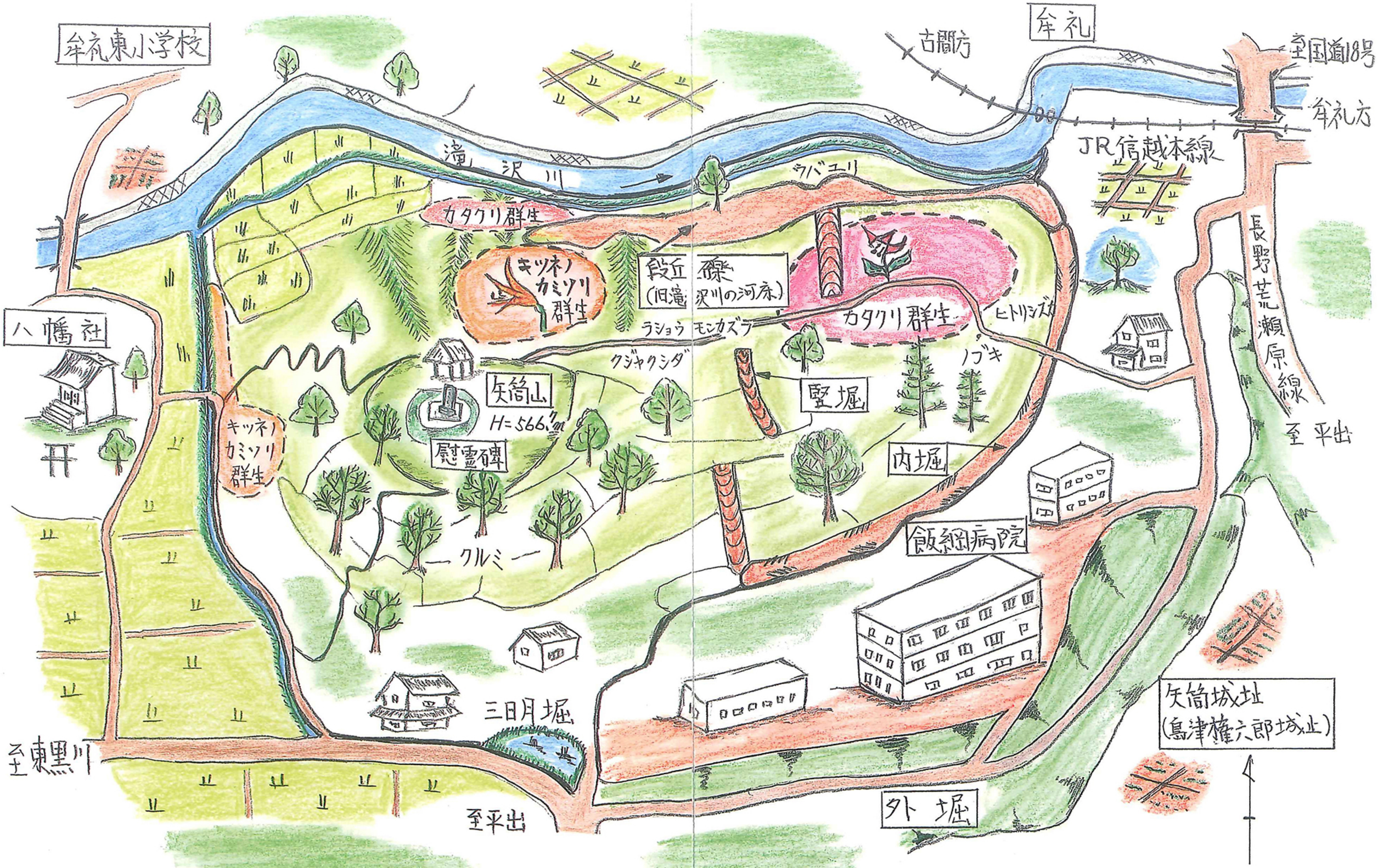矢筒山（矢筒山の　まるごと観察）