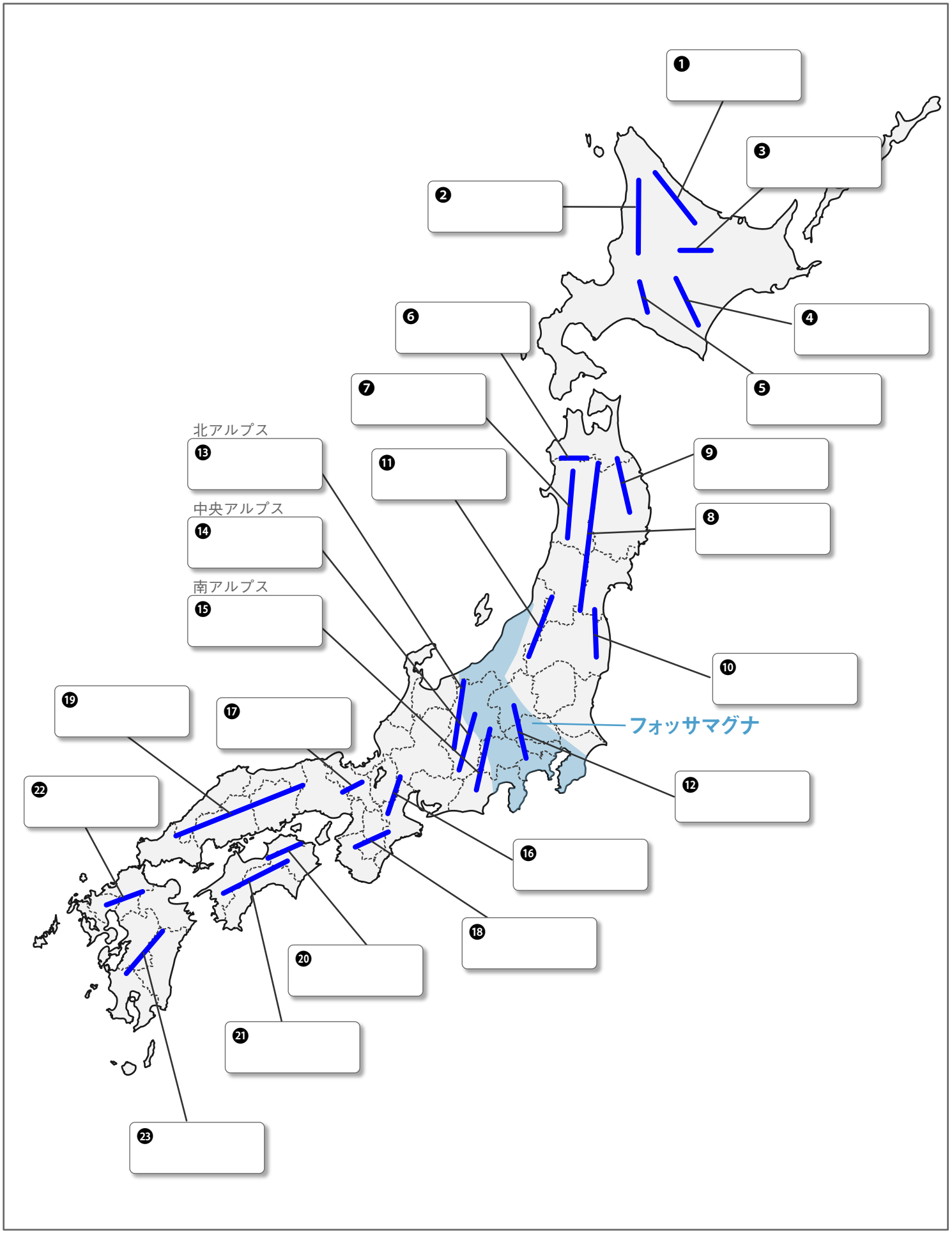山地・山脈