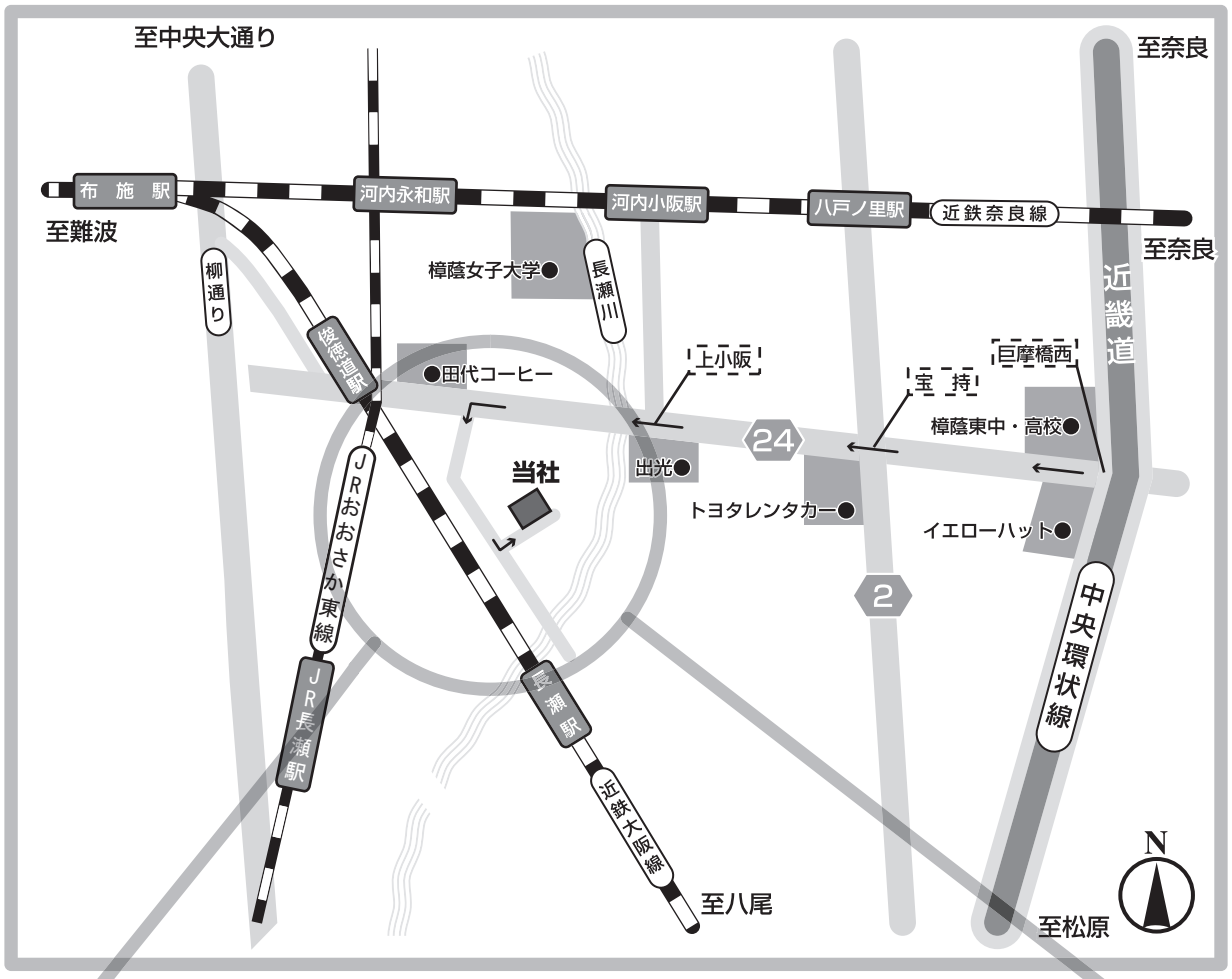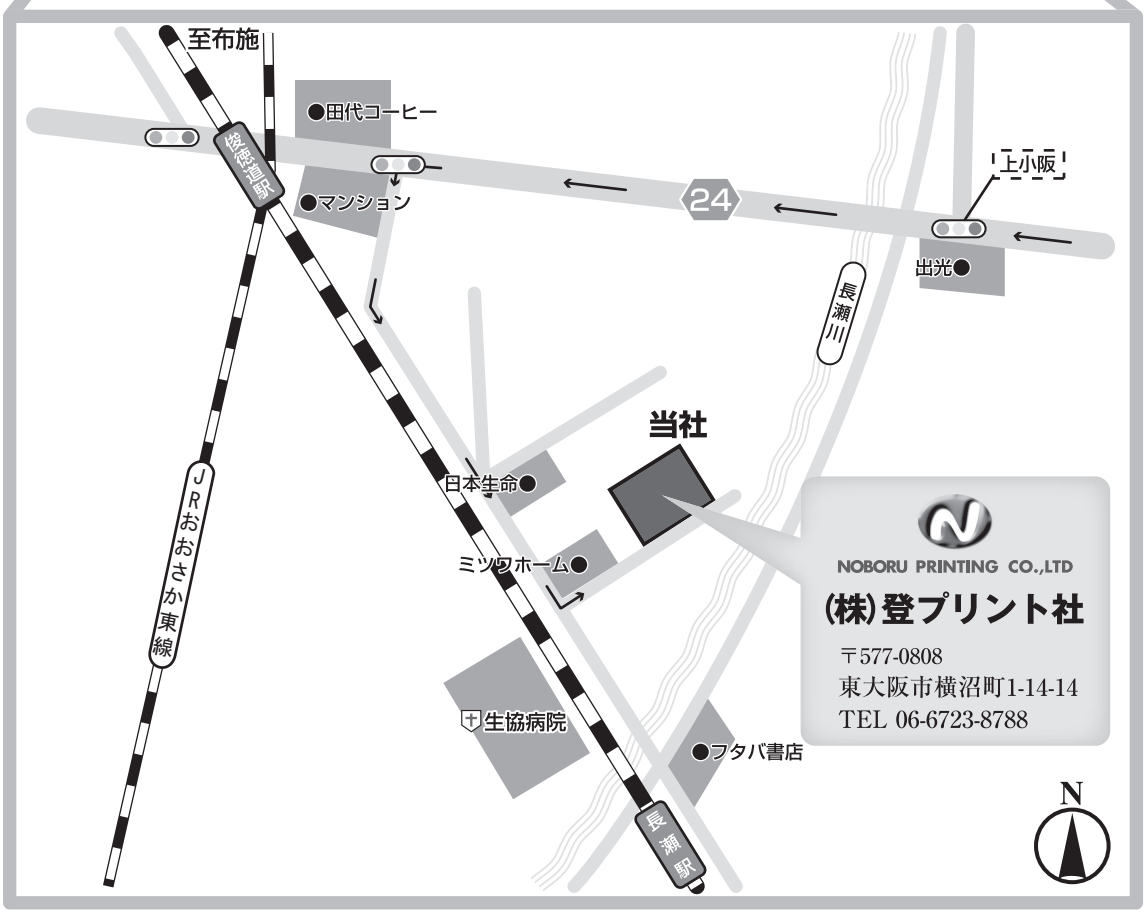中央環状線からの行き方MAP