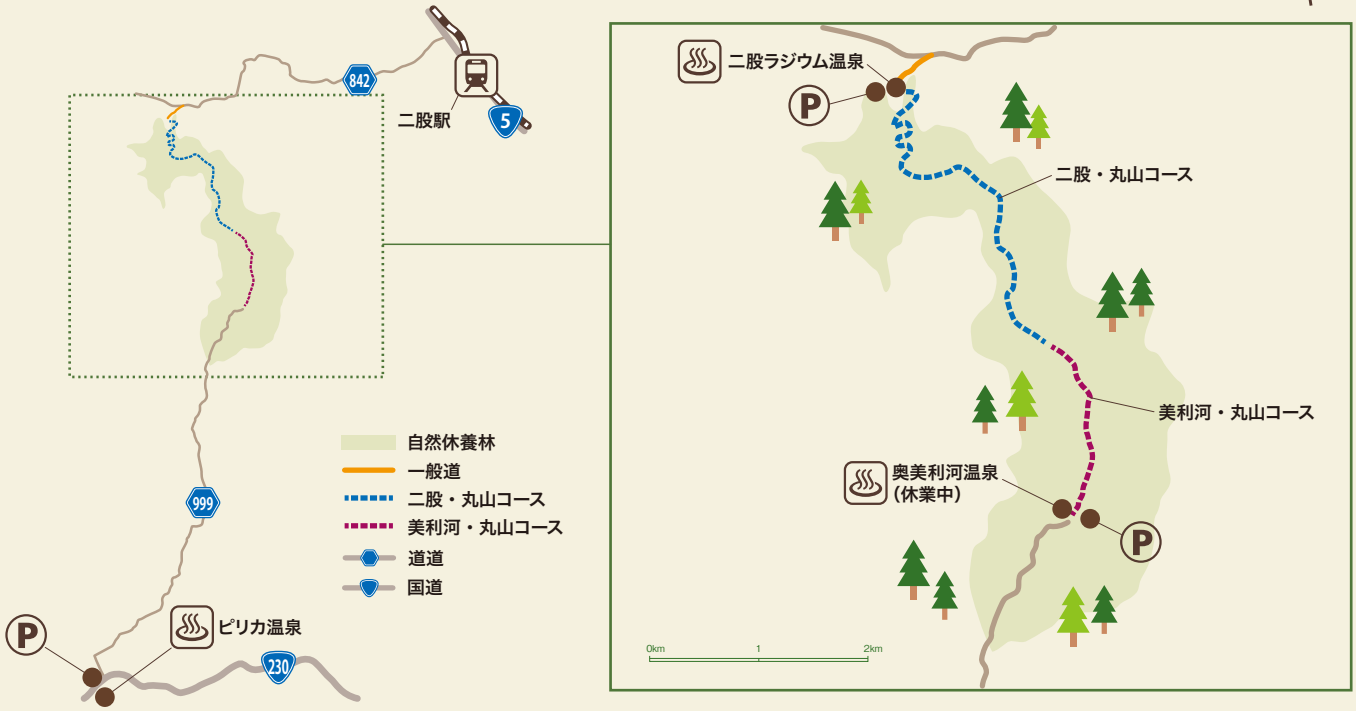美利河（ぴりか）・二股（ふたまた）自然休養林案内図