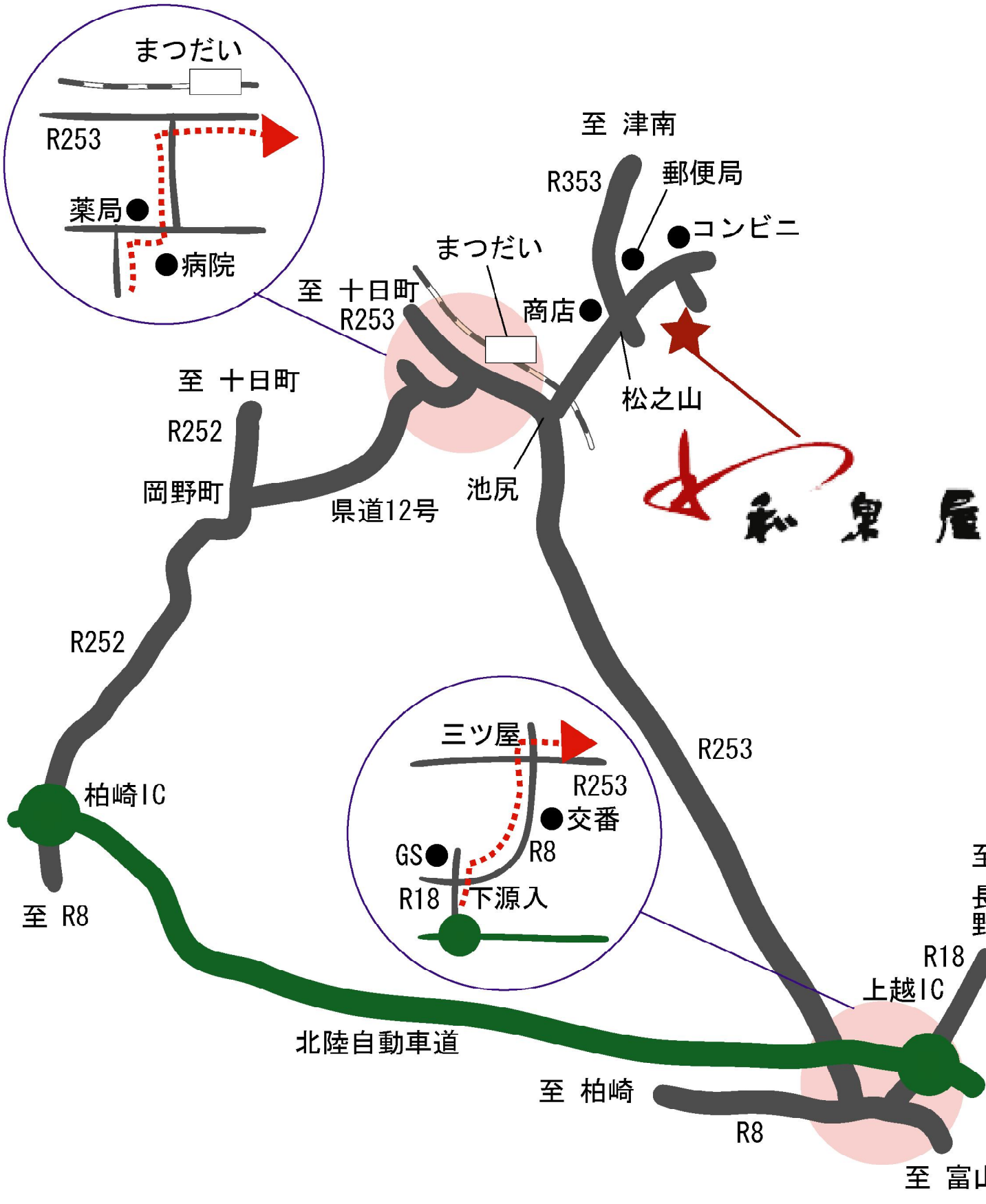北陸・柏崎方面からのロードマップ