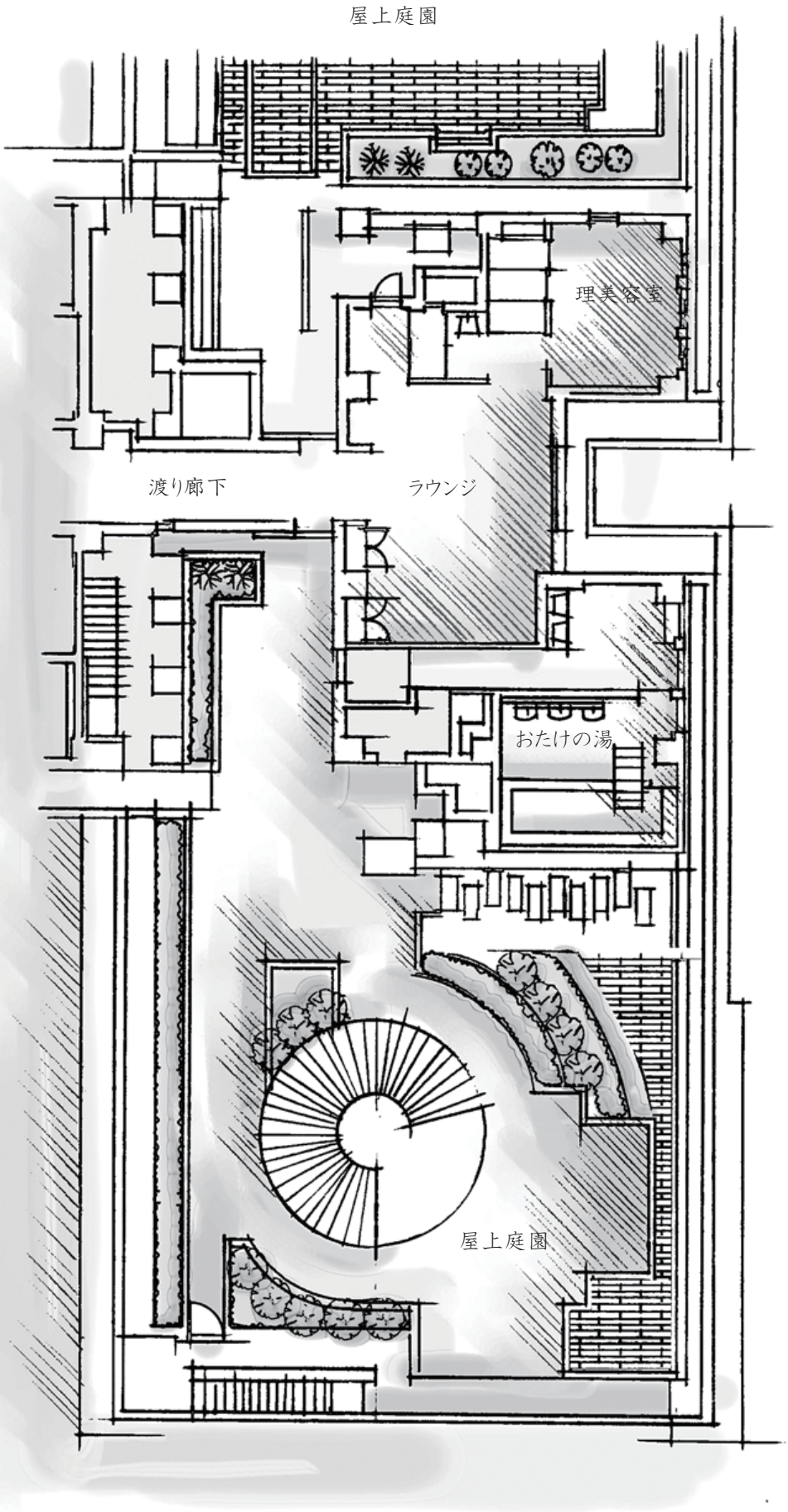おでかけゾーン