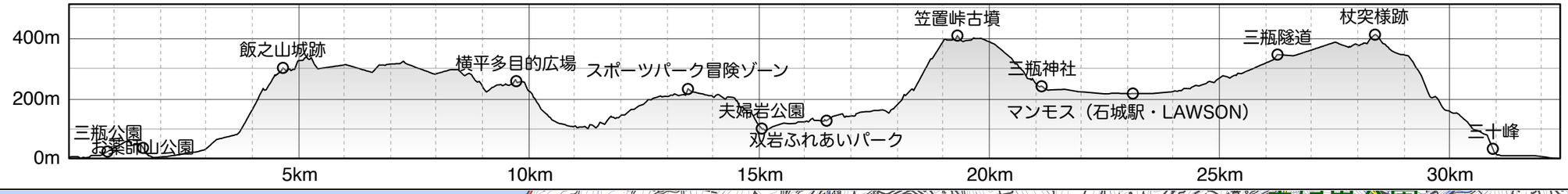距離: 32.376km 累積標高(登り/下り): 1112m/1116m ピーク数: 7個? 標高差: 409m