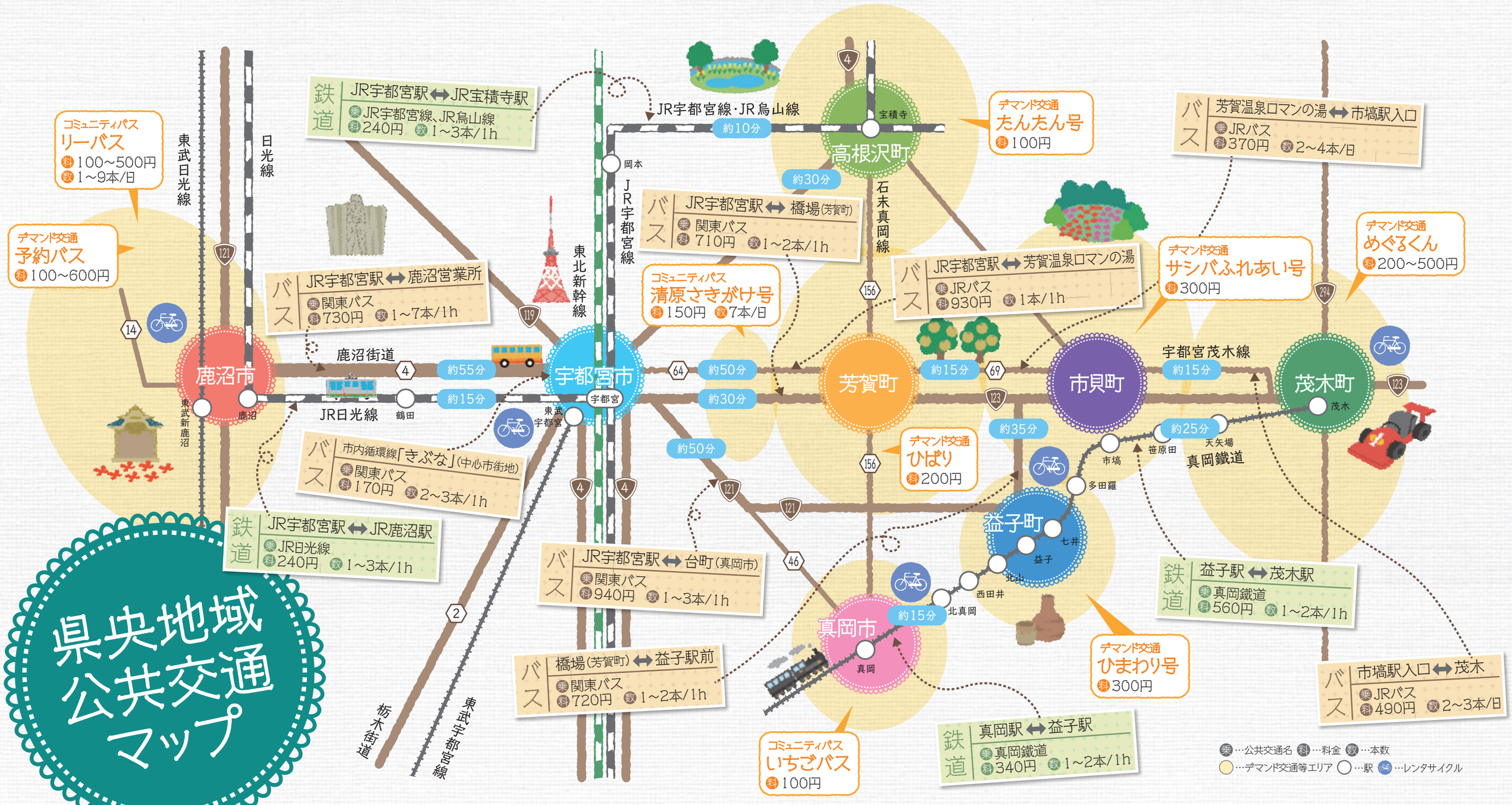県央地域公共交通マップ