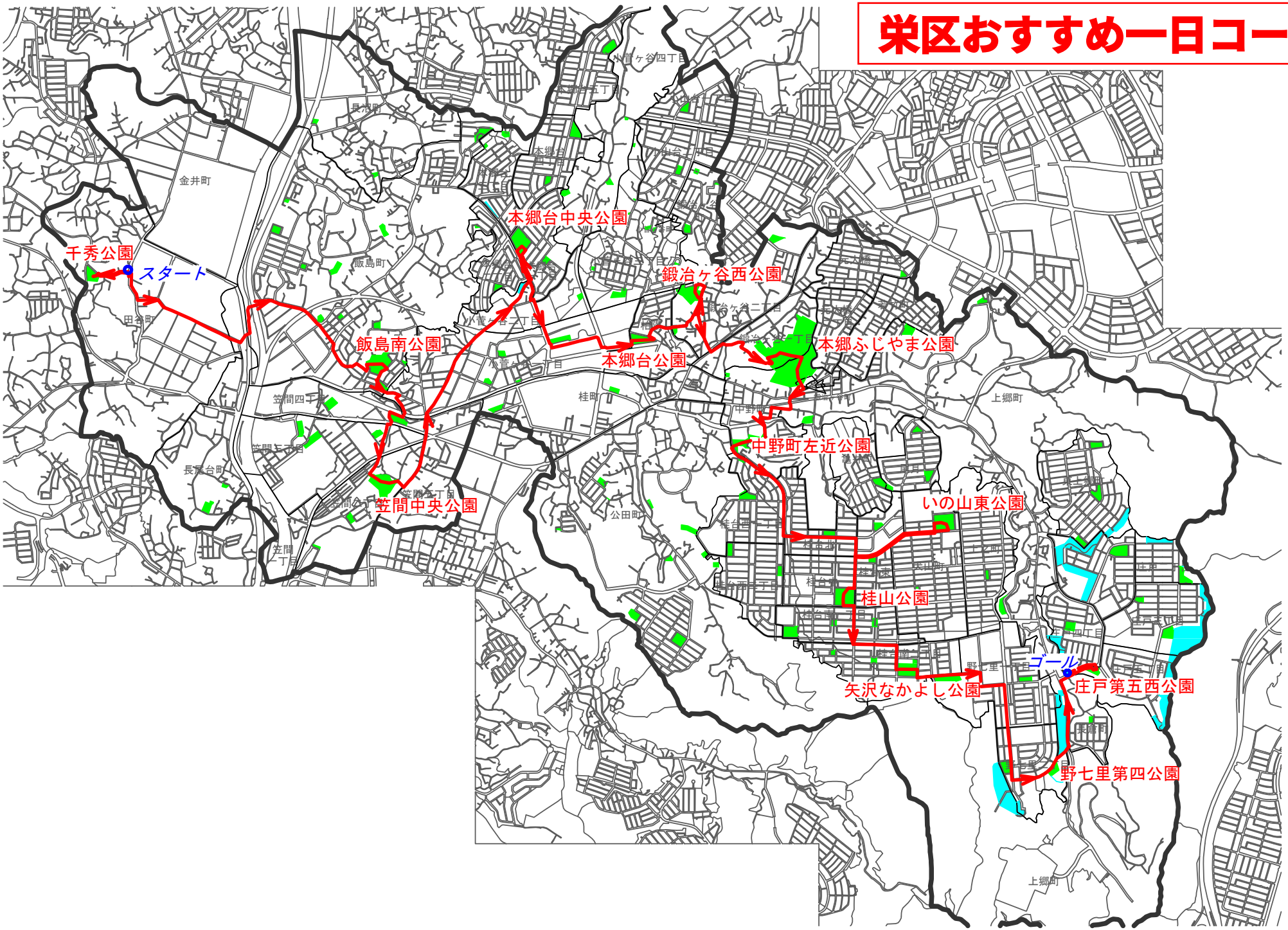栄区おすすめ一日コース