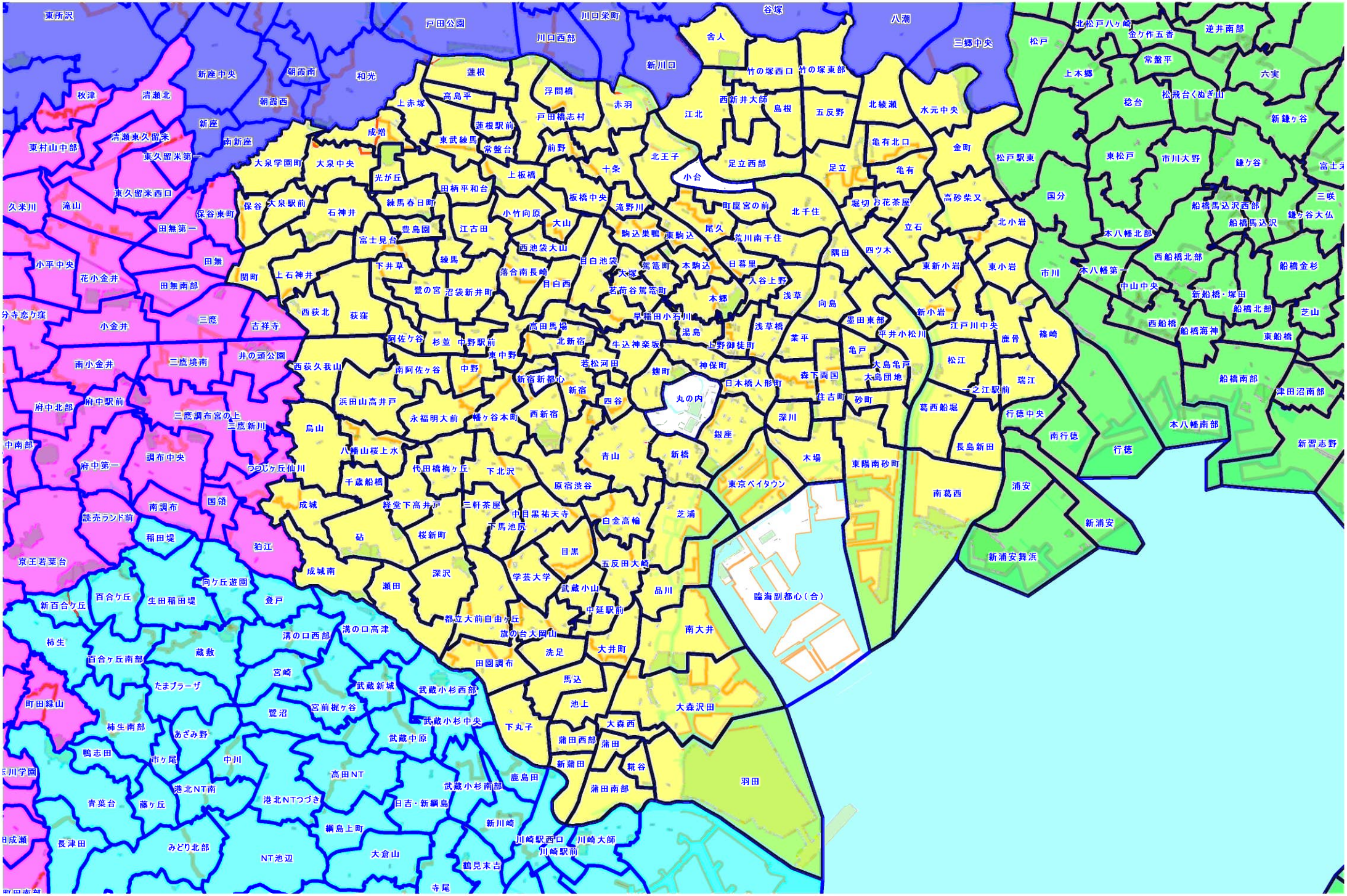チラッシュ　都内エリアMAP