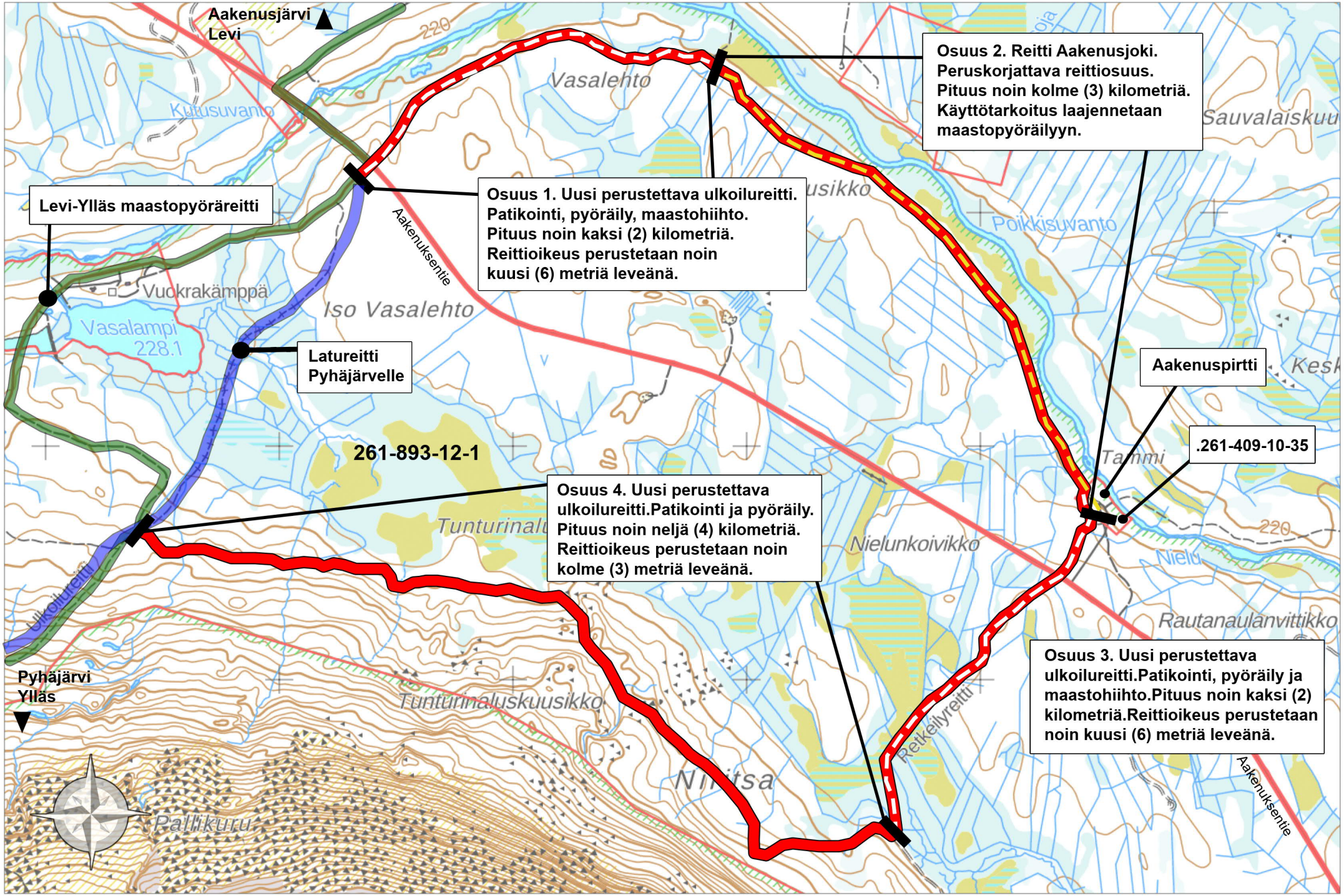Karttaliite Aakenuksen ulkoilureittisuunnitelma