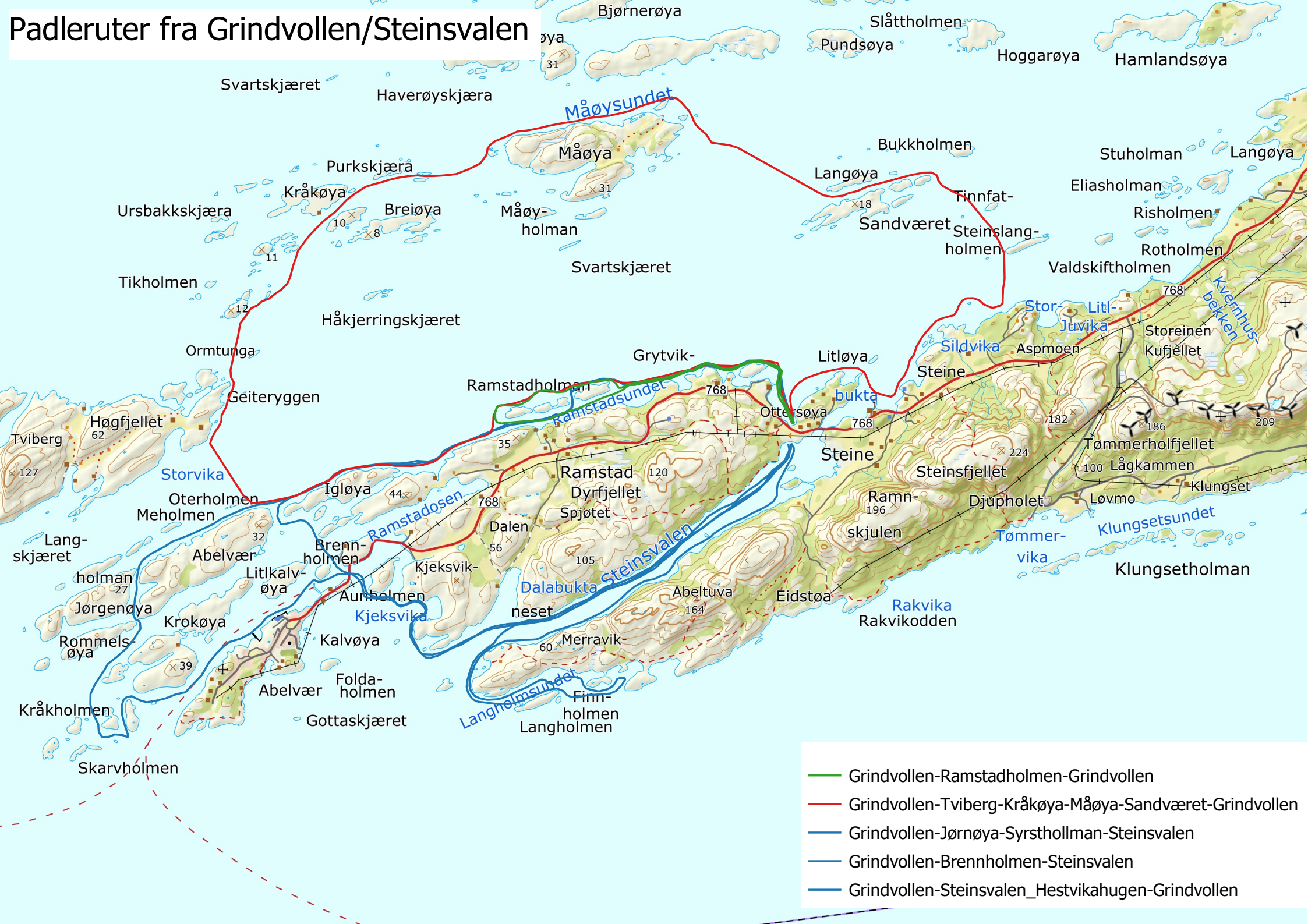Padleruter fra Grindvollen/Steinsvalen