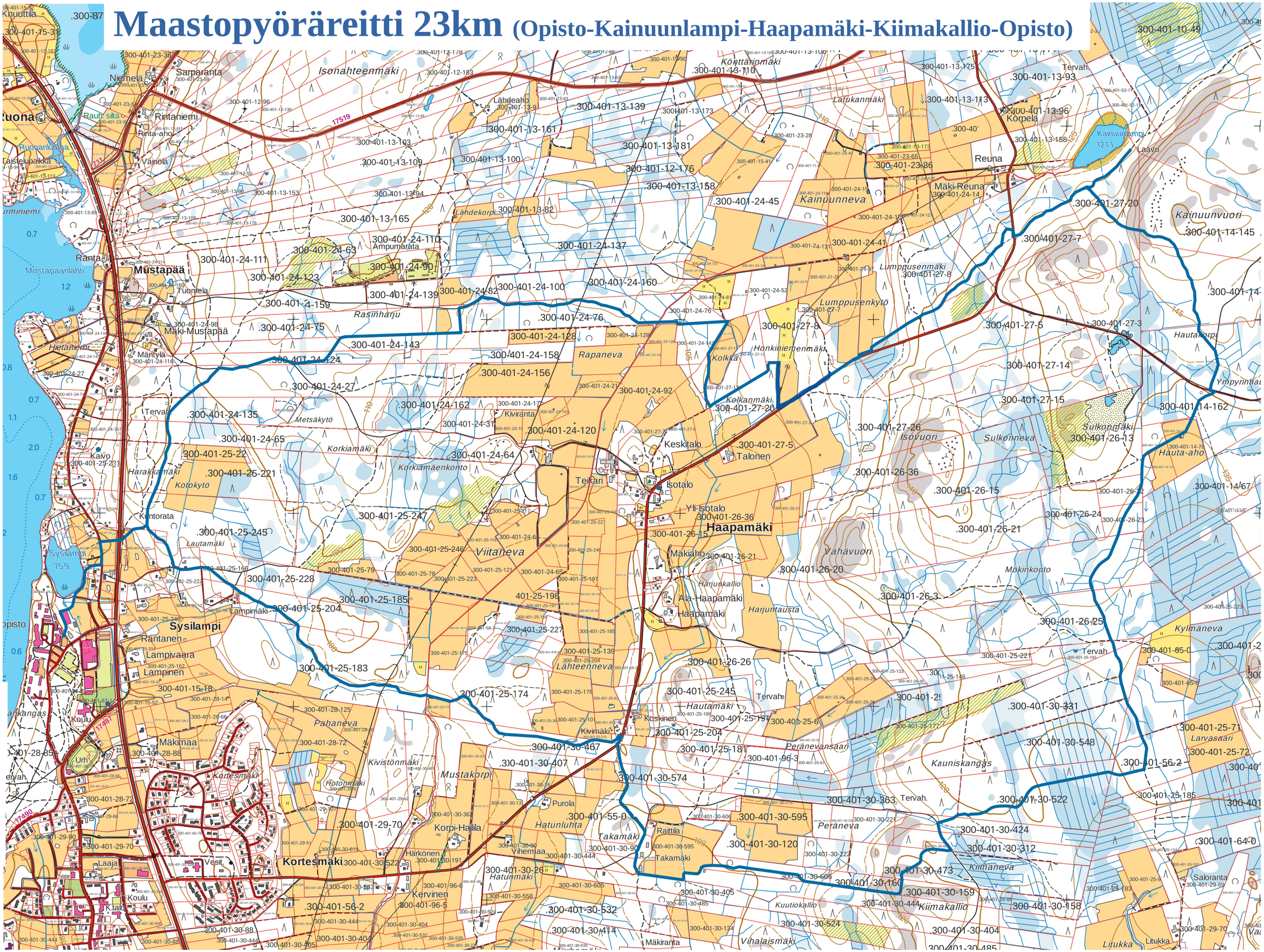Maastopyöräreitti 23km (Opisto-Kainuunlampi-Haapamäki-Kiimakallio-Opisto)