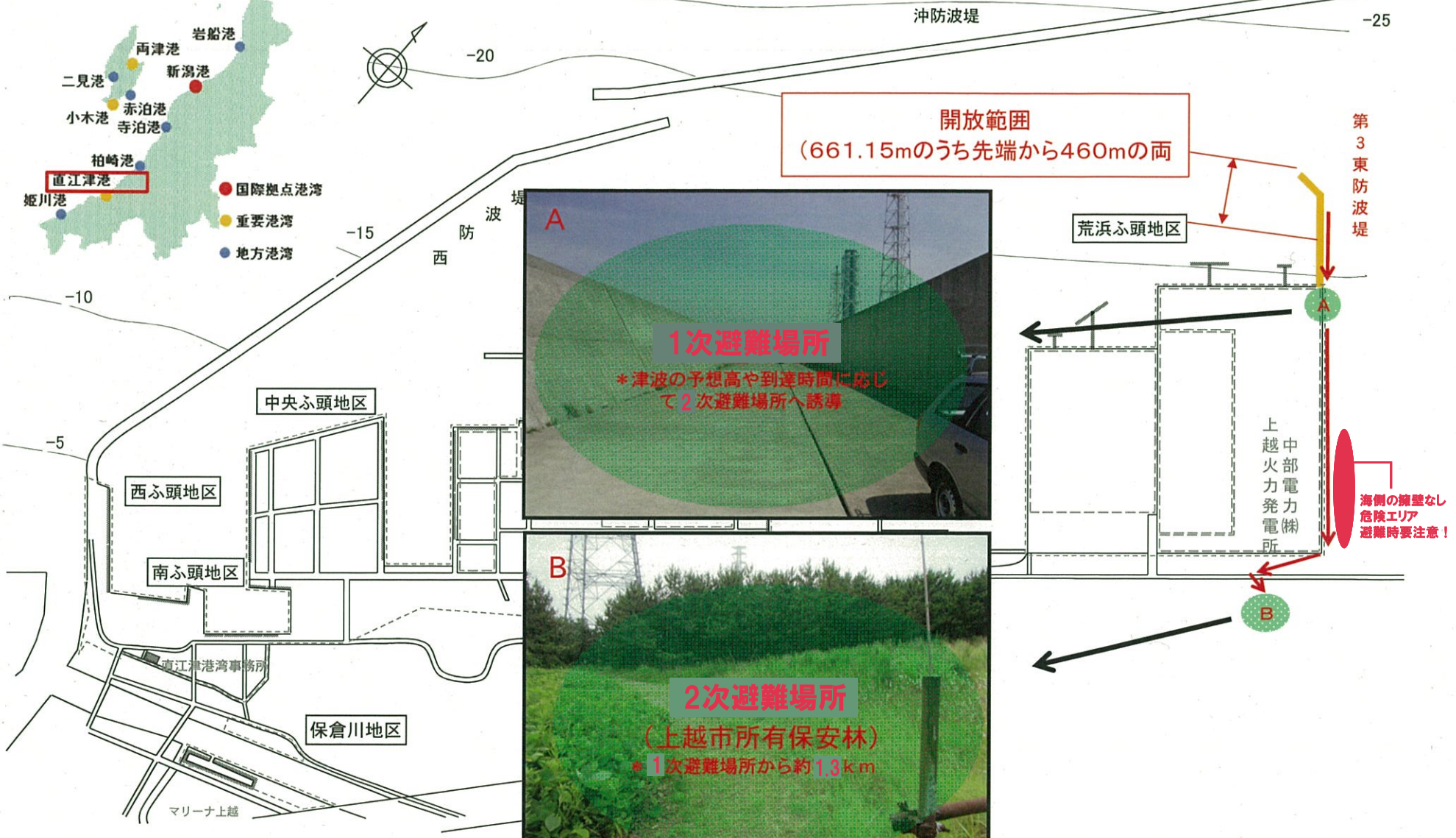直江津第3東防波堤津波避難経路図