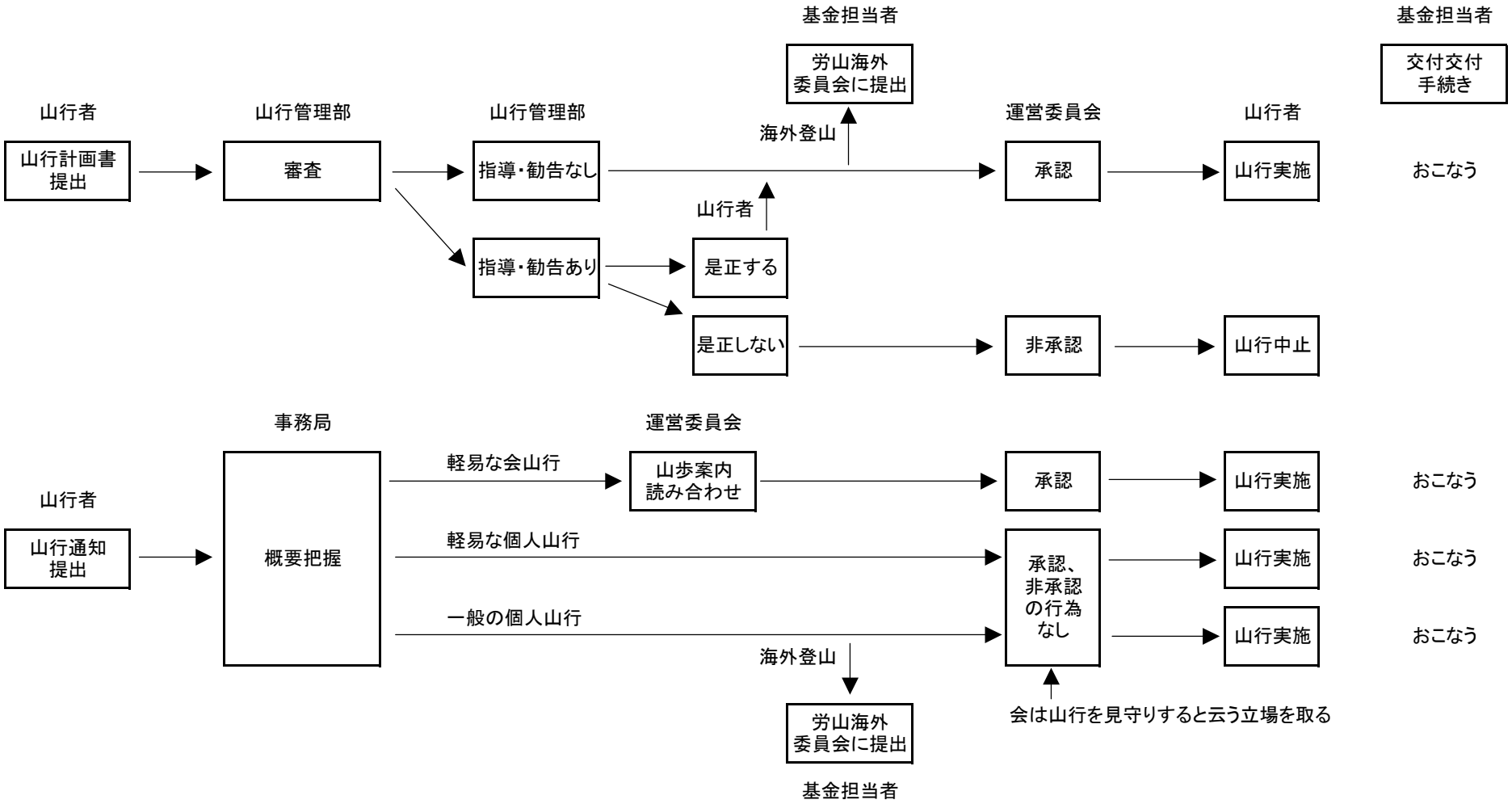計画書提出から山行実施までの流れと基金交付手続き