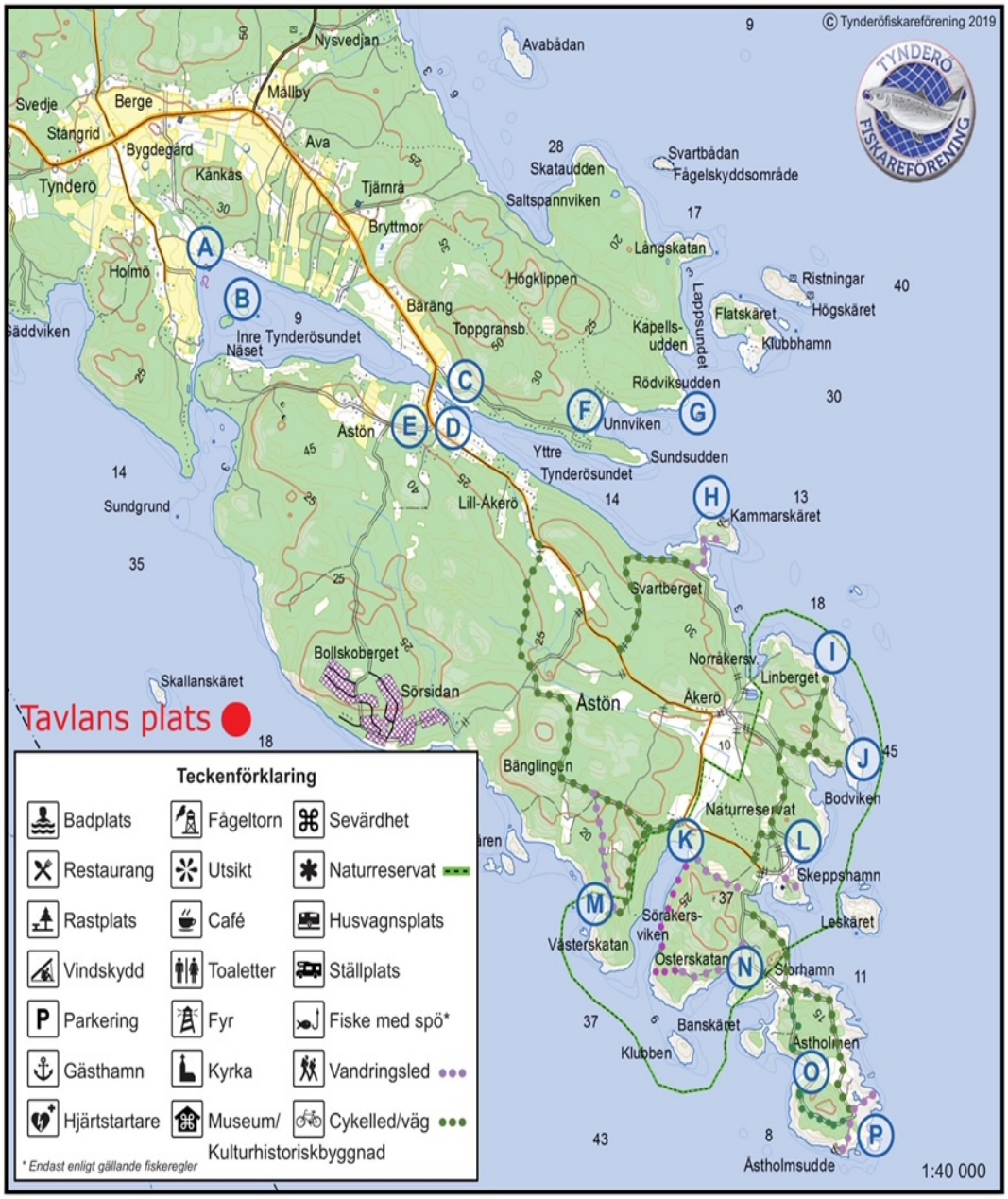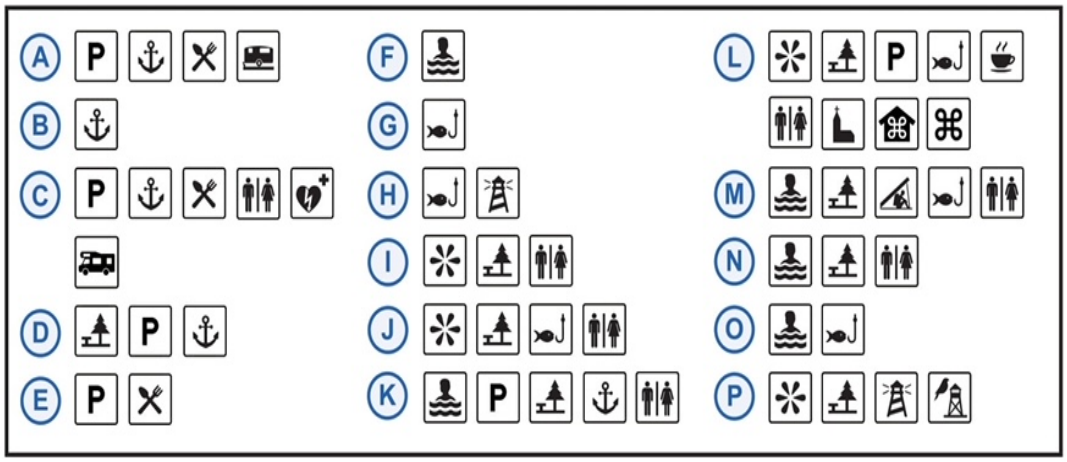Tynderö - Åstön