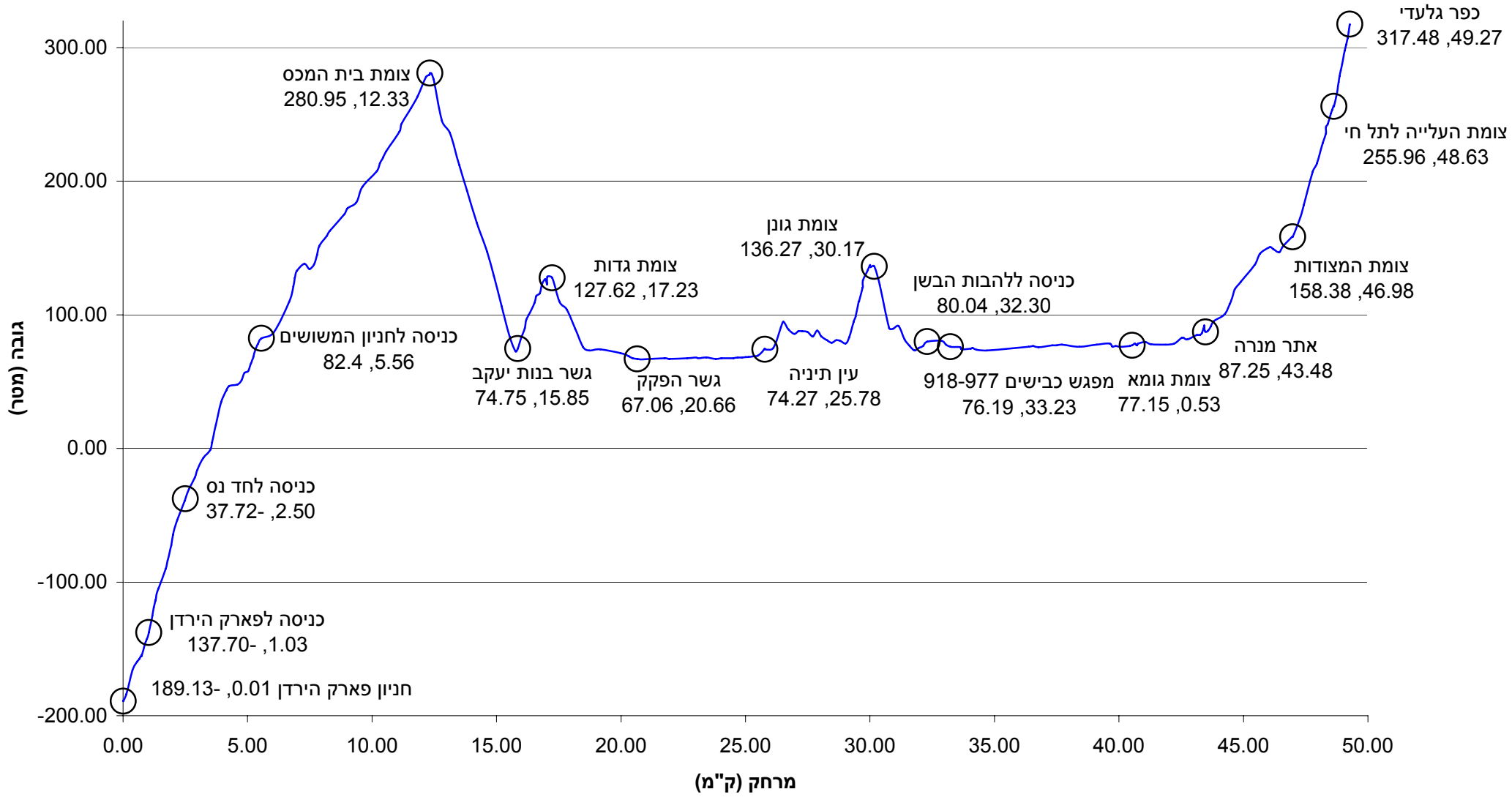מסלול ארוך: פארק הירדן - כפר גלעדי