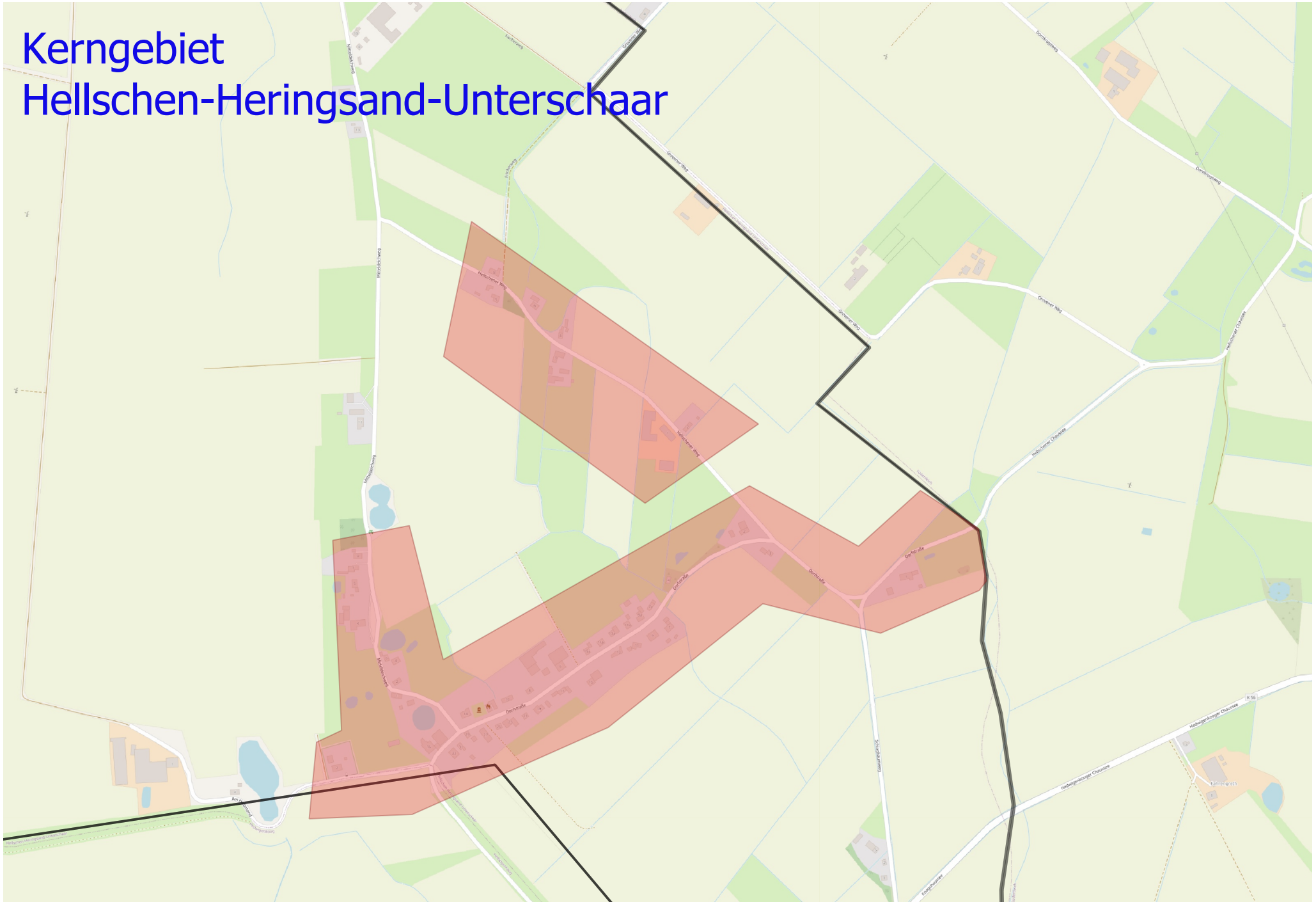Kerngebiet
Hellschen-Heringsand-Unterschaar