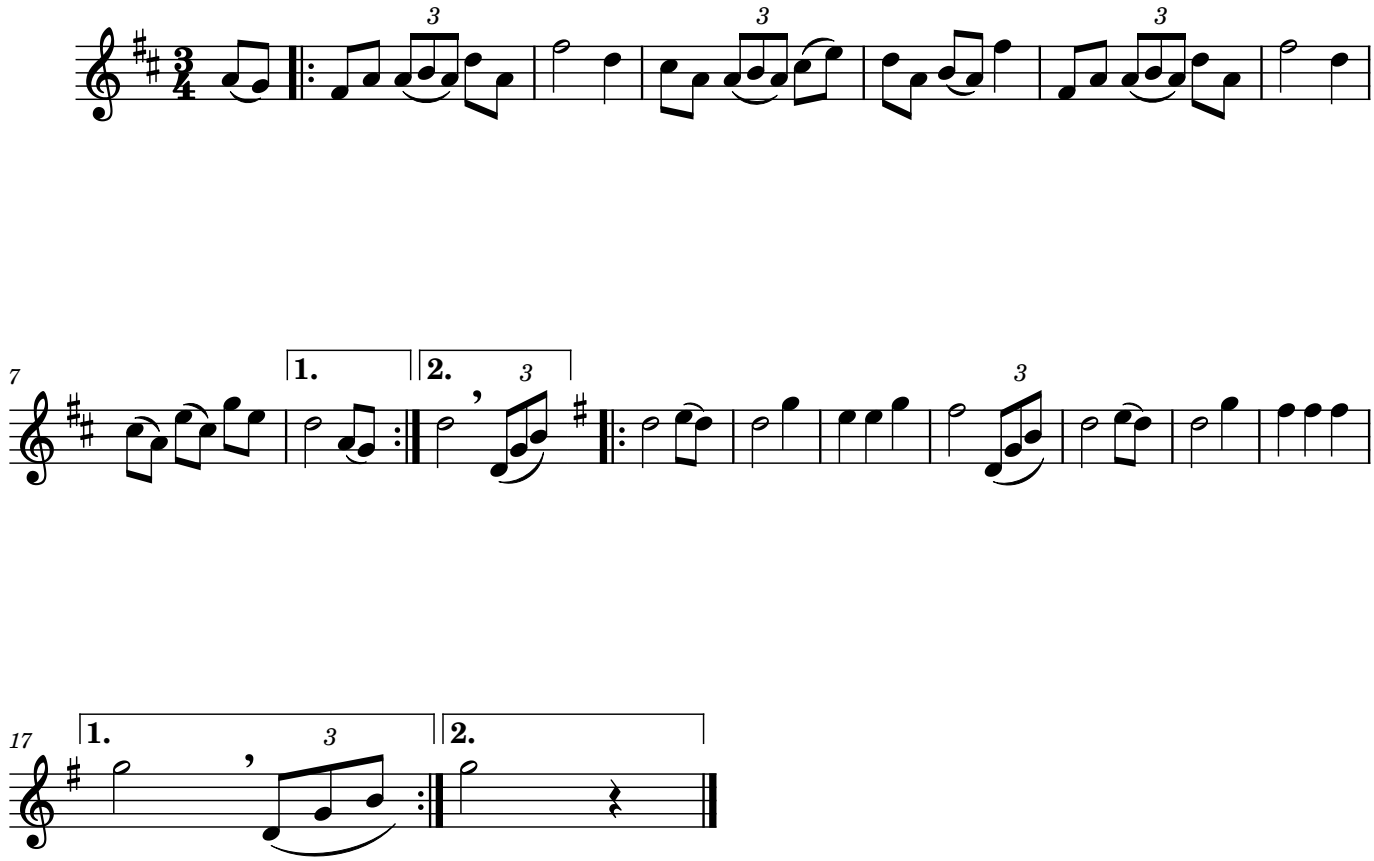Firetur 1 - fra Namdalen