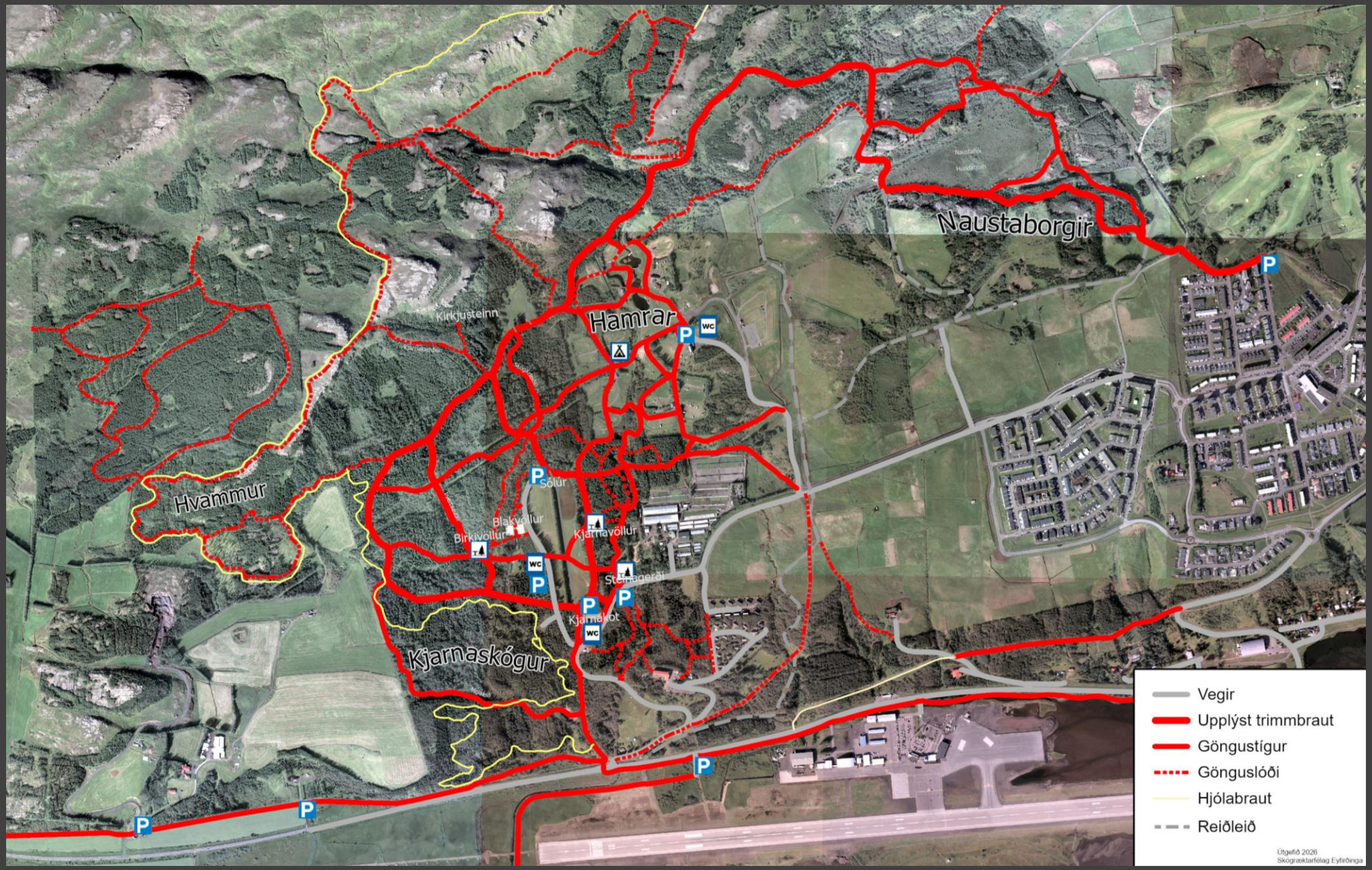Kjarnaskógur - Naustaborgir – Hamrar - Hvammur