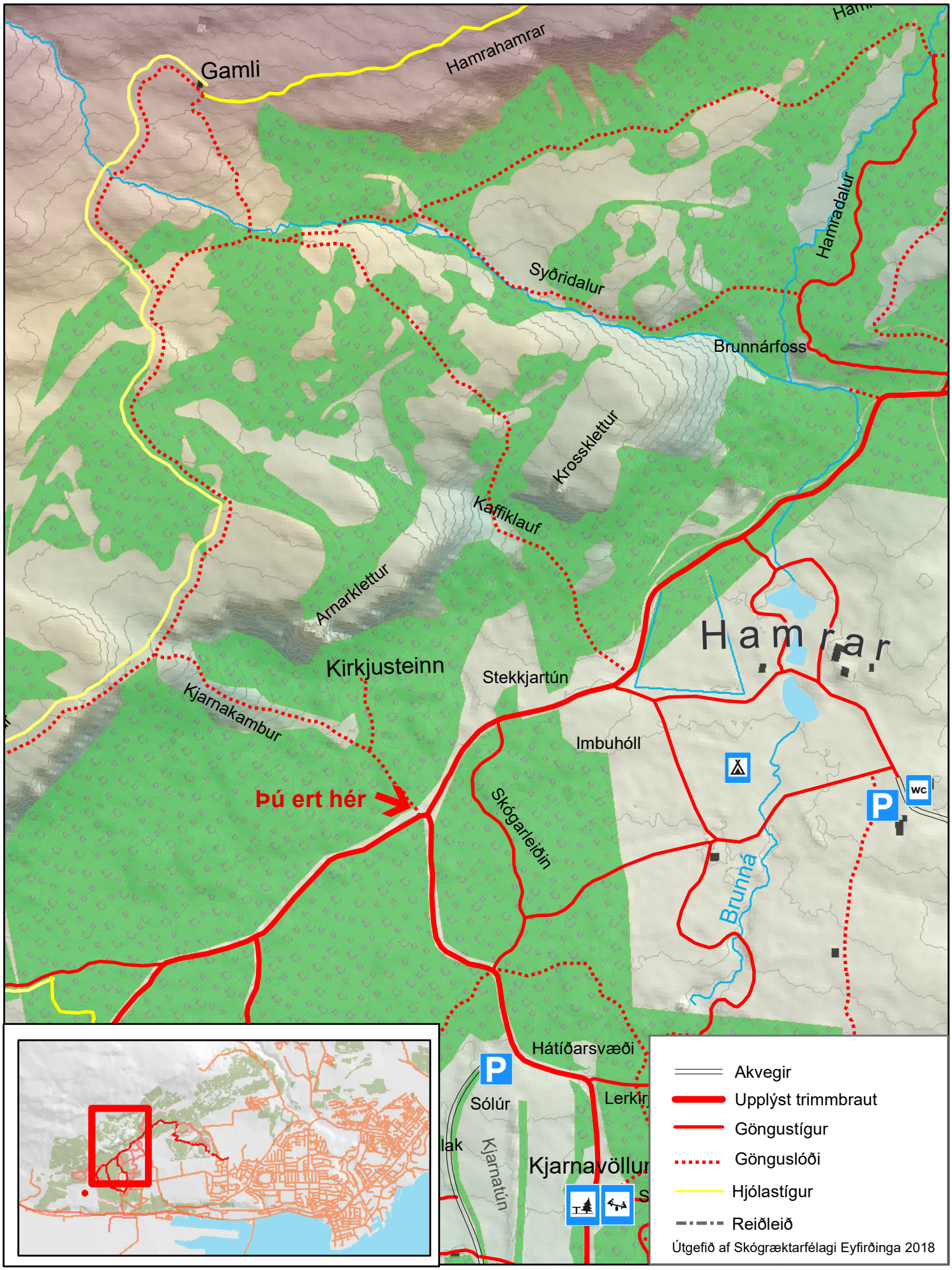Kjarnaskógur
og leiðir upp í Gamla