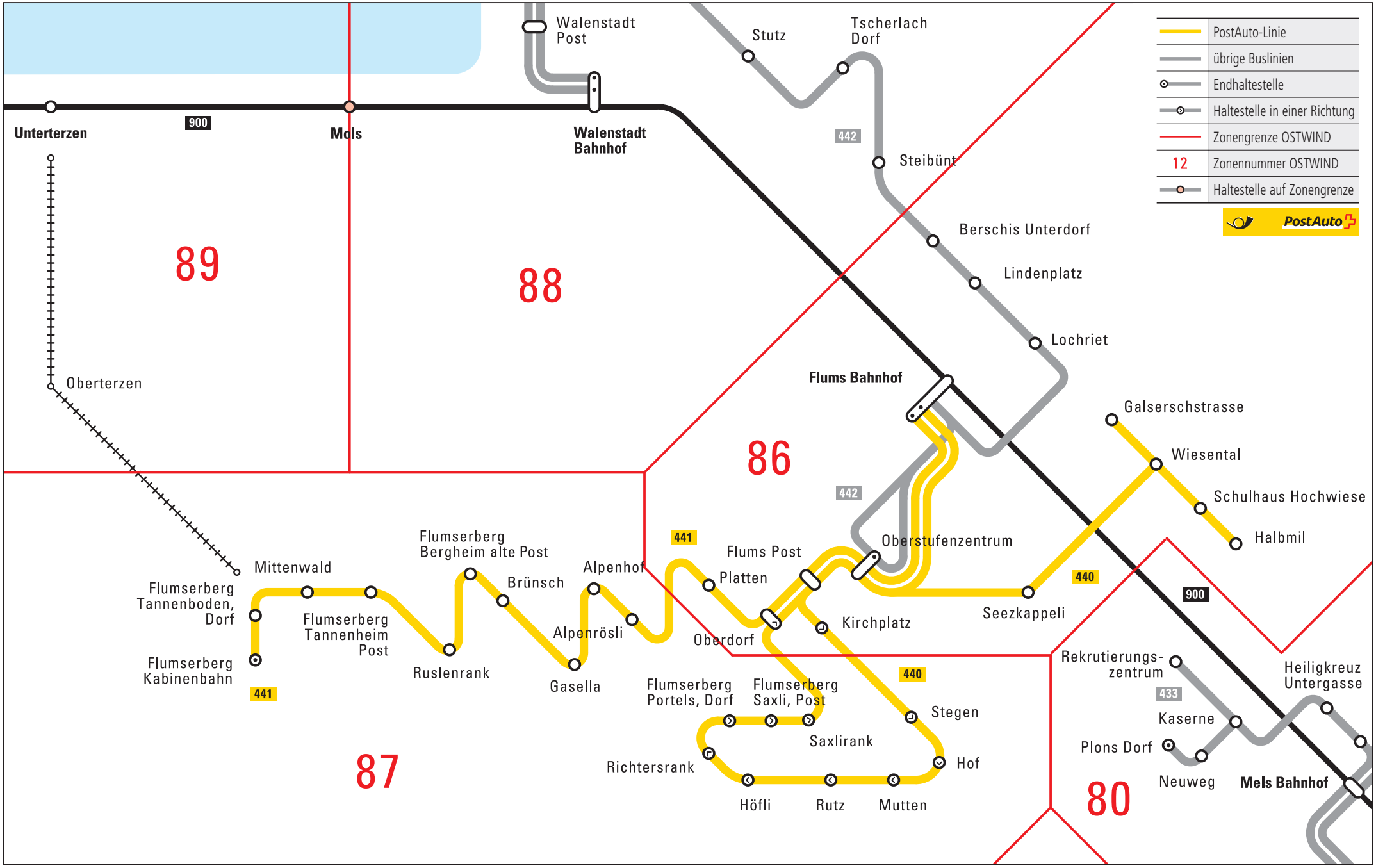Flums/Flumserberg