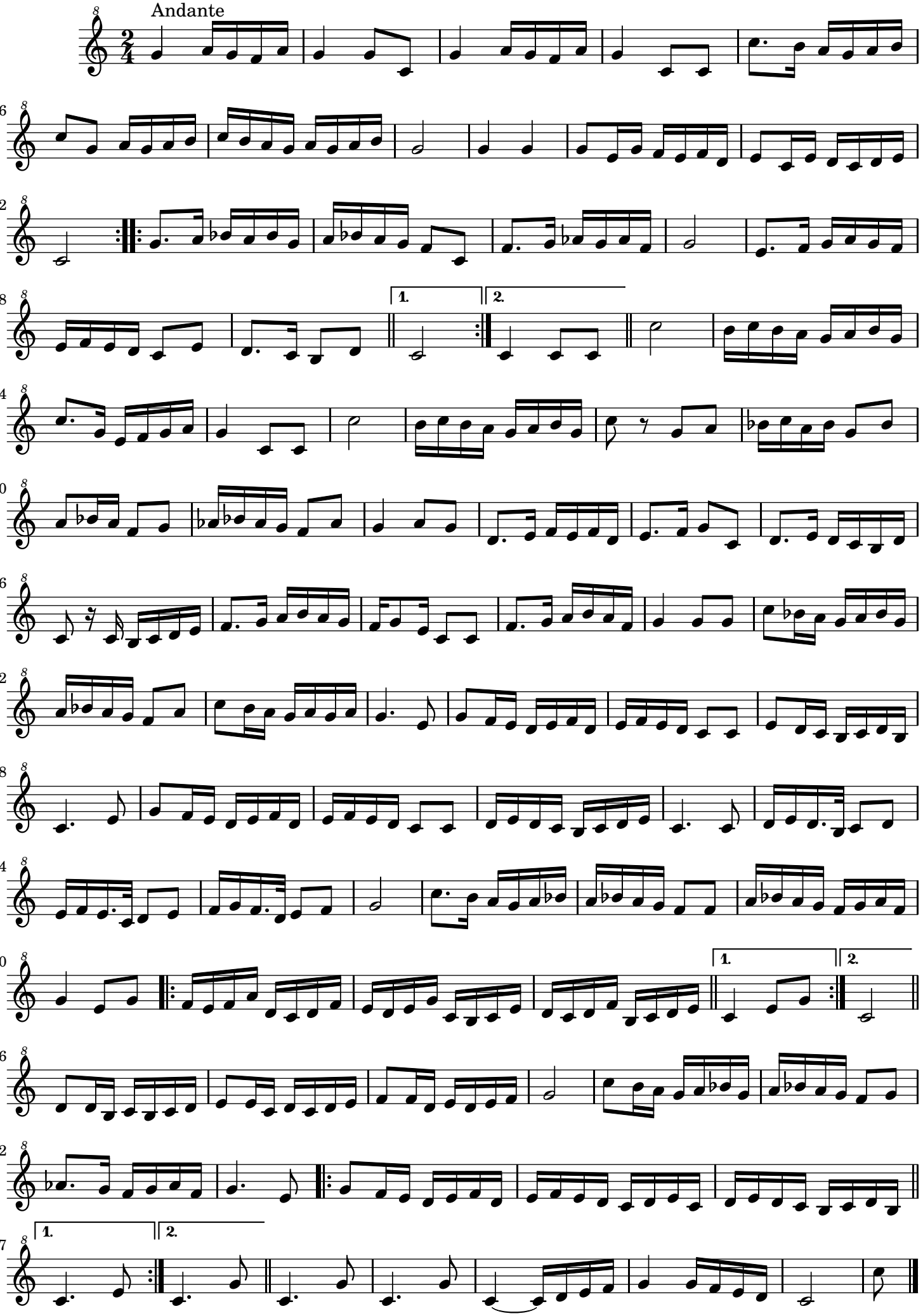Alborada de Pontecaldelas