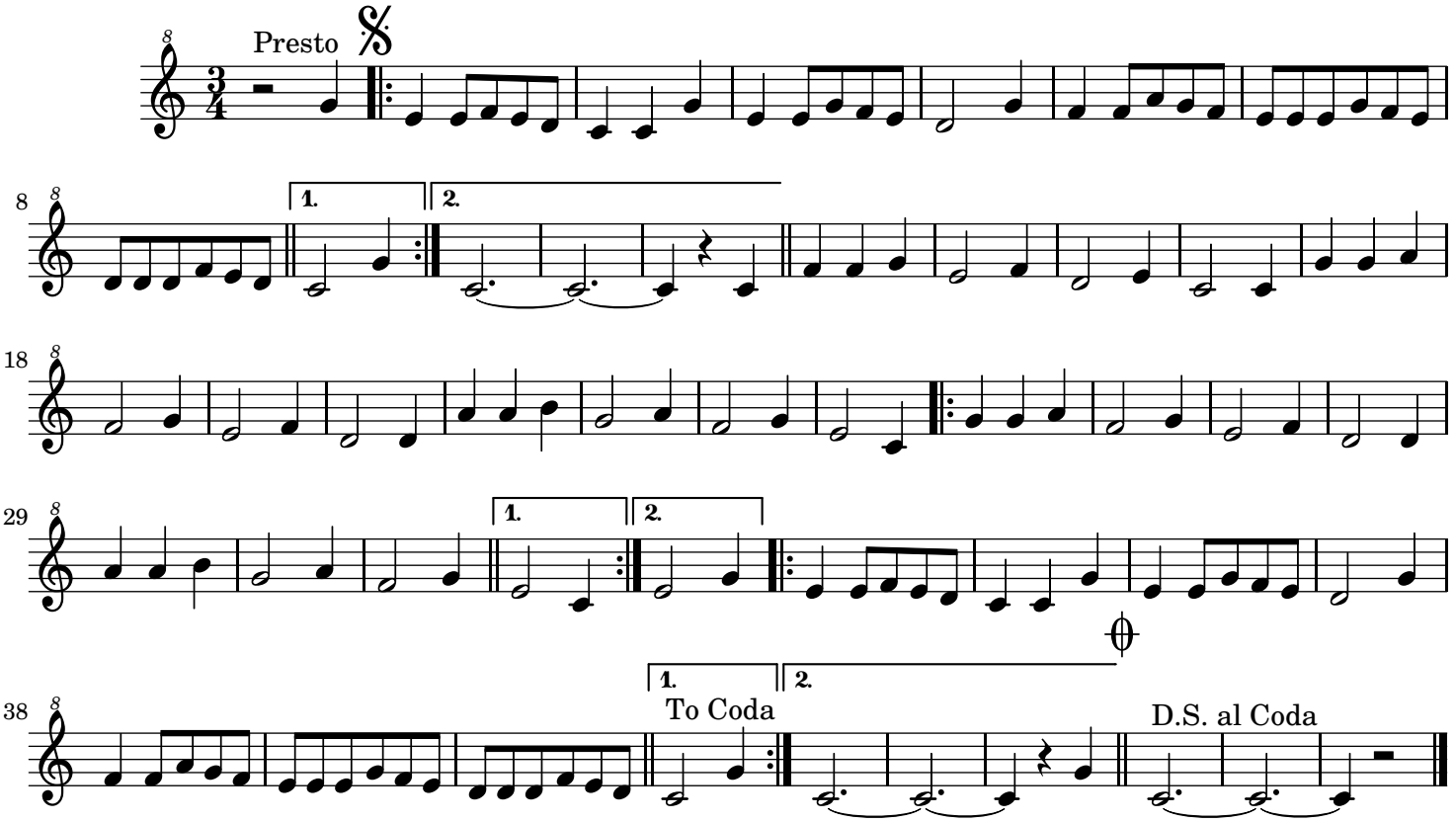Foliada de Cangas