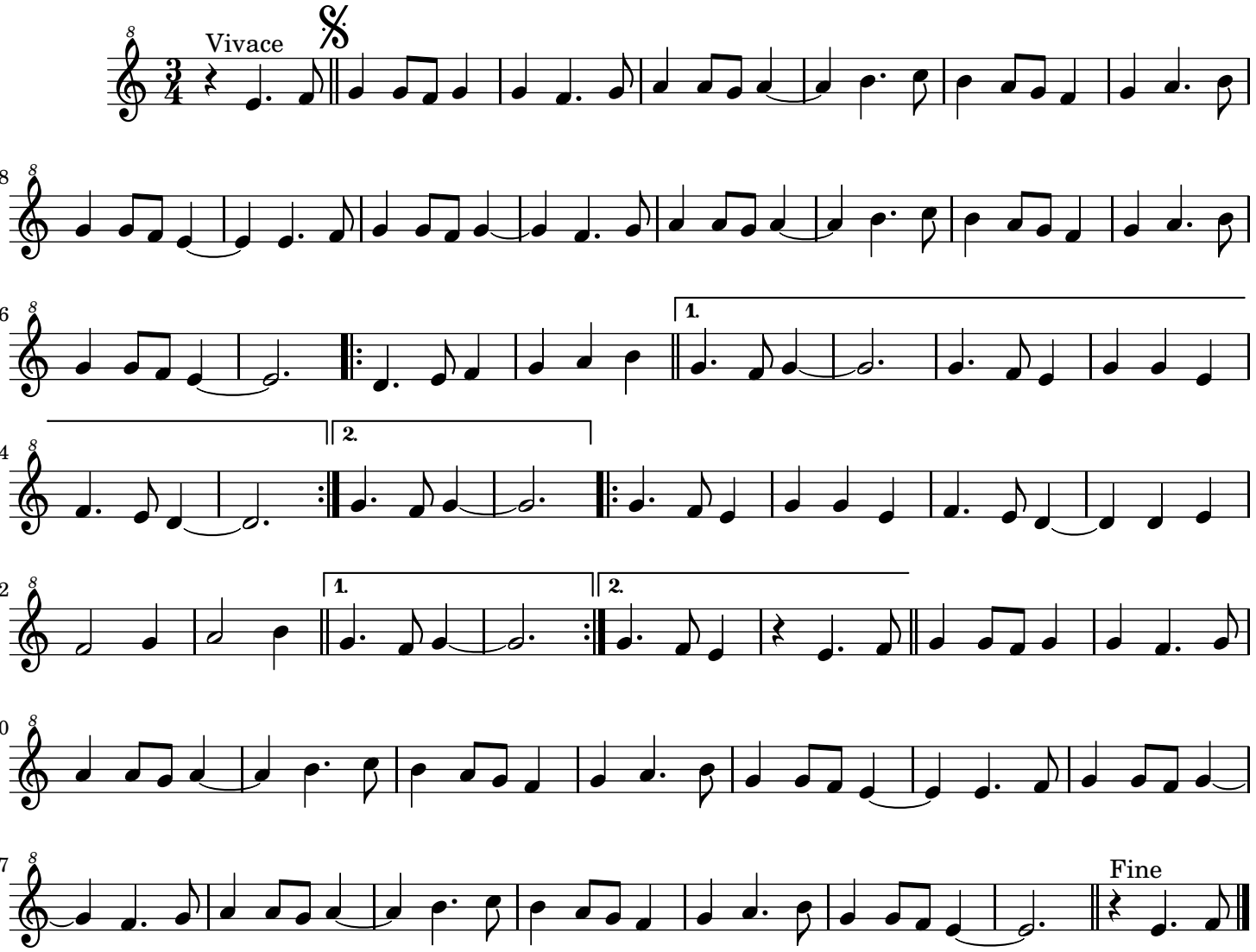Foliada de Conxo