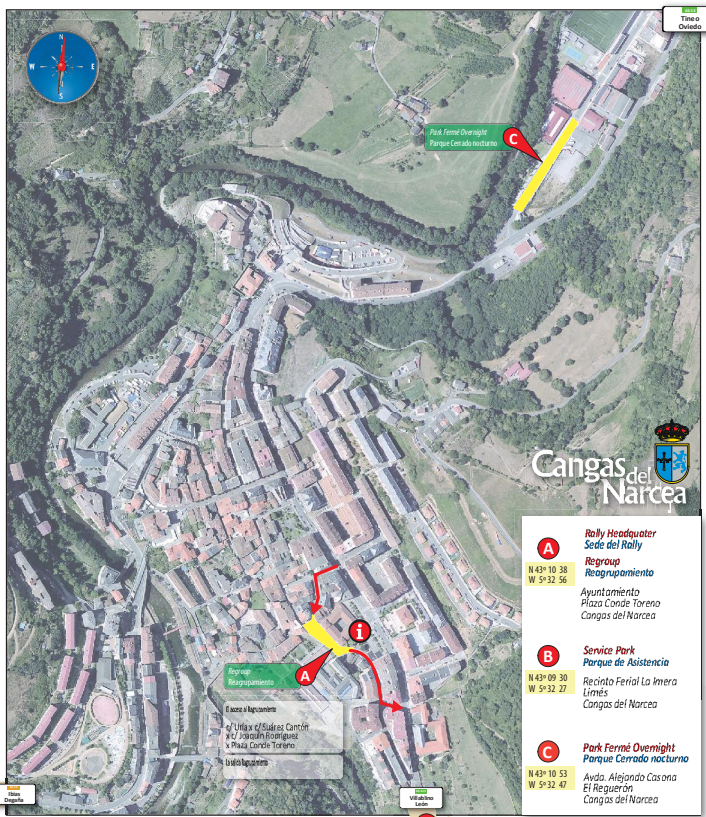3.a Plano de Cangas del Narcea