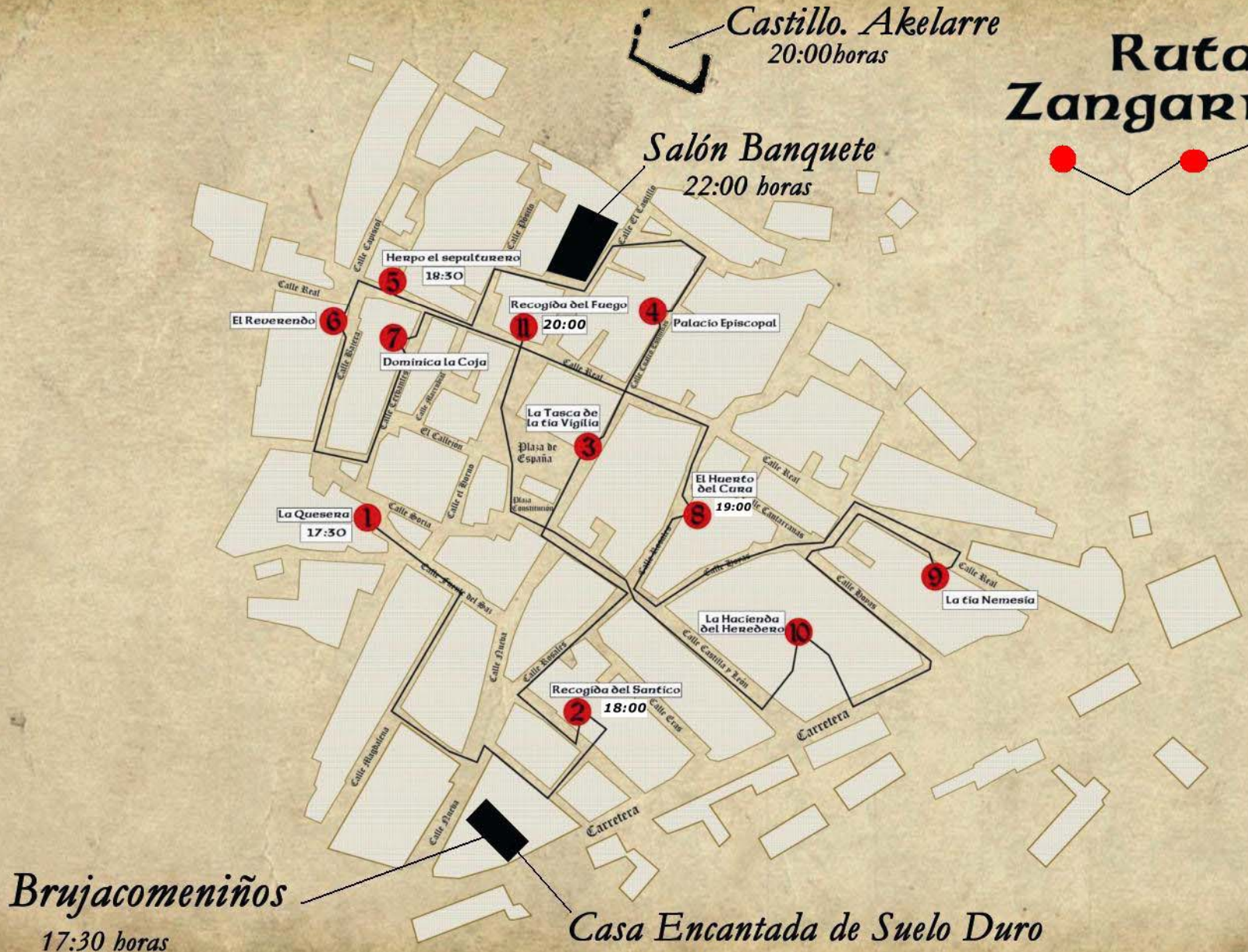Ruta de la Zangarriana