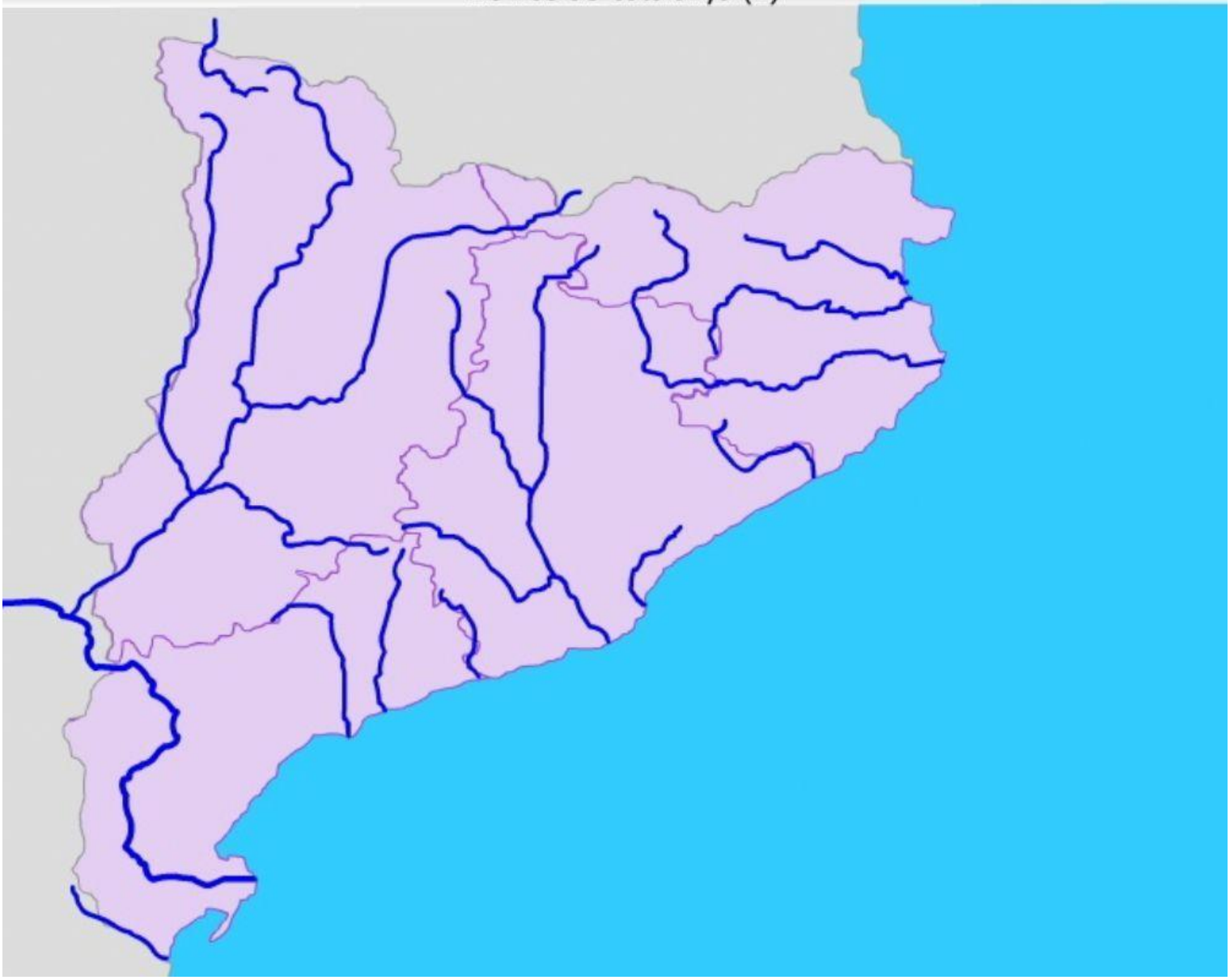Els rius de Catalunya (1)