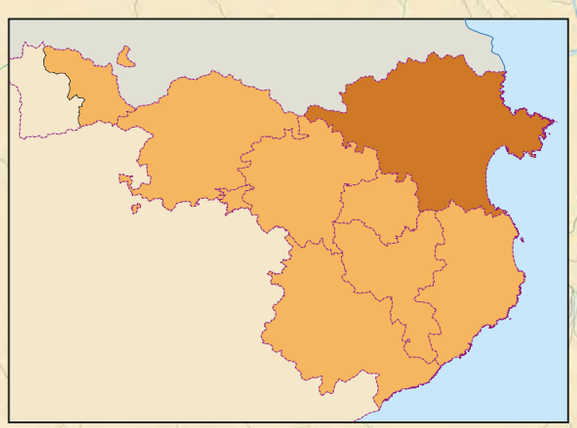Alt Empordà