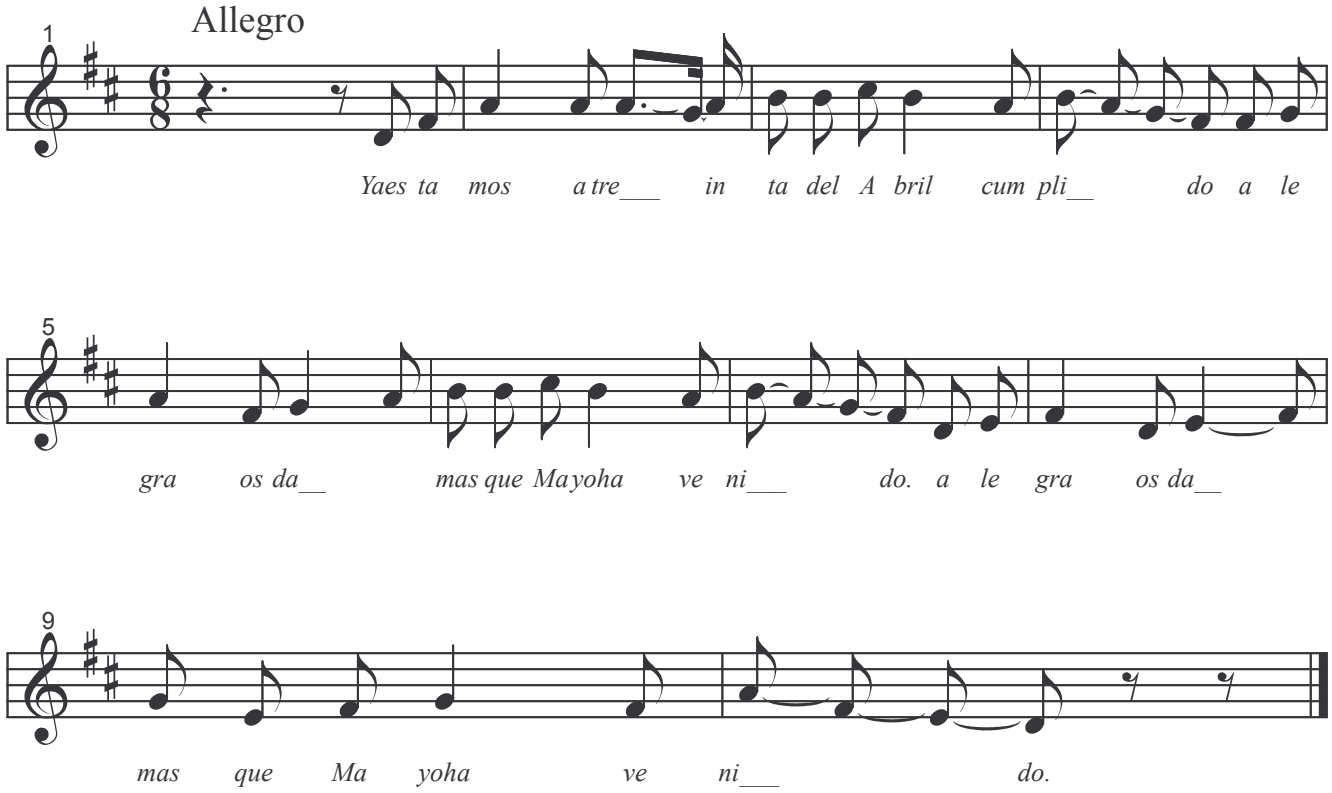Mayos de Tramacastilla