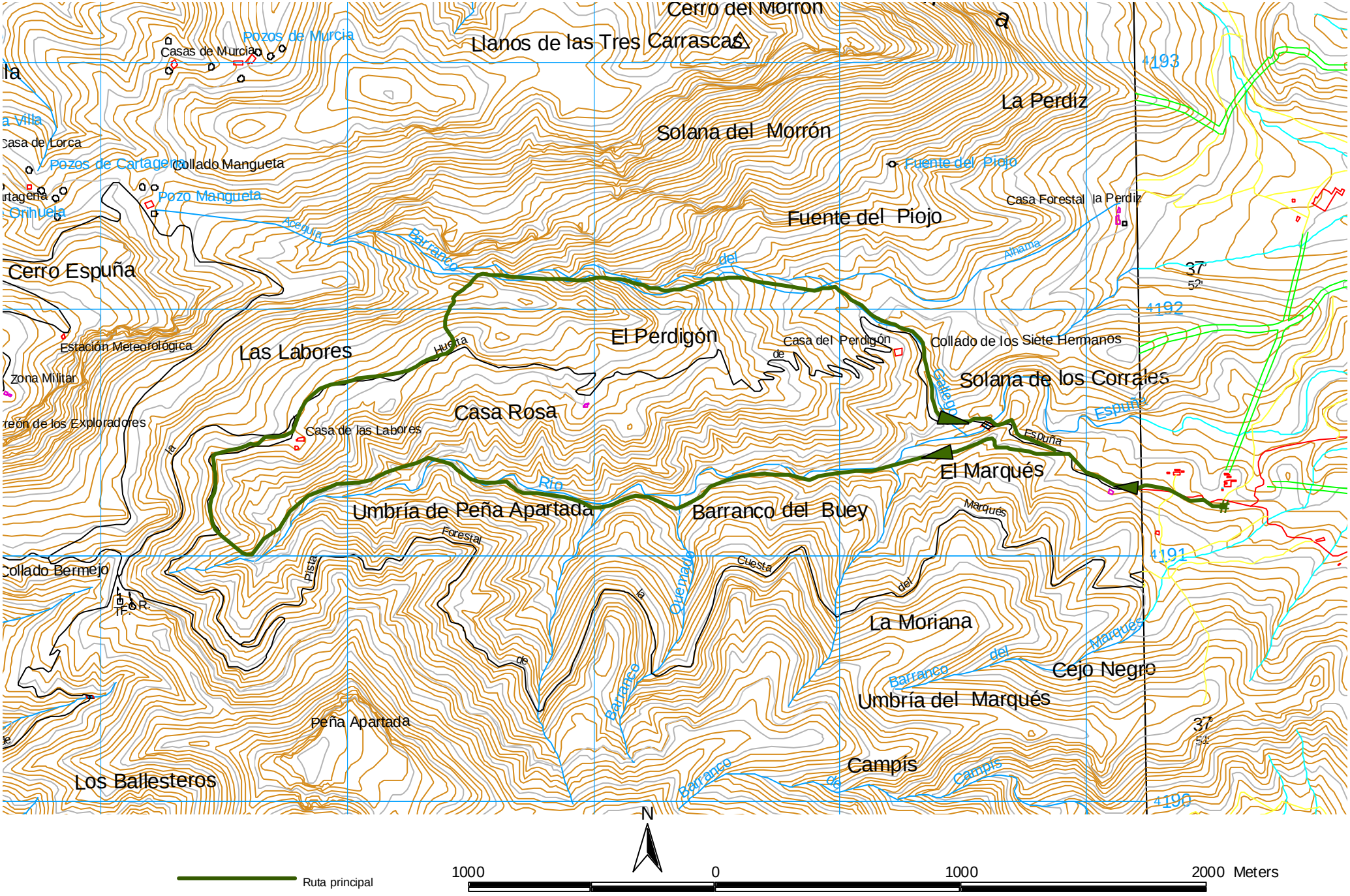Ruta 1. Por la cabecera del Río Espuña