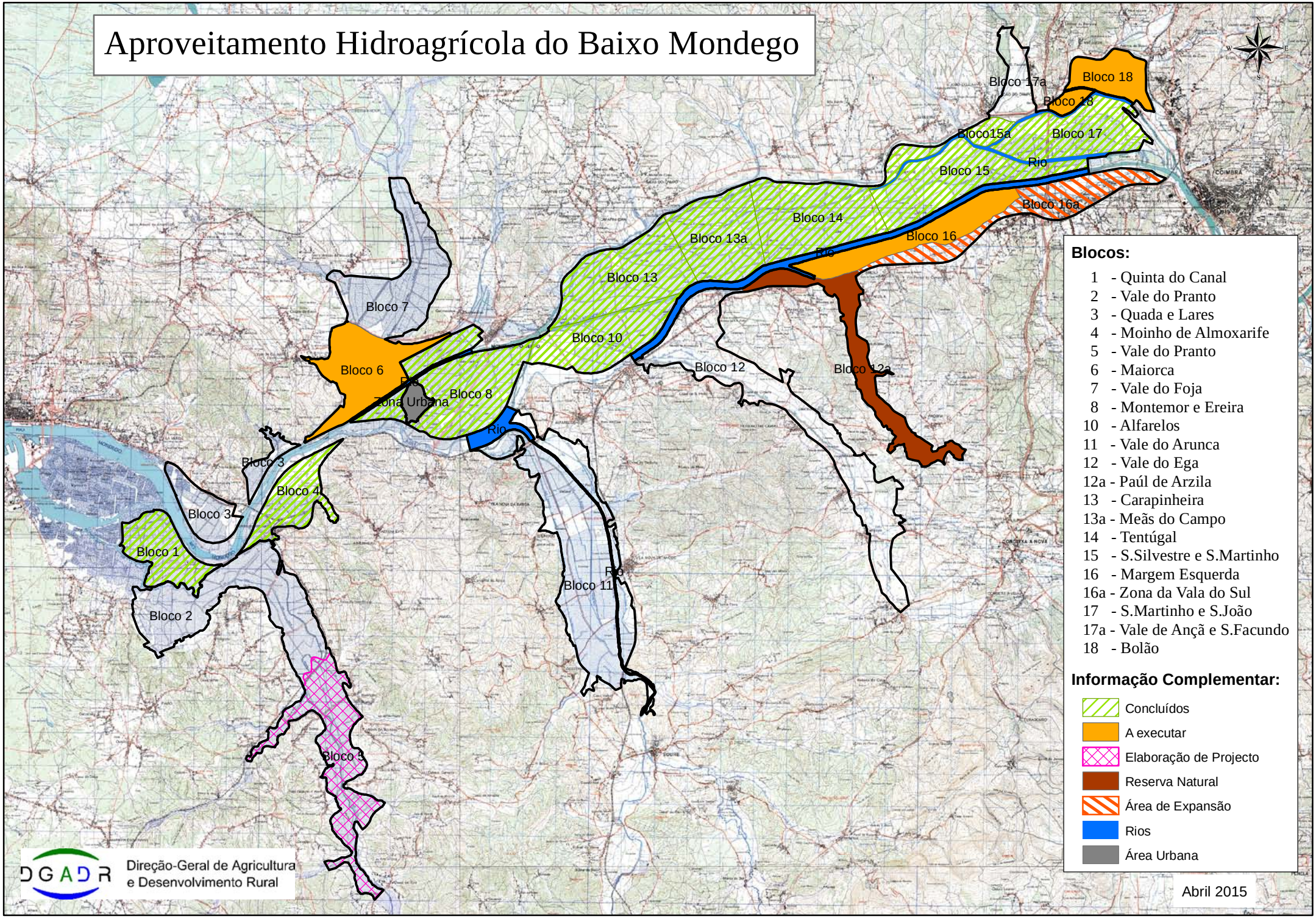Aproveitamento Hidroagrícola do Baixo Mondego