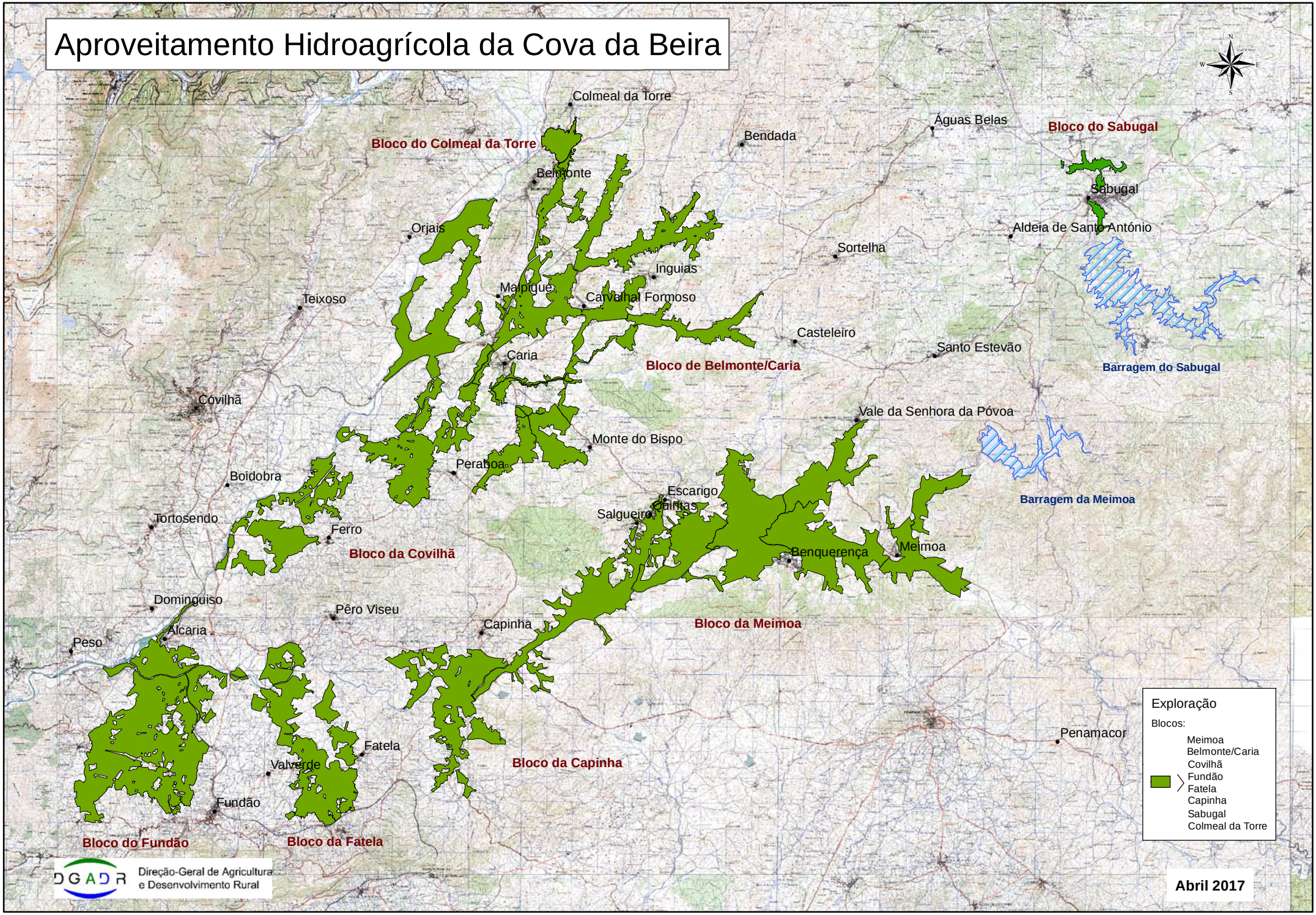Aproveitamento Hidroagrícola da Cova da Beira