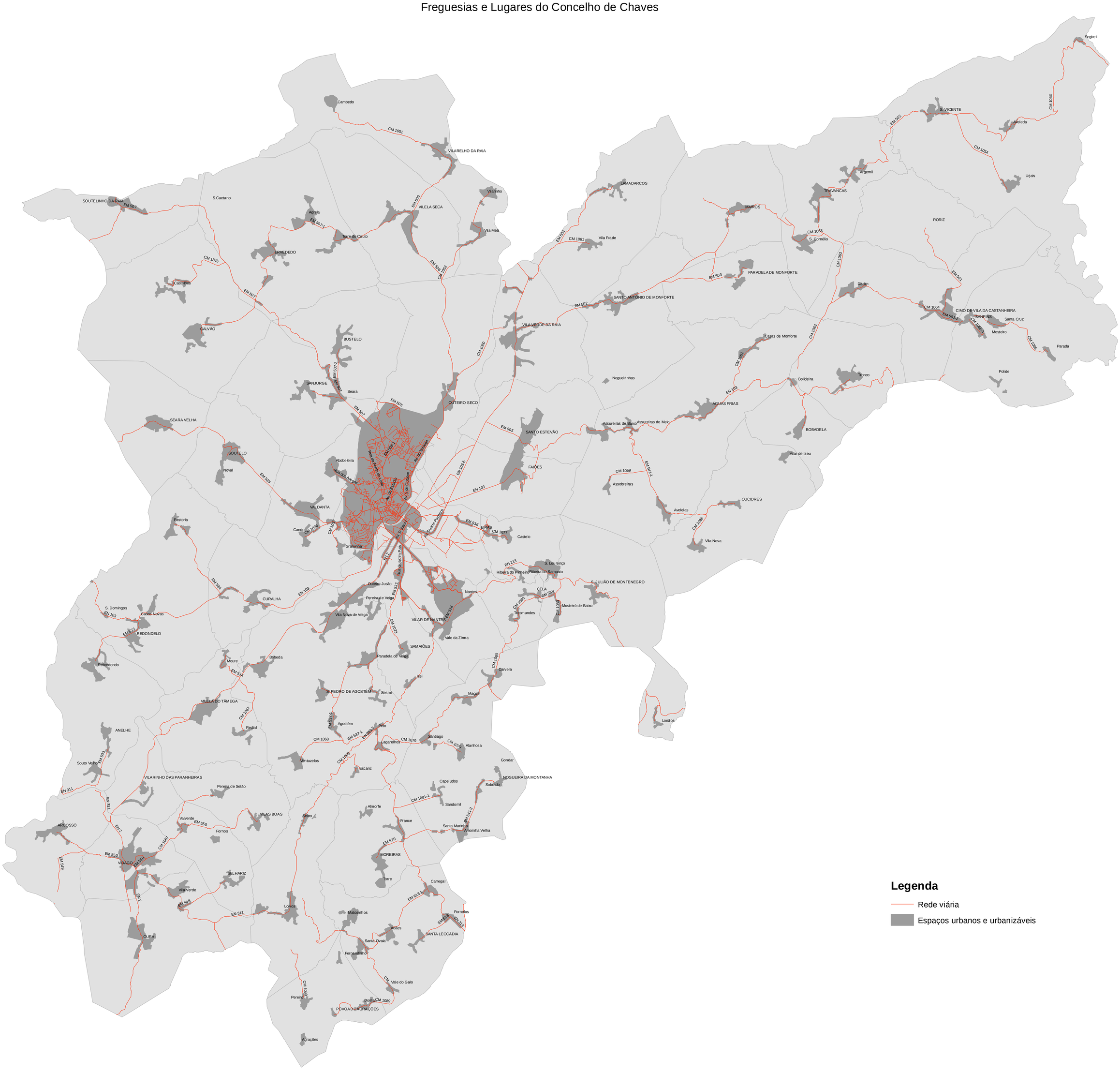Freguesias e Lugares do Concelho de Chaves