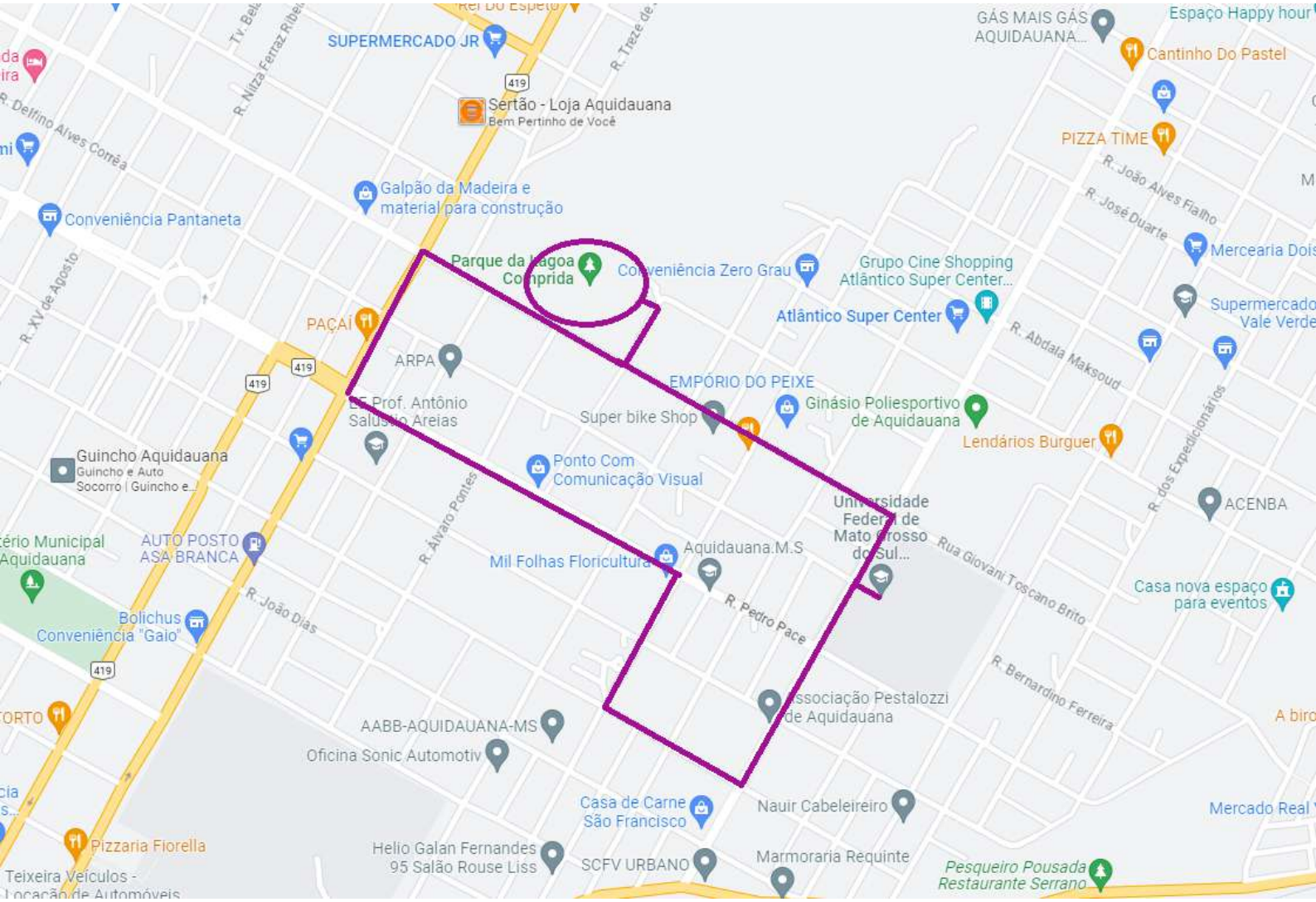PERCURSO CAMINHADA- CPAQ