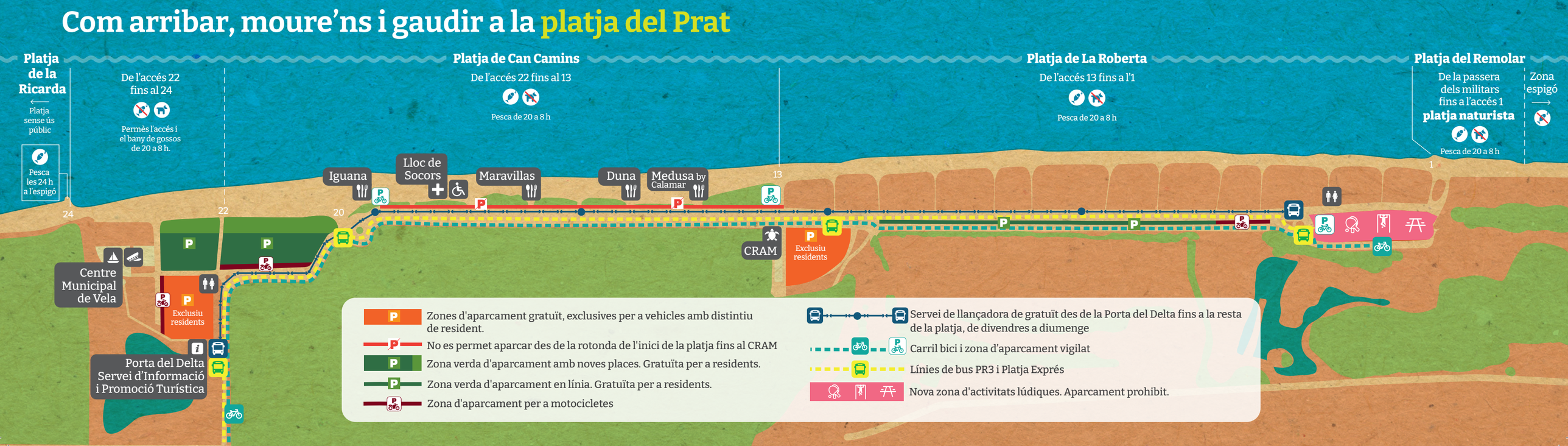Com arribar, moure'ns i gaudir a la platja del Prat