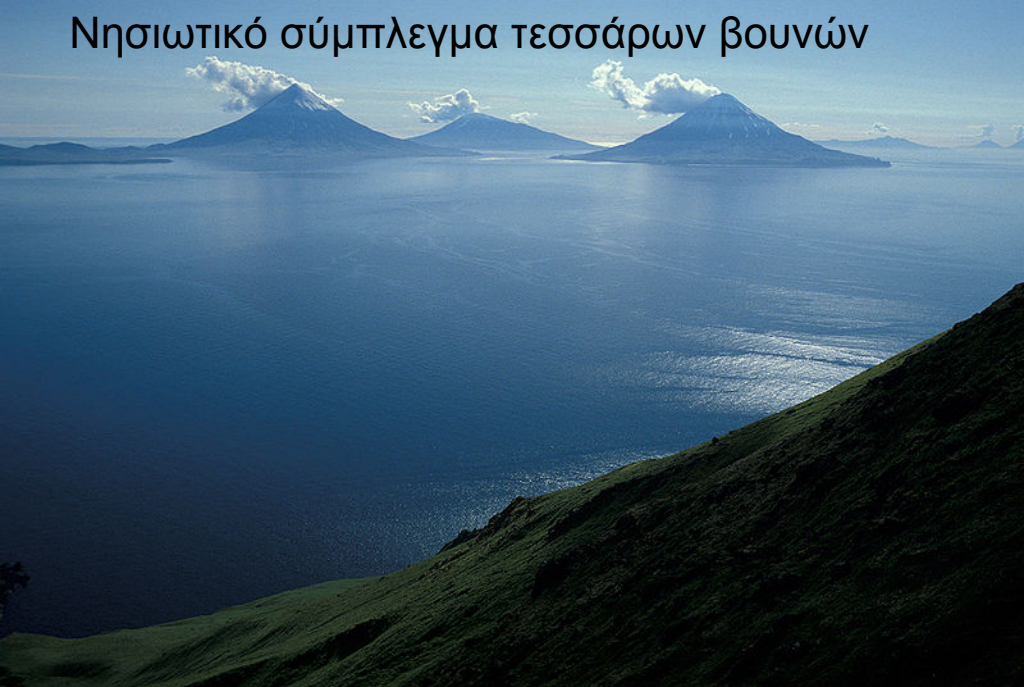Νησιωτικό σύμπλεγμα τεσσάρων βουνών