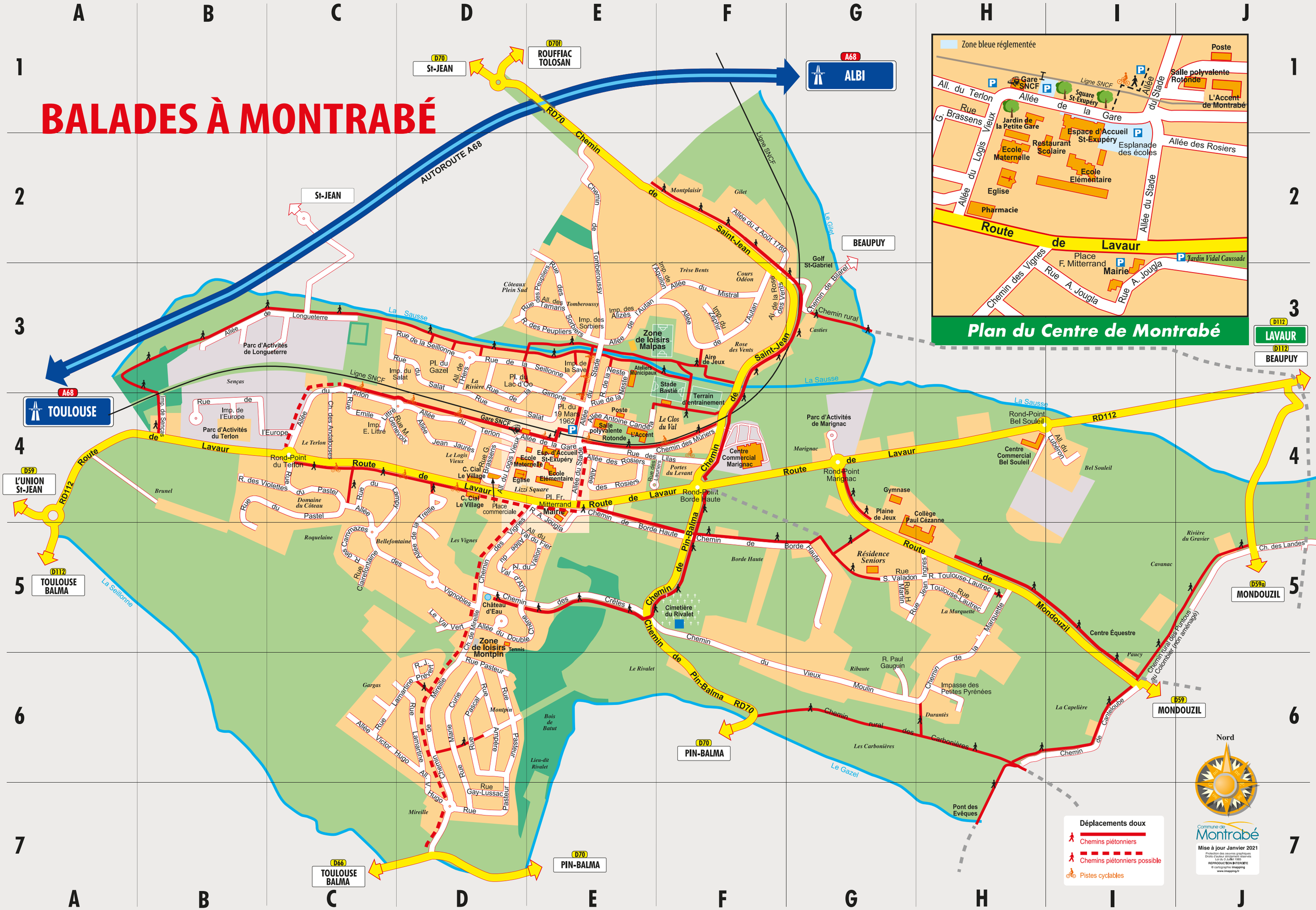BALADES À MONTRABÉ