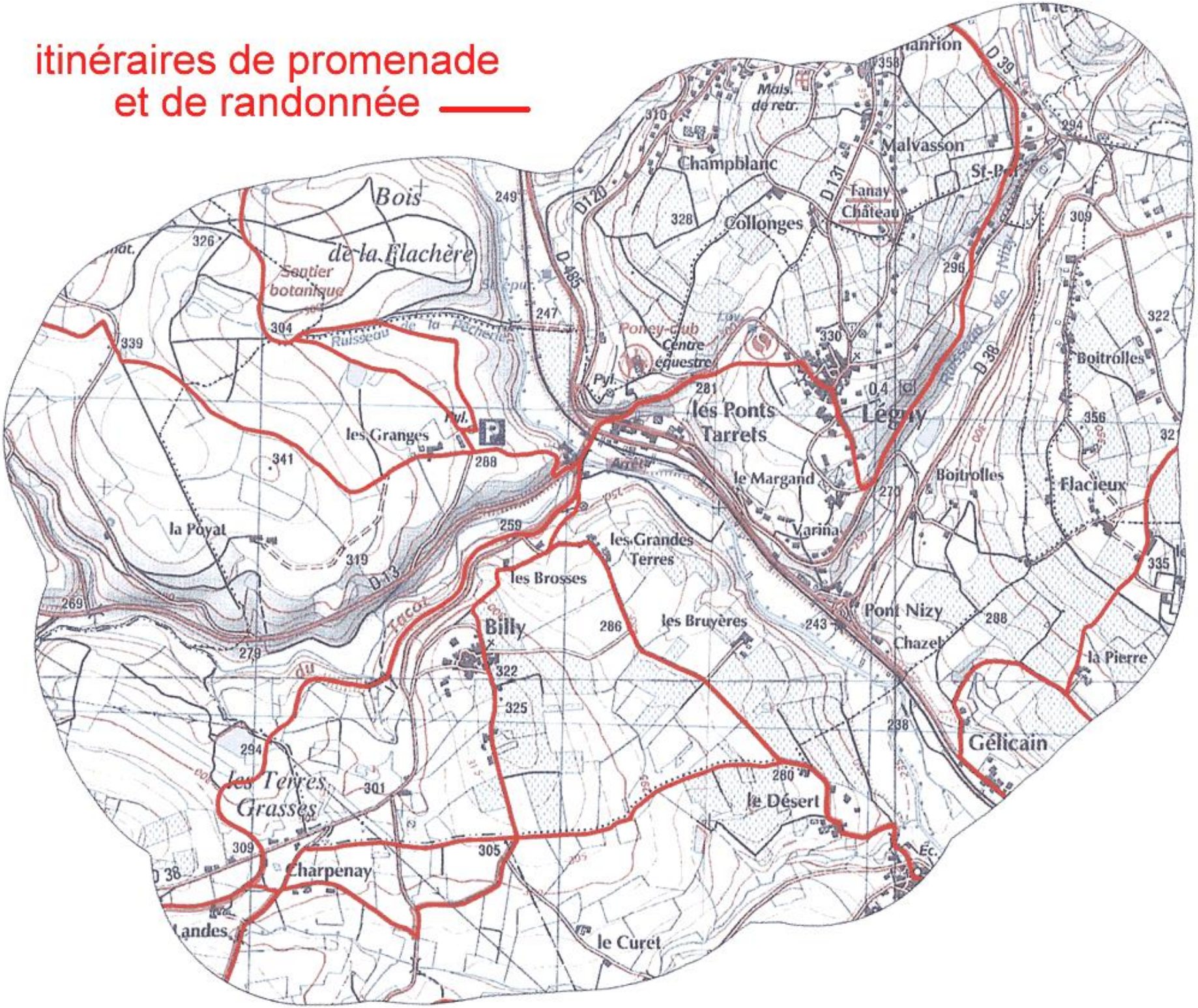itinéraires de promenade et de randonnée