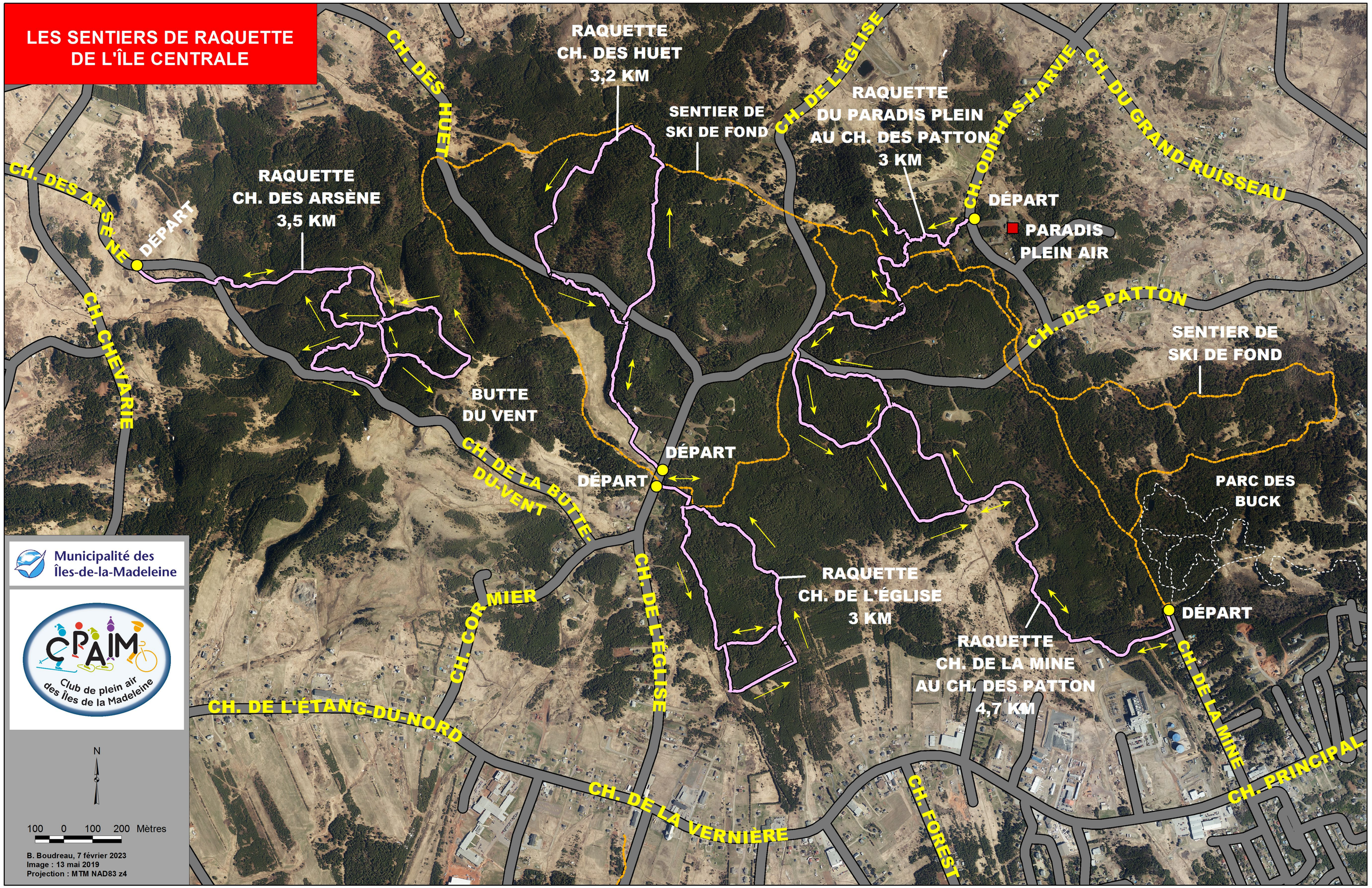LES SENTIERS DE RAQUETTE DE L'ÎLE CENTRALE