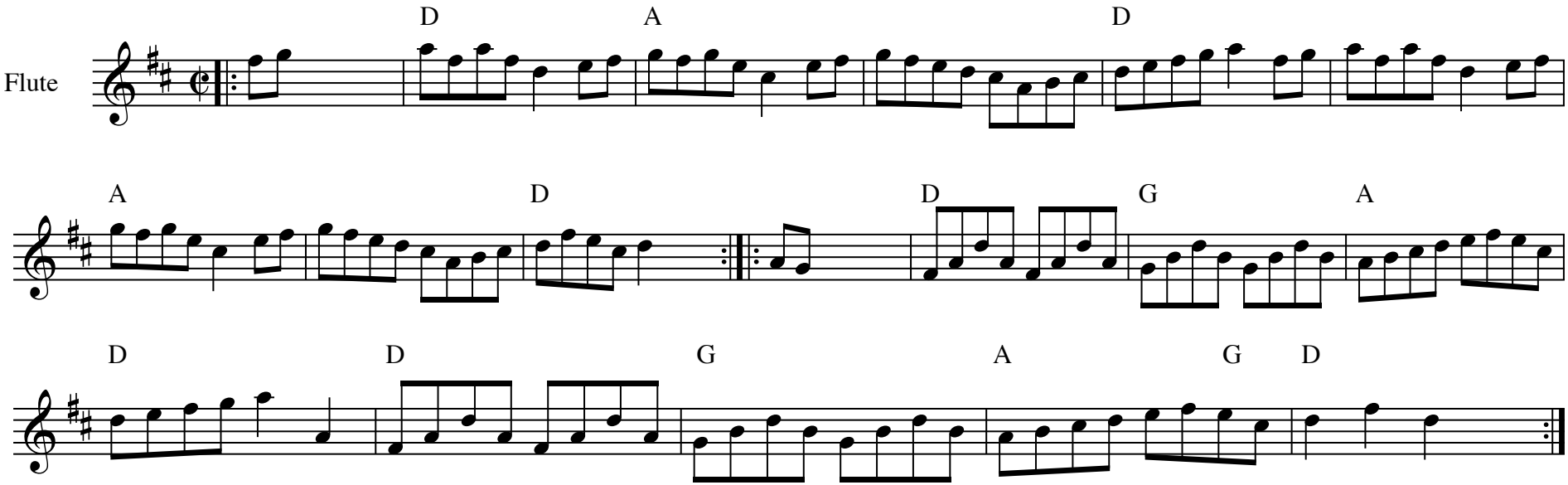Pays de Haut