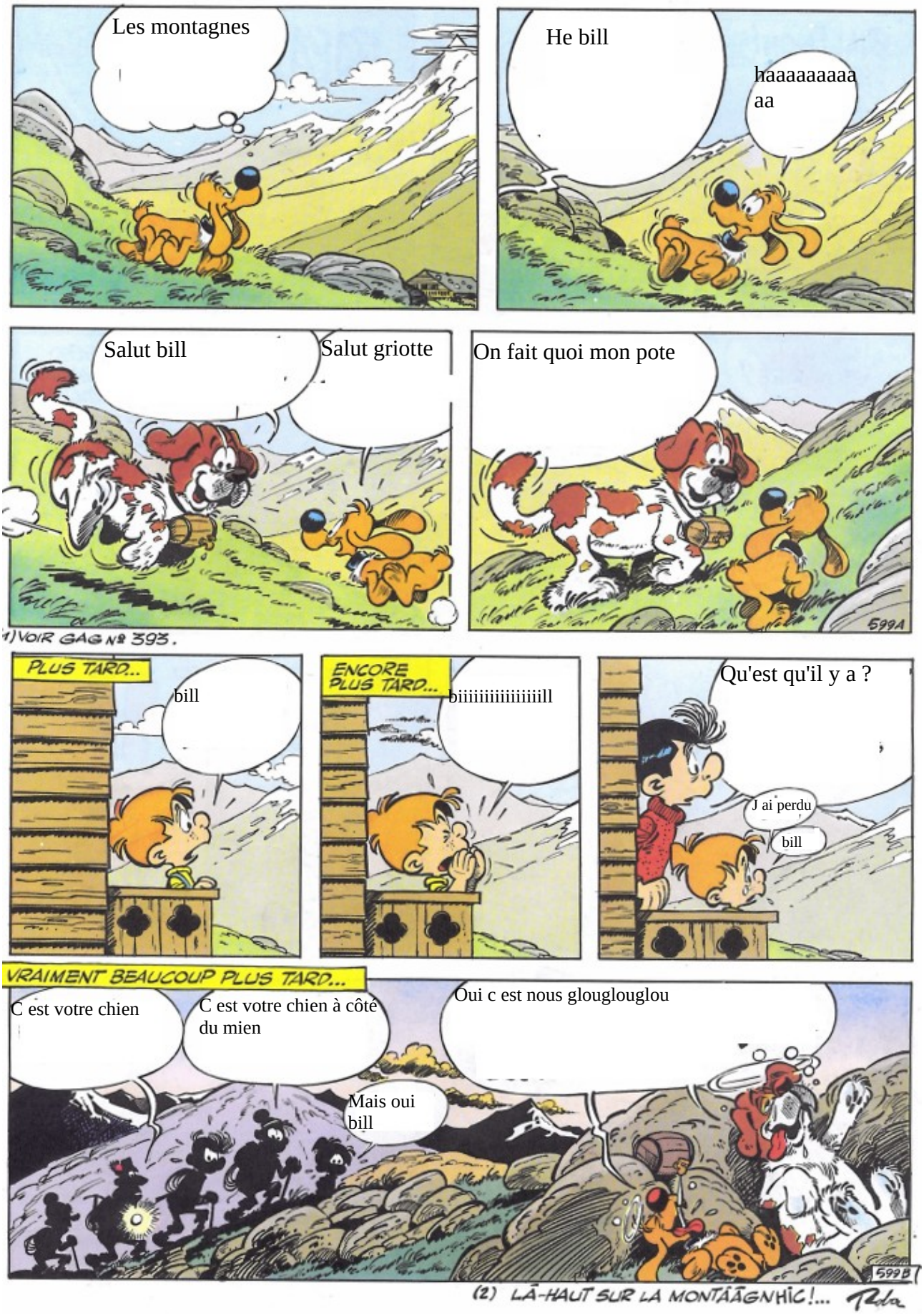Les montagnards