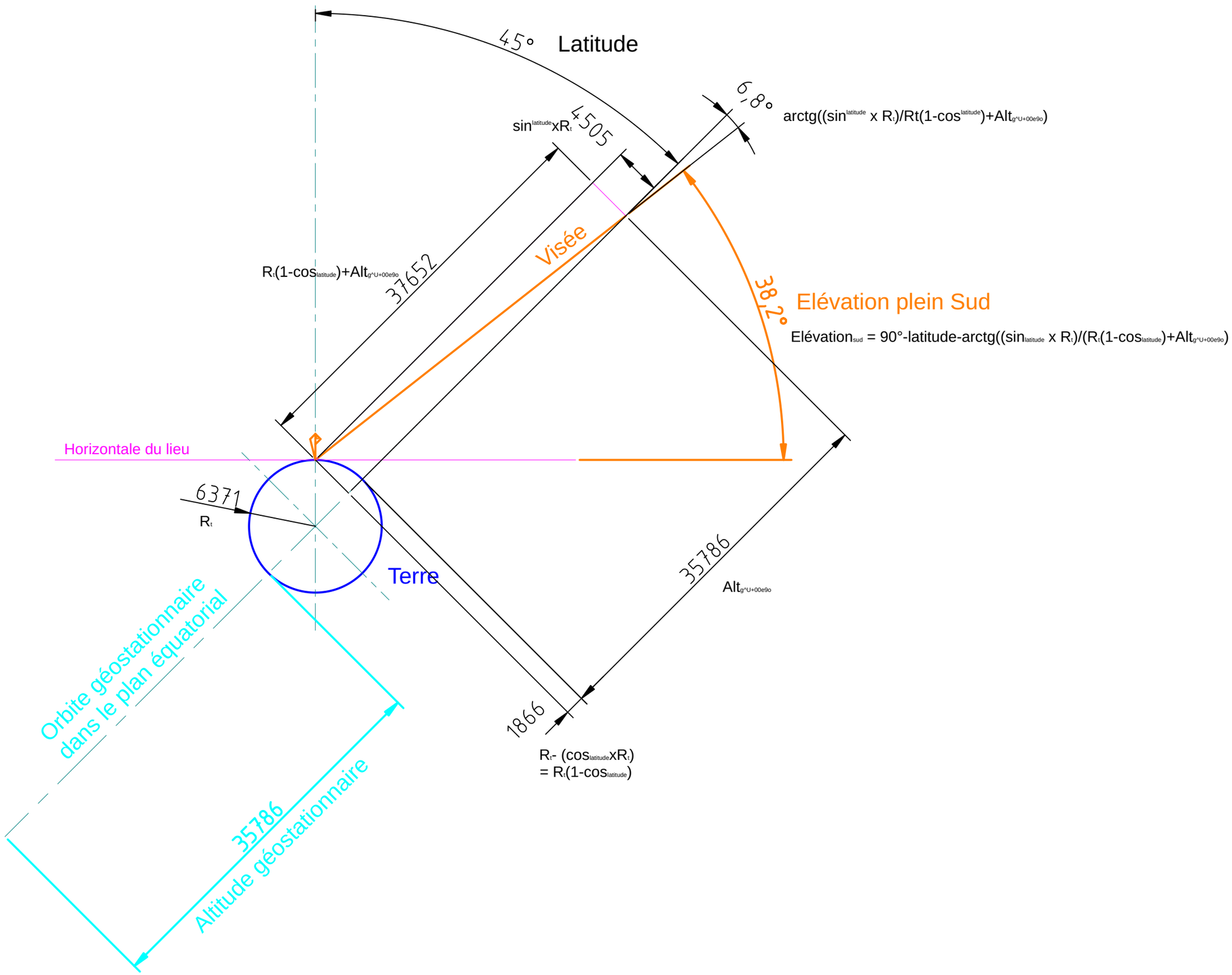Vue vers l'Est