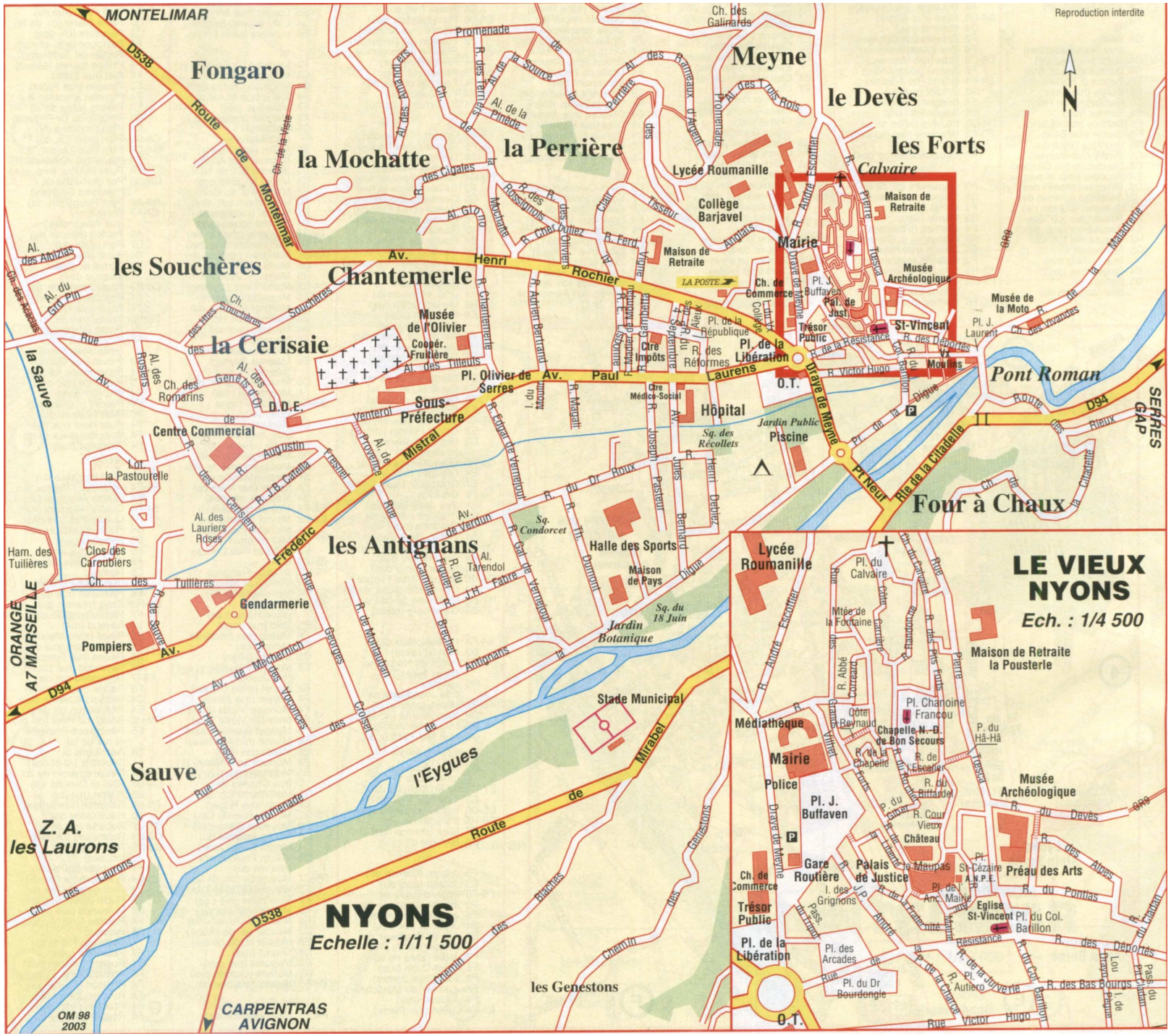PLAN DE NYONS