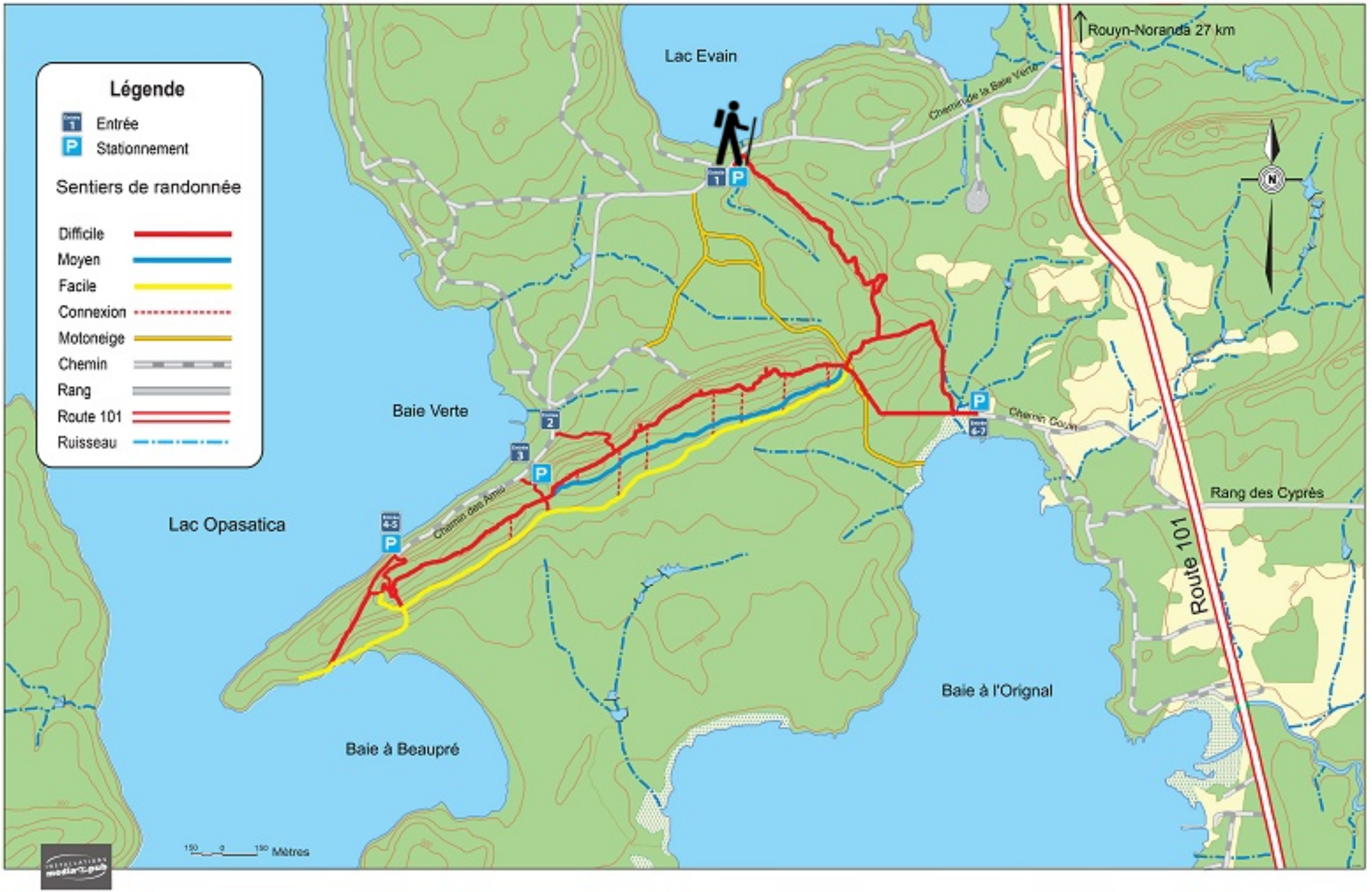Sentiers Opasatica