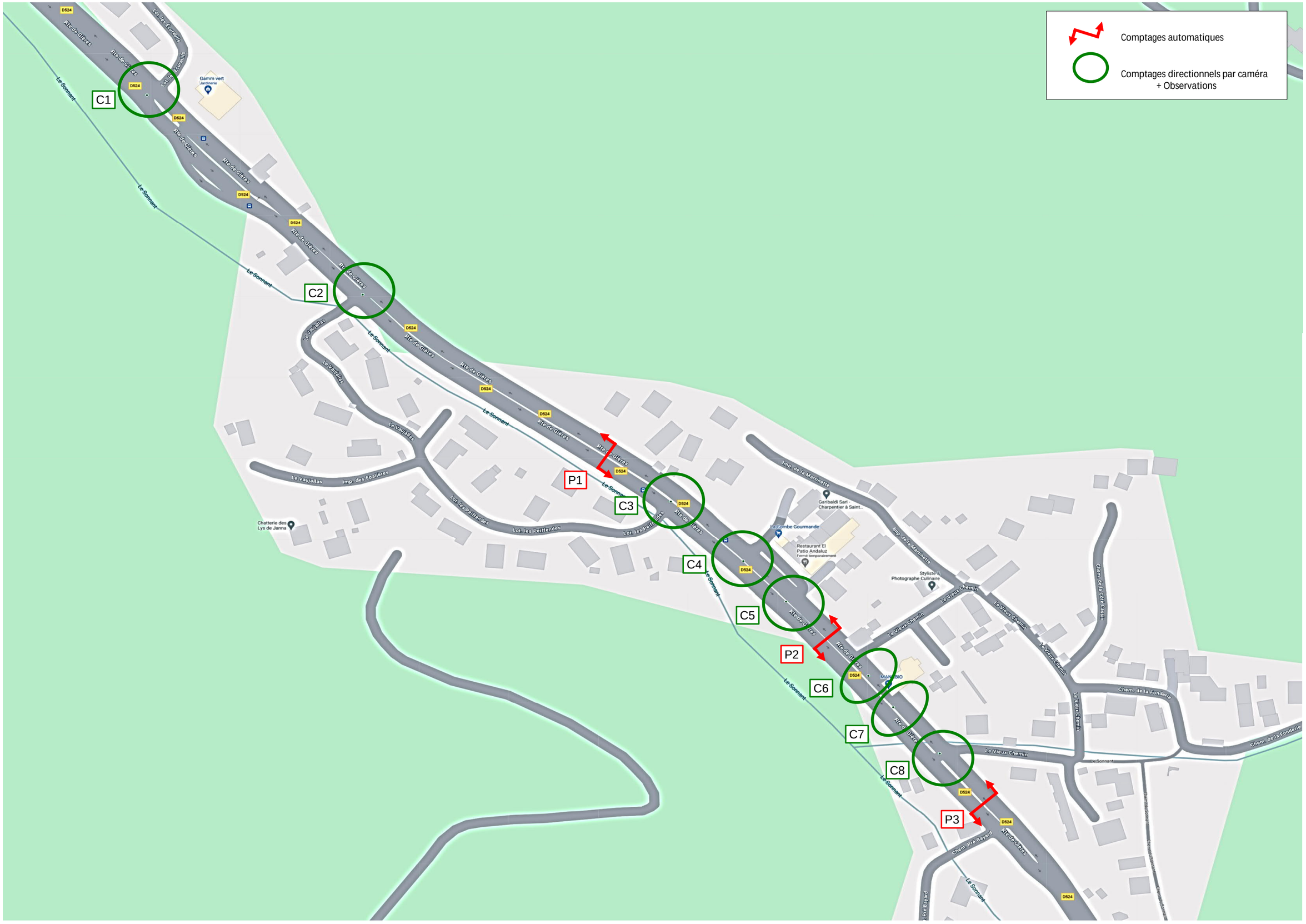Plan Sonnant d'Uriage