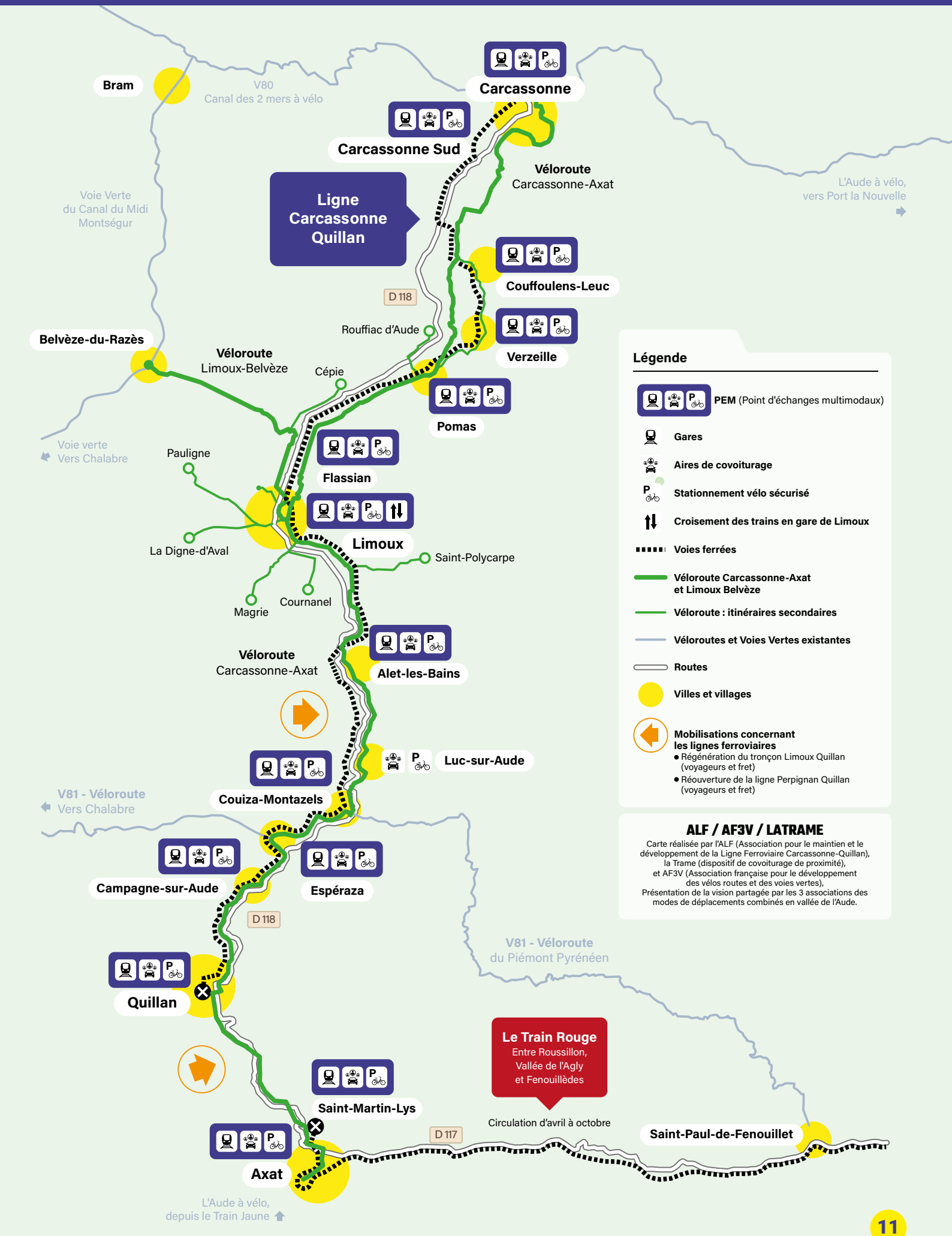Plan des mobilités en vallée de l'Aude