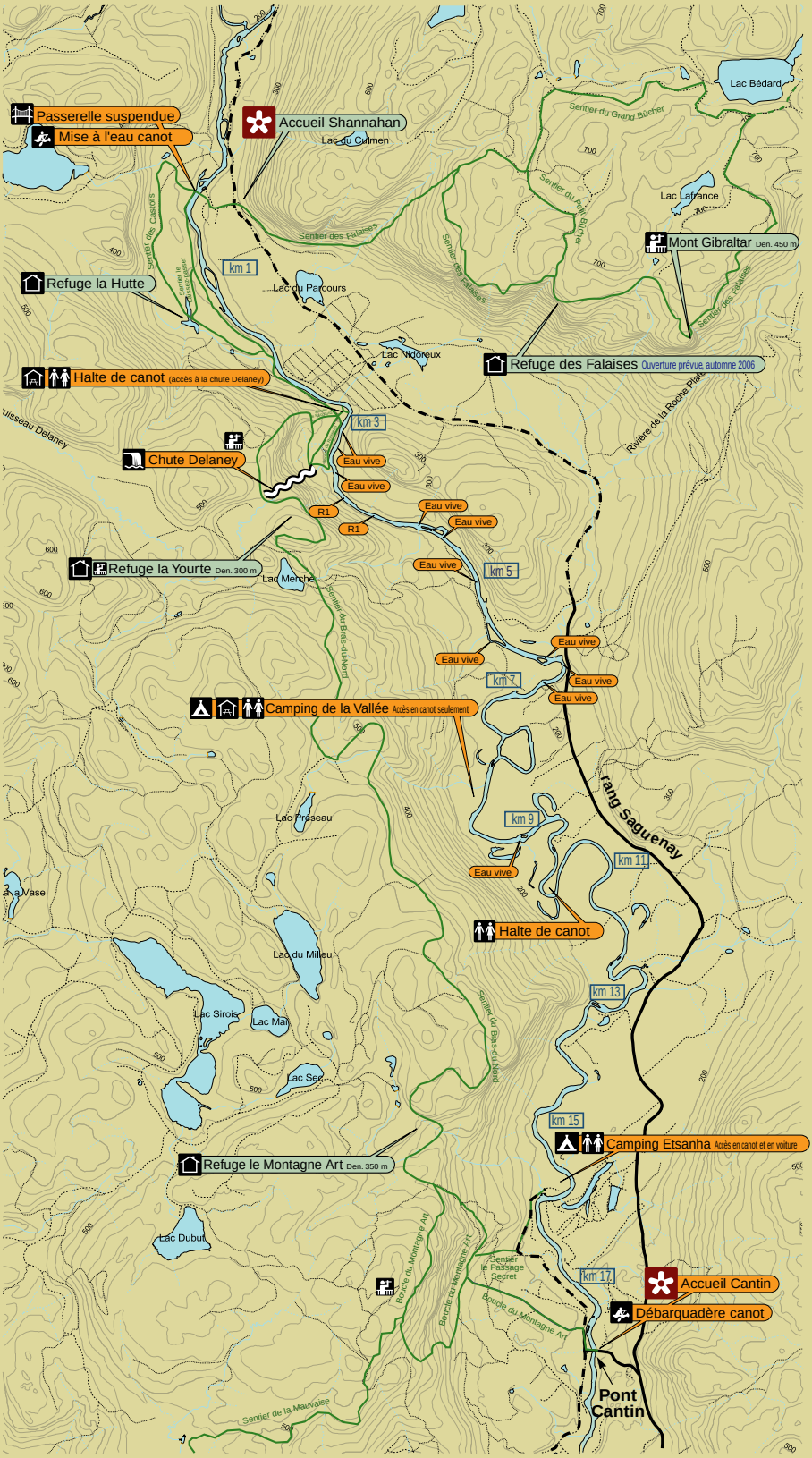Vallée Bras-du-Nord Parcours canotable