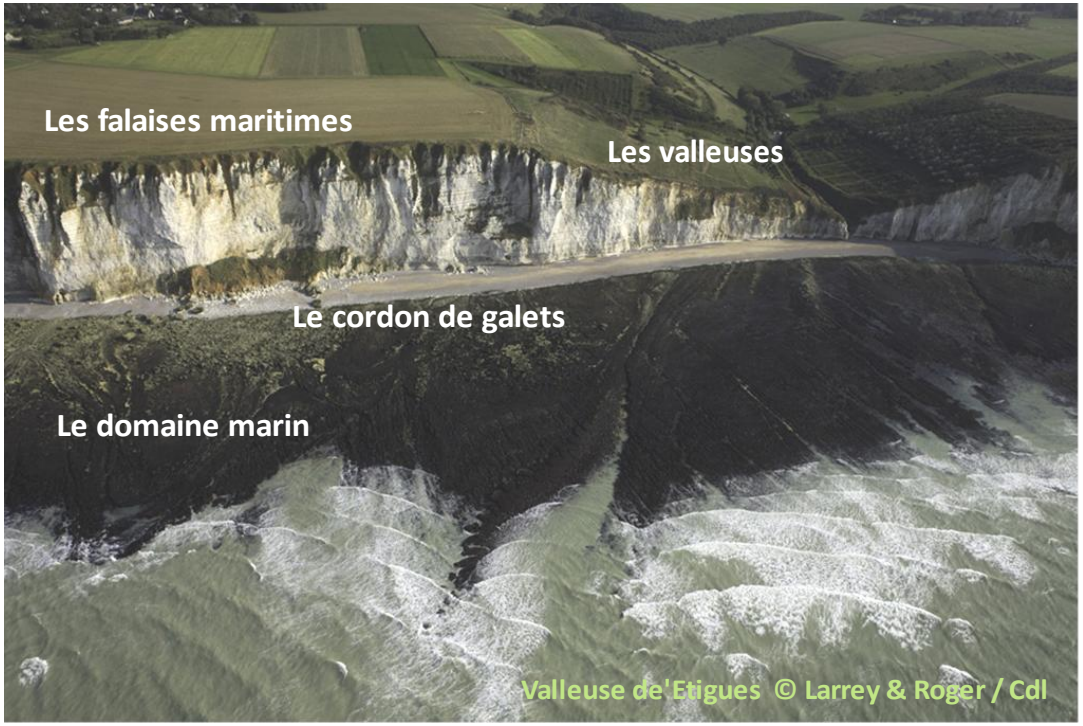Les 5 entités paysagères du littoral cauchois