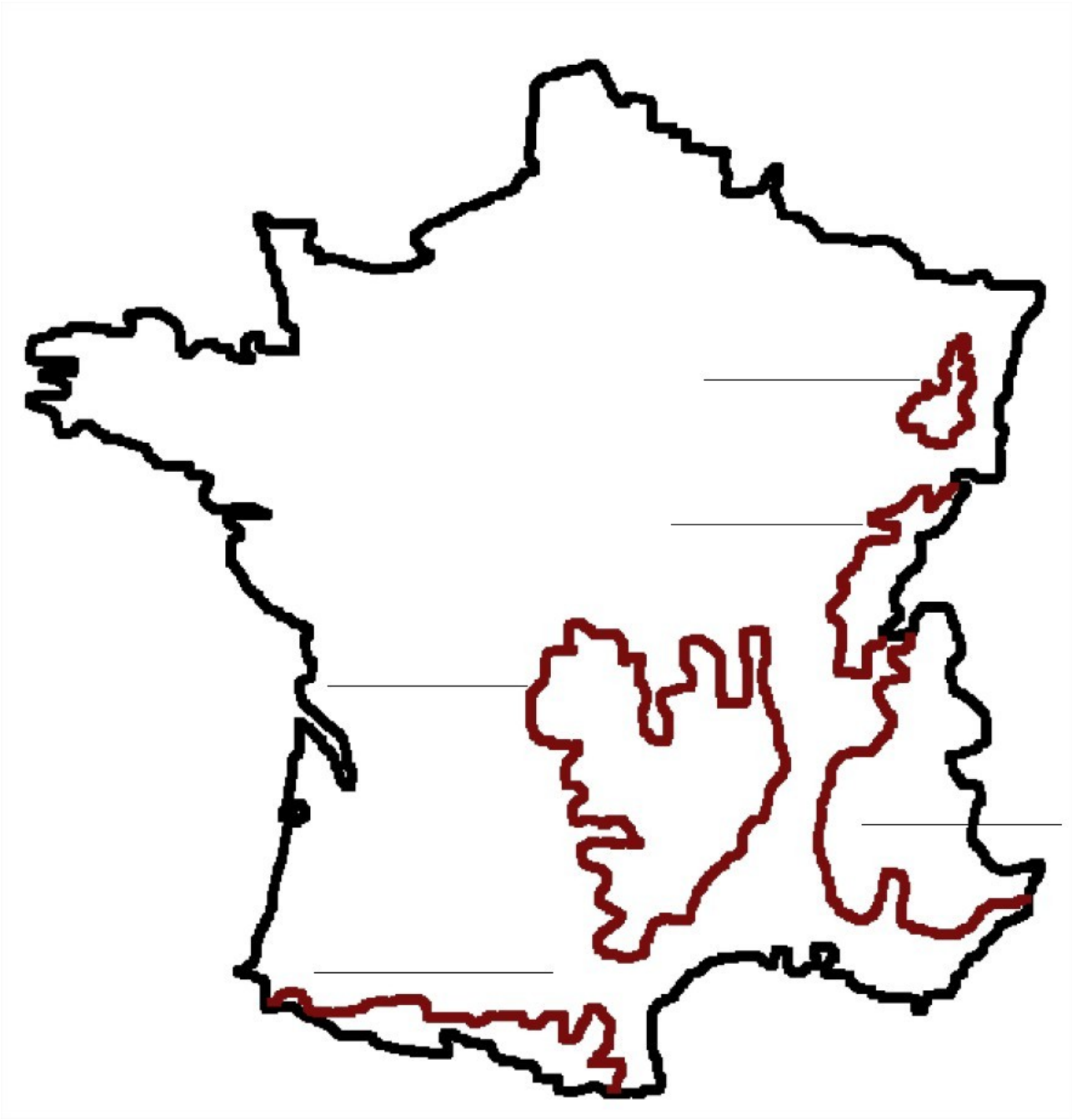Complète la carte de France : Montagnes , mers , océan, pays voisins