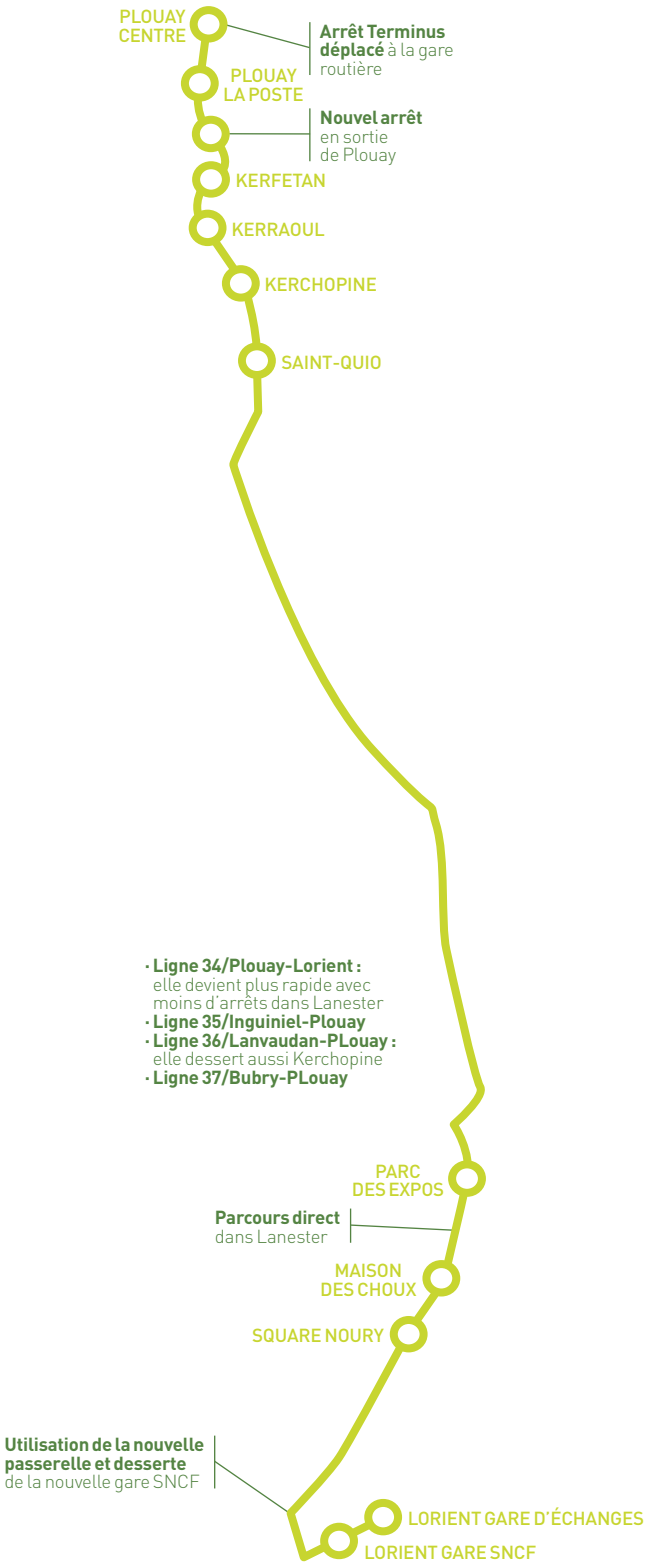Ligne Express Plouay-Lorient