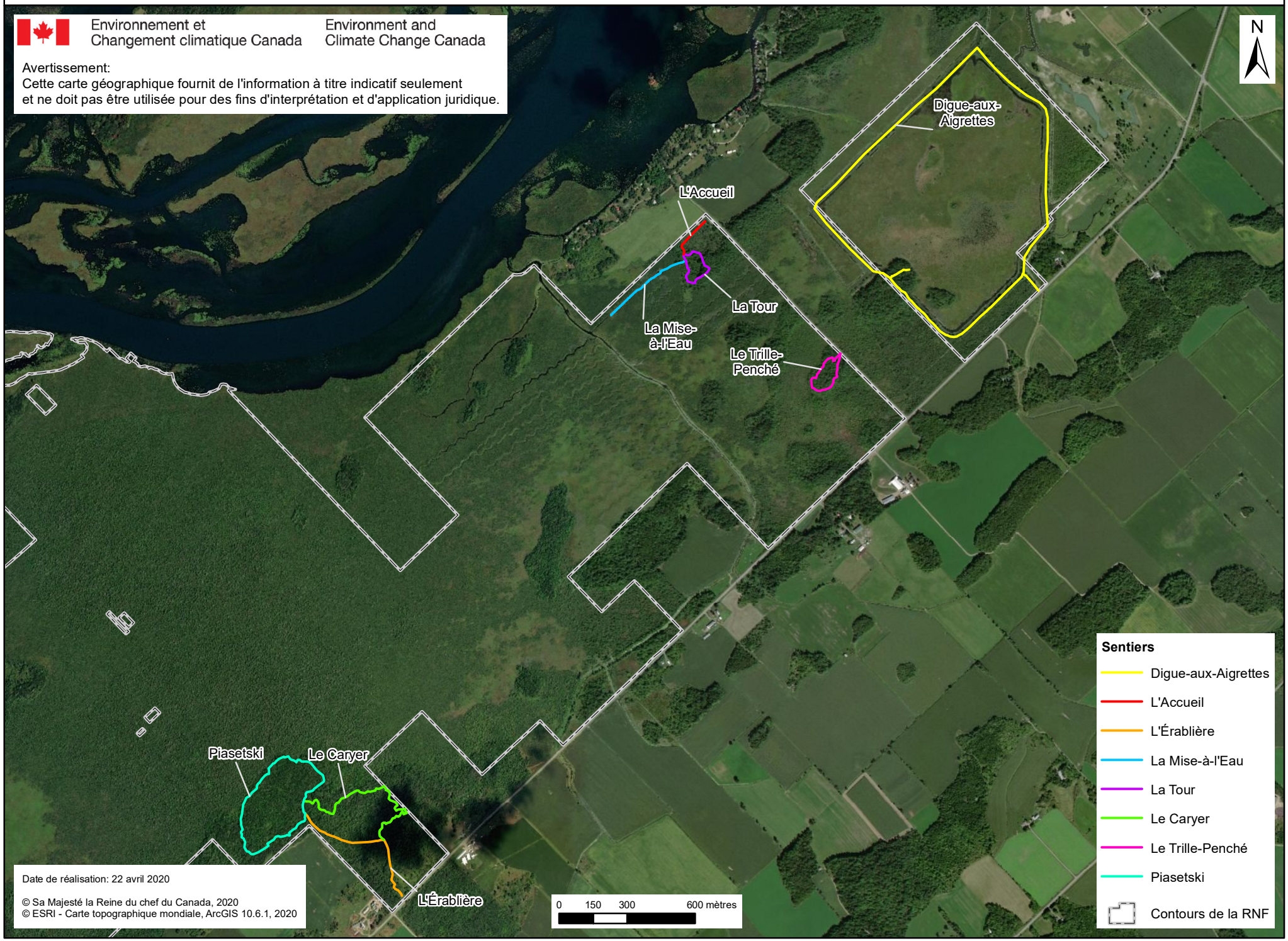Sentiers pédestres de la Réserve nationale de faune du lac Saint-François