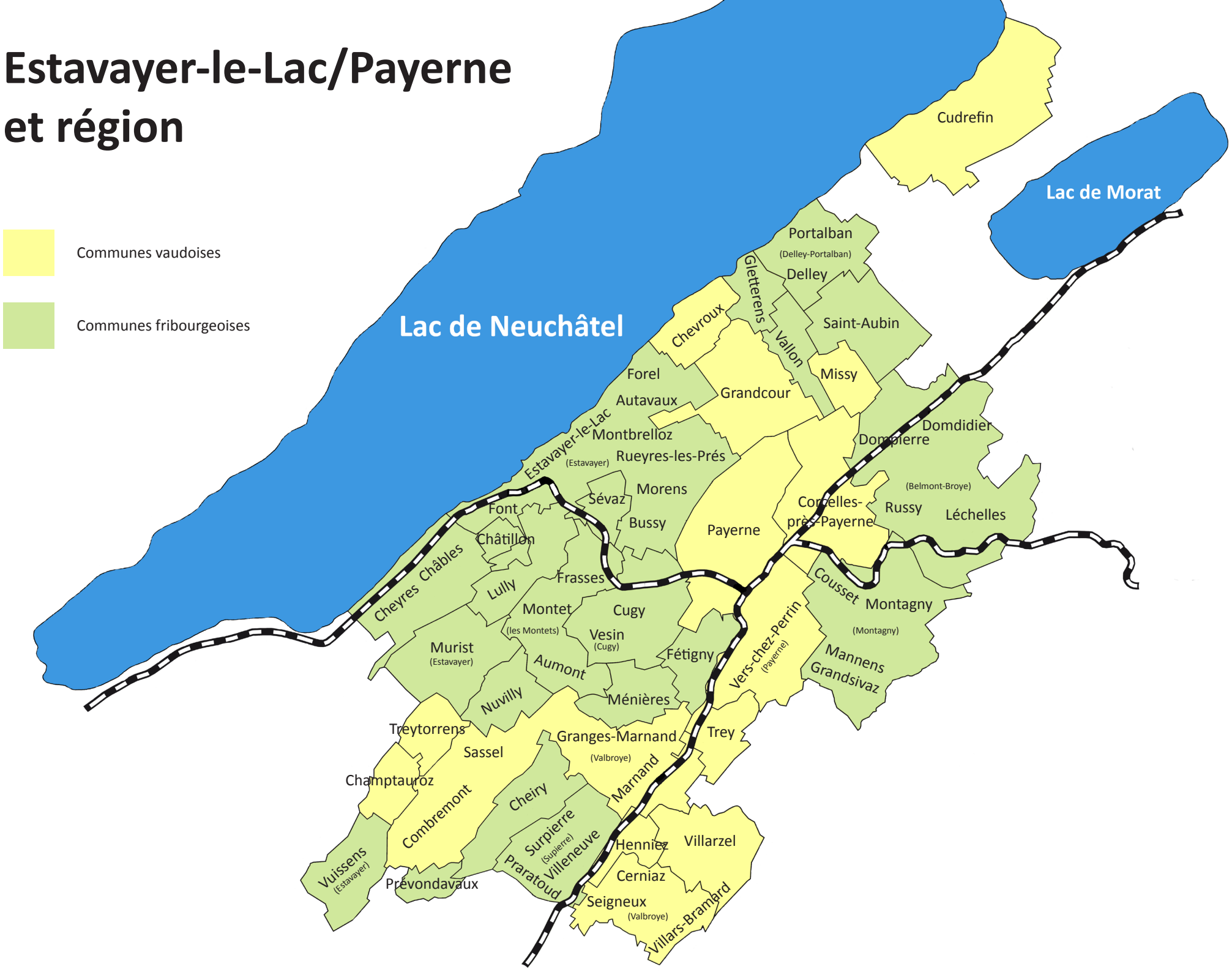Estavayer-le-Lac/Payerne et région