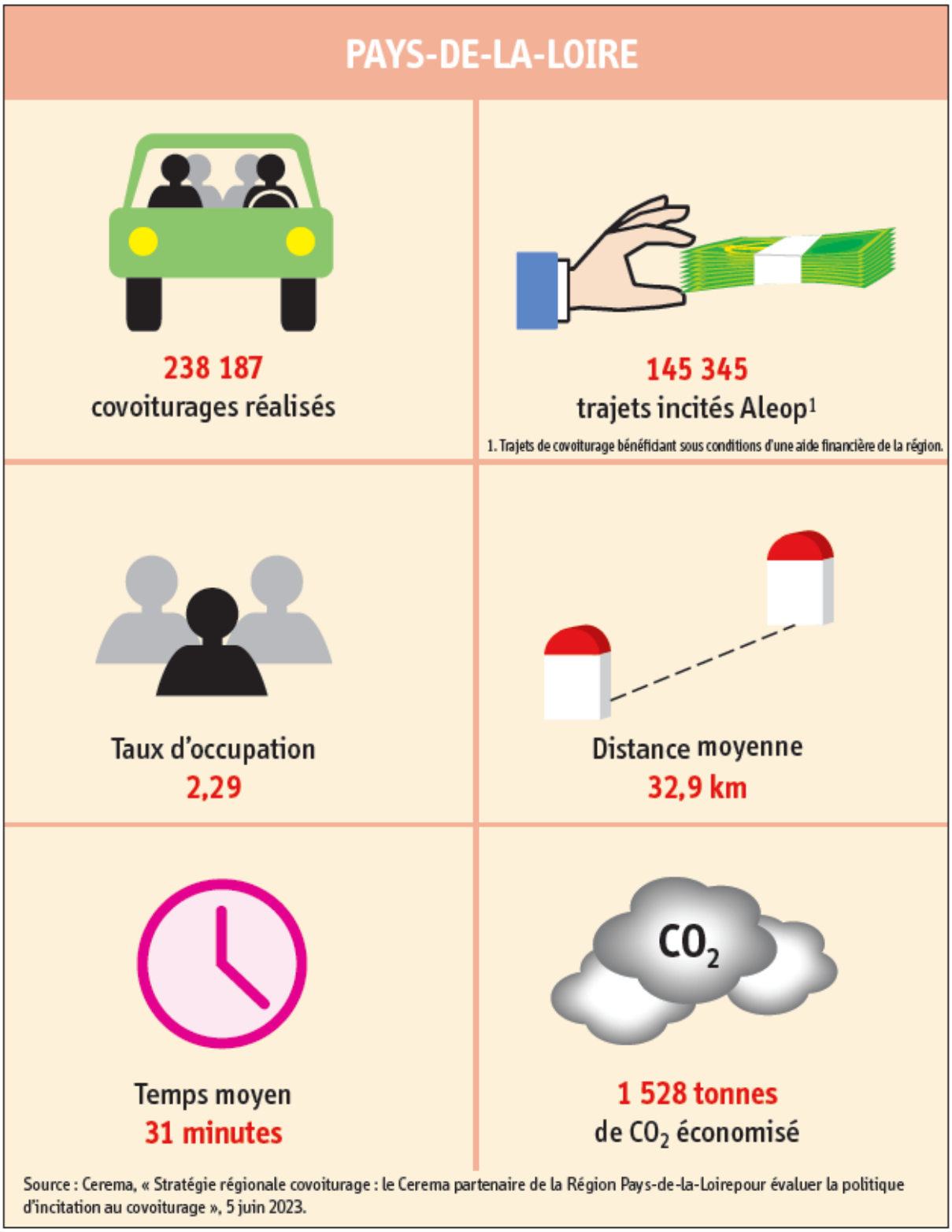Le covoiturage dans les Pays-de-la-Loire