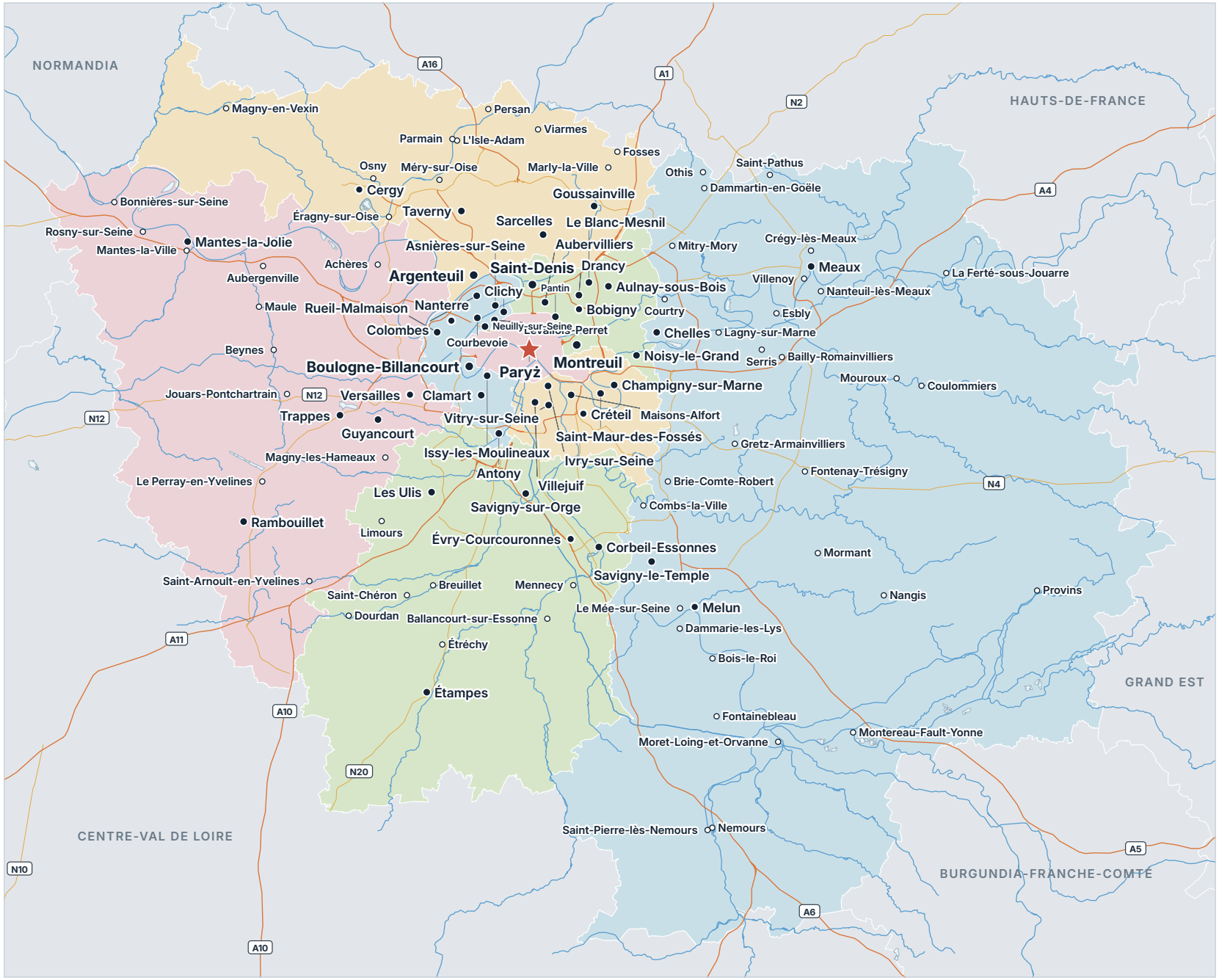Mapa regionu Île-de-France z miastami