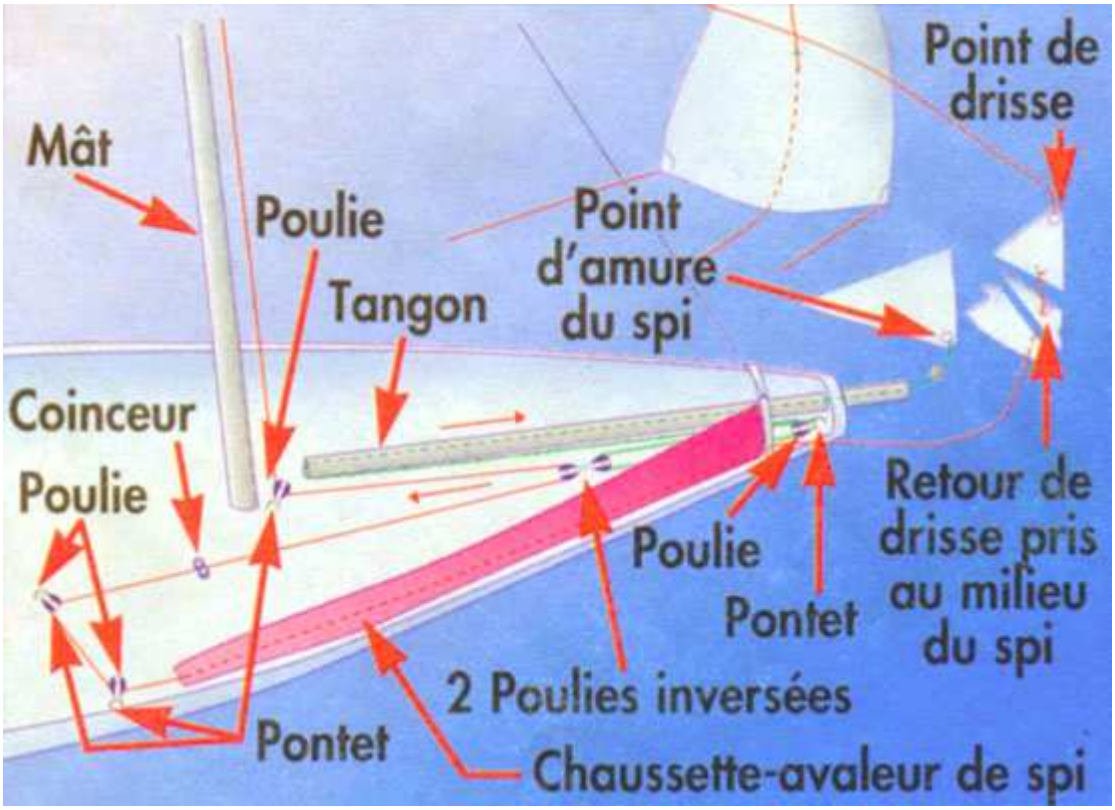Trouvé sur un site de monteynard :
http://www.chez.com/asceavoile/matos.htm