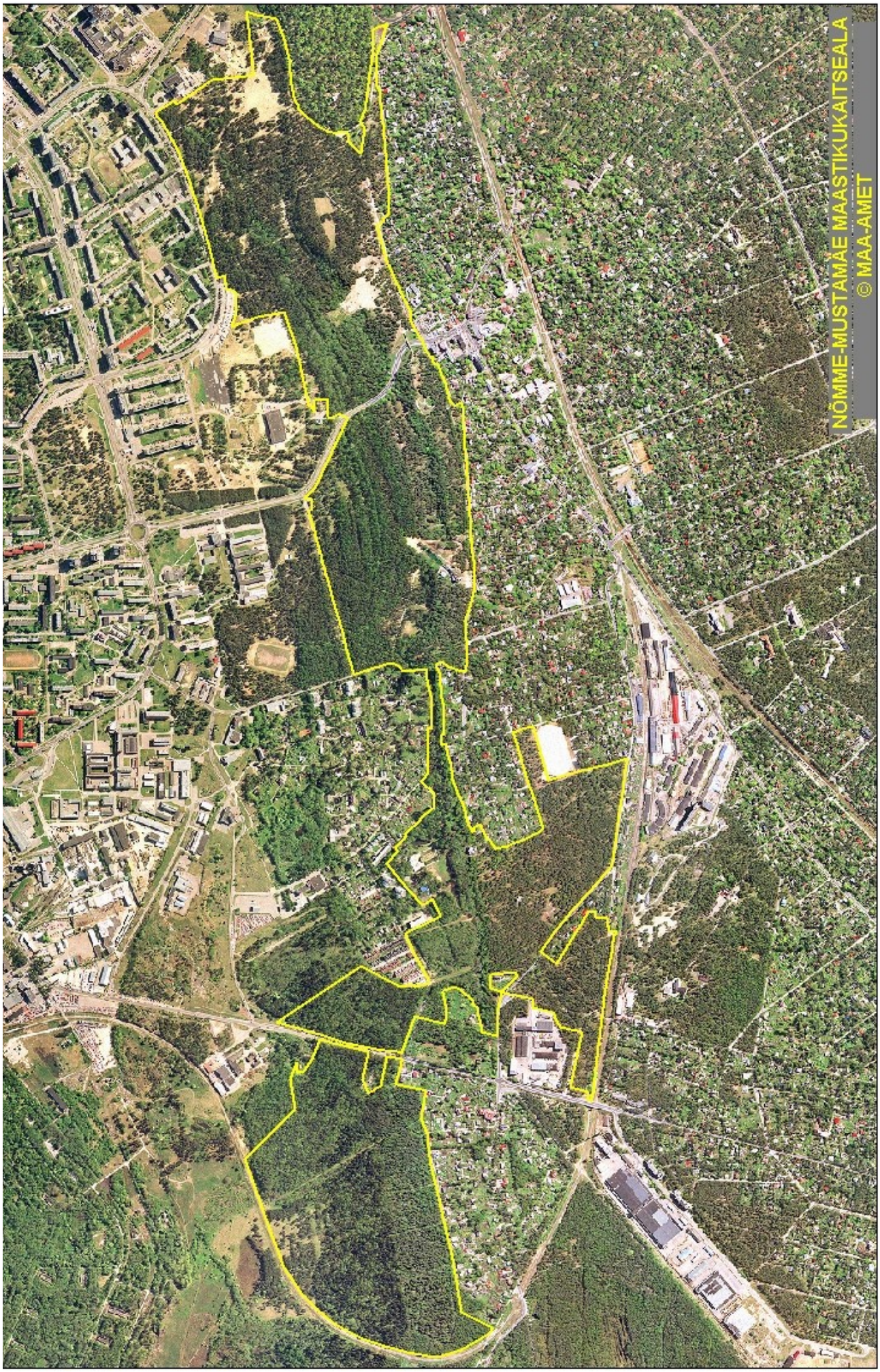Nõmme-Mustamäe maastikukaitseala puhkevõimaluste teemaplaneering