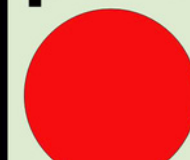


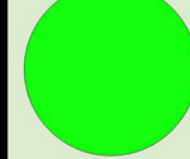


Parco della Pace

Luoghi d'interesse
per il forest bathing



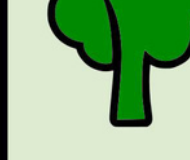
Faggeta



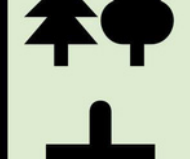
Lecceta



Querceto, arbusteti e pascoli



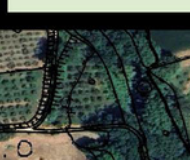
Faggeta di Montecastro



Area con alberi
di rilevante interesse



Chiesa dell'Ascensione



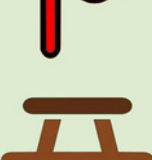
Imbocco Sentiero dei Capanni



Inizio sentiero Monte Il Cerchio
(Bivio Ascensione)



Ruderi Sant'Antonio



Imbocco sentiero Monte Martano
(versante est)



Pian delle Cappelle



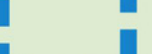
Rifugio La Croce



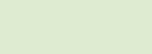
Sorgente della Rocca



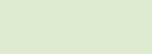
Sentiero Pian Cappelle - Mt. Martano



Sentiero Monte Il Cerchio



Sentiero Faggeta di Montecastro



Centro urbano
Massa Martana

This topographic map illustrates the landscape around Massa Martana, highlighting several hiking trails and forest bathing sites. The town of Massa Martana is located in the lower-left quadrant, with its urban center outlined in blue. A red cross marks the 'Parco della Pace' near the town. Two main trails are shown: a blue line representing the 'Sentiero Pian Cappelle - Mt. Martano' and an orange line representing the 'Sentiero Monte Il Cerchio'. A red line indicates the 'Sentiero Faggeta di Montecastro'. Various icons are placed along these trails and in the surrounding forested areas to denote specific points of interest, such as the start of trails, ruins, and forest types. A compass rose in the bottom-left corner indicates North (N), South (S), East (E), and West (W). A scale bar at the bottom center shows distances of 500, 0, 500, and 1.000 meters. The map features contour lines to show elevation and a grid system for location finding.