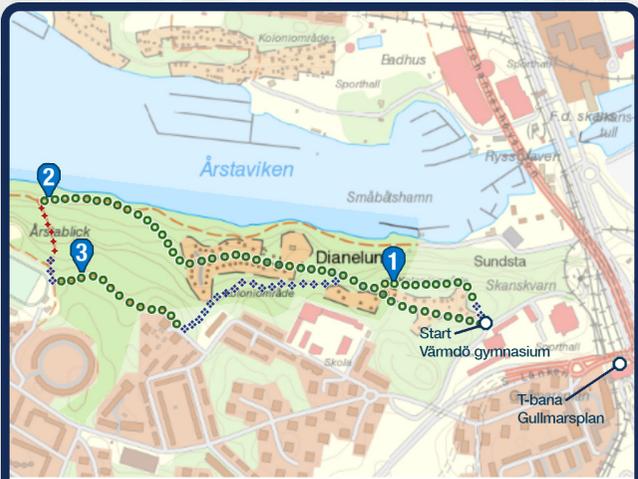


Guide to Silence

Årstaskogen Nature Area



Symbols for trail's level of difficulty
 ● Wide flat trail/road with small height differences
 ◆ Narrower path with some rocks / roots
 ◆ Uneven rocky and/or steep trail

A walk starting in the east

A walk mostly on wide trails, but steep at the turning point. **Site 1** provides water views through the trees. **Site 2** is located on the waterfront and along the main thoroughfare through the area. Walk up to **site 3** in the sparse pine forest to find perhaps the quietest area in Årstaskogen. Go back along a small trail above the allotment area. The walk is 3 km. Allow 1.5 hours for a leisurely stroll.



Symbols for trail's level of difficulty
 ● Wide flat trail/road with small height differences
 ◆ Narrower path with some rocks / roots
 ◆ Uneven rocky and/or steep trail

A walk starting in the west

A walk on mostly easy trails, but with a steep incline at the turnaround. The first part follows the upper part of the forest and **site 4** offers a beautiful view. **Site 5**, on the waterfront, is located directly below but the elevation means that we have to walk around. **Site 6** is located in the lush valley near highways, but is protected and perceived as peaceful. The walk is 3 km. At least 1.5 hours is recommended.

Silence, sounds of nature and noise

The map shows how the traffic noise is spreading into the nature reserve. Sporadic aircraft noise and boat traffic are not included in this model. The soundlevel of nature can be high, but we mostly perceive the sounds of nature as pleasant and soothing. Sound levels can be explained as:

- Bedroom Quiet30 dBA
- A small rapid.....40 dBA
- Heavy rain.....45 dBA
- Normal conversation.....60 dBA

Årstaskogen is near large roads, train tracks and the metro and it is thus not easy to find really quiet sites. However, there are sites that are perceived as peaceful compared to the surroundings.



New energy and a break from thinking

A walk in the forest to collect your thoughts. A break under a tree in the park to recharge your batteries. People have, regardless of culture or traditions, always sought out calm natural environments to restore the mind and spirit.



Six calm sites in Årstaskogen Nature Area

This is a guide to entice you to go out and just be in nature. A visit in calm nature is positive for your health and wellbeing. The areas you can visit often, such as those that are close to you, have added value.

Årstaskogen is a beautiful forest that slopes down to the water in Årstaviken. The forest is located very close to buildings and thoroughfares and true silence is difficult to find. Many sites are still perceived as peaceful, however, as the difference in the sound levels from the surrounding town is pronounced.

Wind, weather and seasons affect how quiet different places are. But nature is rarely completely quiet. Natural sounds are a part of the experience.

This guide shows the way to six sites that can be reached via two walks. The routes are in most cases easily accessible. You can of course also choose to visit individual sites. Read more about the walks on the next page.



6. In the leafy valley



2. Rock with a view



1. By the small trail



5. By the water



4. Glimpses of water



3. Sparse pine forest



Expand the experience

Turn off. Turn off the phone and take a break from have-to-dos, plans and worries.

Prioritize the moment. Prioritize the time for your walk. The greatest benefit of a visit in nature comes when you are fully present.

Walk slowly. When you walk a little slower you move attention away from where you're going to the present moment and the step you take now.

Listen. To focus on the nature that surrounds you and listen can silence your thoughts for a moment.

Smell and feel. Nature has distinct aromas that change with the seasons and weather. Smell the leaves, grass and moss. The wind may feel cold, warm, caressing or biting. Feel the bark of the oak and the soft moss as well.



This picture symbolizes calm places where you can experience the natural sounds of birds, wind and waves.

Guide to Silence in the City of Stockholm

There are Guides to Silence that cover eleven of Stockholm's existing and potential nature and cultural reserves. Årstaskogen and Årsta holmar are investigated to become a nature reserve. You can find more information and contact details here: www.stockholm.se/guidetilltystnaden

You can also go to Google maps and search for Guide to Silence to find a location near you.

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