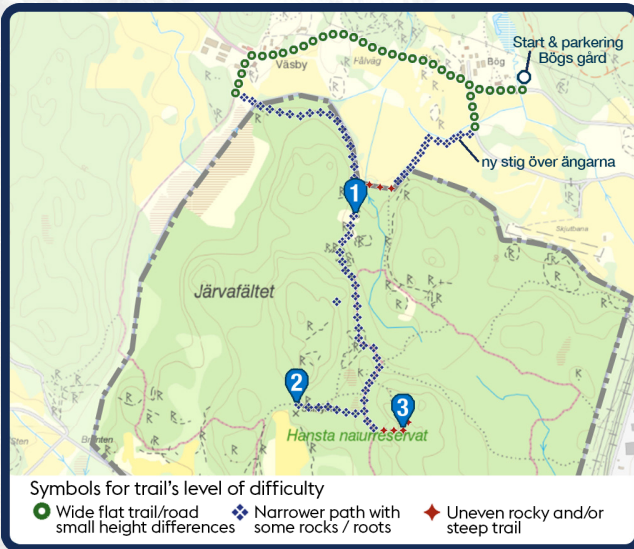


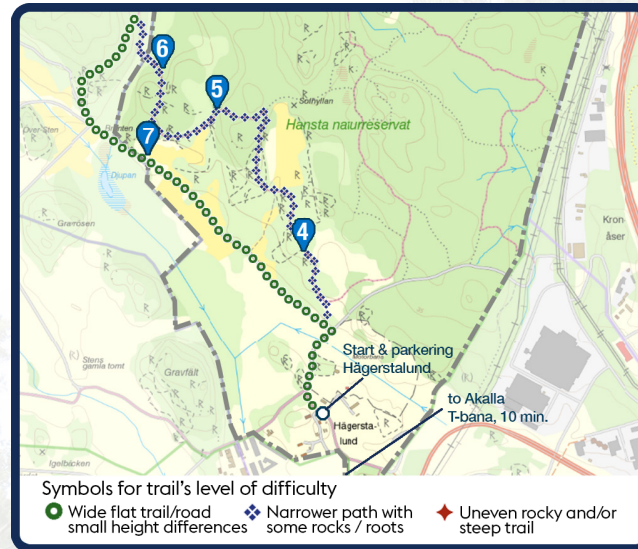
# Guide to Silence

## Hansta Nature Reserve



### Walk starting at Bögs gård in Sollentuna

The trails in Hansta Nature Reserve are in general small and uneven with rocks and roots. Two different paths take you **site 1**, a beautiful clearing with oak trees. You continue through the dense forest to **site 2**, Solhyllan with views of the meadow. Turn back and walk up to **site 3**, Astrid Lindgren's mountain, the last part is steep. The walk is 5 to 6.5 kilometers. Allow about 2.5 hours for a leisurely walk with breaks.



### Walk starting at Hägerstalund

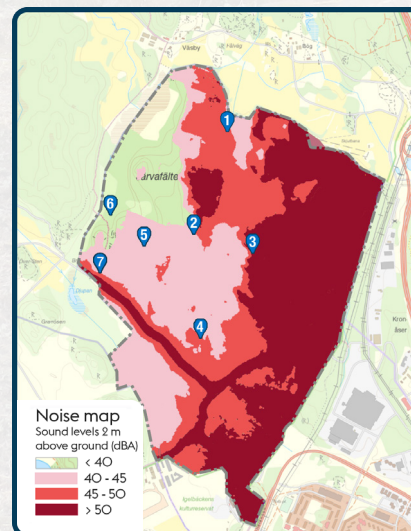
The first half of this walk follows narrow trails and the other half wide gravel roads. **Site 4** is situated in the middle of oak and hazel groves. The small trail winds to **site 5** located in a wildwood forest. Continue to **site 6** situated on the border between forest and wetland. Walk to **site 7** by the oaks with views of the meadows. The walk is 4.5 km. You need 2 hours for a leisurely walk with breaks.

### 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 Quiet .....	30 dBA
A small rapid.....	40 dBA
Heavy rain.....	45 dBA
Normal conversation.....	60 dBA

Parts of Hansta Nature Reserve are exposed to noise, but it is possible to find really quiet locations. The forest is dense, hilly and the western part is located away from roads.



### 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.





## Seven calm sites in Hansta Nature Reserve

**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.**

Hansta offers great natural experiences. The oak and hazel groves are stunning as is the wildwood forest.

You can find many peaceful and quiet locations. Wind, weather and seasons affect how quiet different sites are. But nature is rarely completely quiet. Natural sounds are a part of the experience.

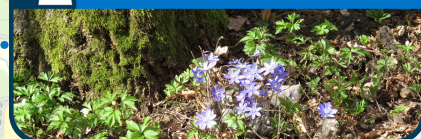
This guide shows the way to seven sites that can be reached via two walks. The walk directly to site 7 is very accessible. You can of course also choose to visit individual sites. Read more about the walks on the next page.



### 6. Natural boundary



### 1. Oaks in the clearing



### 2. Solhyllan



### 3. Astrid Lindgren's berg



### 7. Oaks and meadows



### 5. The pine forest glade



### 4. Oak and hazel groves



## 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. You can find more information and contact details here:

- [www.stockholm.se/guidetilltystnaden](http://www.stockholm.se/guidetilltystnaden)
- [www.stockholm.se/hansta](http://www.stockholm.se/hansta)

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

Project Guide to Silence was in 2015 implemented by the City of Stockholm's Environmental Department with the support of Ulf Bohman, Consultant. The project was in part financed by the Stockholm County Council's environmental grants.