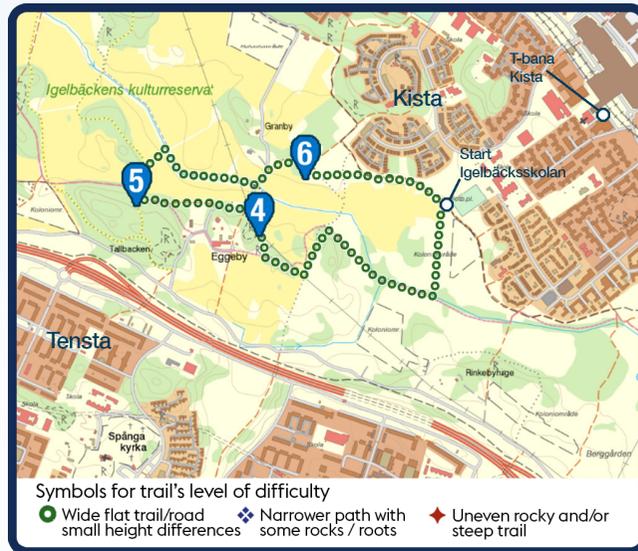


### Walk starting at Husby gård

The walk follows easy hiking trails and gravel roads through the cultural landscape. **Site 1** is protected by Granholmstoppen. You then continue past the fields and reach the creek, Igelbäcken. **Site 2** is by the lush bubbling brook. You finally get into the small forest at **site 3** where you are surrounded by pine trees. The walk is about 4 km. Set aside at least 1.5 hours for a leisurely walk with breaks.



### Walk starting close to Kista

A walk on both wide and smaller paths. You walk across the meadows and then follow Igelbäcken to **site 4** behind the Eggeby farm. The site is protected and has beautiful views. Continue to **site 5** located in the small forest area. Go back past the meadows to **site 6** which is a small prepared park and memorial. The loop is about 4 km. You need about 1.5 hours for a quiet slow walk.

# Guide to Silence

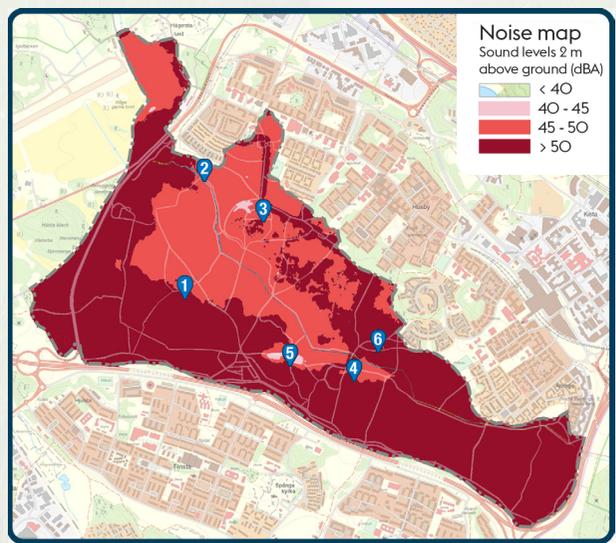
## Igelbäcken Cultural Reserve

### 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

Finding truly quiet locations is difficult in Igelbäcken cultural reserve. The area is open with large thoroughfares around, but protected peaceful and relatively quiet sites can still be found.



### 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.



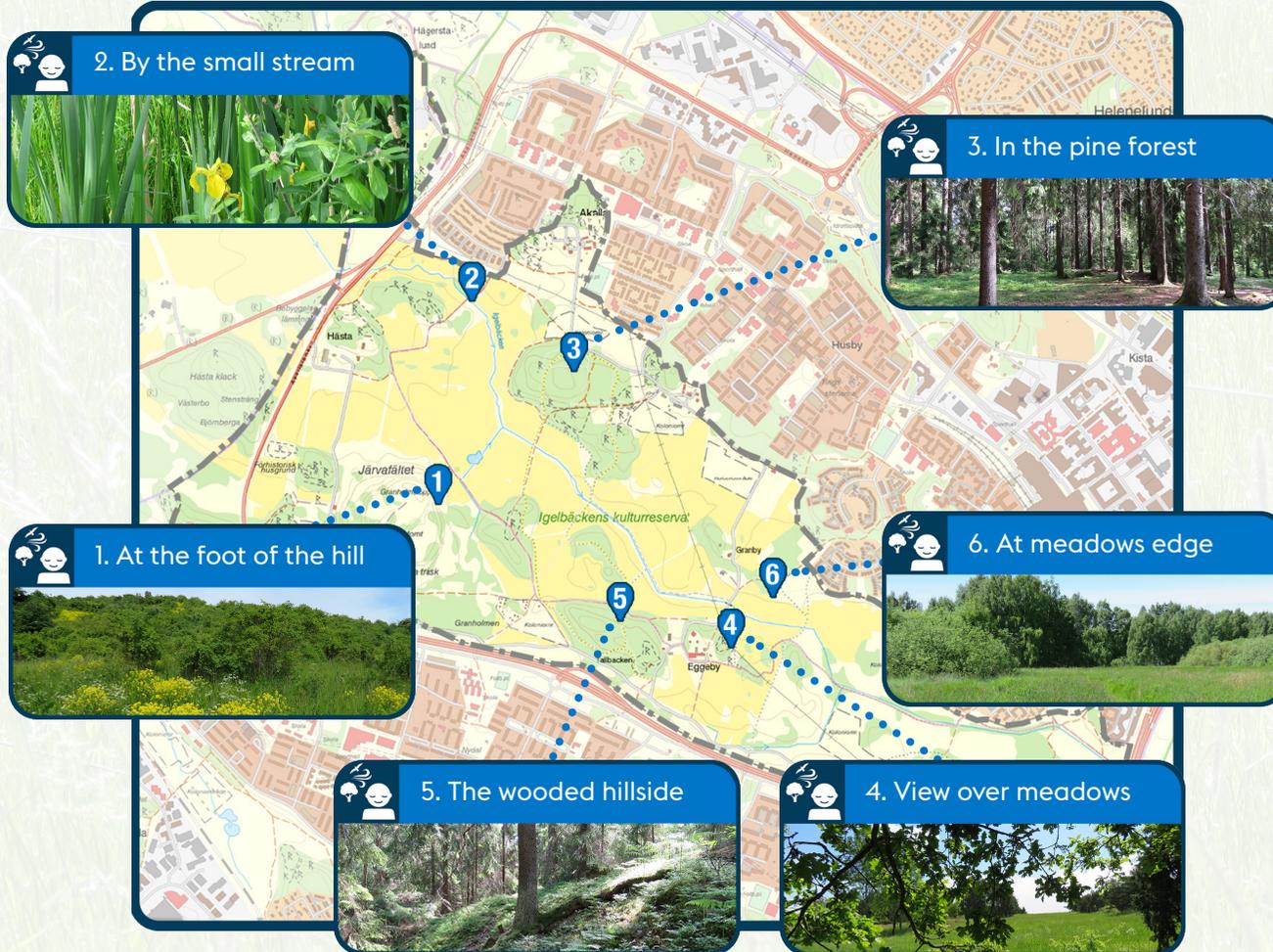
## Six calm sites in Igelbäcken Cultural Reserve

**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.**

Igelbäcken offers many exciting views of fields, meadows, pastures and small forests. Igelbäcken cultural reserve is open and surrounded by highways, so traffic noise is always present in the background. Relatively peaceful locations can still be found.

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 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.



## 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/igelbackens-kulturresevat](http://www.stockholm.se/igelbackens-kulturresevat)

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.