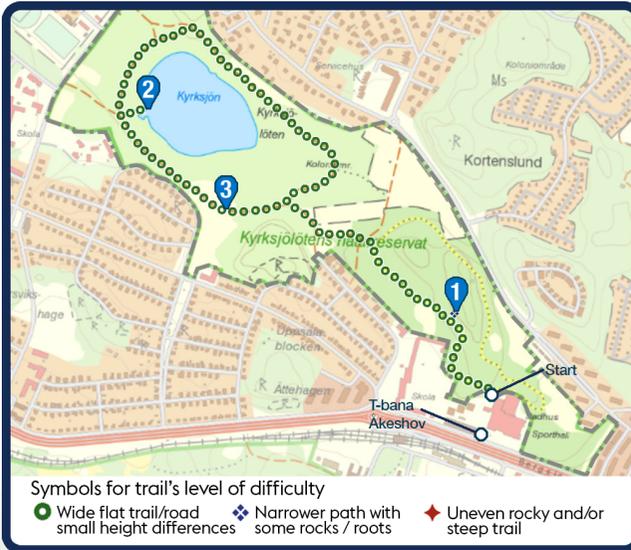


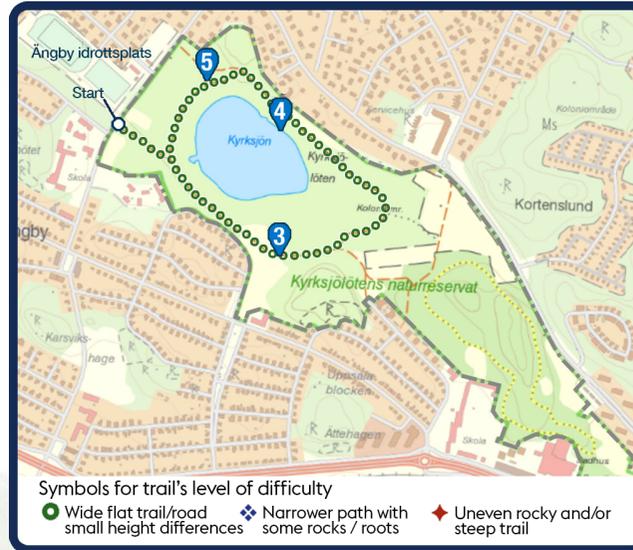
Guide to Silence

Kyrksjölöten Nature Reserve



Walk around the lake starting at Åkeshov

A walk on wide paths, except the little detour to site 1 that is rocky. **Site 1** is a noise protected location in the rocky forest. You then follow the jogging track and walk around the lake on the leafy loop. **Site 2** is out on the dock and provides a beautiful view of the water. On the way back you find **site 3** in the open meadow. The walk is approximately 3.5 km. Allow 1.5 hours for a leisurely walk with breaks.



Walk around the lake starting at Ängby

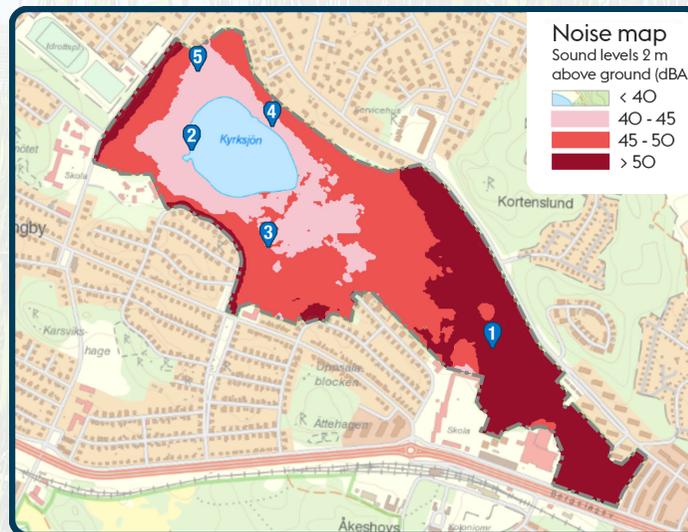
The walk goes around the lake on wide easy hiking trails and wooden bridges. **Site 3** in the meadow is also a recommended stop on this walk. Continue around to **site 4**, which is an opening down to the water. Continue and take a break on the benches by **site 5**, in the middle of the amazing wetland. This walk is about 2 km. Allow one hour with three stops for a quiet slow walk.

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

Kyrksjölöten Nature Reserve is small and some areas are noise vulnerable. Bromma Airport is close but air traffic is not directly over the area. You can find peaceful locations around the lake.



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.



Five calm sites in Kyrksjölöten 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.

Kyrksjölöten Nature Reserve is small but offers several different habitats. Peaceful places can be found despite that the traffic sounds are always in the background.

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 five 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.



5. In the wetlands



4. Down by the water



2. On the dock



3. Green meadows



1. In a rocky glade



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
- www.stockholm.se/kyrksjoloten

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

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