



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

The north walk

The walk starts at Bredäng campground and takes you down to lake Mälaren on a wide smooth trail. **Site 1** is a side trip to a cozy glade in the forest, sit down on the log. At **site 2**, near the water, wind and the sound of waves often dominates. The trail to site 3 is steep for a short distance, but there is a staircase. **Site 3** offers glimpses of the water between the trees. The walk is about 3 km. Allow 1.5 hours for a quiet slow walk with three breaks.



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The south walk

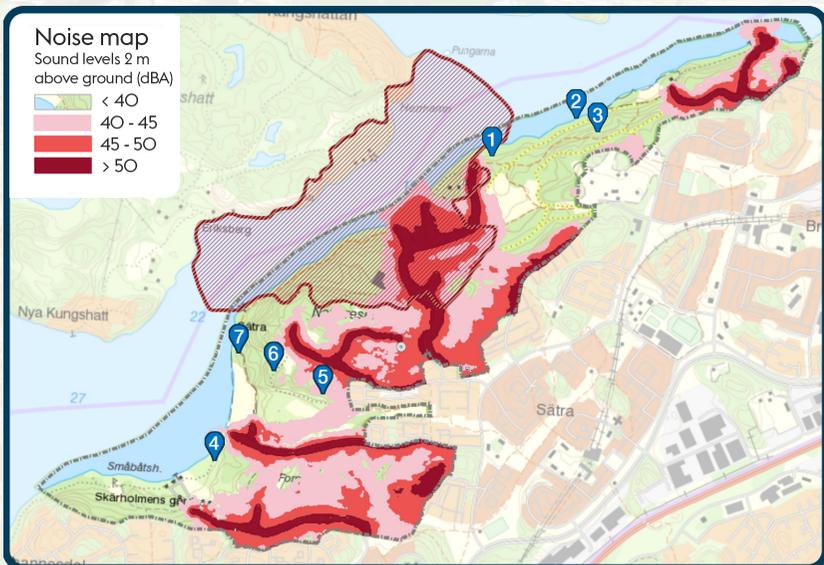
Start the walk from the marked car parks or the entrance to the nature reserve that you access from Skärholmens subway. Large sections of the walk follow wide smooth trails, but the detour to site 6 is very steep and rocky. The sites provide a rich variety of nature experiences and sound environments. **Site 4** is a lush forest where you see glimpses of the water. You find a mossy wildwood at **site 5** and get an expansive view of the water at **site 6** and **7**. The walk is approximately 3.5 km. Set aside at least 1.5 hours for a quiet, slow walk with stops.

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

Sätterskogen offers many possibilities to find quiet places. In the shaded area the work on the Stockholm Bypass Project will provide noise levels of 50 dBA or higher.



Guide to Silence

Sätterskogen Nature Reserve

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 Sätmaskogen 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.

Sätmaskogen offers great variety of deciduous forests, mossy pine forests, rocky outcrops and expansive views. It is possible to find truly quiet places, even if the city noise is often present 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 seven 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.

1. The log in the glade

2. Down by the water

3. Glimpse of water

4. Green waterfront

5. Lush hillside forest

6. Fantastic viewpoint

7. View at the Cape



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/satmaskogen

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.