

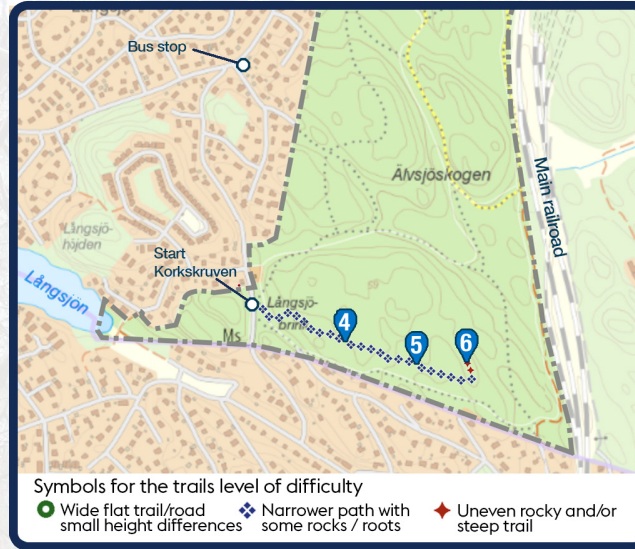
Guide to Silence

Älvsjöskogen nature reserve



A north-south walk

Choose to start in the north or south and go back and forth on the wide jogging track through the nature reserve. **Site 1** is a mossy spot in the woods. Continue to **site 2** that is sound-protected in a ravine. Keep walking on the main path to **site 3**. Turn and go back the same way, to see and experience from the other direction. The walk is 3.5 km and 1.5 hours is recommended for a restful walk.



A wilderness hike in the city

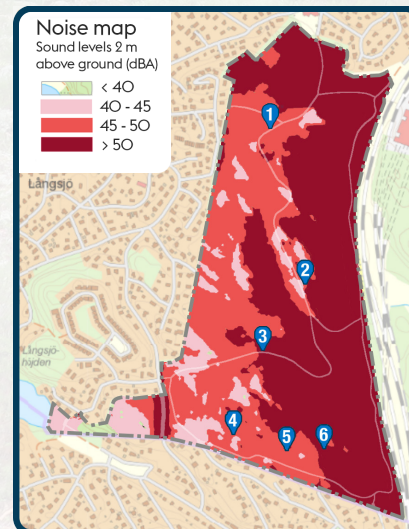
This is a short walk. It's very close to the suburban neighborhood, but has a unique sense of wilderness. The path is small and the last bit partially steep. At **site 4** you find reindeer mosses and gnarly pine trees. Continue to **site 5** with old mossy oaks. Finally walk up to **site 6** with bedrock and pine trees. It's the same way back, but a whole new experience. The walk is less than 2 km and 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 Quiet	30 dBA
A small rapid.....	40 dBA
Heavy rain.....	45 dBA
Normal conversation.....	60 dBA

Älvsjöskogen is a small nature reserve directly adjacent to the railway. But the forest is dense and the area is hilly so it is possible to find quiet places. The difference in sound levels between hills and valleys is considerable.



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 spots in Älvsjöskogens 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.

Älvsjöskogens nature reserve is small but offers great natural experiences. The landscape is very hilly and the forest dense.

In Älvsjöskogen you can find peaceful and quiet locations. 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.

1. Dense pine forest

2. The tree in the ravine

6. The high point

3. A glade in the forest

4. Mossy bedrock

5. A touch of wildwood



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/guidetosilence
- www.stockholm.se/alvsjoskogen
- App: "Discover Stockholm".

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.