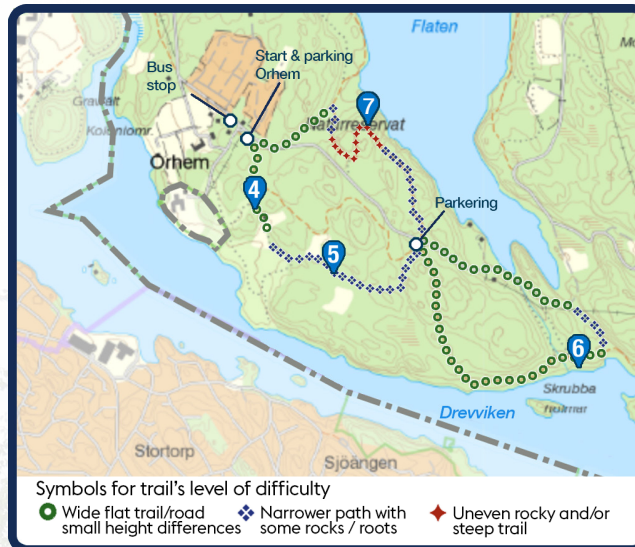




### Walk starting at Flatenbadet

A walk that includes flat gravel roads as well as small hilly trails. You first walk along the water to **site 1** that has a nice view of the lake. Then proceed to **site 2** which is in a lush ravine. You continue along the waterfront to **site 3** in the pine forest with great views. The path back is steep for a short distance, but then levels out. The walk is 5 km. Set aside at least 2.5 hours for a peaceful walk with breaks.



### Walk starting at Orhem

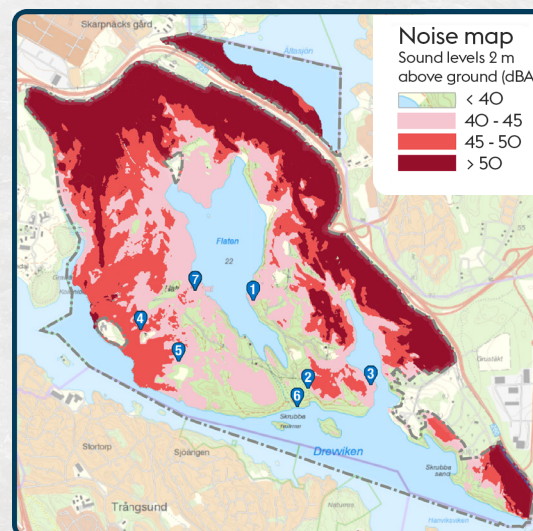
The first trail is wide, accessible and leads to **site 4**, a nice place in the forest. You then follow a small trail to **site 5** by the wetland in the forest. Continue on a smaller trail that merges into a wider trail down to **site 6**, with fantastic views of the waterfront. Trails and roads to the north leads to the viewpoint at **site 7**. The end of the trail is steep in places. The walk is about 5 km. At least 2.5 hours is recommended for this 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

Flaten Nature Reserve is large, hilly and it is possible to find really quiet sites. The difference in the sound levels can be large between the high-lying locations and valleys.



# Guide to Silence

## Flaten 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 Flaten 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.**

Flaten Nature Reserve is large and offers experiences of nature with great variety. A hilly landscape, beautiful views of the water and fabulous forest habitats.

Here you can find really calm and peaceful sites. 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.



## 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/flaten](http://www.stockholm.se/flaten)

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

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