

Guide to Silence

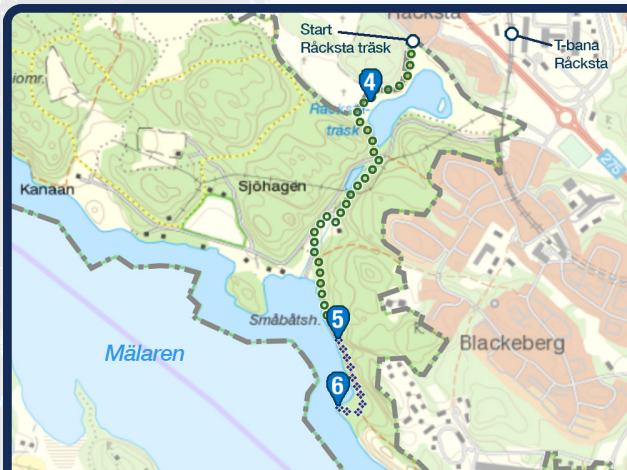
Grimsta Nature Reserve



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

Walk starting at Maltesholmsbadet

A walk mostly on wide undulating trails. First walk along the waterfront to **site 1**, which provides a beautiful view. Then continue on wide trails to **site 2** where you get a view over the meadows down to the water. Then walk along the jogging track to **site 3**, which is a beautiful rocky ground in a sparse pine forest. The walk is just under 4 km. Allow 2 hours for a calm, slow walk with breaks.



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Walk starting at Räcksträsk

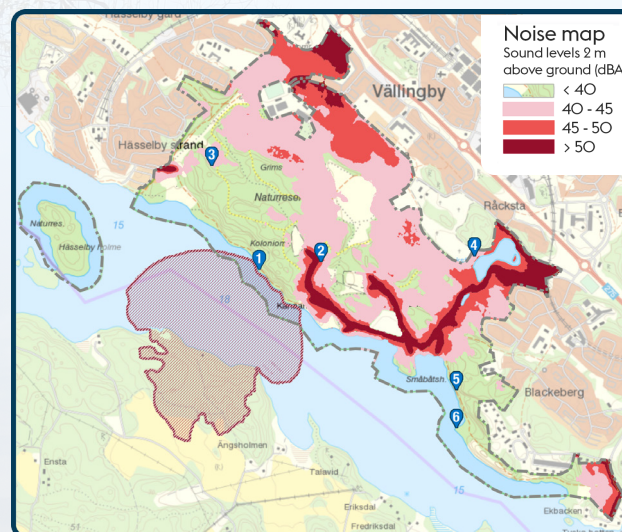
A walk that goes back and forth down to the water on accessible trails and roads. The last bit to site 6 is however narrow and rocky. **Site 4** at Räcksträsk provides a nice view of the lake. Walk straight down to **site 5** at the waterfront of lake Mälaren. Here you can turn around if you wish. The rocky and slightly rugged trail takes you to **site 6** on the Cape. The entire walk is 3.5 km. Allocate 1.5 hour for a peaceful 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

In Grimsta Nature Reserve we can find many truly quiet places. The area is hilly and the forest protects. Within the shaded area, the construction of the Stockholm Bypass will provide noise levels of 50 dBA or higher.



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 Grimsta 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.

Grimsta Nature Reserve offers a great variety of nature experiences. Beautiful hilly forest, the small lake and magnificent views of Lake Mälaren. Here you can also find many 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 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.



3. In the pine forest



4. The small lake



1. The cliffs by the water



5. Wide water view



2. View of the meadows



6. The tip of 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/grimsta

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.