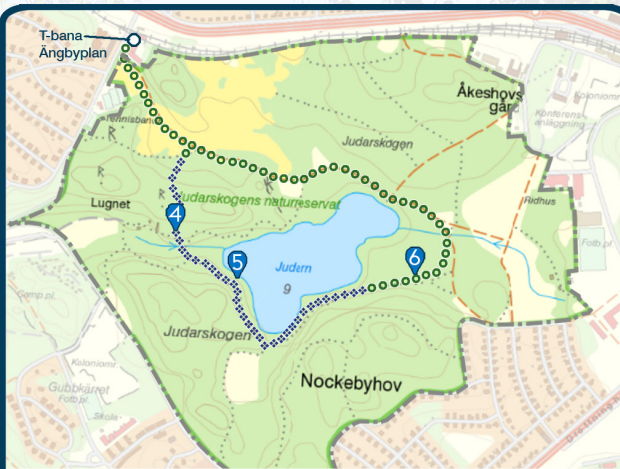


Symbols for trail's level of difficulty
 ● Wide flat trail/road with small height differences ♦ Narrower path with some rocks / roots ♦ Uneven rocky and/or steep trail

Walk starting at Åkeshovs subway station

The walk consists of both smooth, easy hiking trails and more rocky and hilly trails. **Site 1** is located at the lake. You then continue along the lake and turn up into the forest after the bridge onto a smaller trail. **Site 2** has the feeling of a deep forest. You cut across an open meadow and follow small trails up to **site 3**. Here you can see the lake through the trees. The walk is approximately 3.5 km. Set aside at least 1.5 hours.



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 Ängby subway station

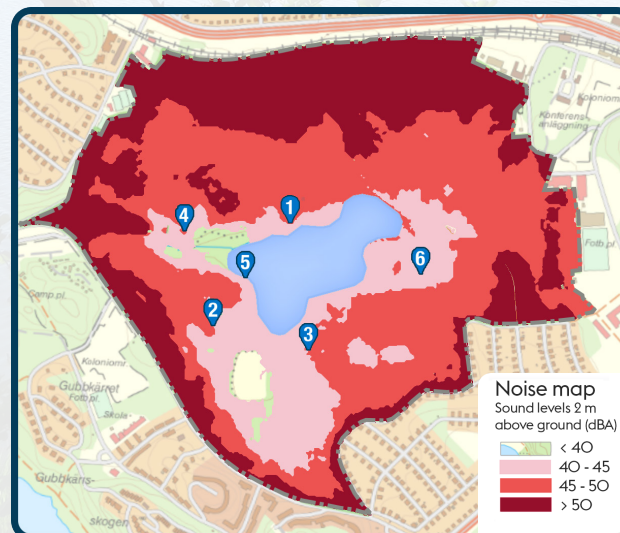
A walk with wide, easy and smaller trails without much elevation, yet some trails are quite rocky. You start across the open meadow and then turn off into the woods. **Site 4** has the feeling of a deep forest. Continue around the lake, the trail is at times rocky. **Site 5** provides a wide lake view. Continue to **site 6** in the borderland between pine and leaves. The walk is 3 km, 1.5 hours should provide enough time to enjoy.

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

There are many possibilities to find quiet places in Judarskogen, but the area is small and traffic noise from nearby roads can be heard in the background. The selected sites are located in the inner part of the reserve.



Noise map
 Sound levels 2 m above ground (dBA)
 < 40
 40 - 45
 45 - 50
 > 50

Guide to Silence

Judarskogen 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.



Six calm sites in Judarskogen 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.

Judarskogen offers a great variety of deciduous forest, mossy pine forests, rocky outcrops and water views. It is possible to find truly quiet sites, even if noise from the city almost always is 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 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. On the waterfront



4. Mossy rocky forest



5. Wide lake view



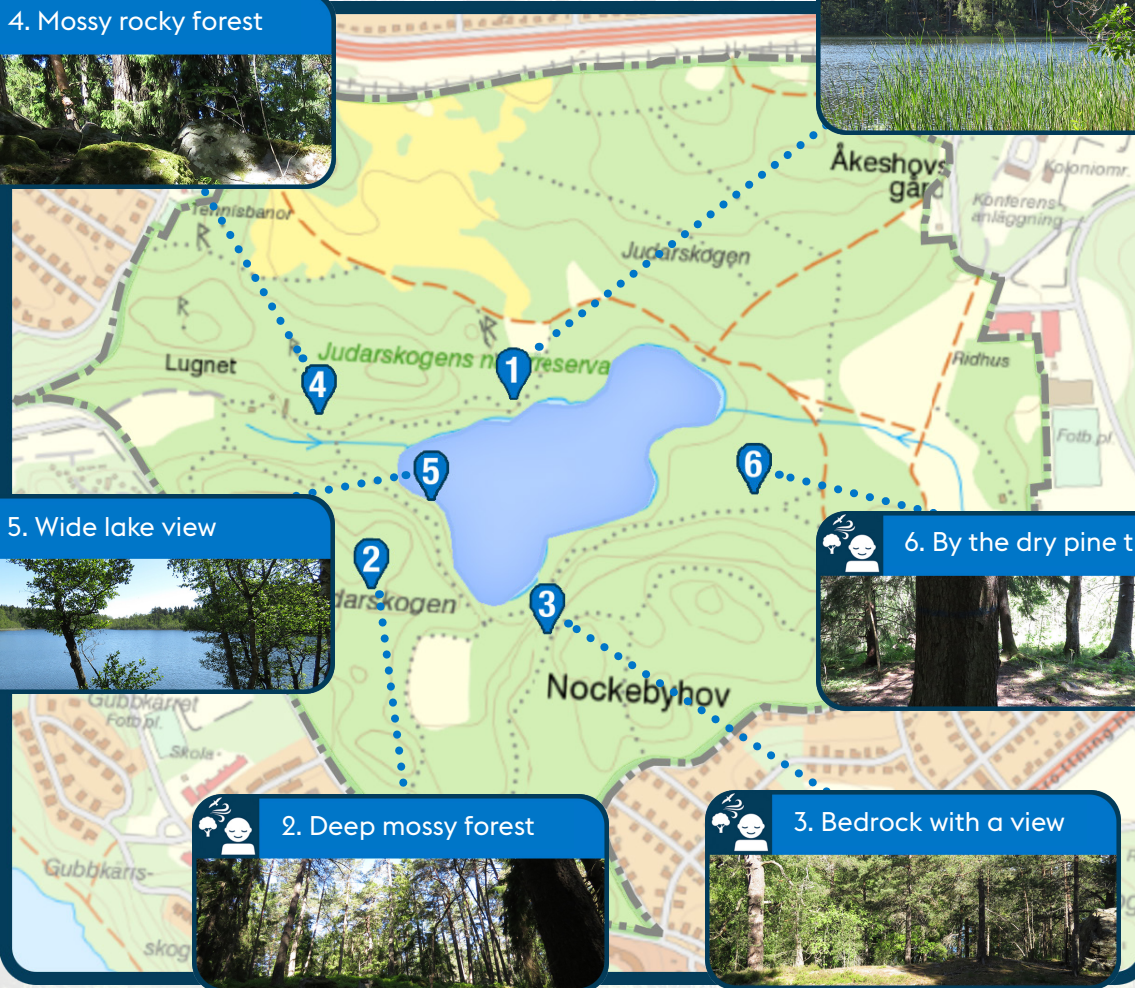
6. By the dry pine tree



2. Deep mossy forest



3. Bedrock with a view



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/judarskogen

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

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