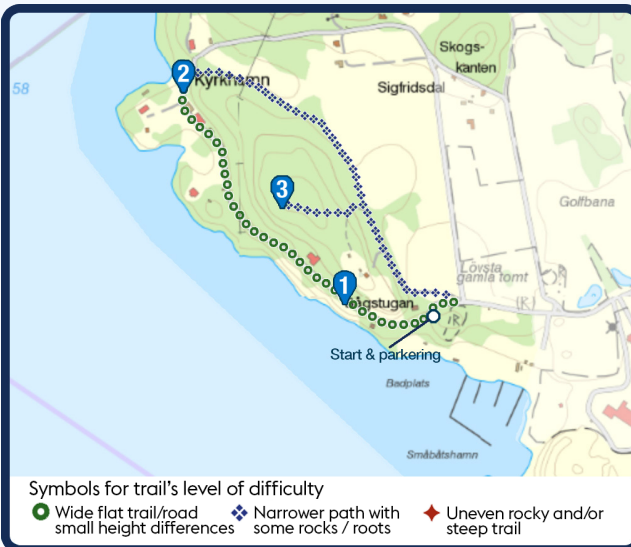


Guide to Silence

Kyrkhamn Nature Area



Walk starting at Lövestabadet

The first half of this walk is very accessible and follows the road. The second half follows small trails. **Site 1** has a great view over the water. **Site 2** provides a view over the meadow and the small bay. Follow the trail at the edge of the forest and up to **site 3** which is a pine forest with glimpses of the water. The walk is short, approximately 2.5 km. 1.5 hours is enough for a leisurely stroll with breaks.



Walk starting at Sigfridsdal

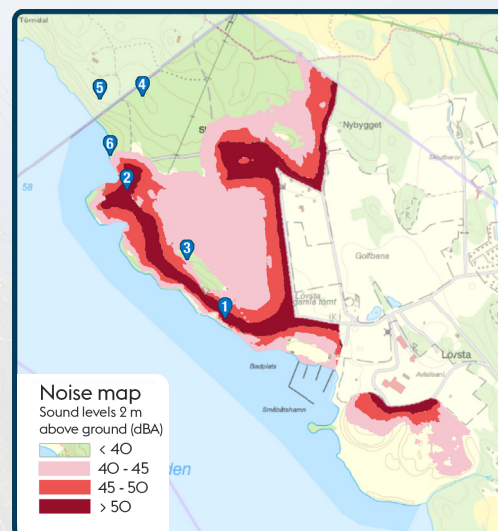
A short loop on diverse trails with forest, stunning views and close encounters with the lake. **Site 4** is situated in a clearing in the forest. The trail then takes you into the Görvåln Nature Reserve and out to **site 5** high up on the cliffs with breathtaking views. Then take the steep way down the cliffs or around to **site 6** located on the waterfront. The walk is 2 km. You need 1.5 hours to have a relaxing stroll.

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 |

Kyrkhamn is one of the quietest areas in the city of Stockholm. Major roads are relatively far away and air traffic and other sources of noise are limited. In the summer, however, there might be some boat noise.



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 i Kyrkhamn Nature Area

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.

Kyrkhamn offers stunning natural scenery, including the views over lake Mälaren. Here it is possible to find tranquility and silence.

Wind, weather and seasons affect how quiet different sites are. But nature is rarely completely quiet. Natural sounds are a part of the experience. In Kyrkhamn you can marvel at how quiet it can be in the city's vicinity.

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.



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. Kyrkhamn nature area is investigated to become a nature reserve. You can find more information and contact details here: www.stockholm.se/guidetilltystnaden

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.