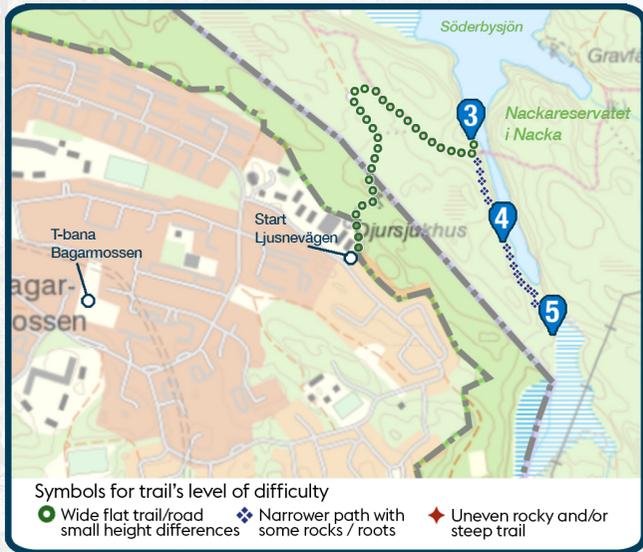


A walk starting in Björkhamnen

A short walk that follow a paved road and wide footpaths, except for the short last stretch to site 2. **Site 1** is located by a small open grassland along the road. You then continue towards the water and turn up in the woods and reach **site 2**. Here you find the Philosopher's grave. You are surrounded by dense forest. Start the walk back along the water. The walk is 2 km. Set aside 45 minutes for a quiet walk.



A walk starting in Bagarmossen

A beautiful walk back and forth in Nacka's part of the reserve. You walk on the wide flat roads and paths to **site 3**, where you get a great view. Continue on a small path along the canal to **site 4** which is located at the height of the pine forest with a glimpse of the water. You finally reach **site 5** where the coniferous forest turns into a lush deciduous forest. The stretch is barely 4 km. Allocate 1.5 hour for a tranquil walk.

Guide to Silence

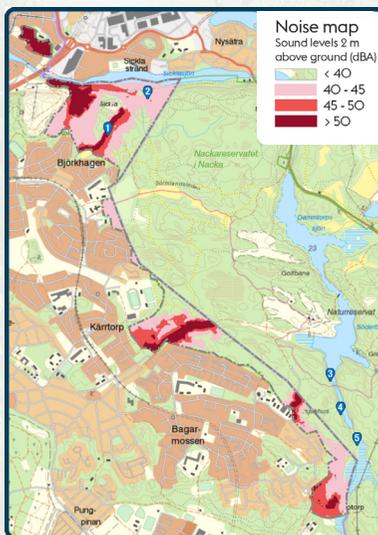
Nackareservatet in Stockholm

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

The sites we have chosen are accessible and close to the city. Noise from traffic is present in the background. The further into the Nackareservatet Nature Reserve you go the quieter locations you can find.



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.



Five calm sites in Nackareservatet 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.

Deciduous forest, mossy pine forest, rocky outcrops and water views. The Nacka reserve in both Stockholm and Nacka offers great variety. It is possible to find truly quiet places, even if the traffic noise is almost always present in the vicinity of the city.

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 five 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. Meadow by the road

2. Lush greenery

3. Lake viewpoint

4. The pine forest

5. Oaks by the canal



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/nackareservatet

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

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