

# Discover Täby's parks and green areas

**Cirkusleken:** The playground Cirkusleken has exciting play equipment, a circus carriage and sea lions. For the older visitors a boules court and an outdoor gym.



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**Trafiklekplatsen:** In the playground Trafiklekplatsen, visitors are given the opportunity to learn traffic safety through traffic signs, among other things. Ride a bike or scooter through the mini traffic course. Next to the traffic playground is a playground with swings and climbing frames.



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**Idrottsplatsen Friplassen:** Near Vallatorpskolan is the sports area Friplassen which is adapted for play, sports and athletics and is aimed at the younger visitors. Here, visitors can do high jump and long jump, shot put and run the 100-meter track.



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**Hägernäs strand outdoor gym:** At Hägernäs beach outdoor gym there is equipment for training with your own body weight. With a smartphone, visitors can scan a QR code to watch instructional videos. There is seating next to the gym, along with a playground and swimming.



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**Skarpängsparken outdoor gym:** At Skarpängsparken's outdoor gym, visitors can practice coordination and fitness training with the help of equipment. Skarpängsparken also has large grassy areas, a small skate area and a playground. Nearby the park is also Mörtsjön with exercise tracks.



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**Åkerbyparken:** In Åkerbyparken there is a rose garden with cherry trees and magnolias. In the middle of the park is a fountain. Around the park there are seats for those who want to admire the apple grove or any of the flower beds.



6

**Hägerneholmsparken:** Hägerneholmsparken is a playful and exciting activity park that is divided into two parts on each side of the square. A smaller one for toddler play and a playground for slightly older visitors. In addition to two playgrounds, there is a multi-sport area, an electronic ball court and outdoor gym.



7

**Centralparken:** In Centralparken there is room for many activities. The park is large and has two playgrounds, a swimming pool, tennis court, outdoor gym, senior gym and boules courts. For those who enjoy a walk in the park, there is a sculpture trail to visit.



8

**Art in Täby:** Did you know that the municipality of Täby owns about 1700 works of art that are placed in the public environment? In addition to taking part in the art on site, you can also experience the artwork that is placed outdoors through the app "Upptäck konsten".



9

**Rönningeby:** In Rönningeby village, on the eastern shore of Rönningesjön, you can discover how everyday life for a farmer was 100 years ago. Here you will find a barn with animals, a coffee house, a museum and a craft shop. All in a beautiful nature reserve.



10

**Runriket:** Runriket extends 21,7 miles around Vallentunasjön and has the world's highest concentration of runestones. Here you can visit nine historical sites and see examples of different types of runic carvings from the Viking Age. The nine places to visit are: Jarlabankes bro (the gateway to Runriket), Täby kyrka, Broby bro, Fällbro, Risbyle, Gällsta, Gullbron, Vallentuna kyrka and Arkils tingstad.



11

**Old nature path along Täby prästgårds nature reserve:** In the fields south of Prästgården and Skogberga gård there are old house terraces, stone walls and graves from when Iron Age peasants lived here. A path with information signs takes you on a walk back in time.



12

**Åva skate park:** Åva skate park is an 800 square meter skate park located next to Åva gymnasium and Tibble ice rink. Here you can go skateboarding and use inlines.



13

**Mörtsjöskogen:** Hike around Mörtsjön and Käringsjön on the landscaped trails Sjöslingan and Skogsslingan. Here you will find quiet and unspoiled forest areas. In addition, exercise tracks in Mörtsjöskogen have been equipped with better tack surfaces, lighting and signage.



14

**Stolpaskogen:** Stolpaskogen is Täby's largest nature park area. Here you can experience varied forest environments within walking distance. Inside the Stolpaskogen there is a shelter and an organized barbecue area.



15

**Ensta krog:** Ensta krog is centrally located in Täby on Stockholmsvägen 205. Here there is a trail hub with several exercise tracks and outdoor gym.



16

**Täby idrottsplats:** Täby idrottsplats, also called Vikingavallen, is located in Täby kyrkby. Here you will find a trail hub with several exercise tracks. You also have access to changing rooms, toilets, shower and sauna.



17

**Skavlöten:** Skavlöten is located at the northern end of Rönningesjön. Here you will find a trail hub with several exercise tracks and a new outdoor gym, swimming area and heated cabin. All in a beautiful nature reserve.



18

**Walk along Värtan:** Here is a nice walking path that runs along Hägernäs and Viggbyholm with several marinas.



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**Visingedammen in Täby:** Walk on a gravel path that runs around the entire facility. Enjoy the shade of the trees, the view of the pretty fountain or the seating areas with tables.



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**Walk along Rönningesjön:** Along the shores of Rönningesjön runs a beautiful and popular walking route. Nearby there are playgrounds, exercise tracks, barbecue areas, swimming areas, outdoor gym and other things to discover.



21