

Sweden Is Offering a Free Beachfront Stay With One Catch: Keep It Under 45 Decibels

A cabin on Sweden's Baltic coast is inviting selected guests to stay for free this fall, provided they keep the noise below 45 decibels. The initiative from Visit Skåne puts natural quiet at the center of a simple experiment inspired by growing concern around environmental noise and research into the restorative effects of time spent in nature.



The Stay-Quiet beachfront cabin in the Skåne region of southern Sweden. Photo: VisitSkane/Apelöga [Download](#)

Skåne, Sweden's southernmost region, is offering selected guests a free stay in a remote beachfront cabin on the Baltic Sea from September 29 to October 16, 2026.

There is one condition: keep it quiet.

A decibel meter inside the cabin will monitor sound levels throughout the stay. If the volume rises above 45 decibels, roughly the level of a soft whisper, the stay comes to an end.

The lighthearted challenge has a more serious backdrop. Environmental noise is recognized as a significant public health issue in Europe. According to the European Environment Agency's 2025 assessment, more than one in five Europeans are exposed to harmful levels of transport noise, with road traffic the largest source.

At the same time, research continues to examine the relationship between natural environments and cognitive recovery. A 2025 systematic review and meta-analysis published in the *Journal of Environmental Psychology* found that exposure to natural environments can support cognitive restoration, including attention and working memory, with the largest observed benefits occurring at around 30 minutes of exposure.

"People need less noise and more presence. Silence has become rare, and many are actively seeking it out. By making space for it, we want visitors to experience how it can contribute to well-being," says **Josefine Nordgren, Brand Manager at Visit Skåne**.



Klöva Hallar in Söderåsen National Park with an average volume of just 38dB. Photo: RegionSkåne/Apelöga [Download](#))

The Map of Quietude

The Stay Quiet cabin sits on the eastern coastline of Skåne overlooking the Baltic Sea.

The initiative follows Visit Skåne's 2024 launch of the **Map of Quietude**, a guide to peaceful natural places across the region. Each location includes average sound measurements and a 60-minute recording of its natural soundscape, available through the initiative's website and on Spotify.

Five of Skåne's quietest spots

Dörröds fålad — 37 dB

Open heathland with heather, juniper, and old oak trees.

Håkull — 37 dB

A high point on the Kullaberg peninsula with wide coastal views.

Klöva hallar — 38 dB

A forested ravine in the Söderåsen landscape.

Natthall — 38 dB

A cliff overlooking the slow-moving Rönne å river.

Stockamöllan — 39 dB

A quiet riverside landscape of grassland, woodland, and birdsong.

The full Map of Quietude is available at:

<https://www.visitskane.com/quietude>

How the Stay Quiet cabin works

Selected guests stay in the beachfront cabin free of charge between September 29 and October 16.

A decibel meter monitors sound inside the cabin. The maximum permitted level is 45 decibels, approximately the level of a soft whisper. Guests who exceed the limit will be asked to end their stay.

Applications close September 6 at 8 PM CEST.

How to apply: Applications and further details are available at <https://visitskane.com/stay-quiet>

The initiative is designed as both a playful challenge and an exploration of what happens when everyday noise is deliberately removed.

Key Facts

Organization: Visit Skåne, the official tourism board for Sweden's southernmost region

Initiative: Stay Quiet 2026

Location: Eastern coastline of Skåne, southern Sweden, overlooking the Baltic Sea

Stay dates: September 29–October 16, 2026

Application deadline: September 6 at 8 PM CEST

Cost: Free for selected guests

The catch: Guests must remain below 45 decibels, approximately the level of a soft whisper

Previous initiative: The Map of Quietude, launched in 2024

Campaign resource: 60-minute natural sound recordings available online and on Spotify

Application: <https://visitskane.com/stay-quiet>

Media information

A limited number of media stays may be available for selected UK, US, and international media during the Stay Quiet period from September 29 to October 16. Interview opportunities with Visit Skåne representatives and participating guests may also be available.

For UK media inquiries:

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For U.S. media inquiries:

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Press images

Stay Quiet 2026:

<https://share.mediaflow.com/sv/?7QREYQSD3D>

Skåne image bank:

<https://mediabank.visitskane.com/folder/756045/>

More information

Visit Skåne:

<https://visitskane.com/>

Visit Sweden — Skåne:

<https://visitsweden.com/where-to-go/southern-sweden/skane/>

Sources

European Environment Agency, *Environmental Noise in Europe 2025*:

<https://www.eea.europa.eu/en/analysis/publications/environmental-noise-in-europe-2025>

World Health Organization, Environmental Noise:

<https://www.who.int/europe/health-topics/noise>

Bell et al., *The relationship between nature exposures and attention restoration, as moderated by exposure duration: A systematic review and meta-analysis*, *Journal of Environmental Psychology*, 2025:

<https://doi.org/10.1016/j.jenvp.2025.102632>

<https://press.visitsweden.com/press-releases?item=123428>