



Ontario Wavescape features the sounds of gentle waves washing against stones along the Lake Ontario shoreline in early autumn, set against a mesmerizing chorus of trilling and chirping crickets. A light breeze comes and goes, sometimes creating a soft enveloping whoosh as the wind excites the leaves of trees along the shoreline. This serene recording is perfect for meditation and for falling asleep.

1 track, 66 minutes

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1. Gentle Waves & Insects (66:00)

This serene recording is eminently relaxing, making it a perfect backdrop for meditation, or for falling asleep at night. The wave action is gentle, with intermittent spurts of activity coinciding with light breezes. At times, the wind excites the leaves of trees along the shoreline, producing a soft whoosh that grows in volume and then fades, adding to the relaxing quality of the recording. 9-10pm, 29 August 2014, Robert G. Wehle State Park, near Henderson, New York. © Lang Elliott.



Notes by Lang Elliott:

Every year in late summer or early autumn, I go on a “retreat” with friends to the shore of Lake Ontario in upper New York state. We rent a cottage and spend the week relaxing, hiking, swimming, biking, and canoeing. I’ve done this several times and I always make a special effort to record the nighttime wavescape, along with the cricket chorus. Usually, the wave action is fairly excited and the wave noise is a bit overwhelming. But during my visit in 2014, there was an evening that was near-calm ... just a light breeze coming and then going, and very little wave action. I began recording shortly after dusk and was pleased to get a little more than an hour before the wind suddenly picked up and waves got bigger and louder. This is one of my favorite wavescape recordings ... relaxing and gentle, perfect for meditation or going to sleep.

Playback Volume:

For optimal effect, adjust volume so that the cricket chorus is pleasing and the water noises are not distracting. It is important to listen at a volume that is similar to what you actually experience in nature.

Product Details:

Title: Ontario Wavescape

Type: Pure Nature Soundscapes (stereo/binaural)

Formats: MP3 digital download (256kbps), FLAC digital download, and On-demand Compact Disc

Download File Names: ontario_wavescape.zip (127mb); ontario_wavescape_flac.zip (405mb)

Length: 1 track, 66 minutes

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Recordist: Lang Elliott

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Cover Photo: Lake Ontario sunset © Lang Elliott