Bälsunda is a village in Hjälsta parish in Uppland. Its name was recorded in 1491 as *(i) bellieswndh* and in 1544 as *Belgsunda*. The author suggests two different possible interpretations of the name. One is that it can be traced to an OSw. *Bælghia(r)sund* ‘the sound by the bellows-like inlet (lake)’ or ‘the sound by Lake (or the inlet) Bælgher’. In prehistoric times, there was a sound at Bälsunda which opened out to the west into a sack-like inlet or lake. Alternatively, the village name could contain an element denoting a height, *Bælgh-*, referring to one or a couple of elevations near the village.