

High Lodge Cycle trails

Emergency info

Name of key location:

High Lodge, Thetford Forest

Grid ref: TL807864

Nearest access road: B1107

In case of an emergency call 999.

Inform Forestry England

on 0300 067 4401

Mobile phone coverage: Poor

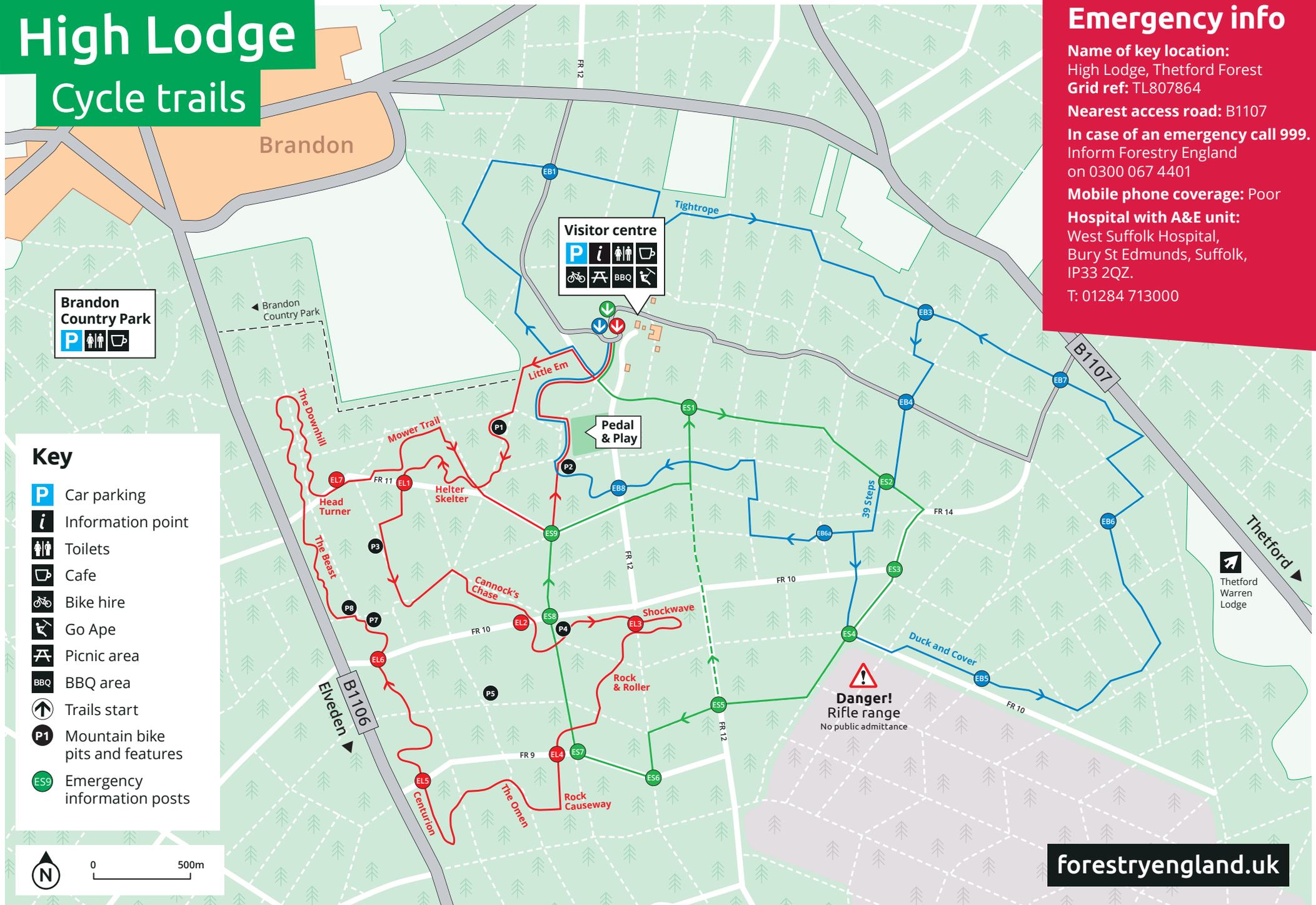
Hospital with A&E unit:

West Suffolk Hospital,

Bury St Edmunds, Suffolk,

IP33 2QZ.

T: 01284 713000



Brandon Country Park

P i

Visitor centre

P i

BBQ

Key

- P** Car parking
- i** Information point
- Toilets
- Cafe
- Bike hire
- Go Ape
- Picnic area
- BBQ area
- Trails start
- P1** Mountain bike pits and features
- ES9** Emergency information posts



forestryengland.uk

Cycling trails at High Lodge

Trail information

Beater Trail

Starting from
Nightjar car park

Grade: **Moderate (blue)**
Long loop **18 km (11 miles)**
Short loop **10 km (6 miles)**

Mostly single-track, winding through the trees and over obstacles such as roots. Appropriate for aspiring cyclists with moderate skill level who like a challenge. Not suitable for trailers, tagalongs and child seats.

Lime Burner Trail

Starting from
Nightjar car park

Grade: **Difficult (red)**
15 km (10 miles)

Varied surface with technical features such as drop-offs, sweeping single-track, rock features and optional black graded pits. High levels of skill, endurance and off-road knowledge are required. Not suitable for trailers, tagalongs and child seats.

Shepherd Trail

Starting from High Lodge

Grade: **Easy (green)**
8km (5 miles)
Shortcut **5.5 km (3 ½ miles)**

A quiet family cycling trail for beginners, offering relatively flat, wide open forest roads, tracks and rides. Appropriate for most bikes, including tagalongs, trailers and child seats.

Join
today

As a member you'll be supporting High Lodge and get free onsite parking, forest updates and discounts.

[forestryengland.uk/
membership](https://forestryengland.uk/membership)

Pedal & Play Trail

Grade: **Easy (green)**
1.9km (1¼ miles)
Blue Moderate sections

A mountain bike adventure for everyone, whether you're brilliant on your bike already or just getting started. There are three challenge sections to try, each a bit trickier than the last, which will help you master your skills and ride safely..

Is this cycling trail for you?

Green Easy

Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat and wide.

Blue Moderate

Suitable for: Riders in good health with moderate off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections and small obstacles of root and rock.

Red Difficult

Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.
Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.

Black Severe

Orange Extreme

Forest road & similar

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.
Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

Mountain bike pits and features

Throughout the forest
Graded: Severe (black)

Expect large and unavoidable features. Expert skill, a high level of fitness and quality off-road mountain bikes are required. Not suitable for trailers, tagalongs and child seats.

Forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

Cycling safely

Plan ahead

- Use the right bike and appropriate safety gear, and check they're safe to use. Always wear a helmet and gloves.
- Don't rely on others; make sure you can get back safely.
- Know your location if you need to call for help.

Stay in control

- Ride within your ability.
- Expect the unexpected.
- Look first: only tackle jumps and other challenges if you're sure you can do them.
- Off-road cycling carries inherent risks. Consider your skills, ability, and fitness, and use these guidelines in conjunction with your own experience and careful judgement.

Ride responsibly

- Take care around other visitors, dogs and horses.
- Dogs are not allowed on cycling trails, except for shared use trails.
- Motorbikes and quadbikes are not allowed.
- Routes may change due to forestry work. Follow all warning signs and diversions.
- If a vehicle is loading timber, always wait for the driver to let you past.