

# High Lodge trails



## Discover High Lodge; trails, wildlife, heritage and adventure...

Whether you are looking for a short walk in the shade of the forest or a more adventurous trail run, there is a waymarked route for you. With four very different routes on offer and options to extend the distance covered over time, you will never be short of options.



### 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

### 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.

## 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)

### Walking & Running Trails

#### Pine Trail ○○○○

**1½km (1 mile)**  
 A gentle amble or short run through giant pines on a wide, flat trail.

#### Nature Trail ●●●●

**1½km (1 mile)**  
 Another shorter trail to walk or run which will help you to learn about the different plants and wildlife that live in Thetford Forest. Why not take a breather and spend some time in the hide and see what you can spot

#### Fir Trail ●●●●

**12km (7½ miles)**  
 With the option to run or walk 5km, 10km or 12km this route is great for building up endurance and exploring quieter areas of the forest. The 10km and 12km passes by Thetford Warren Lodge, built by the prior of Thetford in the 1400's.

#### Heritage Trail ●●●●

**4.2km (2.6 miles) with a 1km and 3km shortcut**  
 Explore the hidden heritage of High Lodge. The Heritage Trail is an accessible, multi-user trail through Thetford Forest. Discover four thousand years of landscape history beneath the tree's. It has a smooth surface, benches, rest perches and two shelters along the way so you can enjoy the trail at any pace.

#### Orienteering ◻

Practice your map reading skills and find your way around the permanent orienteering course. There are three routes you can take depending on your skill and fitness. Orienteering maps are available to buy from the Information Point.

### Dogs in the forest

We want your dog to have fun at High Lodge. Please keep them on their leads under close control within the Wildplay area and parts of the forest that are shared with other visitors. Please remember to clean up after your dog and use the bins provided.



**Contact us**  
 High Lodge, Thetford Forest, Brandon, IP27 0AF  
 Tel: 0300 067 4401  
 highlodgethetford

**Opening times**  
 Opening times vary throughout the year. Please see our website for more information.

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

For alternative formats, please get in touch: 0300 067 4000  
[fe.England@forestryengland.uk](mailto:fe.England@forestryengland.uk)



Please recycle after use



# High Lodge Cycling trails



## Beater Trail ▶▶▶

**Starting from Nightjar car park**  
**Grade:** Blue – Moderate  
 Long loop 18km (11 miles)  
 Short loop 10km (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 ▶▶▶

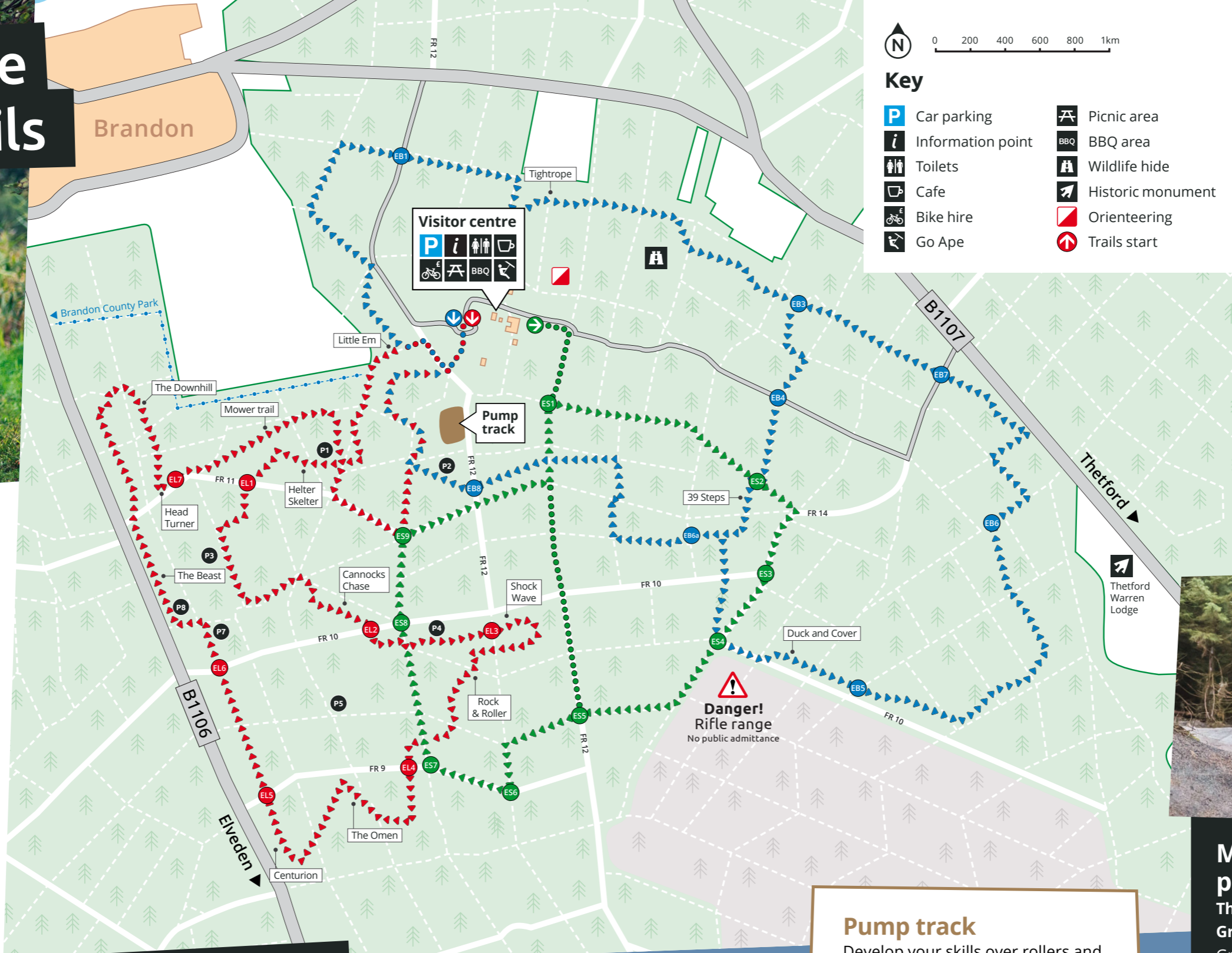
**Starting from Nightjar car park**  
**Grade:** Red – Difficult  
 15km (10 miles)

Varied and changeable 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:** Green – Easy  
 8km (5 miles),  
 Shortcut 5½km (3½ 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.



# 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**  
**Suitable for:** Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.  
**Trail:** Greater challenge & difficulty. Expect large & unavoidable features.

**Orange Extreme**  
**Suitable for:** Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.  
**Trail:** Extreme levels of exposure & risk. Large features.

**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.

## Cycling safety

- Have the right bike and wear the right safety clothing for the type of riding you're doing.
- Cycle within your abilities.
- Don't rely on others; can you get home safely?
- Take care around other visitors, walkers and horses.
- Always follow warning signs, instructions and diversions.
- If a vehicle is loading timber, wait for the driver to let you pass.
- Expect the unexpected.
- Off-road cycling is an additionally hazardous activity carrying significant risks. It should only be undertaken when you understand those risks and can deal with them. The guidelines on this panel must always be used in conjunction with the exercise of your own experience and careful judgement.
- Routes may change due to tree felling or other forestry work. These works can be dangerous, so **follow all warning signs and instructions.**
- Motorbikes and quadbikes are not allowed on cycle trails.



## Mountain bike pits and features

**Throughout the forest**  
**Graded:** Severe  
 Greater challenge and difficulty. 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.

- P1 Madgett's Pit
- P2 Squirrel Scamper
- P3 The Tent Peg
- P4 The Bracken Pit
- P5 Tom's Bomb Hole
- P7 The Skip
- P8 Howe's Run Pit