





Forestry England

# Walking & running trails at High Lodge

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.

## Trail information

### 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 (7½miles)

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.



## 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 4400

Mobile phone coverage: Poor

### Hospital with A&E unit:

West Suffolk Hospital, Bury St Edmunds, Suffolk, IP33 2QZ.

## The 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.

## 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)