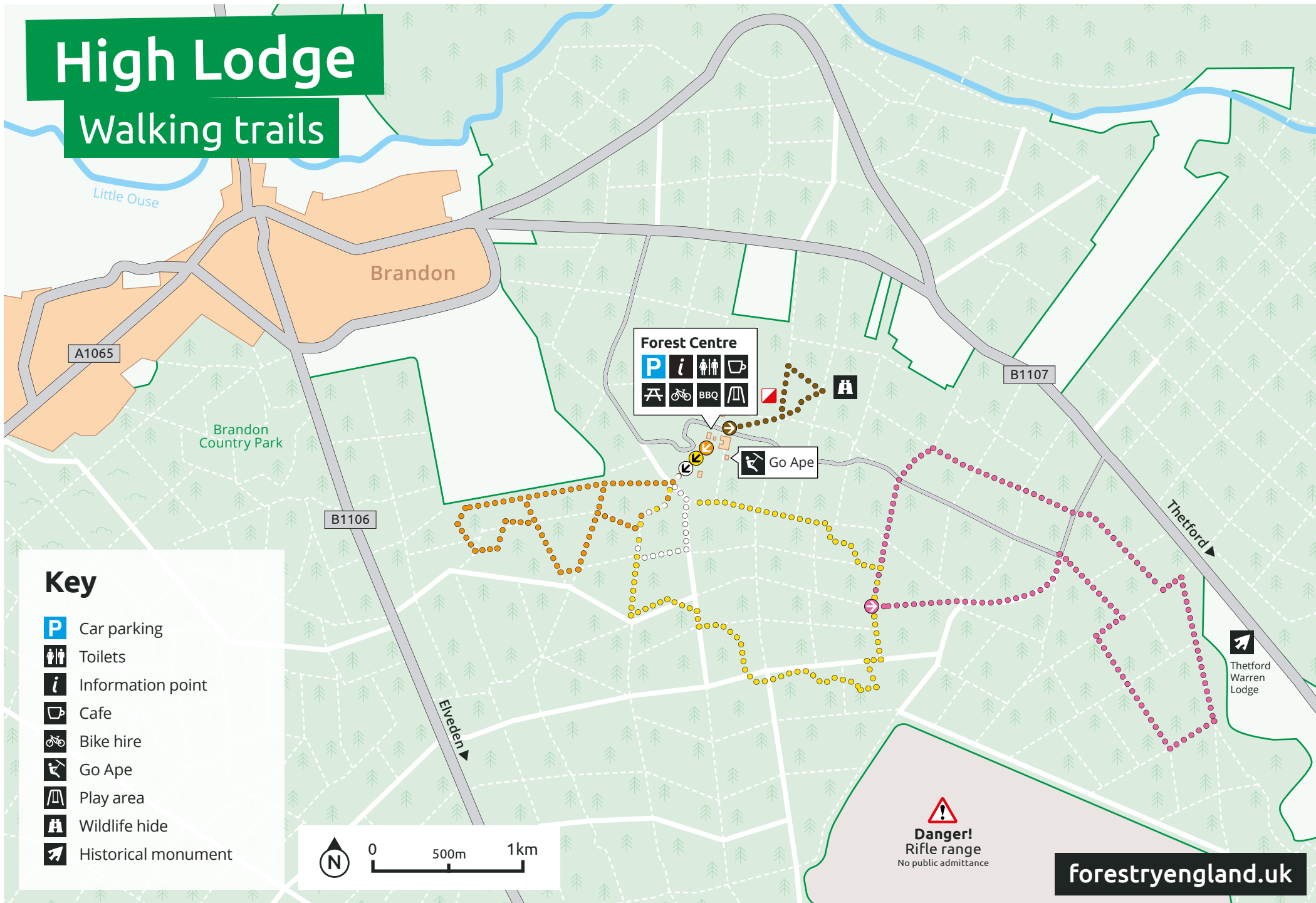


# High Lodge

## Walking trails



**Forest Centre**

- Car parking (P)
- Information point (i)
- Toilets (♿)
- Cafe (☕)
- Bike hire (🚲)
- BBQ (🍷)
- Play area (🎡)
- Wildlife hide (🏠)
- Historical monument (🏛️)

**Go Ape**

### Key

- Car parking
- Toilets
- Information point
- Cafe
- Bike hire
- Go Ape
- Play area
- Wildlife hide
- Historical monument



**Danger!**  
Rifle range  
No public admittance



Forestry England

# Walking 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. The more seasoned explorer could even combine the Fir and Beech Trails for a longer hike.

## Trail information

### Pine Trail ○○○

1½km (1 mile)

A gentle amble through giant pines. A wide, surfaced, flat trail.

### Nature Trail ●●●

1½km (1 mile)

The hide at the end of the Nature Trail offers the chance to glimpse at the local wildlife. Perhaps you'll spot one of our four species of deer or some of our many types of birds and butterflies.

### Fir Trail ●●●

5km (3 miles)

For the more adventurous walker, this is an opportunity to explore quieter areas of the forest.

### Beech Trail ●●●

6km (3¾ miles)

This trail takes you through Rishbeth Wood. It passes by Thetford Warren Lodge, built by the Prior of Thetford in 1400. The Beech Trail can be accessed along the Fir Trail which can then be used to get back to High Lodge.

### 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 trees. 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)