



Coast & heaths

The Suffolk Coast and Heaths Area of Outstanding Natural Beauty (AONB) is one of 41 AONBs in England and Wales, all chosen for the distinctiveness and quality of their natural landscape. Together with our Heritage Coasts and National Parks, they make up some of the finest countryside in Britain.

Come & play

The play areas can be found near the car park and provide a challenge for all ages with a tube slide, obstacle course, swings, zip line and more. Rest among the trees as the children enjoy being forest adventurers!



The UFO Trail

What were the strange lights seen in the forest in 1980? Pick up a leaflet from the forest centre and decide for yourself.

The Sandlings

The Sandlings Forest includes Rendlesham, Tunstall and Dunwich, along with several smaller blocks and covers 3000 hectares (7500 acres). The area of lowland heath that the forest lies in is known as the Sandlings and is one of four major heathland areas in Britain.

In the beginning

Rendlesham Forest was planted by the Forestry Commission between 1922 and the late 1930s. Before that the area was extensive heath and farmland. Two-thirds of the forest was prematurely felled by the great storm of 1987 when over a million trees were blown down. The forest has since been redesigned to take account of wildlife conservation, recreation and timber production. It now has greater diversity with conifer and broadleaved woodland, open space, wetland, and heathland. Rendlesham Forest has also been designated as a Site of Special Scientific Interest / Special Protection Area for two bird species, the nightjar and woodlark.

Adventure in a world of trees

A great place to explore



There are children's play areas, sculpture discovery in Tangham Wood and a number of picnic areas. The permanent orienteering course has routes to suit a range of ages and abilities, and there's a camping and caravan site among the trees. Whatever the reason for your visit, Rendlesham Forest has lots to offer.

Rendlesham Forest is a working forest, producing 10,000 tonnes of timber a year. For your own safety follow all forestry warning signs.



Discover Rendlesham Forest

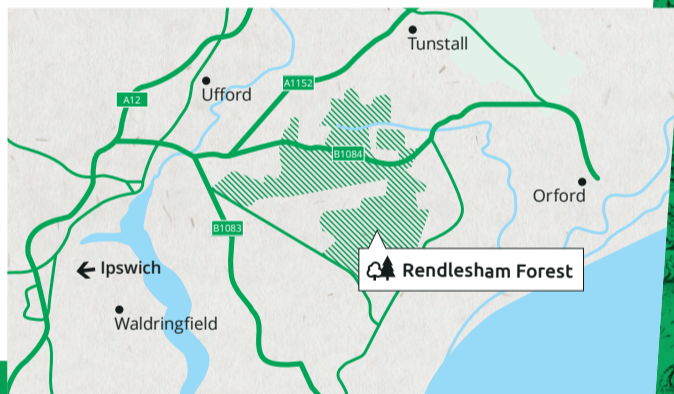
Rendlesham Forest is situated in an Area of Outstanding Natural Beauty. It is a unique place, where tranquillity and beauty can refresh the mind.

Take a wander through the forest on one of the waymarked walks, or if you're feeling curious you can investigate the mysterious UFO trail! Why not explore the area via the miles of cycle routes?

Join today

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

forestryengland.uk/membership



Location
Follow the B1084 Woodbridge to Orford road. Find Rendlesham Forest Centre after 4 miles.

Public transport
Train: Nearest station is Melton near Woodbridge.

National Cycle Routes
Route 1 and Suffolk Coastal Regional Route 41.

Forest Camping
t: 01394 450707
forestryengland.co.uk

forestryengland.uk/rendlesham-forest
SandlingsForest



Rendlesham Forest



forestryengland.uk



Forestry England forests and woodlands have been certified in accordance with the UK Woodland Assurance Standard (UKWAS)



For alternative formats, please get in touch:
Call **0300 067 4000** or email
fe.england@forestryengland.uk

Explore OUR trails

Walking trails

Easy-access trail ●●●
1.2 km (0.75 miles)

Phoenix Trail ●●●
5 km (3 miles) (Shortcut ●●●●)

This trail is named after the recovery from the great storm of 1987. There is a shortcut denoted by white waymarkers. The trail takes you through conifer plantations, heathland and wetland areas, allowing you to see the unique flora and fauna of the Sandlings.

UFO Trail ●●●
5 km (3 miles)

For more information, pick up a UFO Trail leaflet from the forest centre.

Butley Corner car park & picnic site

This can be found north of the B1084, a short distance from the entrance to the forest centre.

Walkers in this area can enjoy the wetland area of the Butley River valley. Further on you'll reach an oak grove followed by heathland and Corsican pine.

Cycle trails

Tang Trail ●●●
9.5 km (6 miles) (Shortcut ●●●●)

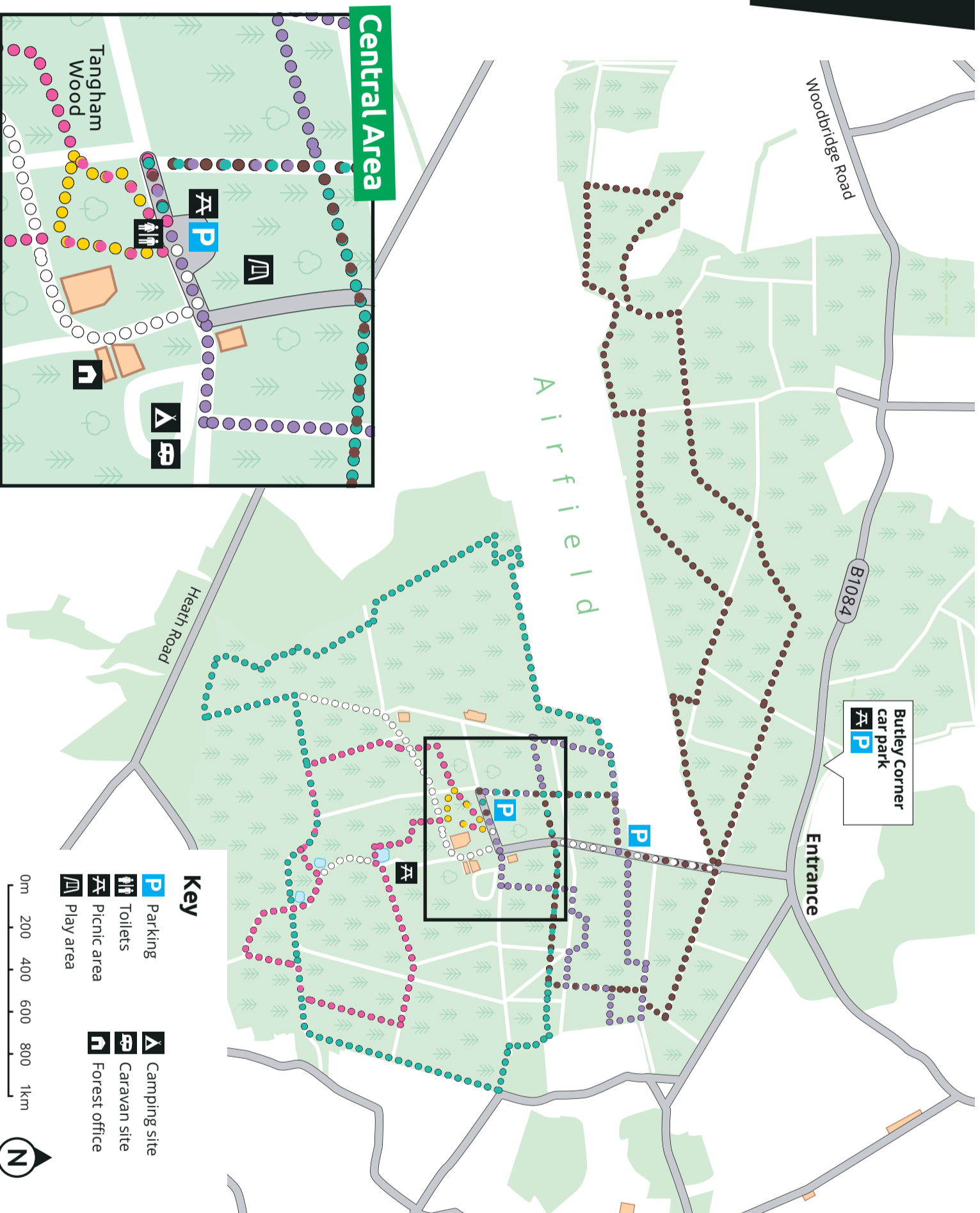
Grade: **Forest road**

This shorter trail, named after the river Tang, has a shortcut indicated by white waymarkers.

FIDO Trail ●●●
16 km (10 miles) (Shortcut ●●●●)

Grade: **Forest road**

This longer trail is named after the WWII 'Fog Investigation and Dispersal Operation'. It allowed a total of 4,200 Allied aircraft to make emergency landings at Woodbridge airfield, saving many lives. This trail also has a waymarked shortcut.



Emergency info

Name of key location:
Rendlesham Forest (off B1084)
Grid ref: TM353484.
Nearest access road:
Woodbridge Road

In case of an emergency call 999.
Inform Forestry England as soon as you can. **T: 0300 067 4500**

Hospital with A&E unit:
Ipswich Hospital, Heath Road
Ipswich, IP4 5PD
T: 01473 712233.

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.

Cycling safety

- Have the right bike and wear the right safety clothing for the type of riding you're doing - always wear a helmet and gloves.
- 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 any trails.
- Dogs are not allowed on cycle trails, except shared use trails.
- On shared use trails, look out for walkers, dogs and other visitors.

How our cycle trails are graded

- Green Easy**
- Blue Moderate**
- Red Difficult**
- 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.

Don't forget...

Cyclists should respect the wildlife of the forest and its visitors. Please give way to walkers and horse riders, and do not cycle through plantations. Also please avoid cycling on the main picnic areas and the Easy Access walking trail. Thank you.