

Explore...

Rendlesham Forest

Walking trails

Discovery Trail ●●●

1.2km (0.75 miles)

This level trail has no steps, ramps, gates, or narrow gaps. The path is at least 2m wide and surfaced with compacted stone and loose fines - smooth, firm, and well-drained. Benches are provided along the route. Fallen leaves may be present. Clear signage and waymarkers support easy navigation.

Young children might discover three imaginative play zones along this trail, inspired by alien encounters, encouraging curiosity, creativity and adventure in the forest.

Phoenix Trail ●●●

5km (3 miles)

Short cut ○○○ 2.5km (1.5miles)

Named to mark the forest's recovery from the great storm of 1987, follow the pink trail markers starting at the car park, a shortcut is marked by white waymarkers. The longer loop passes through conifer plantations, heathland, and wetland habitats, showcasing the unique flora and fauna of the Sandlings.

The trail follows forest roads and grass tracks with exposed sandy soils. It is generally level with gentle inclines and a 7m elevation gain around the full loop. The first shortcut includes steeper gradients. Surfaces may include roots and stones. The trail is at least 2m wide throughout.

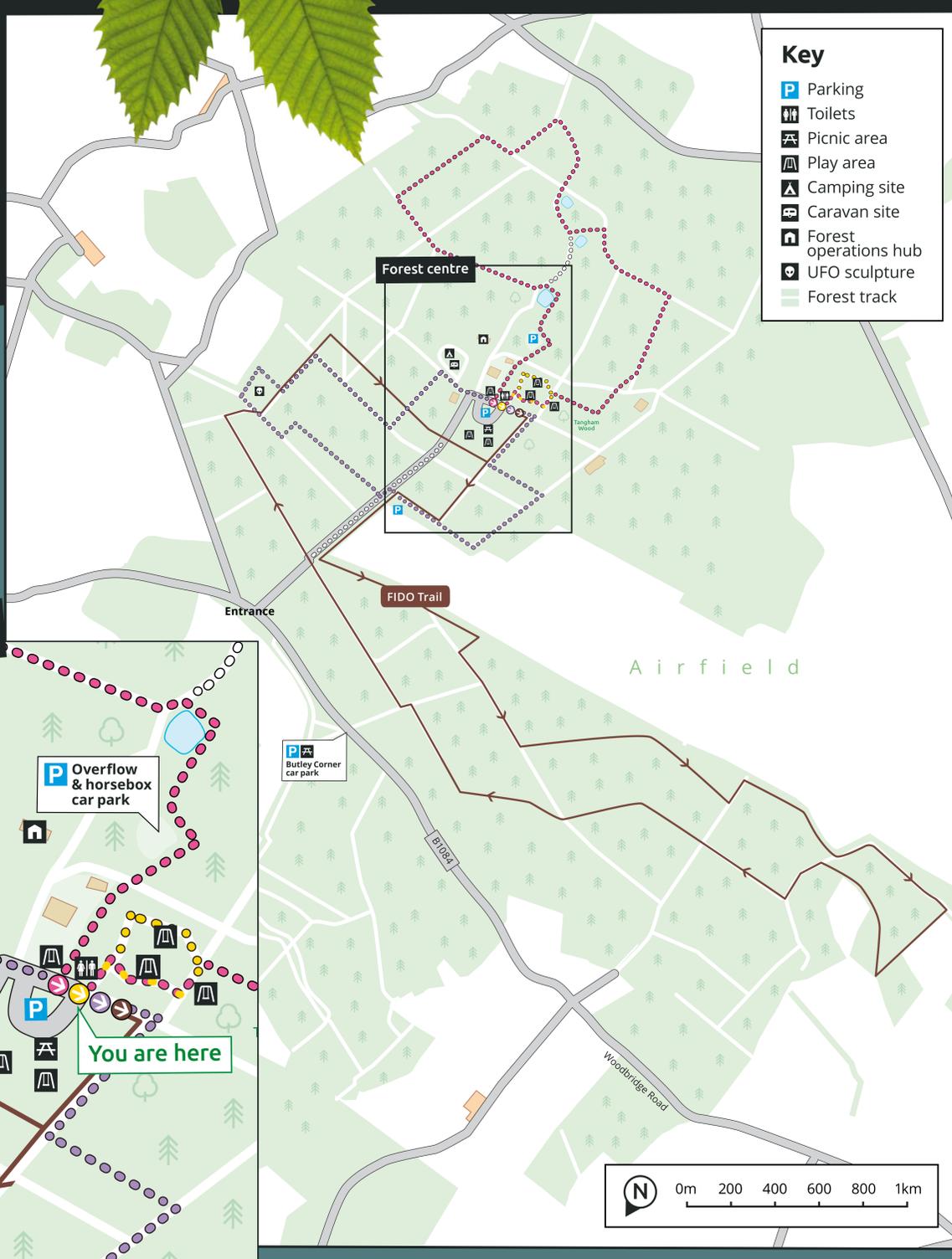
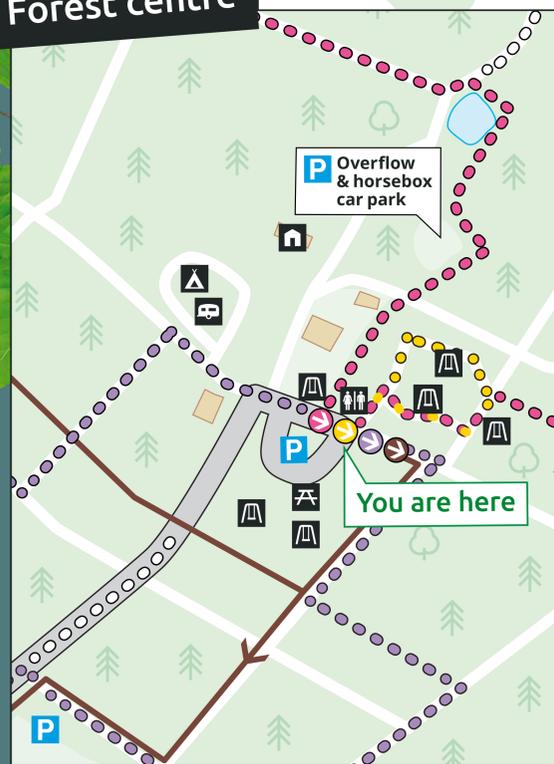
UFO Trail ●●●

5km (3 miles)

Let your imagination take flight as you explore the conifer plantations, passing areas linked to the famous 1980 UFO sightings. You might even spot your own unidentified flying object!

The trail follows forest roads and grass paths with exposed sandy soils. It includes gentle undulations with a very limited elevation gain over the 3mile route. Surfaces may include stones and roots. The trail is at least 2m wide throughout and includes two road crossings.

Forest centre



Key

- Parking
- Toilets
- Picnic area
- Play area
- Camping site
- Caravan site
- Forest operations hub
- UFO sculpture
- Forest track

Cycling Trails

FIDO Trail —
16km (10miles)
Shortcut ○○○○
Grade: **Forest road**

Named after the WWII 'Fog Investigation and Dispersal Operation'. This area 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.

How our cycle trails are graded

Green Easy	Blue Moderate	Red Difficult	Black Severe	Double-black Extreme
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Forest road & similar
Expect: Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful. Look out for vehicles, forestry work and other visitors.

Cyclists, please consider other visitors and give way to walkers and horse riders. Please do not cycle through tree plantations, picnic areas or on the Discovery Trail.

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 or 112. Inform Forestry England as soon as you can: sandlingsranger@forestryengland.uk
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 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 is a hazardous activity carrying 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.

