

Conquer the Viking Trail

at Tunstall Forest

The Viking Trail: history and future!

The origins of the Viking Trail are a legacy of the motorcycle enduro events held in the forest over past decades. These trails have been extended and enhanced by the Tunstall and Rendlesham Off-road Group (TROG). There is an on-going programme of maintenance which includes hidden drainage and the building of technical features for more advanced riders, the aim being to retain what is the 'essence of Tunstall', with a natural feel to the trails and minimum use of imported material.

Support the trails

The trails are maintained by volunteers who raise the funds required to keep them sustainable and spend many hours working on them throughout the year. Please visit the TROG web site www.trogmtb.com to see what we do, and perhaps join our group. You will also find a **DONATE** button on our home-page if you would like to support the trails this way.

10 miles of Suffolk's finest singletrack...



**Enjoyed the trail here at Tunstall?
Try Rendlesham Forest...**

With a cycle park and fun play area, Rendlesham is great place to explore on foot or by bike! To find out more, visit forestry.gov.uk/rendlesham

Local Forestry Commission office:
Tangham Outstation, Rendlesham Forest
Woodbridge, IP12 3NF
Tel: 01394 450164
forestry.gov.uk/salceyforest

forestry.gov.uk/visit

Trail construction and maintenance:

www.trogmtb.co.uk
TROG
Tunstall & Rendlesham Offroad Group

Supported by:

Suffolk Coast & Heaths
Area of Outstanding Natural Beauty



Viking Trail ▶▶▶

Difficult: 16km (10mile) Allow 90 minutes

The Viking Trail is red graded due to its width rather than its severity. Some sections are still technical, so care should be taken. The trail is mostly fast, narrow and flowing singletrack running through the trees, with berms and some short climbs. Pits with steep entries may be found alongside the waymarked route. A shortcut is available in order to reduce the length of the trail if needed.

Trail shortcut ▶▶▶

Follow the public footpath to return to the car park.

Finding your way

Follow the coloured trail markers on timber posts. Look out for any warning markers.

Emergency info

Name & address: Tunstall Forest

Grid ref: TM 380 559

Nearest A&E hospital facilities:
Ipswich Hospital, Heath Road, Ipswich IP4 5PD.
01473 712233.

Nearest phone: At Tunstall Village.
In case of an emergency call 999.
Inform the Forestry Commission, 01842 810271

Forest cycle code

1. Don't rely on others

- » Can you get home safely?
- » Carry the right equipment and know how to use it.

2. For your own safety

- » Always wear the right safety clothing, at least a cycle helmet and gloves.
- » Only cycle within your ability. a
- » Only tackle jumps and other challenges if you are sure you can do them, have a look first!
- » Train properly, especially for difficult and technical routes.

3. On and off-road

- » Expect the unexpected. Watch out for other visitors.
- » For your own and others' safety always follow warning signs and any advice you are given.
- » If a vehicle is loading timber stop and wait for the driver to let you pass safely.

4. Cycle carefully and come back soon!

How our cycle trails are graded

Green Easy Sorry, not at this forest	Blue Moderate Sorry, not at this forest	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 Sorry, not at this forest	Orange Extreme Sorry, not at this forest
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Forest roads

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.
