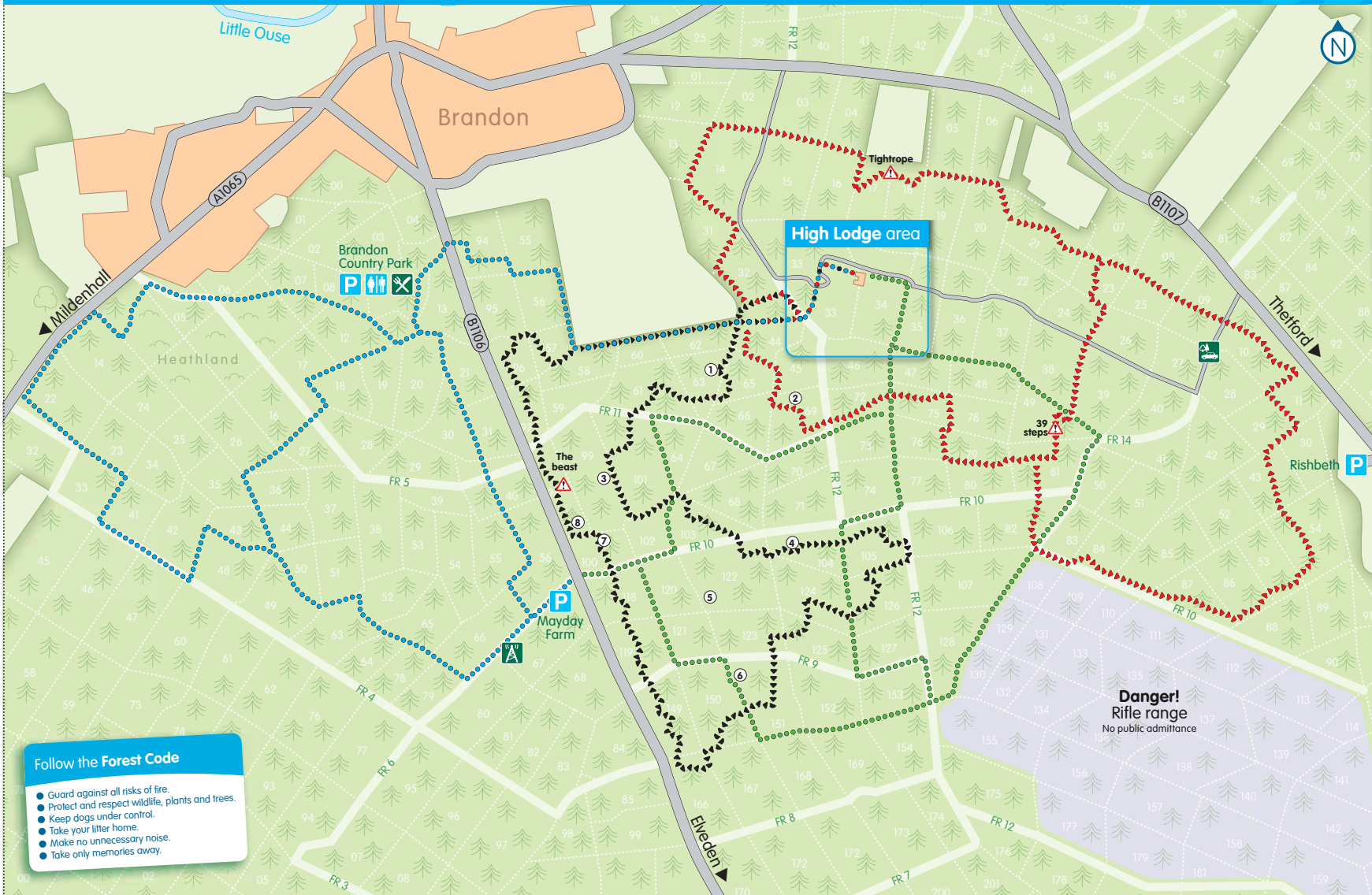


Thetford Forest cycle trails

High Lodge area



- Follow the Forest Code**
- Guard against all risks of fire.
 - Protect and respect wildlife, plants and trees.
 - Keep dogs under control.
 - Take your litter home.
 - Make no unnecessary noise.
 - Take only memories away.

Cycle trails

High Lodge Loop ●●●●
(Green Route)
Distance: 10 km (6.3 miles) (less with shortcut).
The route: Wide open trails, mostly good surfaces. Rises and descents gradual. Basic cycling skills and reasonable fitness required.

Brandon Park Loop ●●●●
(Blue Route)
Distance: 12.8 km (8.1 miles) (less with shortcut).
The route: Link from High Lodge to Brandon Park adds 3.5 km (2 miles). Open trails. Variable surface. Experienced cycling skills and good fitness required.

Red Route (one-way) ▶▶▶
Distance: 17.8 km (11 miles) (less with short cut).
The route: Mostly single track winding between the trees. More challenging than Green or Blue. For aspiring cyclists who enjoy a challenge. Not recommended for cyclists under 12 years.

Black Route (one-way) ▶▶▶▶
Distance: 16 km (10 miles)
The route: Narrow difficult trails with varied surfaces. Very steep rises and descents. High levels of skill, experience and off-road knowledge with high endurance fitness required. Not recommended for riders under 15 years.

Key

- Restaurant / cafe
- Play area
- Shop
- Radio mast
- Forest drive
- Bike hire
- Bike wash
- Fire route
- Forest compartment

0 200 400 600m

- Mountain bike pits**
- Madgett's Pit
 - Squirrel Scamper
 - The Tent Peg
 - The Bracken Pit
 - Tom's Bomb Hole
 - Wildlife Pit (cycling prohibited)
 - The Skip
 - Howe's Run Pit

Forestry Commission cycle trails are graded as follows

Grade Easy
Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat and wide.

Grade Moderate
Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections & small obstacles of root & rock.

Grade 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.

Grade Severe
Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.

Grade Forest road
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.

Grade Bike park
Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.
Trail: Extreme levels of exposure & risk. Large features.

Not every forest contains a bike park or full range of cycle trails. To find more trails, visit www.forestry.gov.uk