

High Lodge
Thetford Forest

WildPlay

With the sound trail, climbing sculptures, sand play, slides, huge swings and den building to name a few...only your imagination is the limit.



BikeArt

Bike hire & sales

Explore the forest as a self-led group or, to get the very best from your day, use one of our qualified guides to teach some basic skills and find the most exciting places on two wheels!

A unique way to promote team building and fun physical activity.

For cycle hire and guide bookings or more info, call **01842 810090** or visit www.bikeartthetford.co.uk



No one loves adventure more than kids



Swing through the tree-tops with your junior tarzans and enjoy a fun-filled experience of tree-to-tree crossings, finishing with a zip finale. For children over 1m tall – it's one for the whole family to enjoy and it's great for a birthday party.

Find out more and book at goape.co.uk/junior or call **0845 094 8635**.

Barbecues for hire

We have six barbecues to hire which can cater for up to 20 people each. Why not book one for your day in the forest?

For details, visit forestry.gov.uk/highlodge or call the Information Point on **01842 815434**. (We regret that disposable and portable barbecues are not permitted anywhere in the forest.)



Eating at High Lodge

Why not order your food, drink, children's lunchboxes and ice cream from the Cafe? They can also cater for groups in Oak Lodge if booked separately.

For more info on the Cafe, call **01842 813949**.



Why Choose High Lodge?

- Excellent year-round facilities including Information Point and Cafe.
- Each programme is supported by a pre-site visit with a ranger, pre-booking necessary.
- WildPlay: a large play area including an adventure playground, giant sculpture trail and sound trail.
- Site and programme specific risk assessments.
- Voucher for £10 off a coach site entry fee or a voucher for £5 off a minibus site entry fee with every activity crate/trail pre-booked.
- Every child booked onto an activity crate programme will receive a **FREE RETURN** visit to High Lodge for one car to come back with their family.
- High Lodge Thetford Forest is a Norfolk Children's University Learning destination and is approved by Norfolk County Council.
- Oak Lodge is available for hire as a wet weather provision.



Location and information



Location

High Lodge is in Thetford Forest between Thetford and Brandon on the B1107.

Sat Nav: **IP27 0AF**.

Admission

A site entry fee per vehicle is charged. For current information call **01842 815434** or visit the website.

Opening hours

Open every day. Check online or on site for current closing times. Closed Christmas Day.

Find out more

Be the first to know what's going on at High Lodge, sign up for updates at www.forestry.gov.uk/moreinfo

Contact

High Lodge Thetford Forest, Forestry Commission, Brandon, Suffolk IP27 0AF.

Bookings: **01842 816028**

General enquiries: **01842 815434** or visit the website.

forestry.gov.uk/highlodge



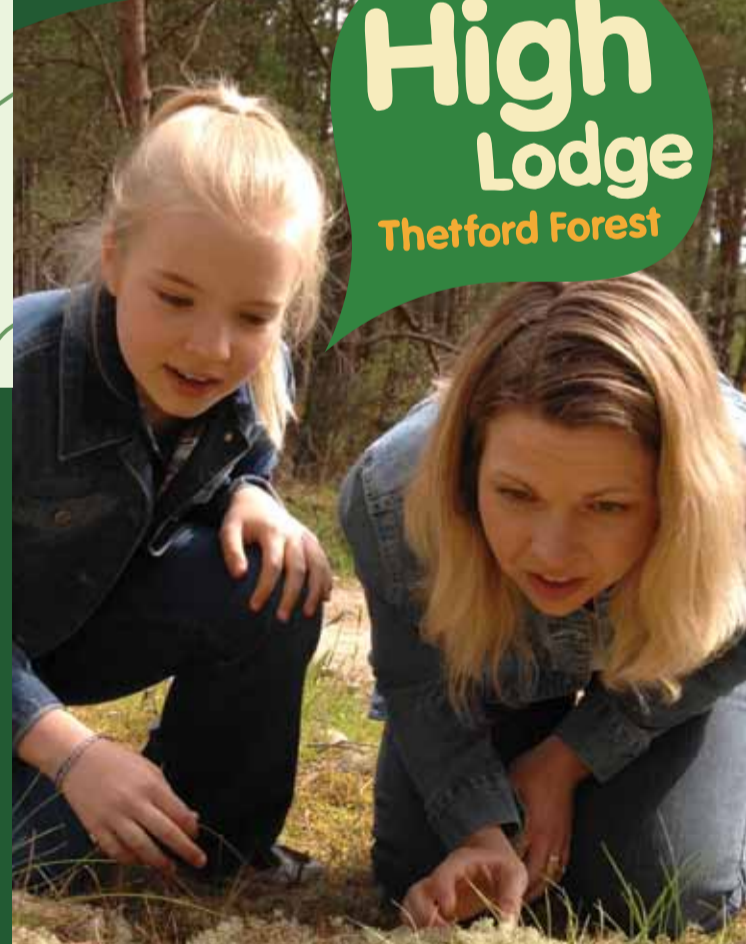
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High Lodge Thetford Forest



Learning

forestry.gov.uk

Self-Led Learning adventures

Activity trails

Self-led learning activities based around waymarked trails. Maps/packs are **£1.50** each when ordered or **£2.50** when purchased from the High Lodge Information Point.



Squirrel Scamper trail

Key stage 1+2

A fun introduction to orienteering, children will learn the basic skills of map reading and finding way markers. Each post has a grid reference and a rubbing to add to their fun-packed sheet, the pack also contains a crayon and a sticker. There is even a scavenger hunt to do between finding the posts.



Forest Footsteps

Key stage 2+3

An interactive wander through the woods along the Nature Trail. Children receive a work booklet and pencil which they will use to learn about the forest environment around them. There is also a pack to help teachers expand on topics and support further learning.



Orienteering

Key stage 3+

High Lodge has a large permanent orienteering course. Your map reading skills will be tested and you will experience many of the different environments the forest has to offer. There are three courses from 2-5km, compasses can be borrowed from the Information Point for a small deposit but are not essential for the activity.

Worried about the weather?

Oak Lodge, our purpose-built meeting room can be pre-booked as a wet weather provision for **£35** per hour. Call **01842 816028**.

Activity crates



Nature Detectives

Key stage 1+2

An educating look into the miniature world of the mini-beast. Children become nature detectives, learning how to identify mini-beasts, where they live and why they are so important to the forest. A fun activity promoting discussion, food chains and lots of hands-on activities.



Forests for the Future

Key stage 2

Trees glorious trees! Children will explore the causes of climate change and how trees can help to provide a sustainable solution. They will learn how to identify fossil fuels, calculate carbon stored in trees and understand the concept of a working forest and forest cycle.



Forest Experience

Foundation and Key stage 1+2

This learning adventure will require every part of the children's bodies to learn about the forest through sensory activities. Topics explore trees, animals, people and the way they interact with the forest. Children should hear, smell and see the forest very differently after completing this activity.

Our trees and forests are essential for people, wildlife and the green economy. The way the Forestry Commission manages them on behalf of the nation will safeguard them for the future.



How to book

As easy as 1, 2, 3...

- 1 Call **01842 816028** and request a booking form
- 2 Return the booking form and full payment to us
- 3 Receive your teacher pack and come to High Lodge, Thetford Forest

Booking forms must be returned at least two weeks in advance of your visit.



Team and Shelter Building

Key stage 2+

This activity combines a variety of team building activities, using natural materials all within your own learning area. Very hands-on interactive session encouraging physical activity, creativity, problem solving and most importantly, communication skills.