

Cycling trails

Trail grading information

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

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

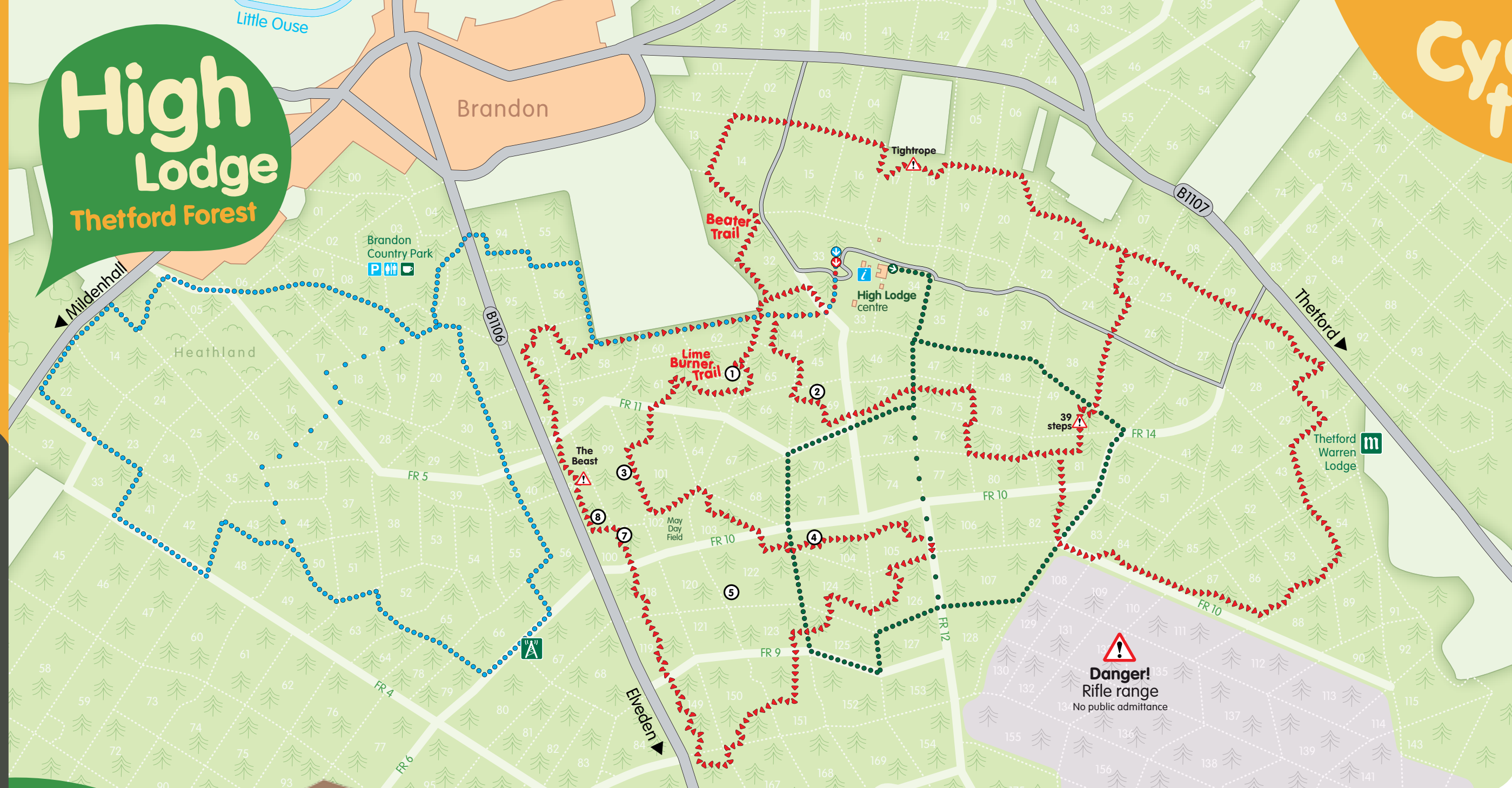
Red: Difficult
Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.
Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.

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

Forest roads & bike parks

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.

Bike parks
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.



In an emergency

Name & address for key location:
 High Lodge, Thetford Forest,
 Brandon, Suffolk IP27 0AF

Nearest access road: B1107

Nearest A&E Hospital facilities:
 West Suffolk Hospital,
 Bury St Edmunds, Suffolk IP33 2QZ
 (approx. 18 miles). T: 01284 713000

Nearest phone: There are phones at the Information Point which can be used in an emergency

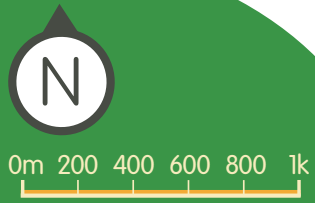
In case of an emergency call 999. Inform the Forestry Commission on T: 01842 815434 or 07713 317882 or report any accidents and trail issues to the Information Point.

Forest Cycle Code

- Don't rely on others:**
 - Can you get home safely?
 - Carry the right equipment and know how to use it.
- For your own safety:**
 - Always wear the right safety clothing, at least a cycle helmet and gloves.
 - Only cycle within your abilities.
 - 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.
- 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.
- Cycle carefully and come back soon!**

Your safety

- Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. The guidelines in this leaflet must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.
- Routes may change owing to tree felling and other forest operations.
- No pedestrians, motorbikes, quadbikes, dogs or horses** are allowed on the MTB trails.



- Map key**
- Trail start
 - Ancient monument
 - Radio mast
 - Bike pits
 - FR 12 Fire route
 - Forest compartment
 - Public bridleway
 - Forest track



Finding your way
 Follow the trail markers with coloured arrows and the trail name.

- 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

Starting from Nightjar car park

Poacher Trail ●●●●●
 (Shortcut route ●●●)
 Graded: **Moderate**
 Distance: **16km (10 miles)**
Shortcut available

Open trails with a variable surface. Experienced cycling skills and good fitness required.

Beater Trail ▶▶▶▶▶
 Graded: **Difficult**
 Distance: **Long loop 18km (11 miles)**
Short loop 10km (6 miles)

Mostly singletrack winding between the trees. More challenging than Shepherd or Poacher. For aspiring cyclists who like a challenge, not suitable for those under 12 years old.

Lime Burner Trail ▶▶▶▶▶

Graded: **Difficult**
 Distance: **16km (10 miles)**

Narrow difficult trails with varied surfaces. Very steep rises and descents. High levels of skill, endurance and off-road knowledge with high endurance fitness required. Not recommended for those under 16 years old.

Starting at High Lodge

Shepherd Trail ●●●●●
 (Shortcut route ●●●)
 Graded: **Forest Road**
 Distance: **8km (5 miles),**
Shortcut 5½km (3½ miles)

A quiet family cycle trail for beginners, offering wide-open forest roads. Suitable for bikes with tagalongs, trailers and child seats.

Throughout the forest

Mountain Bike Pits
 Graded: **Severe**
 Distance: **Various locations**

- Madgett's Pit
- Squirrel Scamper
- The Tent Peg
- The Bracken Pit
- Tom's Bomb Hole
- The Skip
- Howe's Run Pit

