

# Explore our Forest trails

## Walking trails

- Phoenix Trail (easy access)** ●●●●●  
1.2 km (0.75 miles)
- Phoenix Trail (longer trail)** ●●●●●  
5 km (3 miles)

These trails are named after the recovery from the great storm of 1987. Both trails start from the car park.

There are shortcuts for the two trails, denoted by white waymarkers. The longest trail takes you through conifer plantations, heathland and wetland areas. Each walk allows you to see the unique flora and fauna of the Sandlings.

### Butley Corner car park & picnic site

This can be found north of the B1084, a short distance from the entrance to the forest centre.

Walkers in this area can enjoy the wetland area of the Butley River valley. Further on you'll reach an oak grove followed by heathland and Corsican pine.

- UFO trail** ●●●●●  
5 km / 3 miles

For more information, pick up a UFO Trail leaflet from the forest centre.

## Cycle trails

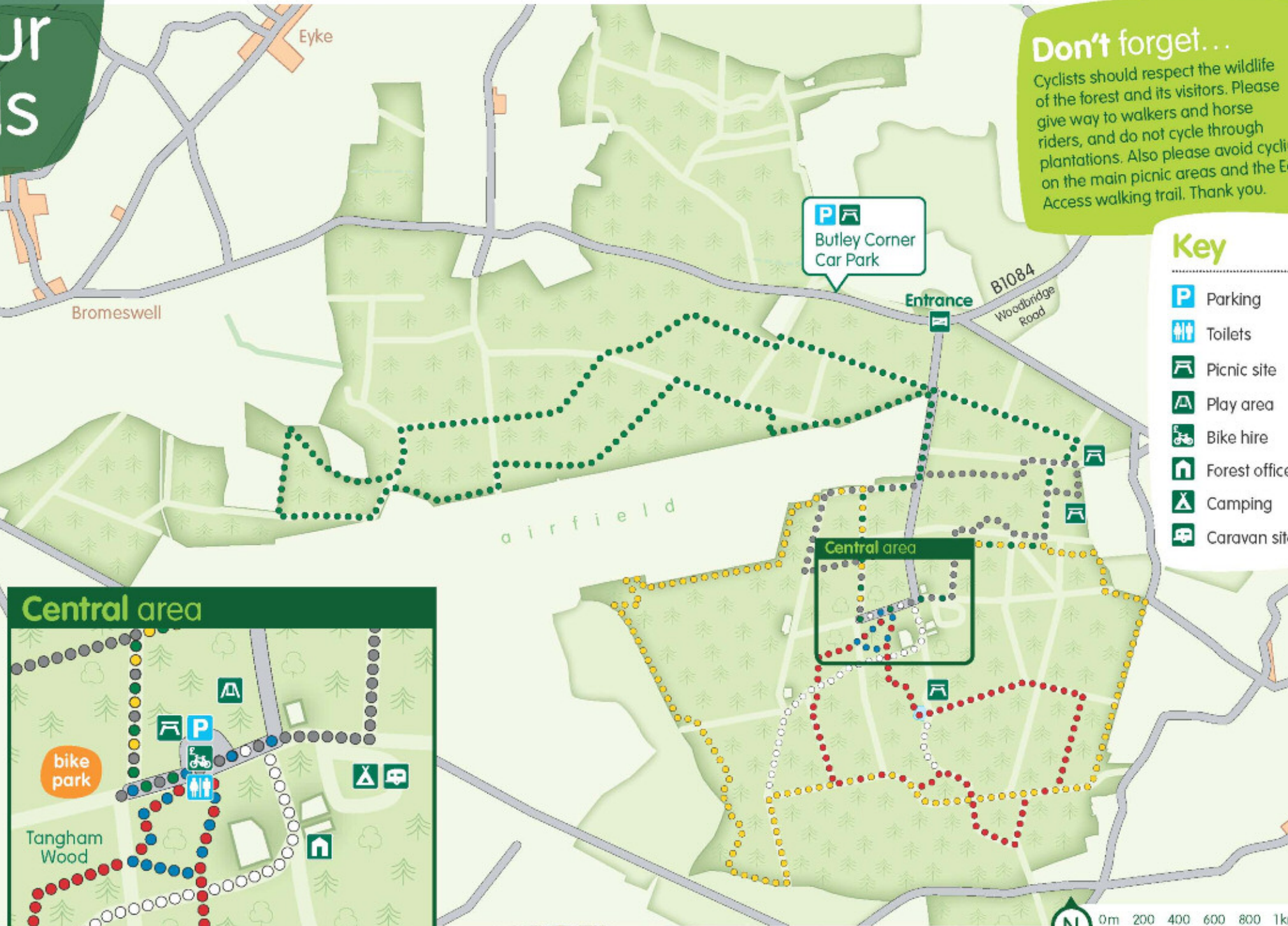
There are two one-way cycle routes that are both graded green. Both trails are considered suitable for beginners.

- Tang Trail** ●●●●●  
Grade: ● Green Easy  
9.5 km (6 miles)

This shorter trail, named after the river Tang, has a shortcut indicated by white waymarkers.

- FIDO Trail** ●●●●●  
Grade: ● Green Easy  
16 km (10 miles)

This longer trail is named after the WWII 'Fog Investigation and Dispersal Operation'. It allowed a total of 4200 Allied aircraft to make emergency landings at Woodbridge airfield, saving many lives. This trail also has a waymarked shortcut.

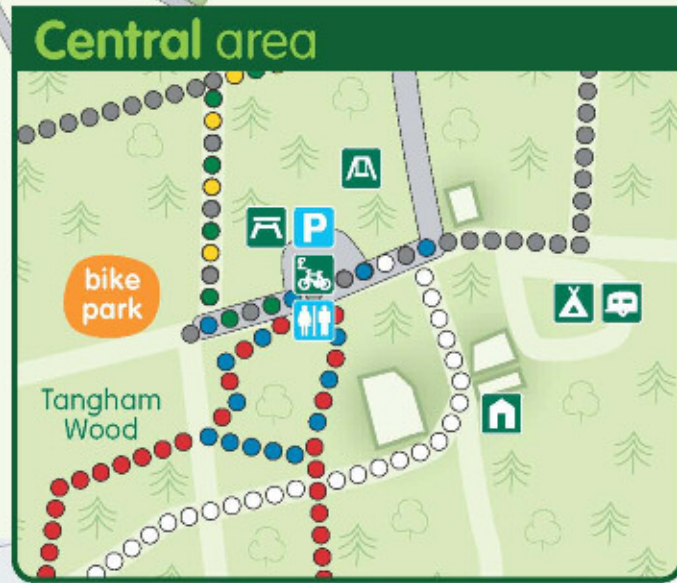


### Don't forget...

Cyclists should respect the wildlife of the forest and its visitors. Please give way to walkers and horse riders, and do not cycle through plantations. Also please avoid cycling on the main picnic areas and the Easy Access walking trail. Thank you.

### Key

- P** Parking
- ♿** Toilets
- 🍷** Picnic site
- 🎮** Play area
- 🚲** Bike hire
- 🏠** Forest office
- 🏕️** Camping
- 🚐** Caravan site



## The bike park

The bike park is an exciting place for experienced cyclists to develop their skills.

Please make sure you are appropriately equipped and sufficiently experienced before venturing onto the two challenging one-way rides. Further advice is given at the start and should be read carefully.

The bike park can be found 250 metres from the main car park.



### How our cycle route grading works

- 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 and fitness. Good mountain bikes. Trail: Challenging climbs, tricky descents and technical features such as drop-offs and large rocks.
- Black: Severe** ◆ Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes. Trail: Greater challenge and difficulty. Expect large and unavoidable features.

Not available at this forest

## 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!**

## Emergency info

**Name:** Rendlesham Forest: Off B1084.  
**Grid ref:** TM353484.  
**Nearest A&E hospital facilities:** Ipswich Hospital, Heath Road, Ipswich IP4 5PD. 01473 712233.  
**Nearest phone:** At Rendlesham Forest Centre 9am – 5pm (emergency only). In case of an emergency call 999. Inform the Forestry Commission, 01842 816010.

## 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 on 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 motorbikes, quadbikes, dogs or horses** are allowed on the MTB trails.

## 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 and other users.
- Bike parks** ■ Suitable for: Extreme level riders with expert technical skills and good fitness. Technical bike skills important. Jumping ability obligatory. Trail: Extreme levels of exposure and risk. Large features.