

Thetford Forest Park

Owing to harvesting operations, the Red Cycle Trail shall be shortened from **04 Feb** until further notice

Owing to harvesting operations, this section of the Red Cycle Trail will be shut from **04 Feb** until further notice

Cycle trails

High Lodge Loop (Green Route) ●●●●●
 Less with shortcut.
 Mostly good surfaces. Gradual. Basic fitness required.

Red Route (one-way) ●●●●●
 Difficulty: Intermediate / difficult
 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) ●●●●●
 Difficulty: Very difficult / highly technical
 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.

- 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

Danger! Rifle Range



- Key**
- Picnic site
 - Play area
 - Refreshments
 - Radio mast
 - Forest drive
 - Fire route
 - Forest compartment



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

Forestry Commission cycle trails are graded as follows

- Green Easy**
 Suitable for beginner/ novice cyclists. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.
 Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.
 Gradients and technical trail features (TTFs): Climbs and descents are mostly shallow. No challenging features.
 Suggested fitness level: Suitable for most people in good health.
- Blue Moderate**
 Suitable for intermediate cyclist/ mountain bikers with basic off road riding skills. Mountain bikes or hybrids.
 Trail and surface types: As 'Green' plus specially constructed single track. Trail surface may include small obstacles of roots and rock.
 Gradients and technical trail features (TTFs): Most gradients are moderate but may include short steep sections. Includes small TTFs.
 Suggested fitness level: A good standard of fitness can help.
- Red Difficult**
 Suitable for proficient mountain bikers with good off road riding skills. Suitable for better quality off-road mountain bikes.
 Trail and surface types: Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.
 Gradients and technical trail features (TTFs): A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, combes, water crossings.
 Suggested fitness level: Higher level of fitness and stamina.
- Black Severe**
 Suitable for expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.
 Trail and surface types: As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any usable trail and may include exposed open hill sections.
 Gradients and technical trail features (TTFs): Expect large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have 'downhill' style sections.
 Suggested fitness level: Suitable for very active people used to prolonged effort.

Not every forest contains a bike park or full range of cycle trails. Visit www.forestry.gov.uk to find more trails suitable for you.

Other off-trail routes

- Forest road & similar**
 Suitable for: A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be waymarked.
 Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. These roads may be used by vehicles and other users, including horse riders and dog walkers.
 Gradients and technical trail features (TTFs): Gradients can be variable and may include short steep sections. Occasional potholes may be present. A good standard of fitness can help.
- Orange Bike park**
 Suitable for: Riders aspiring to an elite level of technical ability, incorporates everything from full on downhill riding to big air jumps.
 Trail and surface types: Severe, constructed trails and/or natural features. All sections will be challenging, includes extreme levels of exposure and/or risk. Jumping ability obligatory.
 Gradients and technical trail features (TTFs): Will include a range of small medium and large TTFs, including downhill trails, berms sections and mandatory jumps.
 Suggested fitness level: A good standard of fitness, but technical skills more important.