

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 is a shortcut for the longer trail, 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.

UFO Trail ●●●
5 km / 3 miles

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

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.

Cycle trails

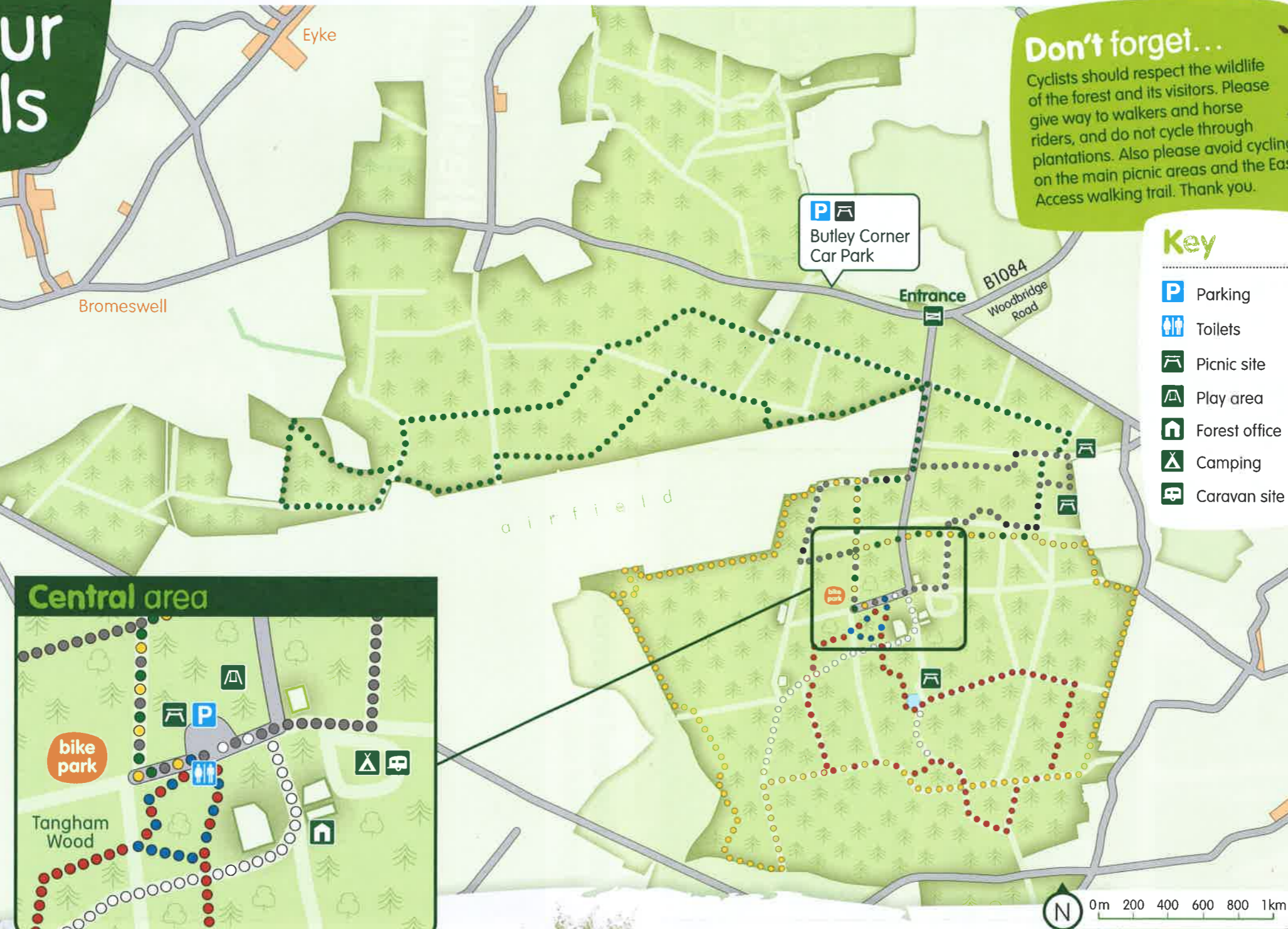
There are two one-way cycle routes. Both trails are considered suitable for cyclists in good health.

Tang Trail ●●●
(Shortcut ○○○)
Grade: **Forest road**
9.5 km (6 miles)

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

FIDO Trail ●●●
Grade: **Forest road**
16 km (10 miles)

This longer trail is named after the WWII 'Fog Investigation and Dispersal Operation'. It allowed a total of 4,200 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

- Parking
- Toilets
- Picnic site
- Play area
- Forest office
- Camping
- Caravan site

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 safety**
 - Wear the right safety clothing; a cycle helmet and gloves.
 - Cycle within your abilities.
 - Look first! only tackle jumps and other challenges if you are sure you can do them.
 - Train properly, especially for difficult and technical routes.
- On and off road**
 - Expect the unexpected.
 - Watch out for other visitors.
 - Stay safe: always follow warning signs and any advice you are given.
 - If a vehicle is loading timber, wait for the driver to let you pass.
- Cycle carefully & 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, 0300 067 4500.**

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.



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 trails are graded

- Green Easy** ●
Sorry, not at this forest
- Blue Moderate** ■
Sorry, not at this forest
- Red Difficult** ▲
Sorry, not at this forest
- Black Severe** ◆
Sorry, not at this forest
- Orange Extreme** ■
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.

Forest roads

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.