

Cycling trails

High Lodge Thetford Forest

Map key

- Trail start
- Bike pits
- BBQ area
- Toilets
- Cafe
- Information point
- Ancient monument
- Fire route
- Forest track
- Emergency signage
- One-way sections
- Two-way sections

0m 200 400 600 800 1km

How our cycle trails are graded

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 moderate off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections & small obstacles of root & 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.

Orange Extreme

Sorry, not at this forest

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.

Pump Track

This technical learning facility incorporates a closed loop of rolling features and tightly bermed corners. As you gradually build your skills, speed and confidence you will be able to ride the loop without peddaling; gaining speed and momentum by 'pumping' the bumps and corners.

Finding your way

Follow the trail markers with coloured arrows and trail name. Keep an eye out for the emergency posts if you get into difficulty.

Danger!
Rifle range
No public admittance

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

Beater Trail

Graded: Blue - Moderate
Distance: Long loop 18km (11 miles)
Short loop 10km (6 miles)

Trail: Mostly singletrack winding between the trees with small obstacles of root and rock. Appropriate for aspiring cyclists, with moderate skill level, who like a challenge. Not suitable for trailers, tagalongs and child seats.

Lime Burner Trail

Graded: Red - Difficult
Distance: 16km (10 miles)

Trail: Varied and changeable surface with challenging climbs, tricky descents & technical features such as drop-offs, sweeping single track and rock features. High levels of skill, endurance and off-road knowledge are required. Not suitable for trailers, tagalongs and child seats.

Starting at High Lodge

Shepherd Trail

(Shortcut route ● ● ● ● ●)
Graded: Green - Easy
Distance: 8km (5 miles),
Shortcut 5½km (3½ miles)

Trail: A quiet family cycle trail for beginners, offering relatively flat, wide open forest roads, tracks and rides. Appropriate for most bikes, including tagalongs, trailers and child seats.

Throughout the forest

Mountain Bike Pits & Features

Graded: Severe
Distance: Various locations
Trail: Greater challenge and difficulty. Expect large and unavoidable features. Expert skill, a high level of fitness and quality off-road mountain bikes are required. Not suitable for trailers, tagalongs and child seats.

- P1 Madgett's Pit
- P2 Squirrel Scamper
- P3 The Tent Peg
- P4 The Bracken Pit
- P5 Tom's Bomb Hole
- P7 The Skip
- P8 Howe's Run Pit