



Forestry England

Forest Runner

Hello! If you're reading this, you've already taken your first step towards being a Forest Runner. It's great to have you with us!

From March to September, we challenge you to venture out on our running trails and take part in a 5k or 10k Forest Runner challenge on Strava. Or you can do both!

We've got clearly signposted, easy to follow running trails, from 1km to 10km, in forests and woodlands across England to help you train for and complete your chosen challenge distance. The 5k challenge is in May and the 10k is in September, so plenty of time to work up to them.

Whether you're new to running or a regular runner looking to push your PB, already love running in the forest as much as we do or fancy trying something new, we're here for all of it. We want you to get that amazing finish line feeling every time you head out.

In partnership with





Forestry England



Get that forest feeling

There's nothing better than breathing in fresh, forest air and taking in the colours, sights and sounds of the wooded surroundings as you go. Never knowing what wildlife you might spot among the trees and experiencing the magic of changing seasons – every run is different.

Every step is a chance to connect with nature, yourself and other runners out on the trails. The feeling of freedom, running without having to think or worry about anything else, the opportunity to explore and have adventures on even the shortest run.

These are just some of the things we think makes running in the forest so special, but we're sure you'll find more of your own.

Plan your forest run

The first step is to plan your visit – information about all our running trails and forests can be found online. If you're new to running, or running in the forest, heading to one of our visitor centre sites is a good start. They have all the facilities you might need, such as car parks, toilets and a café for all important post-run refreshments.

A couple of other [top tips](#): you don't need anything special to be a forest runner. Just make sure have comfy trainers and clothing, water and a well-charged phone.

Ready, steady, go

Now you're ready to go, join our ['Forestry England Running Club' group on Strava](#) to connect and share experiences with other Forest Runners, get inspiration and top tips to keep you going and be able to sign up as soon as the challenges go live!

forestryengland.uk/forest-runner