

# High Lodge Cycle trails

## Emergency info

**Name of key location:**  
High Lodge, Thetford Forest

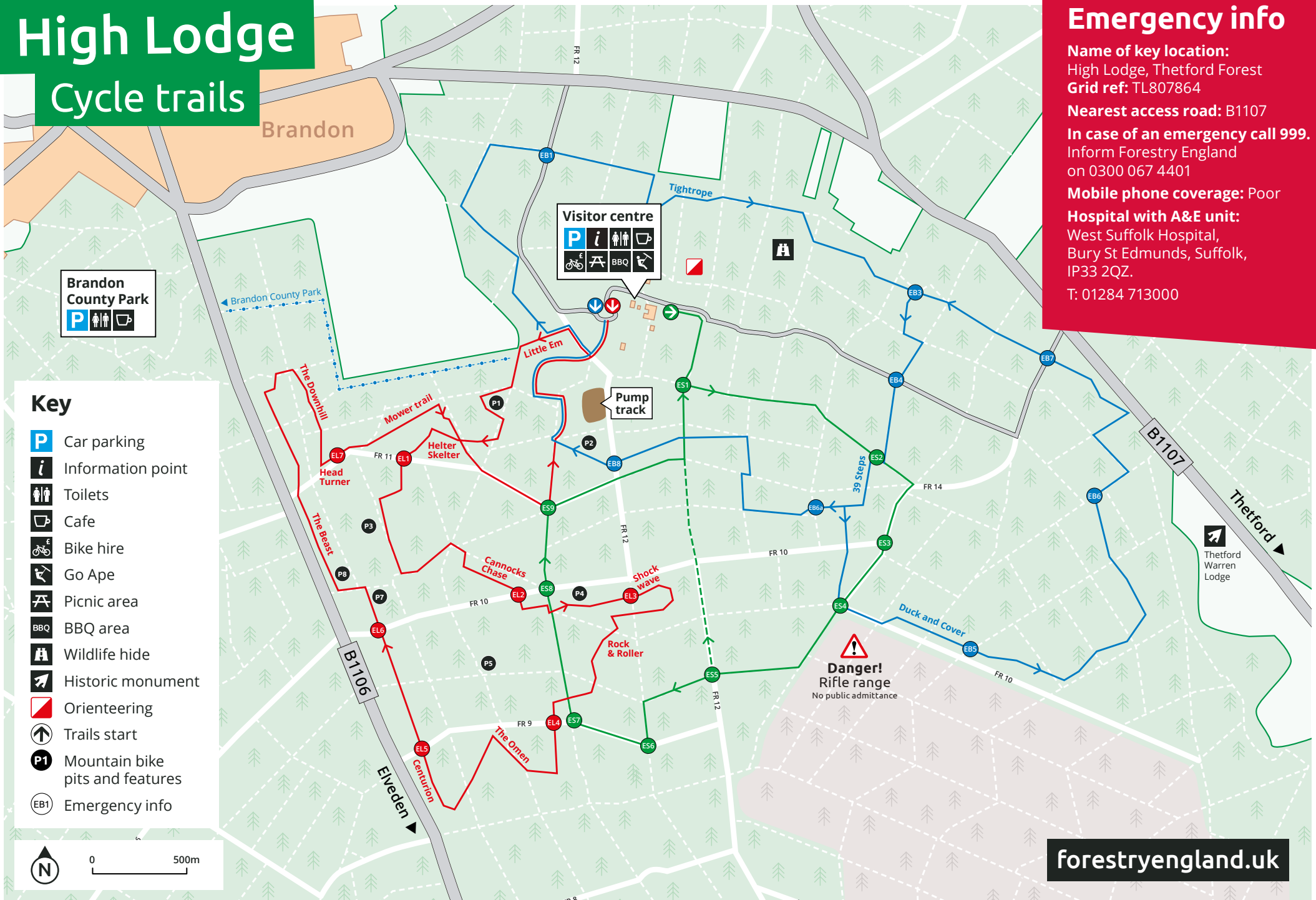
**Grid ref:** TL807864

**Nearest access road:** B1107

**In case of an emergency call 999.**  
Inform Forestry England  
on 0300 067 4401

**Mobile phone coverage:** Poor

**Hospital with A&E unit:**  
West Suffolk Hospital,  
Bury St Edmunds, Suffolk,  
IP33 2QZ.  
T: 01284 713000



**Brandon County Park**

P i

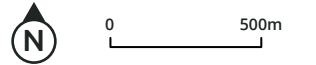
**Visitor centre**

P i

BBQ

**Key**

- P** Car parking
- i** Information point
- Toilets**
- Cafe**
- Bike hire**
- Go Ape**
- Picnic area**
- BBQ area**
- Wildlife hide**
- Historic monument**
- Orienteeing**
- Trails start**
- P1** Mountain bike pits and features
- EB1** Emergency info



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# Cycling trails at High Lodge

## Trail information

### Beater Trail

Starting from Nightjar car park

Grade: **Moderate (blue)**

Long loop **18 km (11 miles)**

Short loop **10 km (6 miles)**

Mostly single-track, winding through the trees and over obstacles such as roots. Appropriate for aspiring cyclists with moderate skill level who like a challenge. Not suitable for trailers, tagalongs and child seats.

### Lime Burner Trail

Starting from Nightjar car park

Grade: **Difficult (red)**

**15 km (10 miles)**

Varied surface with technical features such as drop-offs, sweeping single-track, rock features and optional black graded pits. High levels of skill, endurance and off-road knowledge are required. Not suitable for trailers, tagalongs and child seats.

Join  
today

As a member you'll be supporting High Lodge and get free onsite parking, forest updates and discounts.

[forestryengland.uk/  
membership](https://forestryengland.uk/membership)

### Shepherd Trail

Starting from High Lodge

Grade: **Easy (green)**

**8km (5 miles)**

Shortcut **5.5 km (3.5 miles)**

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

## Is this cycling trail for you?

### 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 and small obstacles of root and 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

### Orange Extreme

### 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.

## Mountain bike pits and features

Throughout the forest  
Graded: Severe (black)

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.

## Forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

## Cycling safely

### Plan ahead

- Use the right bike and appropriate safety gear, and check they're safe to use. Always wear a helmet and gloves.
- Don't rely on others; make sure you can get back safely.
- Know your location if you need to call for help.

### Stay in control

- Ride within your ability.
- Expect the unexpected.
- Look first: only tackle jumps and other challenges if you're sure you can do them.
- Off-road cycling carries inherent risks. Consider your skills, ability, and fitness, and use these guidelines in conjunction with your own experience and careful judgement.

### Ride responsibly

- Take care around other visitors, dogs and horses.
- Dogs are not allowed on cycling trails, except for shared use trails.
- Motorbikes and quadbikes are not allowed.
- Routes may change due to forestry work. Follow all warning signs and diversions.
- If a vehicle is loading timber, always wait for the driver to let you past.