

Thetford Forest Park

Close-up view of High Lodge ▶

Cycle trails

All routes offer cyclists the opportunity to explore deep into the forest. The Green and Blue Routes follow forest roads and tracks. The Red Route winds through the forest on single track, but avoids the slopes, twists and turns of the Black Route. The Black Route retains its dramatic characteristics and is more unpredictable.

High Lodge Loop (Green Route) ●●●●

Difficulty: Beginners / Family

Distance: 10 km / 6.3 miles (less with shortcut)

The route: Wide open trails, mostly good surfaces. Rises and descents gradual. Basic cycling skills and reasonable fitness required.

Brandon Park Loop (Blue Route) ●●●●

Difficulty: Easy / Moderate

Distance: 12.8 km / 8.1 miles (less with shortcut)

The route: Link from High Lodge to Brandon Park adds 3.8 km / 2.3 miles. Open trails. Variable surface. Experienced cycling skills and good 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: 16km / 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.

Important

- Helmets strongly recommended on all routes.
- Ground conditions on all routes vary with the seasons.
- Please observe all signs.
- Child seats and trailer bikes are not suitable for the Red Route or the Black Route.



Key

Parking

Toilets

Picnic site

Play area

Refreshments

Radio Mast

Forest Drive

Fire Route

Forest Compartment

Mountain Bike Pits

- ① Madgett's Pit
- ② Squirrel Scamper
- ③ The Tent Peg
- ④ The Bracken Pit
- ⑤ Tom's Bomb Hole
- ⑥ Wildlife Pit (cycling prohibited)
- ⑦ The Skip
- ⑧ Howe's Run Pit