

43. Bedgebury

Distance **7 miles/11km**

Ascent **198 metres**

Start/finish **Bedgebury Park, TN17 2SJ**

Bedgebury Forest is dotted with walking and cycle trails and most junctions have a numbered finger post – carrying a forestry map will allow you to easily locate yourself.

Start by the bike hire centre and head south uphill to the radio masts. Continue around to the L and downhill past the old sawmill to a big track junction at marker 56 (1.1 miles/1.8km). Turn R and follow the main trail L to Louisa Lake. Continue uphill past the lake trending R to a main path junction with a gate at TQ 734334 (2.7 miles/4.4km). Turn R then L at Louisa Lodge and follow the track around Sugarloaf Hill to a junction called Iron latch at TQ 733341 with a marker post labelled T (3.7 miles/6km). Turn L and follow this track past Brick Kiln Cottages, then fork R onto a track which leads downhill to the Forestry Commission offices (4.6 miles/7.4km). Turn L and follow the track south back to the main junction near the sawmill (5.5 miles/8.9km). Turn R here and return to the start along the outbound route.

Miles	Km	Directions
0.0	0.0	Start by the bike hire centre and head south uphill to the radio masts. Continue around to the left and downhill past the old sawmill to a big track junction at marker 56.
1.1	1.8	Turn right and follow the main trail left to Louisa Lake.
2.3	3.7	Continue uphill past the lake trending right to a main path junction with a gate at TQ734334.
2.7	4.4	Turn right then left at Louisa Lodge and follow the track around Sugarloaf Hill to a junction called Iron latch at TQ 733341 with a marker post labelled T.
3.7	6	Turn left and follow this track past Brick Kiln Cottages, then fork right onto a track which leads downhill to the Forestry Commission offices.
4.6	7.4	Turn left and follow the track south back to the main junction near the sawmill.
5.5	8.9	Turn right here and return to the start along the outbound route.