

## 56. Thetford

**Distance**      **6.5 miles/10km)**

**Ascent**        **47 metres**

**Start/finish**    **Thetford Forrest Park, IP27 0AF**

The Forestry Commission walking and cycling trails are available on a map from the visitor centre and can be helpful for further exploring the forest.

Our route heads south from the start past the woodland sculptures and the mountain bike skills area to a large forest crossroads (0.9 miles/1.4km). Turn L and follow the track to a sharp R, take the next L and follow this track, taking the fourth main L at TL 832831 (2.7 miles/4.4km). Follow this north-east to the boundary between the managed forest and the golf course. Turn L and follow this path north past Thetford Warren Lodge. Continue around to the L following the Beach Walking Trail across the exit road, then bear L to cross the exit road again (5 miles/8km). Continue south but turn R at the next main track. Follow this west back to the playing fields in front of the visitor centre and run across these back to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Run south from the start past the woodland sculptures and the mountain bike skills area to a large forest crossroads at TL810837.
0.9	1.4	Turn left and follow the track to a sharp right, take the next left and follow this track, taking the fourth main left at TL832831.
2.7	4.4	Follow this north-east to the boundary between the managed forest and the golf course.
3.2	5.2	Turn left and follow this path north past Thetford Warren Lodge. Continue around to the left following the Beach Walking Trail to the exit road.
4.3	6.9	Cross and continue on the path then bear left and reach the exit road again.
5	8	Cross and continue south to the next junction with a major forest trail, turn right here and follow this back to the playing fields in front of the visitor centre.