

Play area

The play area can be found close to the car park and provides a challenge for younger children with its tube ride and obstacle course. Rest awhile among the trees as the kids enjoy being forest adventurers!



The Sandlings Forest includes Rendlesham, Tunstall and Dunwich, along with several smaller blocks and covers 3000 hectares (7500 acres). The area of lowland heath that the forest lies in is known as the Sandlings and is one of four major heathland areas in Britain.

The Sandlings

The forest has since been redesigned to take account of wildlife conservation, recreation and timber production. Rendlesham Forest now has greater diversity with conifer and broadleaved woodland, open space, wetland, and heathland.

Rendlesham Forest was planted by the Forestry Commission between 1922 and the late 1930s. Before that the land was heathland and rural agriculture. Two-thirds of the forest was prematurely felled by the 'Great Storm' of 1987 when over a million trees were blown down.

In the Beginning

About the Forest

Friends of the Sandlings Forest



The Friends is a volunteer body, established in 2003. It aims to increase knowledge, understanding and enjoyment of the Sandlings Forest. It encourages the involvement and support of local communities, visitors and holidaymakers to Suffolk in the Forests' future development.

If you would like to join the Friends, please ask for an application form. Membership provides you with:

- discounts
- quarterly newsletters
- a 'What's On' leaflet
- and a 'Forest Life' magazine

Coast & Heaths

The Suffolk Coast and Heaths Area of Outstanding Beauty (AONB) is one of 41 AONBs in England and Wales – all chosen for the distinctiveness and the quality of their natural landscape. Together with our Heritage Coasts and National Parks they make up some of the finest countryside in Britain.



Lots to see and do...

Rendlesham Forest is situated in an Area of Outstanding Natural Beauty. It is a unique place, where tranquillity and beauty can refresh the mind.

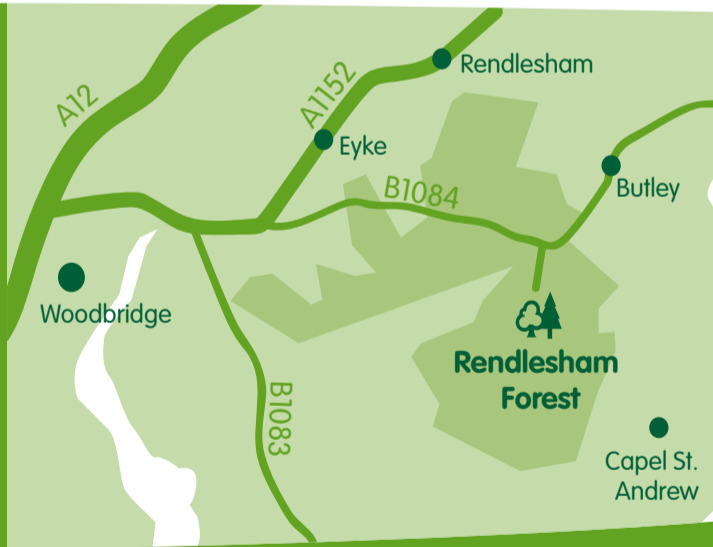
Take a wander through the forest on one of the waymarked walks, or if you're feeling curious, you can investigate the mysterious UFO trail! Why not explore the area via the miles of cycle routes? Bikes are available for hire in the spring and summer months.

There's a children's adventure play area and a number of picnic areas. In summer, refreshments are available next to the main car park.

The permanent orienteering course has a choice of routes to suit a range of ages and abilities, and there's a camping and caravan site among the trees. Whatever the nature of your visit, Rendlesham Forest has lots to offer.



Forest location and information Enjoy your visit



Location
Follow the B1084 Woodbridge to Orford road. Rendlesham Forest Centre is approx 4 miles along this road on the right hand side.

Contact
Rendlesham Forest Centre
Sandlings Forest
Tangham
Woodbridge
Suffolk IP12 3NF
Tel: 01394 450164

Public transport
Bus: Services 160 & 182.
Train: Nearest station is Woodbridge.

National Cycle Routes
Route 1 and Suffolk Coastal
Regional Route 43.

www.forestry.gov.uk

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Rendlesham Forest

In an Area of Outstanding Natural Beauty



Forest Trails

Walking Trails

The Phoenix Trails

The Phoenix Trails start from the car park. White waymarkers denote shortcuts for the two trails.



Phoenix Trail (easy access):
Approx 1.2 km / 0.75 miles.



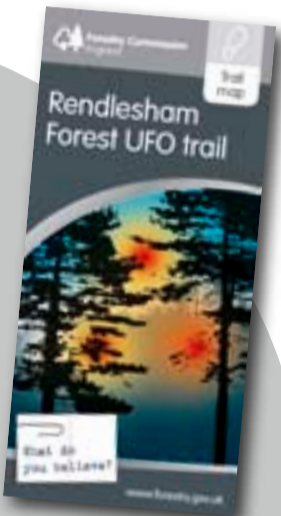
Phoenix Trail (longer trail):
Approx 5 km / 3 miles.

The two trails allow you to adapt them to suit your particular needs. The longest trail will take you through conifer plantations, heathland and wetland areas. Each walk allows you to see the unique flora and fauna of the Sandlings.

UFO trail

A leaflet for this trail is available separately. Pick up a copy from the Forest Centre.

UFO trail:
Approx 5 km / 3 miles.



Daisy's Walk

This is situated on the northern side of the B1084, a short distance from the entrance to the Forest Centre.



Daisy's Walk:
Approx 4.3 km / 2.75 miles.

This walk is named after Daisy Miller who lived for many years at Spratt Street adjoining the western boundary of the forest. She began working in the forest as a girl during the second World War, and continued to work for the Forestry Commission until her retirement in 1981. She received the British Empire Medal in 1980.

Daisy's walk will take you through ancient oak trees, into the Butley River valley and a wetland area where common sedge, water mint and alder abound. Further on you will reach an oak grove that is thinned each decade, followed by heathland and stands of Corsican Pine.

Cycle Trails



Short trail:
approx 9.5 km / 6 miles.
This trail has a short-cut allowing you to halve your ride. (Indicated by white waymarkers).



Long trail:
approx 16 km / 10 miles

There are two main cycle routes of varying distance and difficulty for you to enjoy.

Cyclists are requested to respect both the wildlife of the forest and its visitors. Please give way to walkers and horse riders, and do not cycle through plantations. Also please avoid cycling on the main picnic areas and the 'Easy Access' walking trail. Thank you.

