



Information	
Start point	Santon Downham or St Helens picnic site • Grid Reference TL938919
Parking	Free Parking at Forest District Offices or St Helens
Distance	4.7 miles, 3.4 miles or 2.5 miles
Details	Some long gentle gradients, 25% firm, 75% soft Public toilets in Forest Offices car park – St Helens picnic site (in summer only) 

## Walks 8, 9 and 10 instructions

### This walk can be shortened by using the short cut route.

Start from St Helens and walk the right hand loop past Bloodhill tumulus for a **2.5 mile** walk.

Alternatively, start from the Forest Offices in the village and walk the left hand loop for a **3.4 mile** walk.

### (4.7 mile walk)

1. Start from the car park at the Forest Offices. Leave the car park through the gap in the wall by the toilet block, turning immediately right. Walk a short distance down this road until you come to an orange marker and sign saying "Start of Forest Trail". Turn left and follow the path through the trees.
2. Exit on to the road and turn left continuing straight on past the junction following the road round to the right. After walking a short distance, turn left off the road marked by an orange post (ignore any orange posts that you can see down adjoining paths). Keep walking straight on.
3. Walk past some private land turning left past the paddocks, always keeping to the footpath. Walk over the footbridge across the river and straight on to St Helen's car park.

4. From the car park, walk past the toilet block so that it is on your right and walk straight on towards the fence and the railway line (under the trees).
5. Turn right on to the main gravel path and walk towards the first orange marker post up ahead. Follow these for the duration of the walk. Walk straight on and follow the path as it bends to the left, walking under the railway bridge.
6. On exiting the railway bridge, continue straight on towards the orange post. On reaching the main track, ignore the orange post that you can see ahead of you (part of the short cut route) and turn right. The railway line runs along your right hand side. Keep following the path straight on.
7. Turn left at the next orange marker post. It is situated under some oak trees to your left, so keep an eye out for it as it could be hidden by the vegetation. Follow the path through the trees before approaching an information board about the Bloodhill prehistoric burial mound. Continue straight on.
8. At the end of the path, turn left as it opens out into a clearing. Follow this path until you reach a junction of tracks at another big clearing.
9. When you arrive at the next junction of tracks, turn right still following the orange posts. At the end of the track, follow the posts round to the left. There is an information board over to your right about rare birds in and around Thetford and the forest.
10. Exit the track turning left on to a country road for a short distance and then turn immediately right off the road following the orange posts. Cross a sandy car parking area diagonally to the far left hand corner where there is an orange post. Please keep dogs on leads.
11. At the orange marker, turn left under the railway bridge. On exiting the railway bridge, there is an information board about the Little Ouse Meadow. Follow the path round to the left marked by the orange posts.
12. The path opens out and exits to the road. Turn right here towards the village of Santon Downham, walking over the bridge to cross the river. Arrive back at the Forest Office car park on your right.



• Siskin  
Photograph by  
John Harding

Beautiful forest walks following the orange way marked trail. Discover a different view at every turn and find out what makes this natural environment special.

Look out for...

- ★ 1 St Mary the Virgin Church (Church in the forest)
- ★ 2 All Saints Church at St Helens
- ★ 3 Bloodhill prehistoric burial mound

- Typical Brecks flowers such as tower mustard, yellow birds nest and, in summer, poppies
- Birds such as woodlark and siskin
- Bats in the evening (may be seen from the bridges on the Little Ouse River)
- Butterflies such as orange tip at the edges of forest rides and hedgerows between April and June
- Deer
- Rabbits

Key

- Walks
  - Short cut
  - Parking
  - Church
- 0 1/2 km  
1/4 mile



The Village of Santon Downham

A picturesque village with a wealth of history from as far back as the Palaeolithic period. Part of the name "Santon" relates to an enclosure of sandy soil. Santon Downham was engulfed by sand during sand storms in the 17th Century which also silted up the river between Thetford and Brandon. You can find out more about this pretty village by logging on to the website [www.santondownham.org](http://www.santondownham.org)

Blood Hill Bronze Age Barrow

A prehistoric burial mound close to the village of Santon Downham along the route of the orange way marked trail.



• Orange tip



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The Forestry Commission provides superb facilities for the public.



### The Forestry Commission

Pop in to the Forest Office in the village while you are here to find out about other opportunities for recreation within the forest such as cycling and horse riding and pick up some information about High Lodge Forest Centre, just a short distance along the B1107 towards Brandon. Here you can walk and cycle following marked routes suitable for a range of abilities. Bike hire is available and there are restaurant and other visitor facilities as well as a large area of open green space for picnics, games and general relaxation. You can also visit the Forestry Commission website for further information about the forest and High Lodge Forest Centre ([www.forestry.gov.uk](http://www.forestry.gov.uk)).

