dont get confused with lag and having a low frame rate. Lan games are not laggy unless you have loads of people on them. I take it your just doing a 1 player test of your map. Dont fool into the trap of thinking a 320,000 polygon map is definately better than any 10-40 thousand map.good gameplay can be created with a much lower polygon count. If your using renx to make your map go into the utilities menu and select polygon count to find out how many your using.you said your map uses lots of trees. Trees are high-polygon objects that should be not be overused especially if youve used so many polygons for the terrain itself. Upload a screenshot of the map so we can see whether or not you are using too many.To improve your frame rate decrees the polygon count,amount of textures,use of alpha blending and try using VIS.VIS is supposed to improve the frame rate but i havent tried it yet myself.