



WELCOME TO THE BALLINASTOE MOUNTAIN BIKE TRAILS

IMPORTANT NOTICE

PLEASE TAKE 1 MINUTE TO READ THIS

BEFORE YOU START YOUR BIKE TRAIL, CHECK...

DO YOU HAVE A FIRST AID KIT?



DO YOU HAVE A MOBILE PHONE?



HAVE YOU BROUGHT A DRINK WITH YOU?



REMEMBER TO ALSO CHECK...

WHERE AM I?

If you need help we will need to know your location

WHAT TRAIL AM I ON?

WHAT WAYMARKER POST HAVE I JUST PASSED?

IF YOU HAVE AN ACCIDENT...

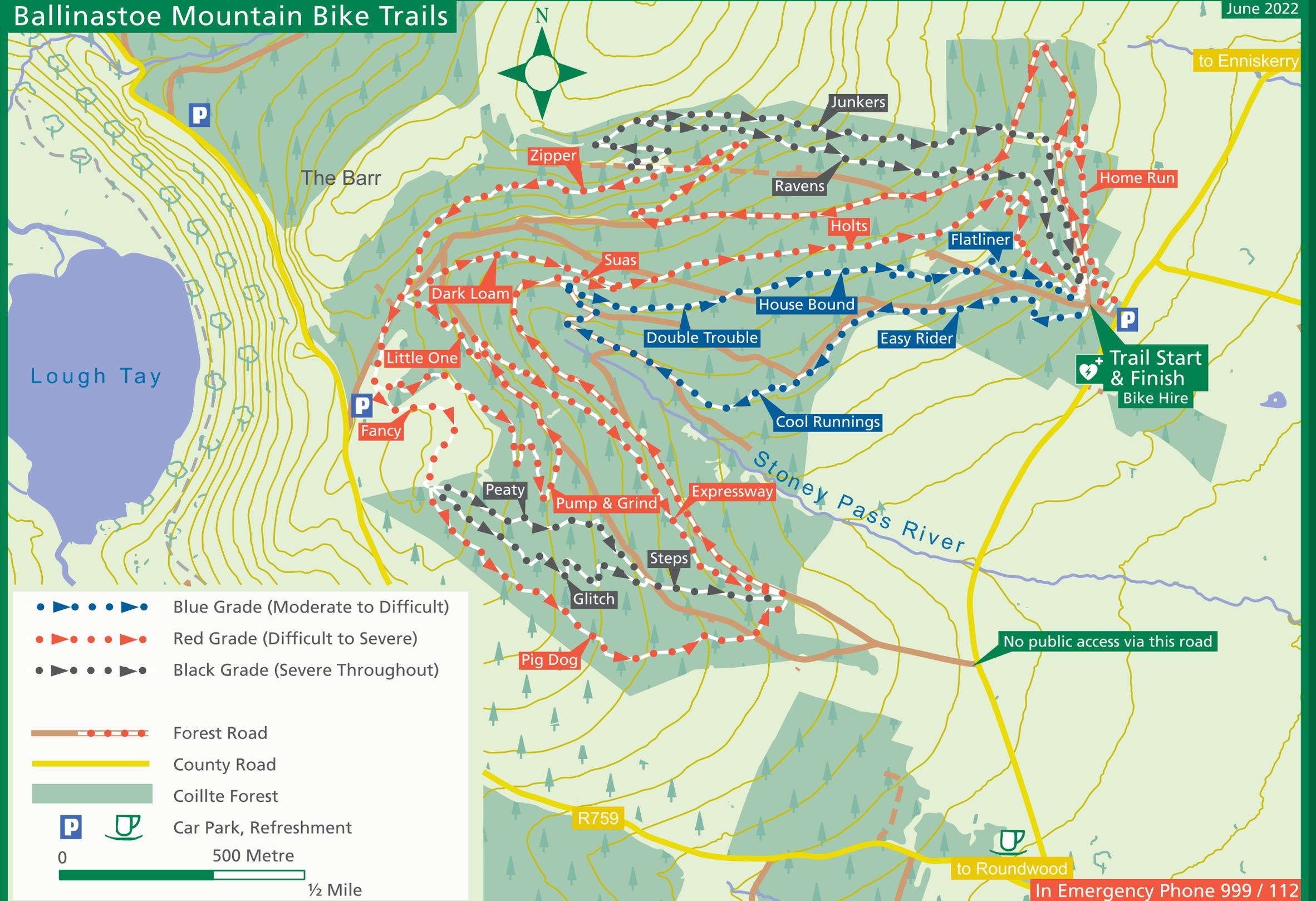
If you are unable to make your own way back to the trail head call 999 and ask for Emergency Services.

BIKE SAFELY AND ENJOY YOUR DAY!

Respect the environment and follow the leave no trace principles.

Ballinastoe Mountain Bike Trails

June 2022



- Blue Grade (Moderate to Difficult)
- Red Grade (Difficult to Severe)
- Black Grade (Severe Throughout)

- Forest Road
- County Road
- Coillte Forest
- Car Park, Refreshment





WELCOME TO THE BALLINASTOE MOUNTAIN BIKE TRAILS

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

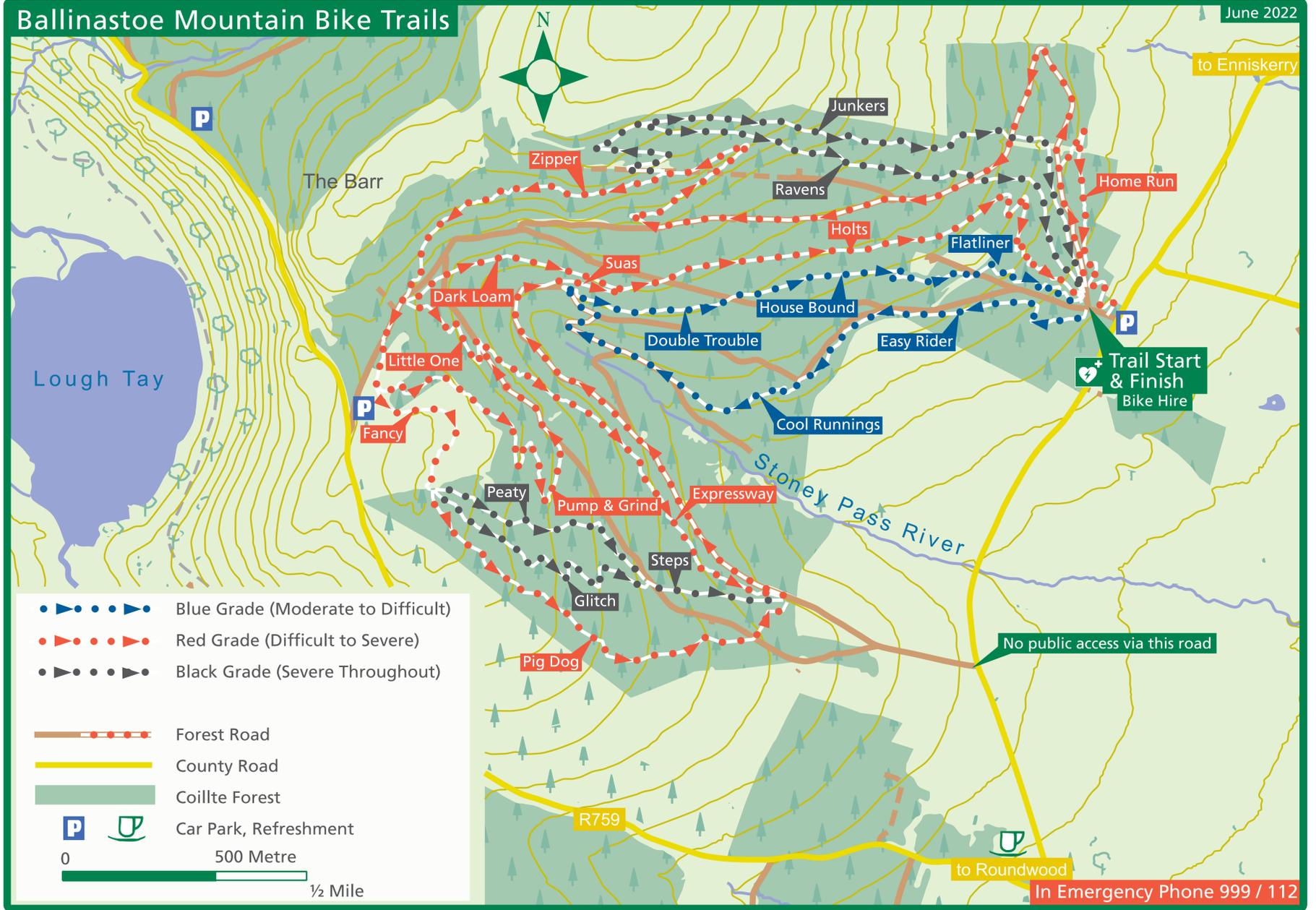
Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



**YOU HAVE REACHED
WAYPOINT 1
DECISION TIME: FOLLOW THE BLUE ROUTE STRAIGHT
OR FOLLOW THE RED ROUTE LEFT**

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

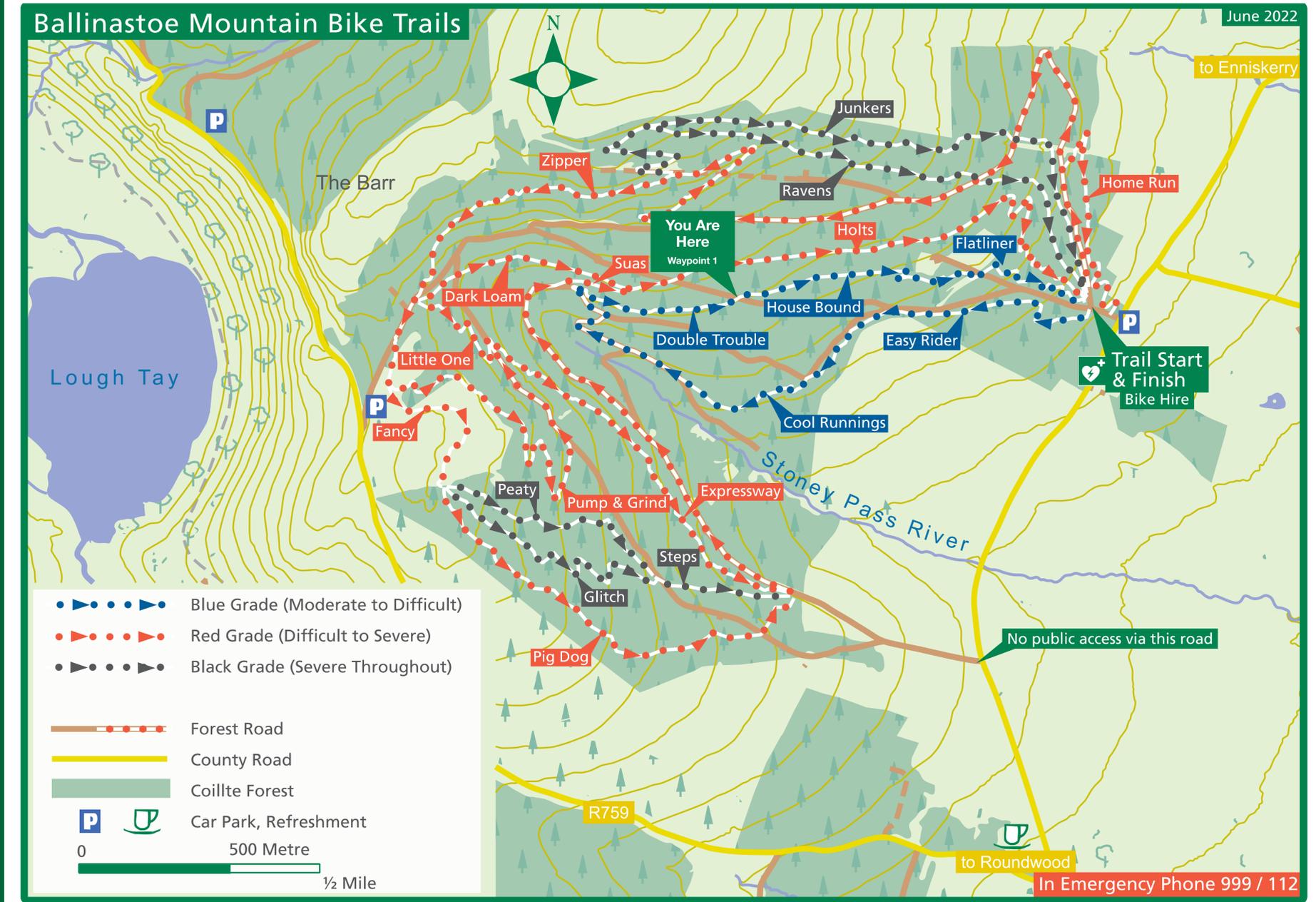
Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



**YOU HAVE REACHED
WAYPOINT 2**

**DECISION TIME: FOLLOW THE RED ROUTE LEFT
OR TURN RIGHT FOR THE BLACK ROUTE**

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

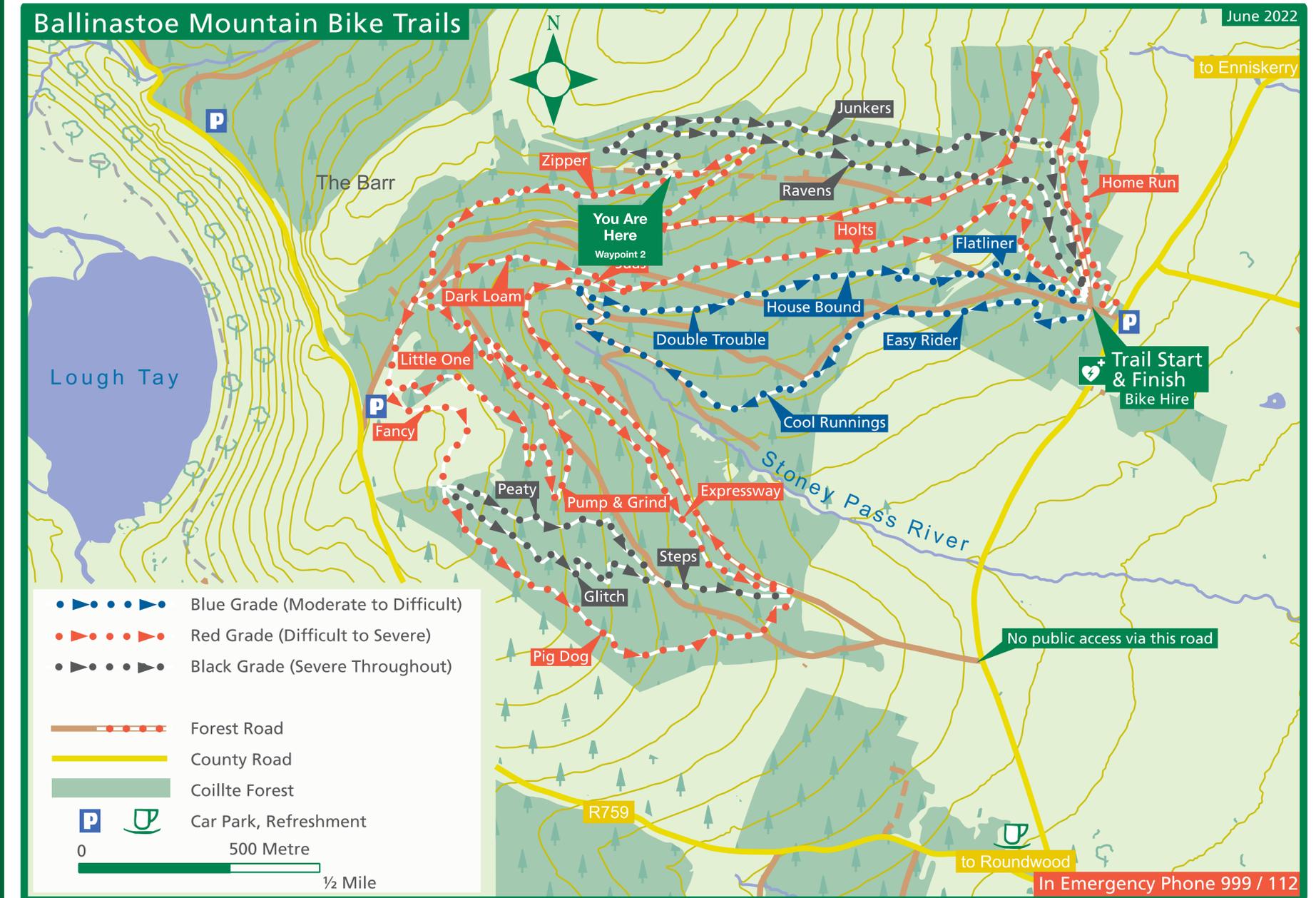
Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



**YOU HAVE REACHED
WAYPOINT 3**

**DECISION TIME: TURN LEFT FOR THE SHORTEST WAY HOME,
OR CONTINUE STRAIGHT FOR THE EXPRESSWAY TRAIL
OR TURN RIGHT FOR THE FULL RED ROUTE**

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

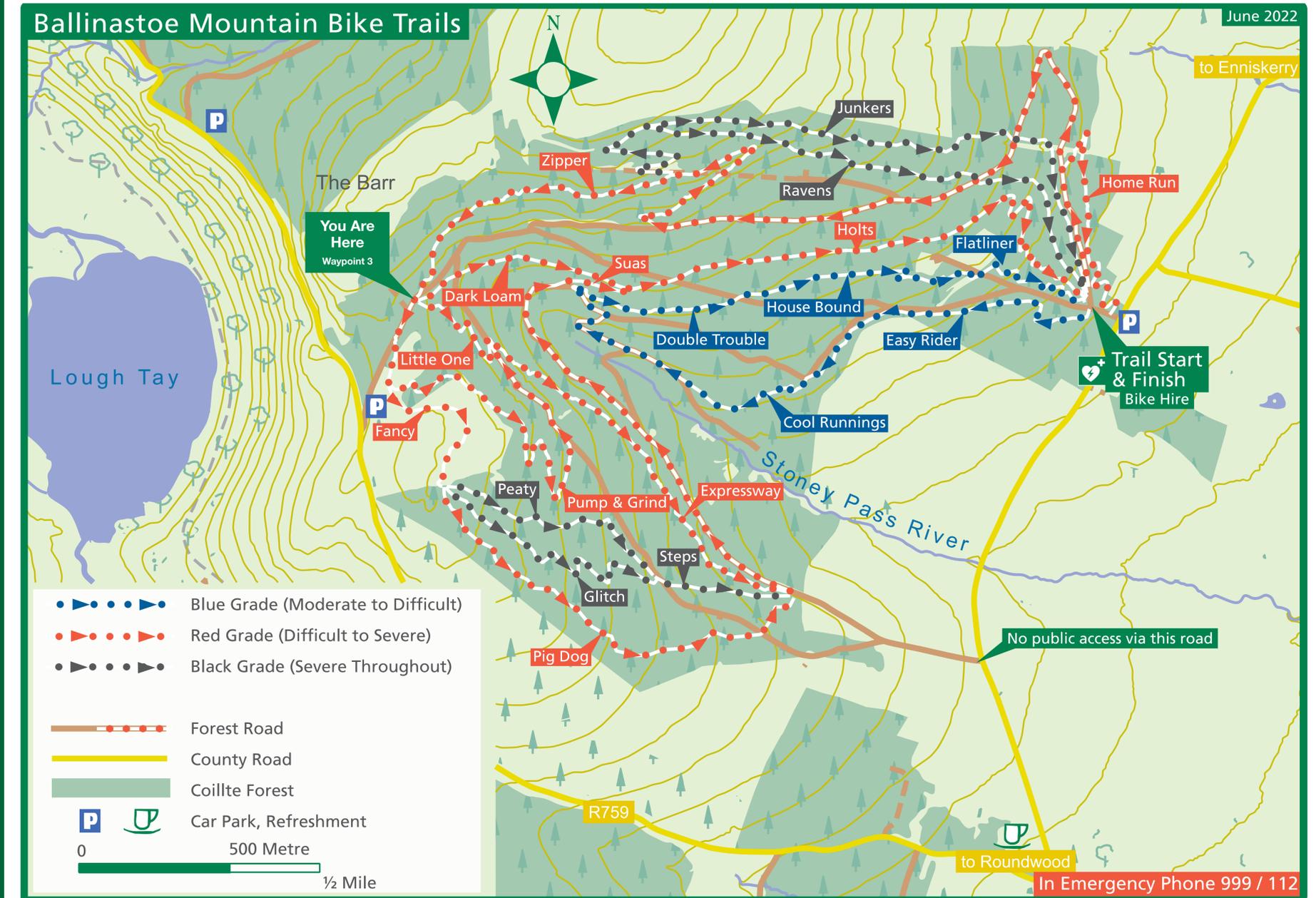
Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



**YOU HAVE REACHED
WAYPOINT 4**

DECISION TIME: TURN RIGHT FOR THE FULL RED ROUTE AND BLACK TRAILS OR TURN LEFT FOR A SHORTER RED ROUTE

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

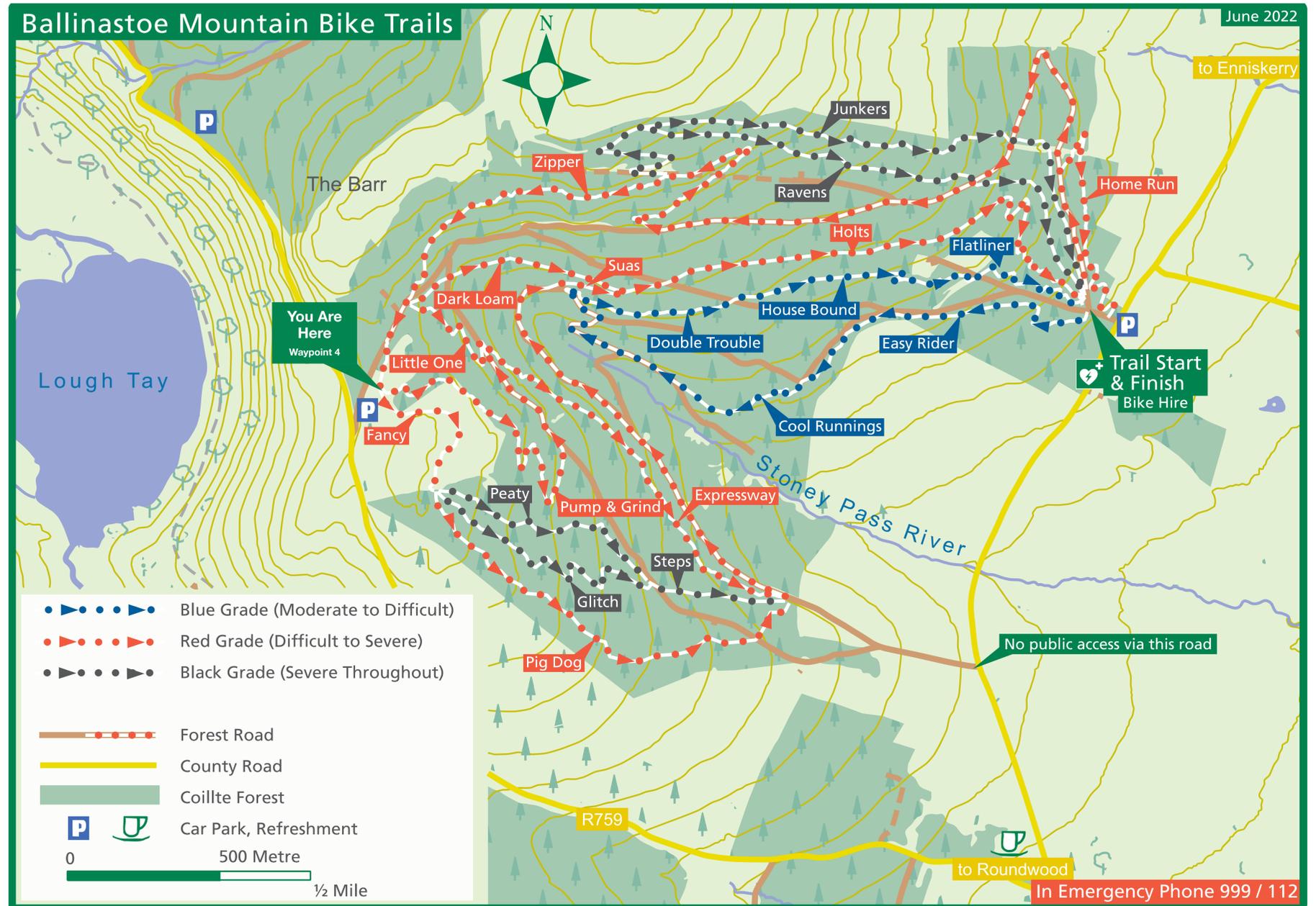
Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



**YOU HAVE REACHED
WAYPOINT 5**

**DECISION TIME: FOLLOW 'PIG DOG' TRAIL FOR THE RED ROUTE
OR TURN LEFT FOR EITHER OF THE BLACK TRAILS**

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

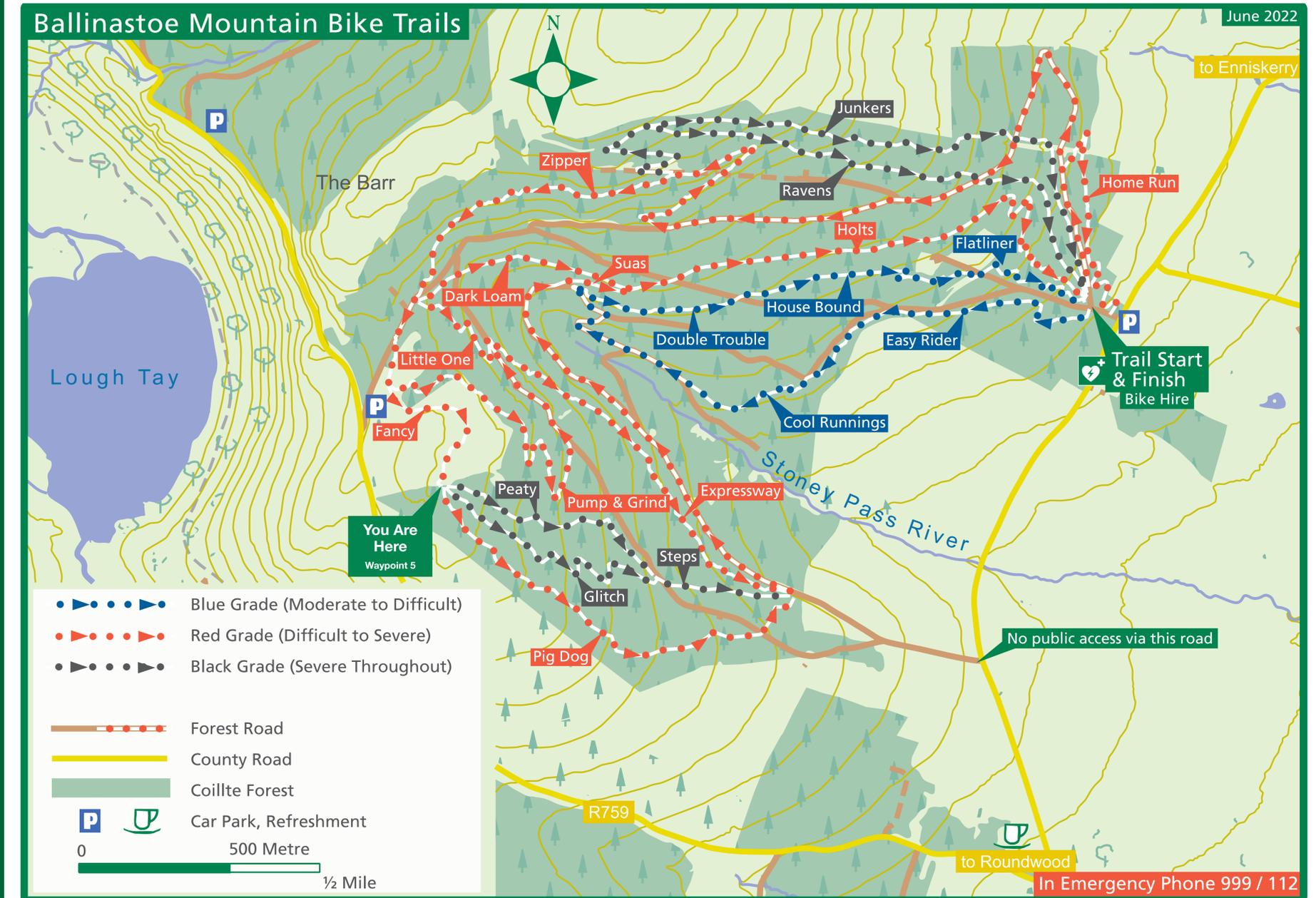
Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



**YOU HAVE REACHED
WAYPOINT 6
DECISION TIME: CHOOSE FROM EITHER
OF THE TWO BLACK TRAILS**

Welcome to the Ballinastoe Mountain Bike Trails. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. There are three routes to choose from, one of which is blue grade, the other two are more challenging red and black grade options. The trails take riders through beautiful forest and open land with fantastic views over Lough Tay and the Irish Sea.

Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

The route uses multiple sections of forest roads and crosses many walking trails. You should expect to encounter vehicles and other forest users at any time.

In general, the trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

BLUE ROUTE

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trails vary from fast and flowing to tight and technical. Sometimes steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is for proficient cyclists only.

Information

Route: Ballinastoe Blue

Trails: Easy Rider, Cool Runnings, Double Trouble, House Bound, Flat Liner, Home Run

Distance: 5km with 100 meters climbing

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

RED ROUTE

This red grade route is difficult throughout with numerous severe sections along the route. The trails vary from fast and flowing to tight and technical. Frequently steep and narrow, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail is not for novice mountain bike riders.

Information

Route: Ballinastoe Red

Trails: Zipper, Pump & Grind, Fancy, Pig Dog, Little One, Expressway, Suas, Double Trouble, Dark Loam, Holts.

Distance: 30km with 750 meters climbing

Time: 2 to 4 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

BLACK ROUTE

This black grade route is severe throughout. The trails vary rapidly from fast and flowing to tight and technical. Prolonged steep and narrow sections are common, with drop offs and variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. This trail should not be undertaken unless you are a highly experienced and highly competent mountain bike rider.

Information

Route: Ballinastoe Black

Trails: Junkers, Ravens, Peaty, Glitch, Steps

Distance: 16km with 500 meters climbing

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle

