



## 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

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

**Distance:** 5km with 100 meters climbing

**Time:** 60 to 120 minutes

**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

**Trails:** Zipper, Pump & Grind, Expressway, Double Trouble, Dark Loam, Holts,

**Distance:** 13km with 250 meters climbing

**Time:** 90 to 150 minutes

**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

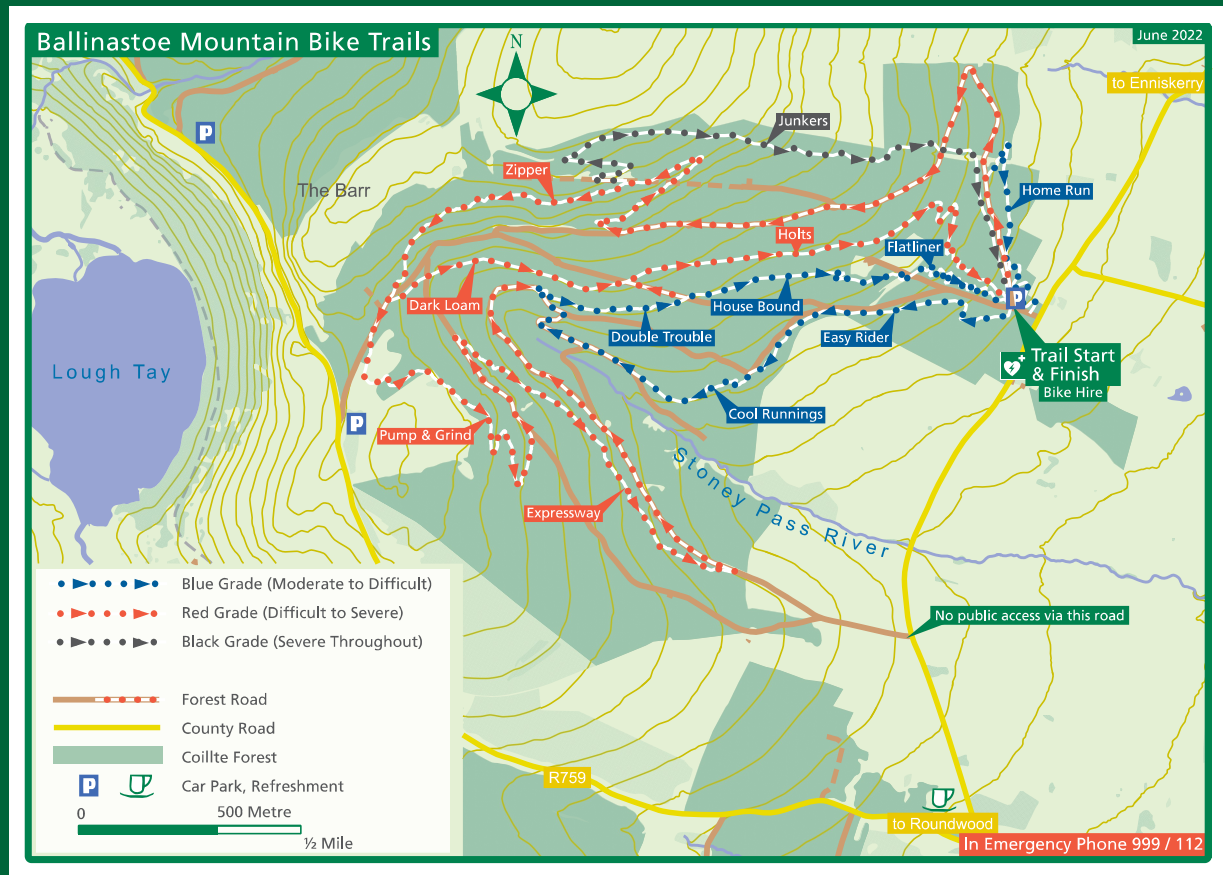
**Trails:** Junkers

**Distance:** 2.5km with 130 meters climbing

**Time:** 45 to 60 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle



Riadas  
na hÉireann  
Government  
of Ireland

Tionscadal Éireann  
Project Ireland  
2040

Ár dTodhchaí  
Tuaithé  
Our Rural  
Future

Fáilte  
Ireland





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

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

**Distance:** 5km with 100 meters climbing

**Time:** 60 to 120 minutes

**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

**Trails:** Zipper, Pump & Grind, Expressway, Double Trouble, Dark Loam, Holts,

**Distance:** 13km with 250 meters climbing

**Time:** 90 to 150 minutes

**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

**Trails:** Junkers

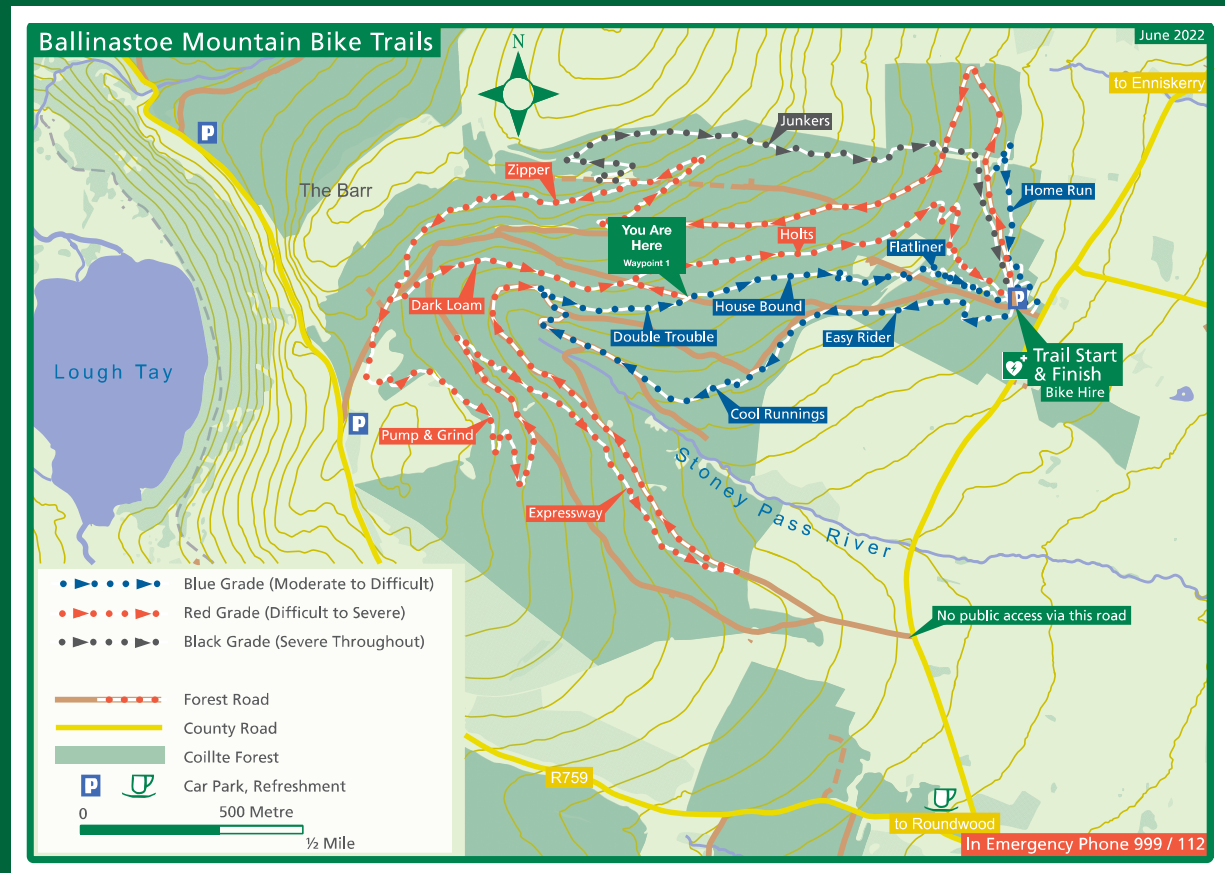
**Distance:** 2.5km with 130 meters climbing

**Time:** 45 to 60 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

[www.coillte.ie](http://www.coillte.ie)



Raidas na hÉireann  
Government of Ireland

Tionscadal Éireann  
Project Ireland  
2040

Ar dTodhchaí  
Tuaithí  
Our Rural  
Future

Fáilte  
Ireland





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

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

**Distance:** 5km with 100 meters climbing

**Time:** 60 to 120 minutes

**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

**Trails:** Zipper, Pump & Grind, Expressway, Double Trouble, Dark Loam, Holts,

**Distance:** 13km with 250 meters climbing

**Time:** 90 to 150 minutes

**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

**Trails:** Junkers

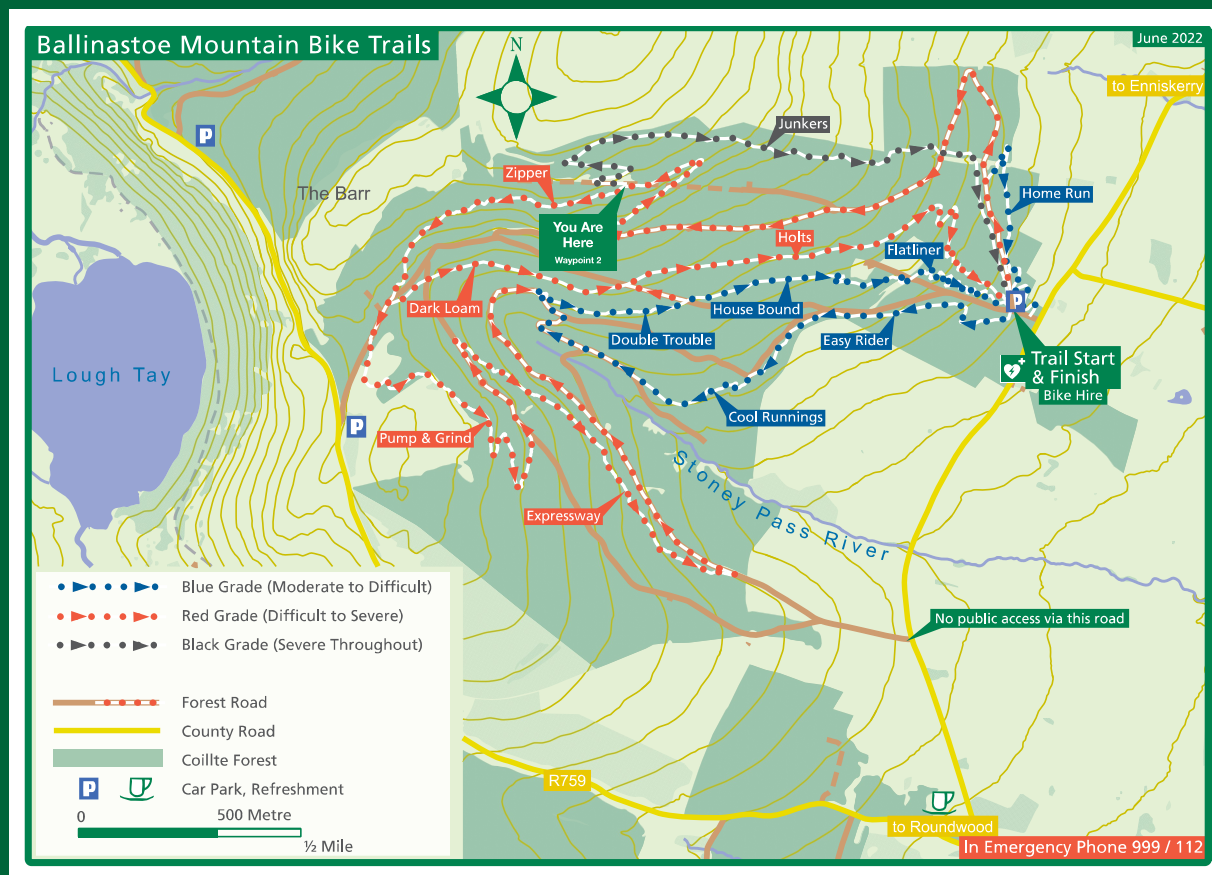
**Distance:** 2.5km with 130 meters climbing

**Time:** 45 to 60 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

www.coillte.ie



Raidas na hÉireann  
Government of Ireland

Tionscadal Éireann  
Project Ireland  
2040

Ar dTodhchaí  
Tuaithí  
Our Rural  
Future

Fáilte  
Ireland







YOU HAVE REACHED

## WAYPOINT 3

DECISION TIME: CONTINUE RIGHT FOR THE FULL RED ROUTE  
OR TURN LEFT FOR A SHORTCUT HOME

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

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

**Distance:** 5km with 100 meters climbing

**Time:** 60 to 120 minutes

**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

**Trails:** Zipper, Pump & Grind, Expressway, Double Trouble, Dark Loam, Holts,

**Distance:** 13km with 250 meters climbing

**Time:** 90 to 150 minutes

**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

**Trails:** Junkers

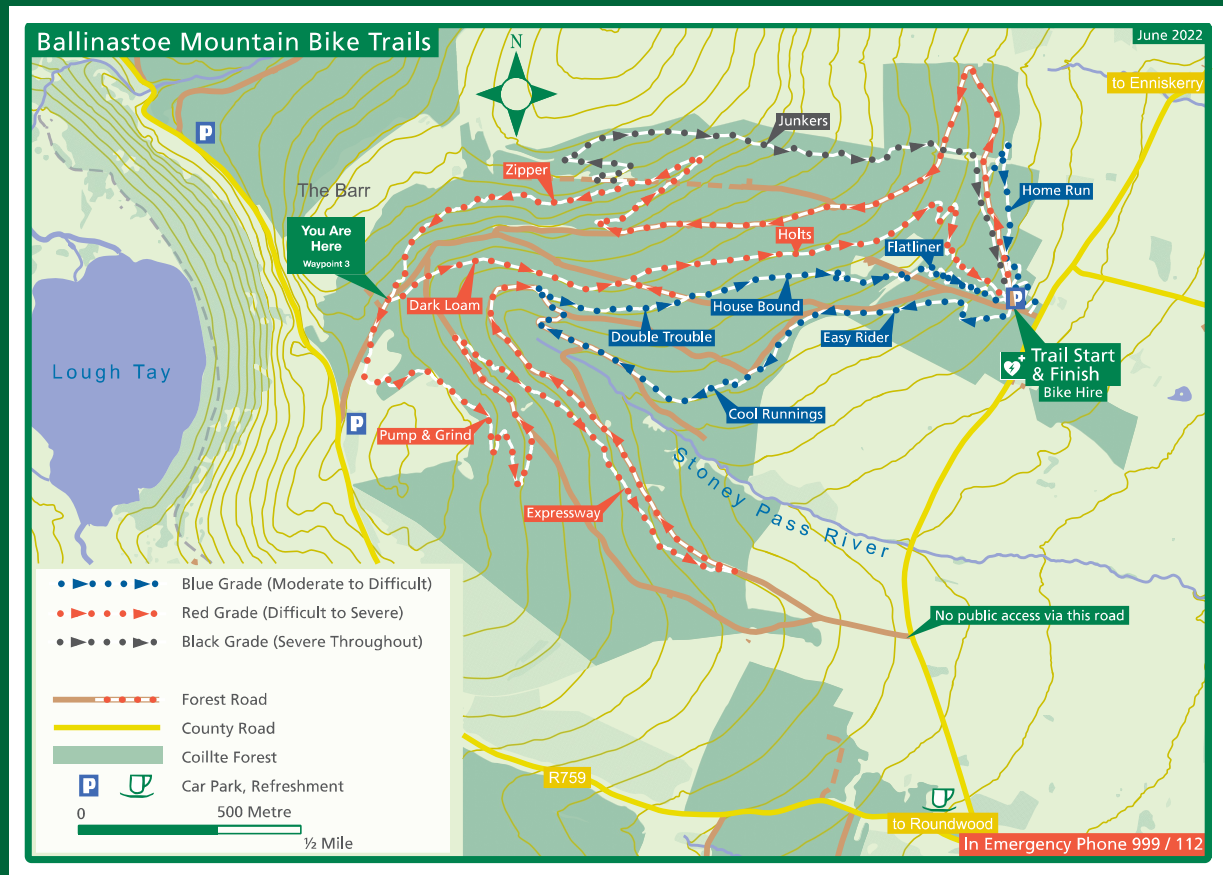
**Distance:** 2.5km with 130 meters climbing

**Time:** 45 to 60 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

[www.coillte.ie](http://www.coillte.ie)



Raidas na hÉireann  
Government of Ireland

Tionscadal Éireann  
Project Ireland  
2040

Ar dTodhchaí  
Tuaithne  
Our Rural  
Future

Fáilte  
Ireland

