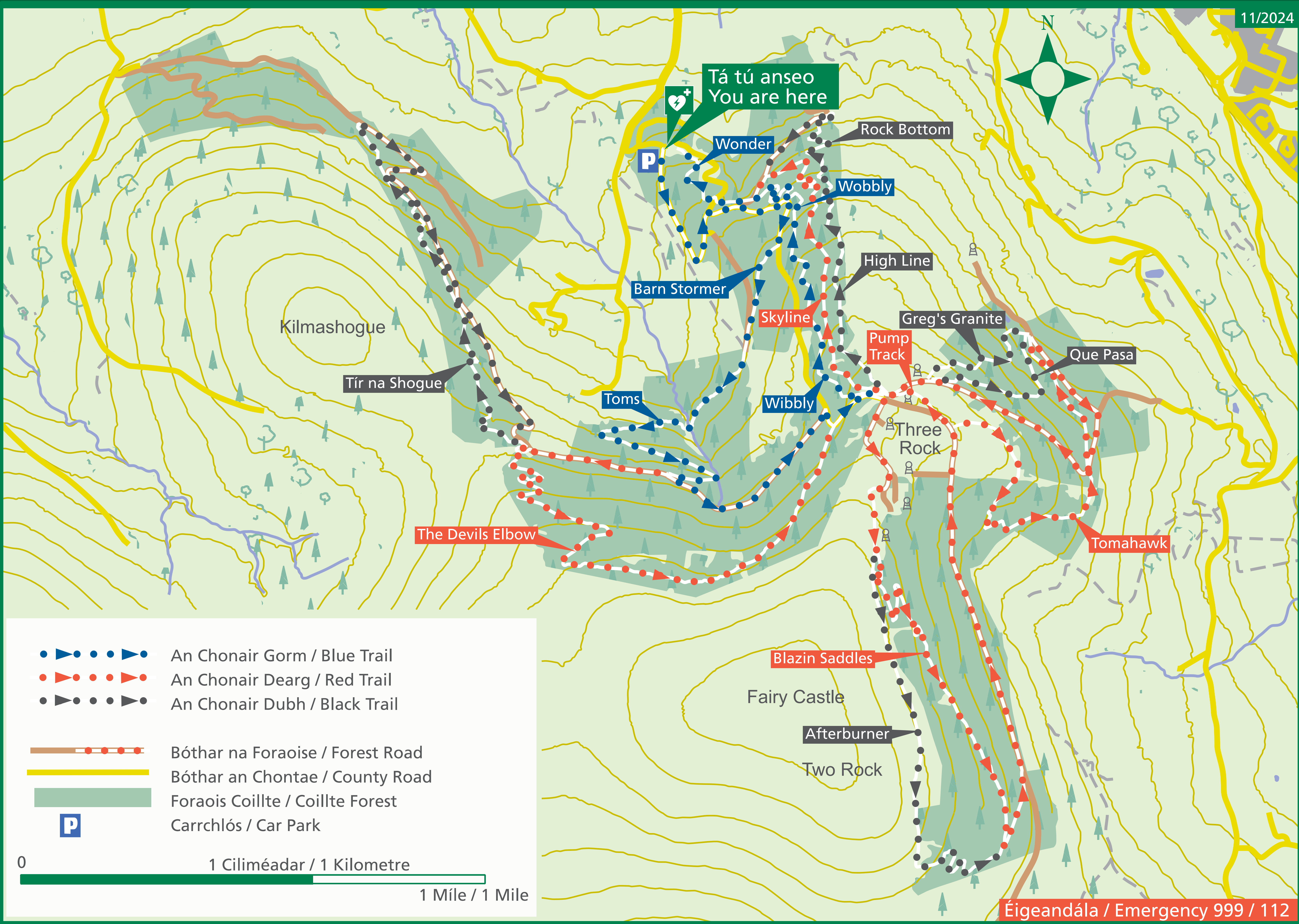




FÓGRA TÁBHACHTACH

GLAC NÓIMÉAD CHUN É SEO A LÉAMH

IMPORTANT NOTICE

PLEASE TAKE 1 MINUTE TO READ THIS

SULA DTOSÓIDH TÚ AR DO CHONAIR ROTHÁÍOCHTA,
BÍ CINNTE NA NITHE SEO A SHEICEÁIL:
BEFORE YOU START YOUR BIKE TRAIL, CHECK:

AN BHFUIL TREALAMH
GARCHABHRACH AGAT?

DO YOU HAVE
A FIRST AID KIT?



AN BHFUIL FÓN
PÓCA AGAT?

DO YOU HAVE A
MOBILE PHONE?



AR THUG TÚ
DEOCH LEAT?

HAVE YOU BROUGHT
A DRINK WITH YOU?



CUIMHNIGH CHOMH MAITH NA NITHE SEO A SHEICEÁIL:
REMEMBER TO ALSO CHECK:

CÁ BHFUIL MÉ?

Má tá cabhair uait beidh orainn
an suíomh ina bhfuil tú a bheith
ar eolas againn

CÉN CHONAIR
AR A BHFUIL MÉ?

CÉN COMHARTHA BEALAIGH A
BHFUIL MÉ DÍREACH TAR ÉIS
DUL THAR A BHRÁID?

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?

MÁ BHÍONN TIMPISTE AGAT
IF YOU HAVE AN ACCIDENT

Mura bhfuil tú in ann do bhealach féin a dhéanamh ar ais go dtí tú
na conaire cuir glaoch ar 112 (nó 999) agus iarr na Seirbhísí Éigeandála.

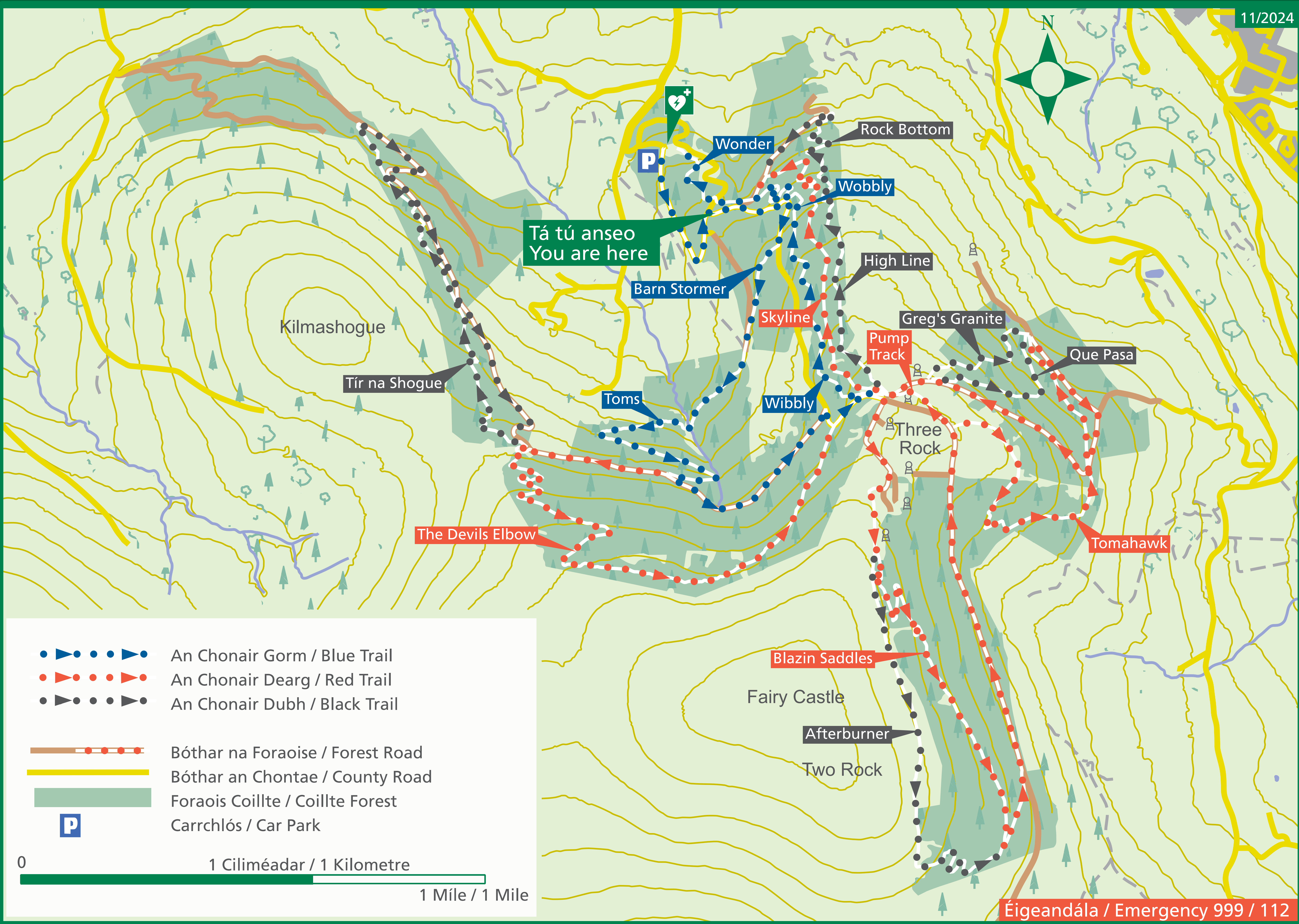
If you are unable to make your own way back to the trail head
call 999 and ask for Emergency Services.

ROTHAIGH GO SÁBHÁILTE AGUS BÍODH AN-LÁ AGAT!

Bíodh meas agat ar an gcomhshaol agus lean na príonsabail a bhaineann le 'Ná fág lorg'.

BIKE SAFELY AND ENJOY YOUR DAY!

Respect the environment and follow the 'Leave No Trace' principles.



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FÁILTE CHUIG CONAIRÍ ROTHÁÍOCHTA SLÉIBHE THIGH AN CHNOIC

Is gréasán é seo de chonairí aonriain agus bóithre foraoise saintógtha atá ainmnithe lena n-úsáid ag rothair shléibhe ar chuarbhealach a bhfuil comharthaí bealaigh air.

Is ann do thrí ghrád conaire: conairí gorma atá idir measartha agus deacair, conairí dearga atá idir deacair agus dian agus conairí dubha atá dian ó thús deireadh.

Tabharfaidh bóithre foraoise suas thú isteach i gconair aonriain chúng chasta le neart fánaí

tapa, stráicí suas agus anuas, castaí géara agus codanna creagacha teicniúla, rudaí a chuirfidh miongháire ort gan amhras!

Tá comharthaí bealaigh in aon treo amháin ar na conairí. Iarrtar ort na saigheada a leanúint i gcónaí.

Téann codanna áirithe den bhealach seo ar bhóithre foraoise agus téann sé trasna roinnt mhaith conairí siúil chomh maith. Ba chóir duit a bheith ag súil le feithiclí agus úsáideoirí foraoise eile an t-am ar fad.

Níl aon fhoscadh ar na fánaí uachtair den chuid is mó agus d'fhéadfadh sé a bheith an-ghaofar i ndrochaimsir. Déan cinnte de go bhfuil dea-bhail ar do rothar sléibhe agus go bhfuil tú aclaí agus oílte do dhóthain chun tabhairt faoi na conairí seo.

Ba cheart go mbeadh éadaí oiriúnacha agus clogad ar gach rothaí i gcónaí. Léirigh meas do na húsáideoirí foraoise eile agus tú ag rothaíocht, agus coinnigh do luas faoi smacht.

AN BEALACH GORM

Conair mheasartha den ghrád gorm í seo, a chuimsíonn roinnt stráicí deacra. Athraíonn na conairí idir stráicí tapa, scuabacha agus stráicí cúnga, teicniúla. Cúng agus géar in amanna, ar dhromchlaí éagsúla amhail creaga, fréamhacha, láib, clocha scaoilte agus gairbhéal, a d'fhéadfadh a bheith sleamhain agus iad fliuch. Do rothaithe inniúla amháin an chonair seo.

Conairí: Barn Stormer, Toms, Wibbly, Wobbly, Wonder

Fad: 6km

Fad ama: Idir 1 agus 2 uair an chloig

Leibhéal Deacrachta: Idir measartha agus deacair

AN BEALACH DEARG

Tá an bealach seo den ghrád dearg deacair ó thús deireadh agus tá roinnt stráicí diana ann. Athraíonn na conairí idir stráicí tapa, scuabacha agus stráicí cúnga, teicniúla. Cúng agus géar go minic, ar dhromchlaí éagsúla amhail creaga, fréamhacha, láib, clocha scaoilte agus gairbhéal, a d'fhéadfadh a bheith sleamhain agus iad fliuch. Ní do thosaitheoirí an chonair rothaíochta sléibhe seo.

Conairí: Devil's Elbow, Blazing Saddles, Tomahawk, Skyline

Fad: 16km

Fad ama: Idir 1.5 agus 3 uair an chloig

Leibhéal deacrachta: Idir deacair agus dian

AN BEALACH DUBH

Tá an bealach seo den ghrád dubh dian ó thús deireadh. Athraíonn na conairí go gasta idir stráicí tapa, scuabacha agus stráicí cúnga, teicniúla. Go leor stráicí fada atá idir chúng agus ghéar, chomh maith le pointí titime, ar dhromchlaí éagsúla amhail creaga, fréamhacha, láib, clocha scaoilte agus gairbhéal, a d'fhéadfadh a bheith sleamhain agus iad fliuch. Níor cheart triail a bhaint as an gconair seo ach amháin más rothaí sléibhe ardinniúil thú ag a bhfuil neart taithí.

Conairí: Tir na Shouge, After Burner, Que Pasa, Greg's Granite, Highline, Rock Bottom

Fad: 21km

Fad ama: Idir 2 agus 3 uair an chloig

Leibhéal deacrachta: Dian ó thús deireadh

WELCOME TO THE TICKNOCK 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 grades of trail; blue trails which are moderate to difficult, red trails which are difficult to severe and black trails which are severe throughout.

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 trails are 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.

Trail Names: Barn Stormer, Toms, Wibbly, Wobbly, Wonder

Distance: 6km

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

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.

Trail Names: Devil's Elbow, Blazing Saddles, Tomahawk, Skyline

Distance: 16km

Time: 1.5 to 3 hours

Degree of Difficulty: Difficult to severe

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.

Trail Names: Tir na Shouge, After Burner, Que Pasa, Greg's Granite, Highline, Rock Bottom

Distance: 21km

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout



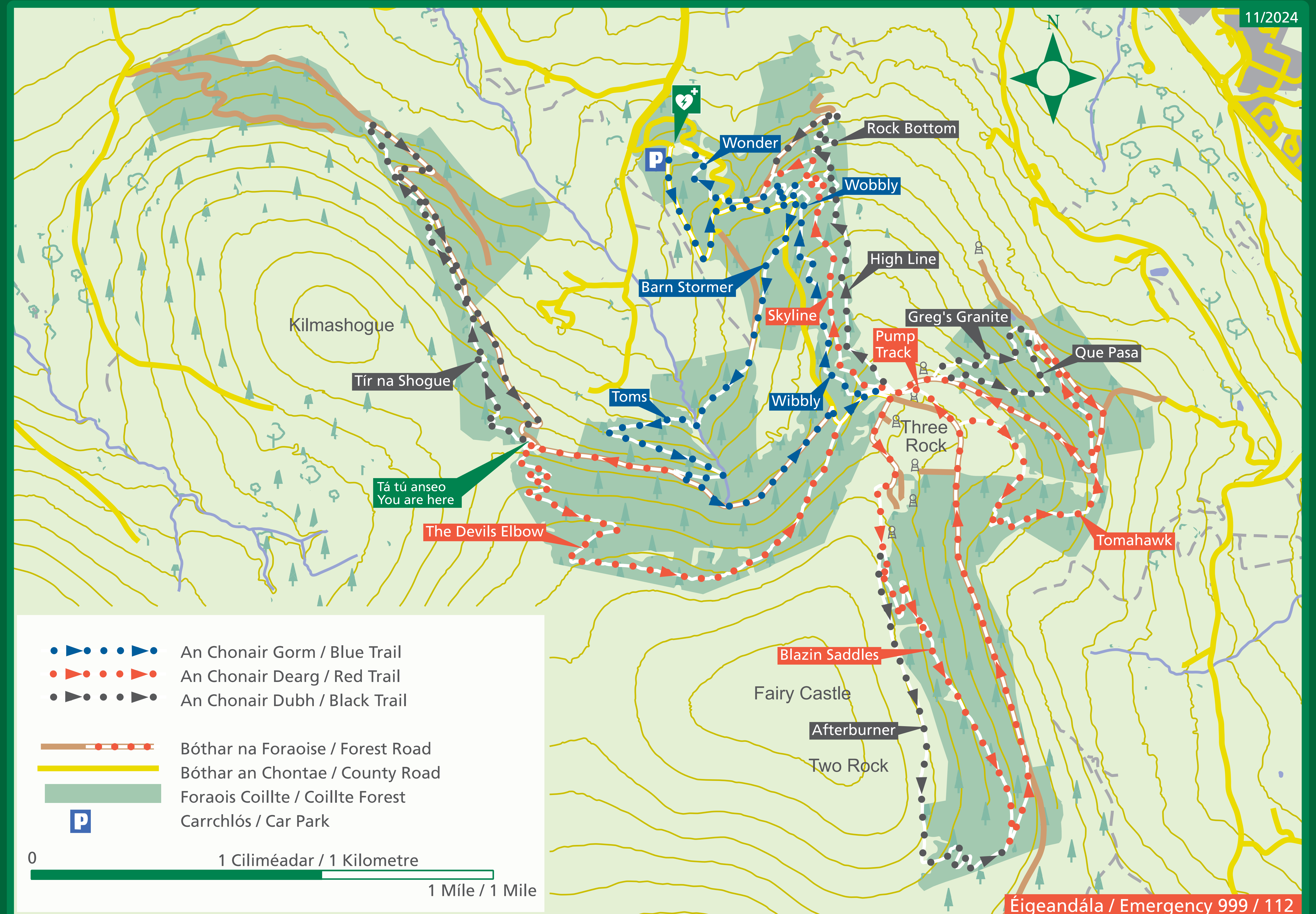
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 1 BAINTE AMACH AGAT

Tá cinneadh le déanamh agat anseo: Cas ar chlé le dul ar **'Devil's Elbow'** le haghaidh na lúibe deirge iomláine nó cas ar dheis le dul ar **'Tír na Shouge'** le haghaidh an bhealaigh dhuibh.

YOU HAVE REACHED WAYPOINT 1

Decision Time: Turn left onto **'Devil's Elbow'** for the full red loop or turn right onto **'Tír na Shouge'** for the black route.





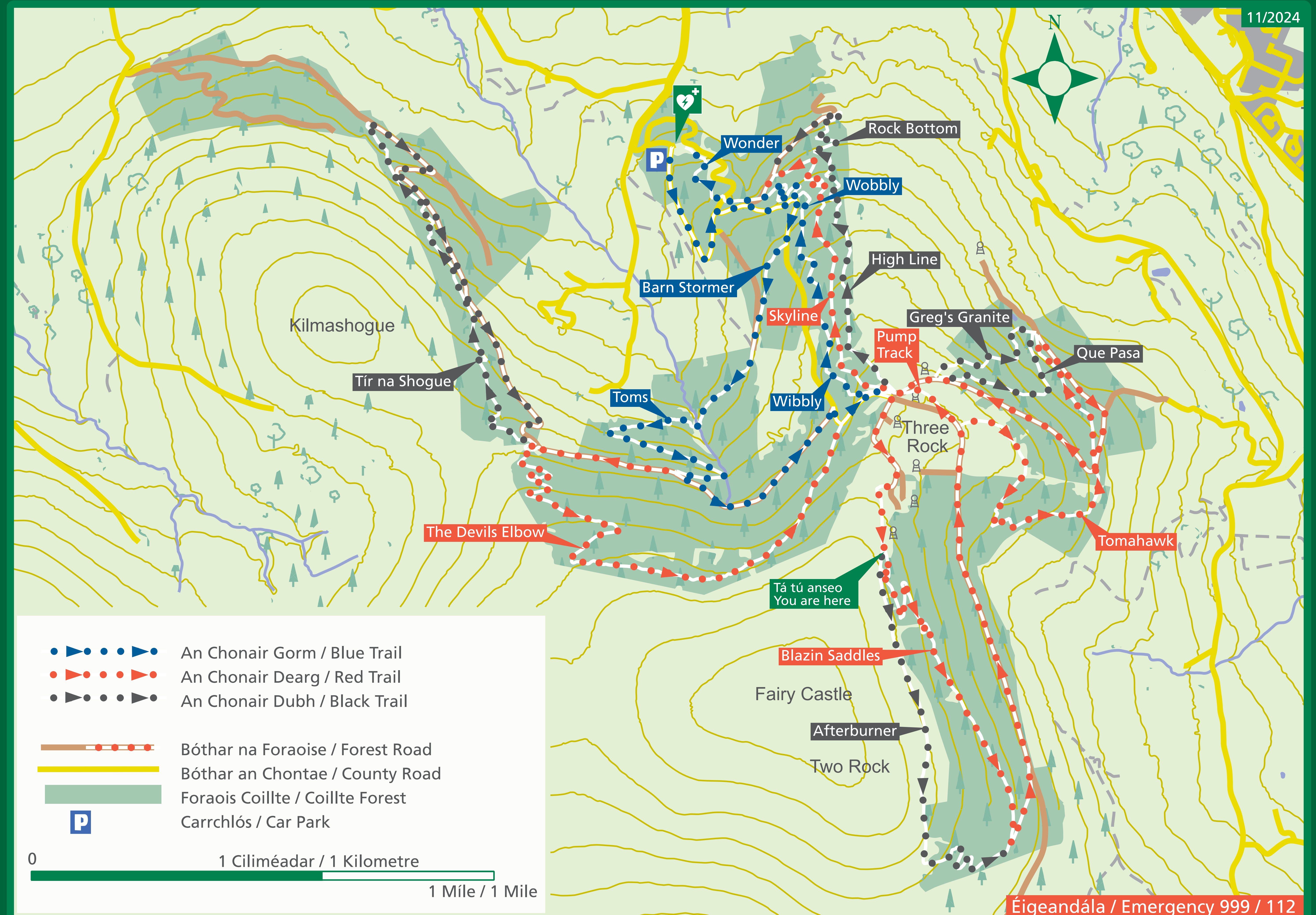
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 2 BAINTE AMACH AGAT

Tá cinneadh le déanamh agat anseo:
Cas ar chlé le dul ar **‘Blazing Saddles’** le haghaidh
na lúibe deirge iomláine nó cas ar dheis le dul ar
‘After Burner’ le haghaidh an bhealaigh dhuibh.

YOU HAVE REACHED WAYPOINT 2

Turn left onto **‘Blazing Saddles’** for the full red loop or
turn right onto **‘After Burner’** for the black route.





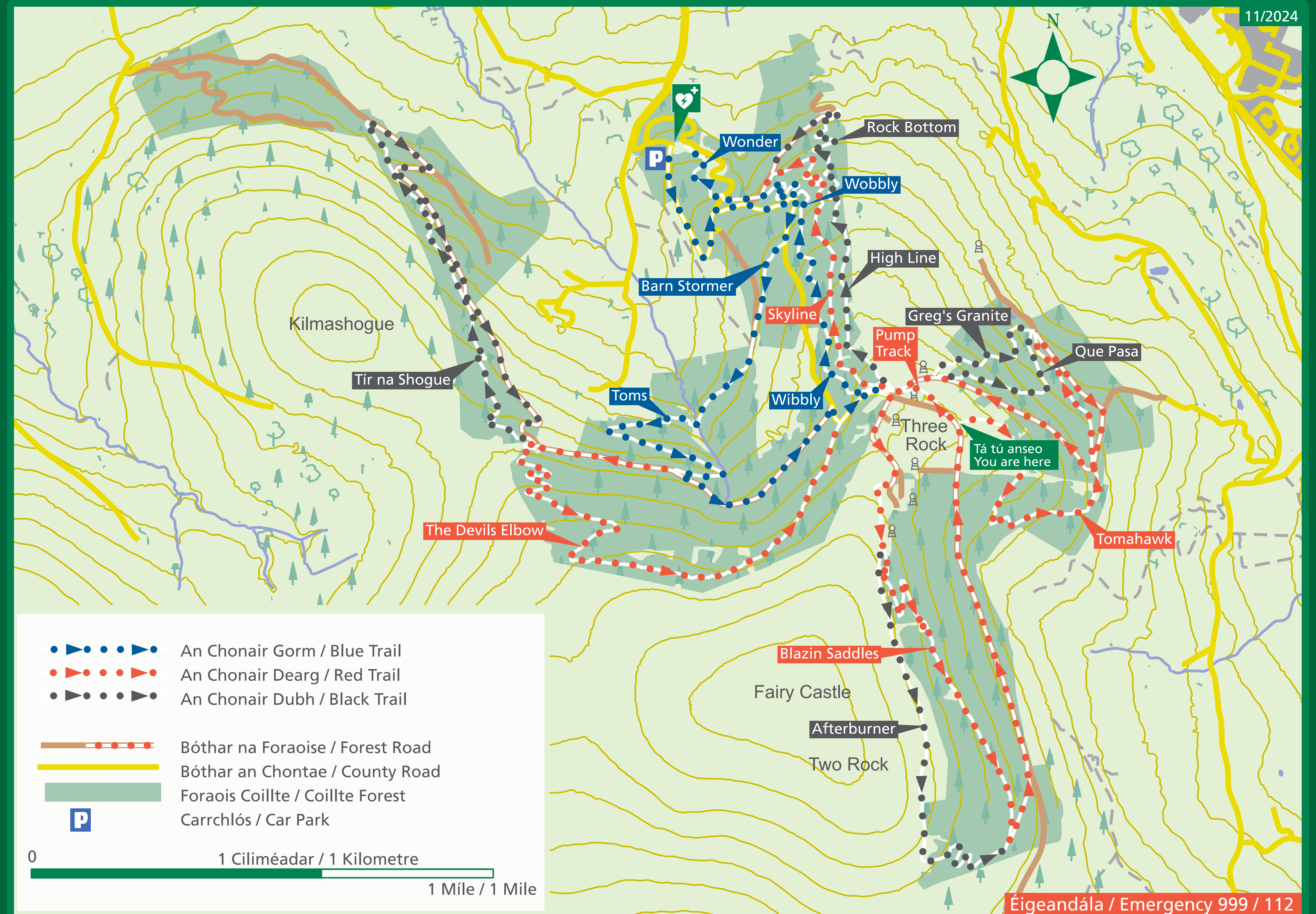
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 3 BAINTE AMACH AGAT

Tá cinneadh le déanamh agat anseo:
Cas ar dheis le dul ar **‘Tomahawk’** le haghaidh
na lúibe deirge iomláine nó lean ort díreach ar
aghaidh le haghaidh an bhealaigh is giorra ar ais.

YOU HAVE REACHED WAYPOINT 3

Decision Time: Turn right onto **‘Tomahawk’**
for the full red loop or continue straight
for the shortest way back.





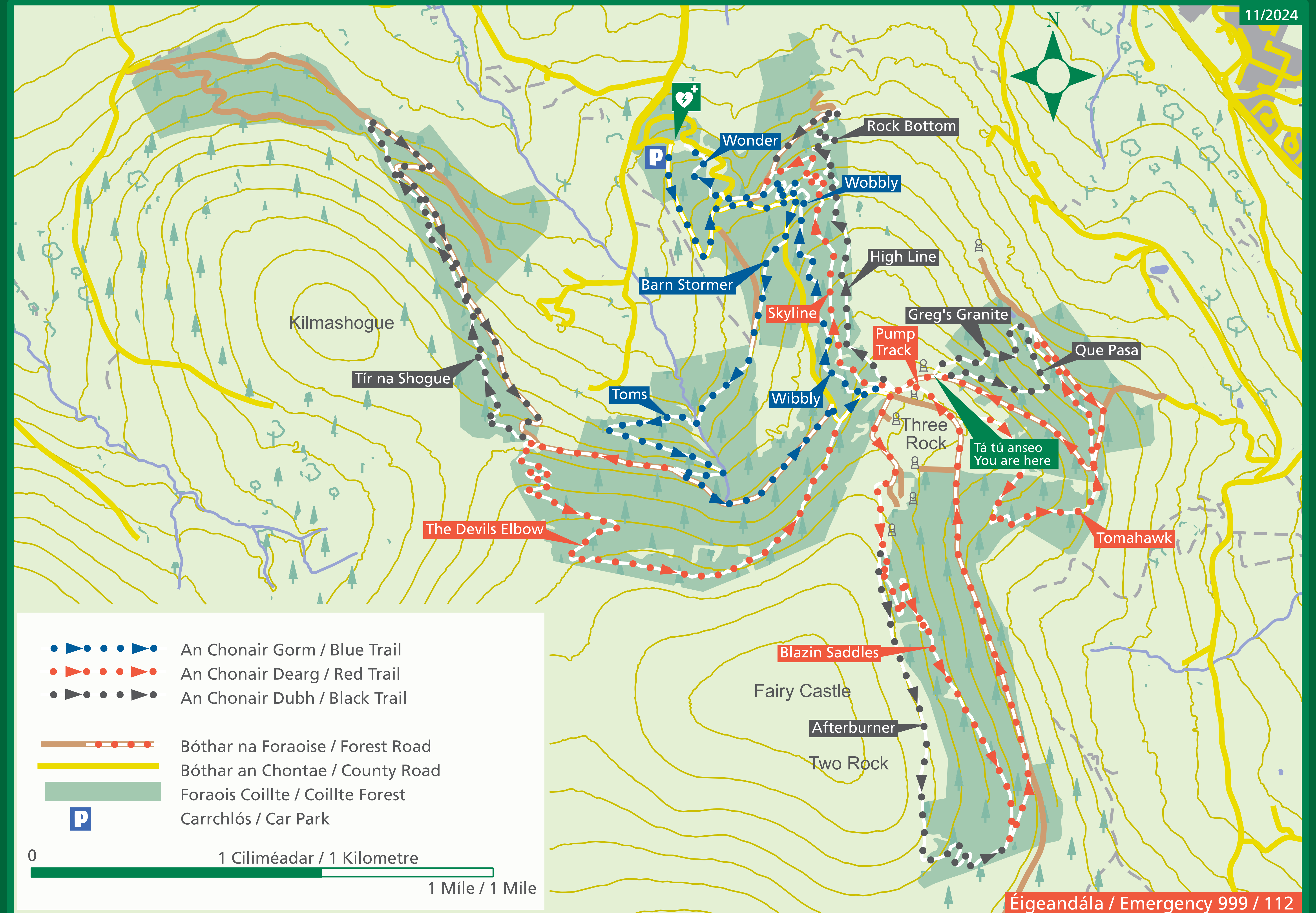
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 4 BAINTE AMACH AGAT

Tá cinneadh le déanamh agat anseo:
Lean ort suas an bóthar foraoise le dul an bealach
dearg nó cas ar dheis le dul na conairí dubha
'Greg's Granite' nó 'Que Pasa'.

YOU HAVE REACHED WAYPOINT 4

Decision Time: Continue up the forest road climb
for the red route or turn right onto one of the black trails
'Greg's Granite' or 'Que Pasa'.





CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 5 BAINTE AMACH AGAT

Tá cinneadh le déanamh agat anseo:
Lean ort ar an mbealach gorm tríd an gconair
'**Wibbly**', é sin nó roghnaigh an chonair dhearg
'**Skyline**' nó an chonair dhubh '**High Line**'.

YOU HAVE REACHED WAYPOINT 5

Decision Time: Continue on the blue route
via the '**Wibbly**' trail or choose from the
red trail '**Skyline**' or the black trail '**High Line**'.

