

# WELCOME TO THE COOLANEY 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. Choose from blue grade trails which take riders through beautiful forest and heathland, red grade trails with fantastic views over the Atlantic Ocean, Strandhill and Coolaney Village or a hair-raising black grade route designed for expert lever bikers. 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:** High Road, Connect Four, Northwest Express, Pump N Pedal

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

**Time:** 45 to 90 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

**'Baywatch' Route (10km):** Mast Trail, Road Runner, Baywatch, Tin Tin, Yabba Dabba Do

**'Buzzard Aldrin' Route (12km):** Mast Trail, Road Runner, Baywatch, Buzzard Aldrin, Yabba Dabba Do

**'Doomore' Route (23km):** Mast Trail, Road Runner, Baywatch, Hornet, Kiwi, Vista Valley, Doomore, Ruby Rouge

**Time:** 60 to 180 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

**'No Delay' Trail:** 2.5km

**'R&D' Trail:** 2km

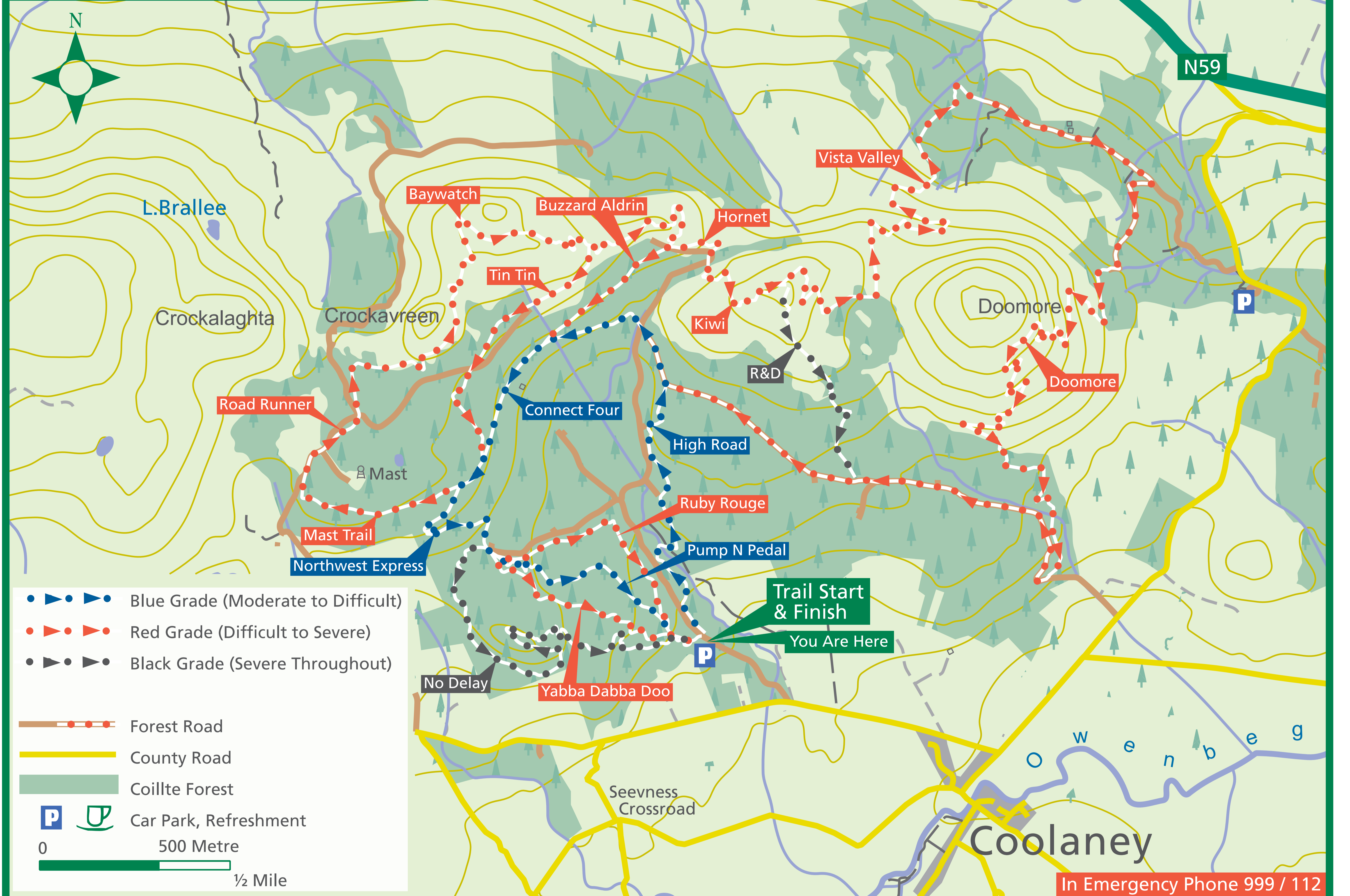
**Time:** 30 to 120 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

## Coolaney Mountain Bike Trails

August 2022



**YOU HAVE REACHED  
WAYPOINT 1  
WELCOME TO THE  
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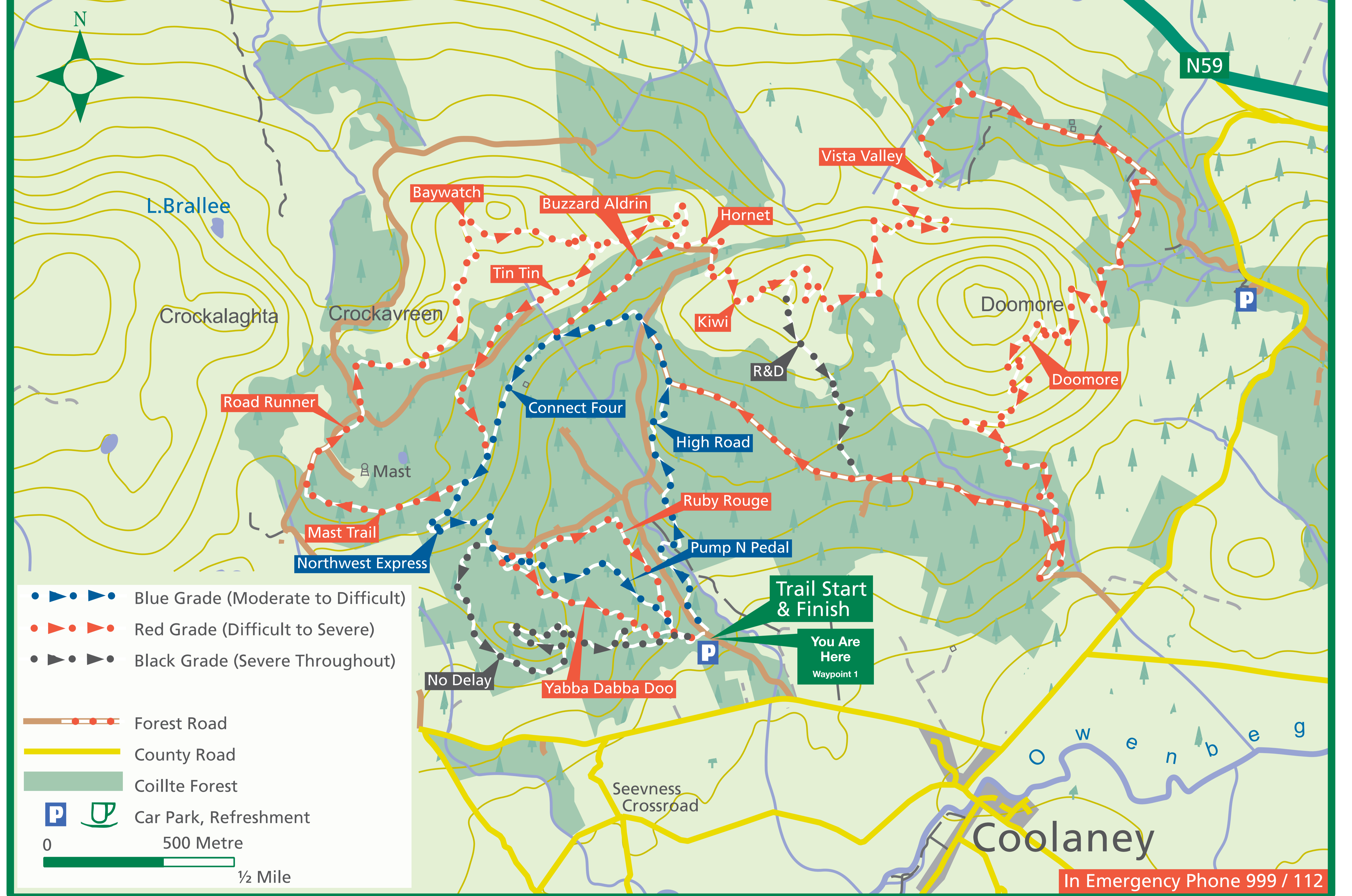
**Time:** 30 to 120 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

**Coolaney Mountain Bike Trails**

August 2022



**YOU HAVE REACHED  
WAYPOINT 2**

**DECISION TIME: TURN RIGHT OUTWARDS FOR ALL RED ROUTES OR TURN LEFT FOR THE BLUE ROUTE AND RETURN FOR RED ROUTES**

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

**Time:** 45 to 90 minutes

**Degree of Difficulty:** Moderate to difficult

**Trail Waymarking:** Blue circle

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**Time:** 60 to 180 minutes

**Degree of Difficulty:** Difficult to severe

**Trail Waymarking:** Red circle

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**Information**

**'No Delay' Trail:** 2.5km

**'R&D' Trail:** 2km

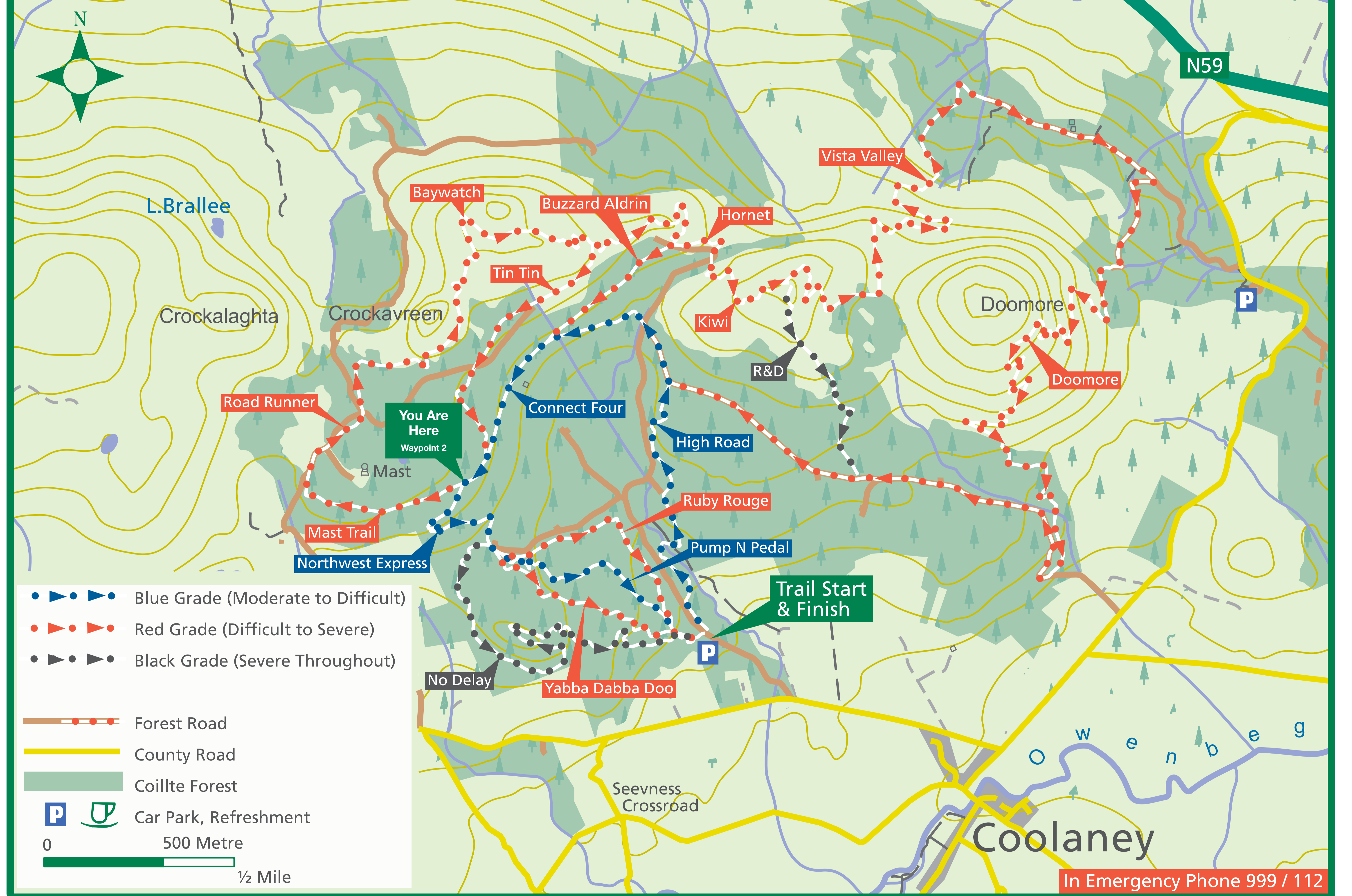
**Time:** 30 to 120 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

**Coolaney Mountain Bike Trails**

August 2022



In Emergency Phone 999 / 112

**YOU HAVE REACHED  
WAYPOINT 3**

**DECISION TIME: TURN LEFT FOR THE DOOMORE RED ROUTE  
OR TURN RIGHT FOR THE BUZZARD ALDRIN RED ROUTE**

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**Information**

**Trails:** High Road, Connect Four, Northwest Express, Pump N Pedal

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

**Time:** 45 to 90 minutes

**Degree of Difficulty:** Moderate to difficult

**Trail Waymarking:** Blue circle

**RED ROUTE**

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**Time:** 60 to 180 minutes

**Degree of Difficulty:** Difficult to severe

**Trail Waymarking:** Red circle

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**Information**

**'No Delay' Trail:** 2.5km

**'R&D' Trail:** 2km

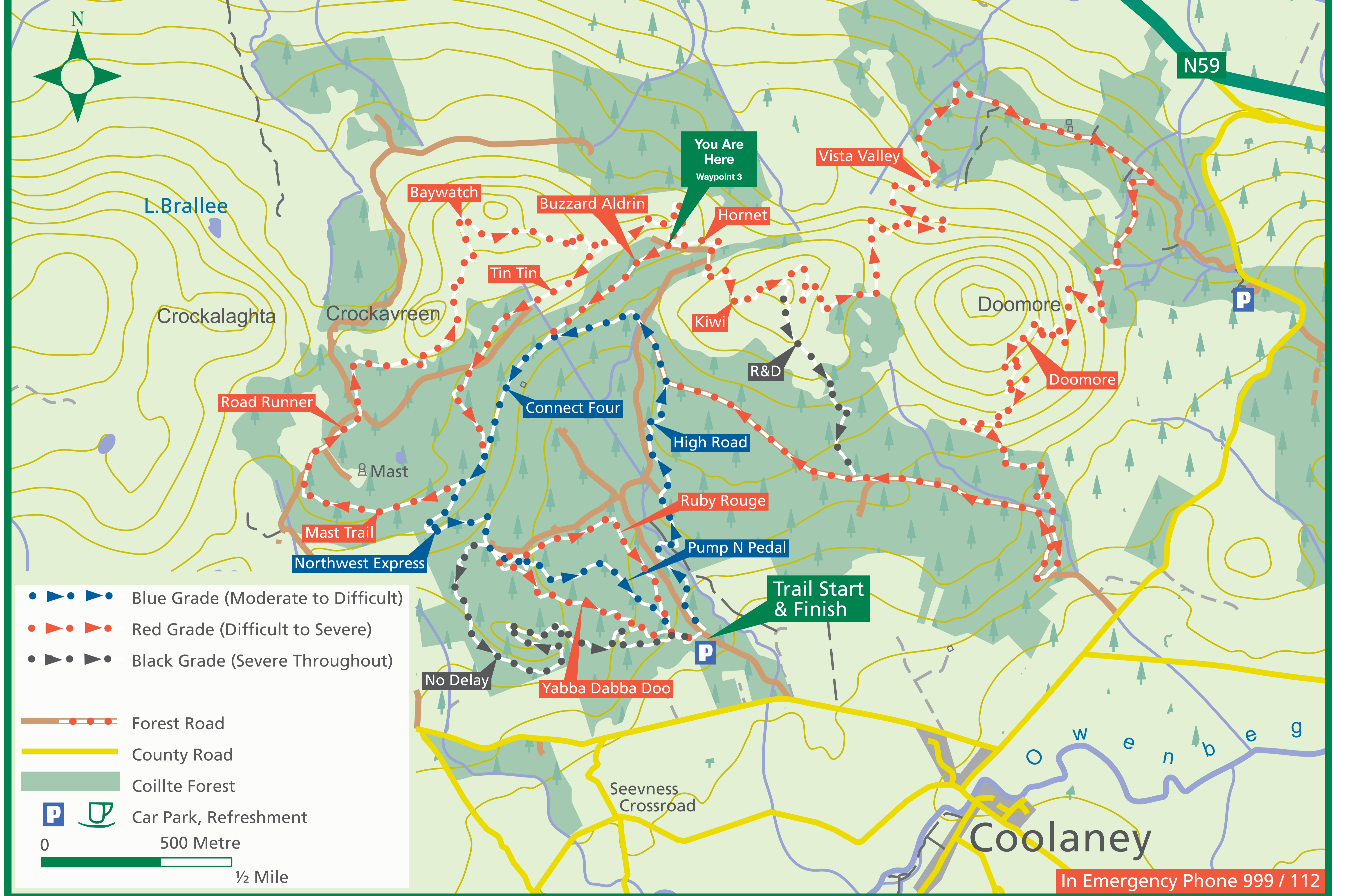
**Time:** 30 to 120 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle

**Coolaney Mountain Bike Trails**

August 2022



**YOU HAVE REACHED  
WAYPOINT 4**

**DECISION TIME: TURN LEFT FOR THE DOOMORE RED ROUTE  
OR TURN RIGHT FOR THE R&D BLACK ROUTE**

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**Degree of Difficulty:** Moderate to difficult

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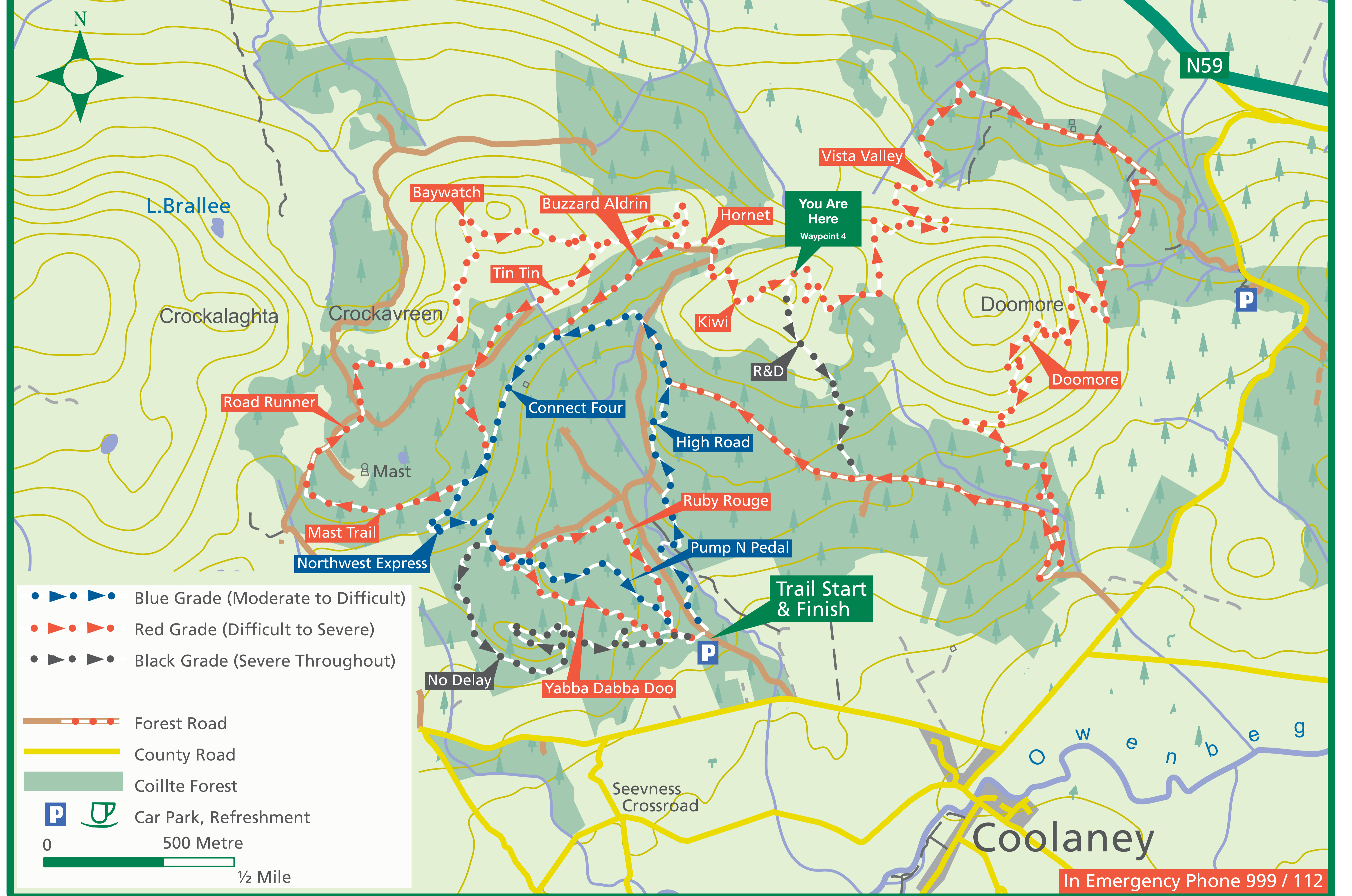
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**YOU HAVE REACHED  
WAYPOINT 5**

**DECISION TIME: FOLLOW THE BLUE TRAIL STRAIGHT AHEAD  
OR CHOOSE FROM ONE OF THE RED AND BLACK TRAILS**

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