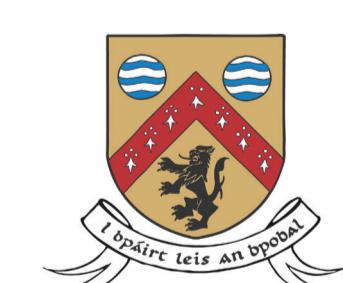


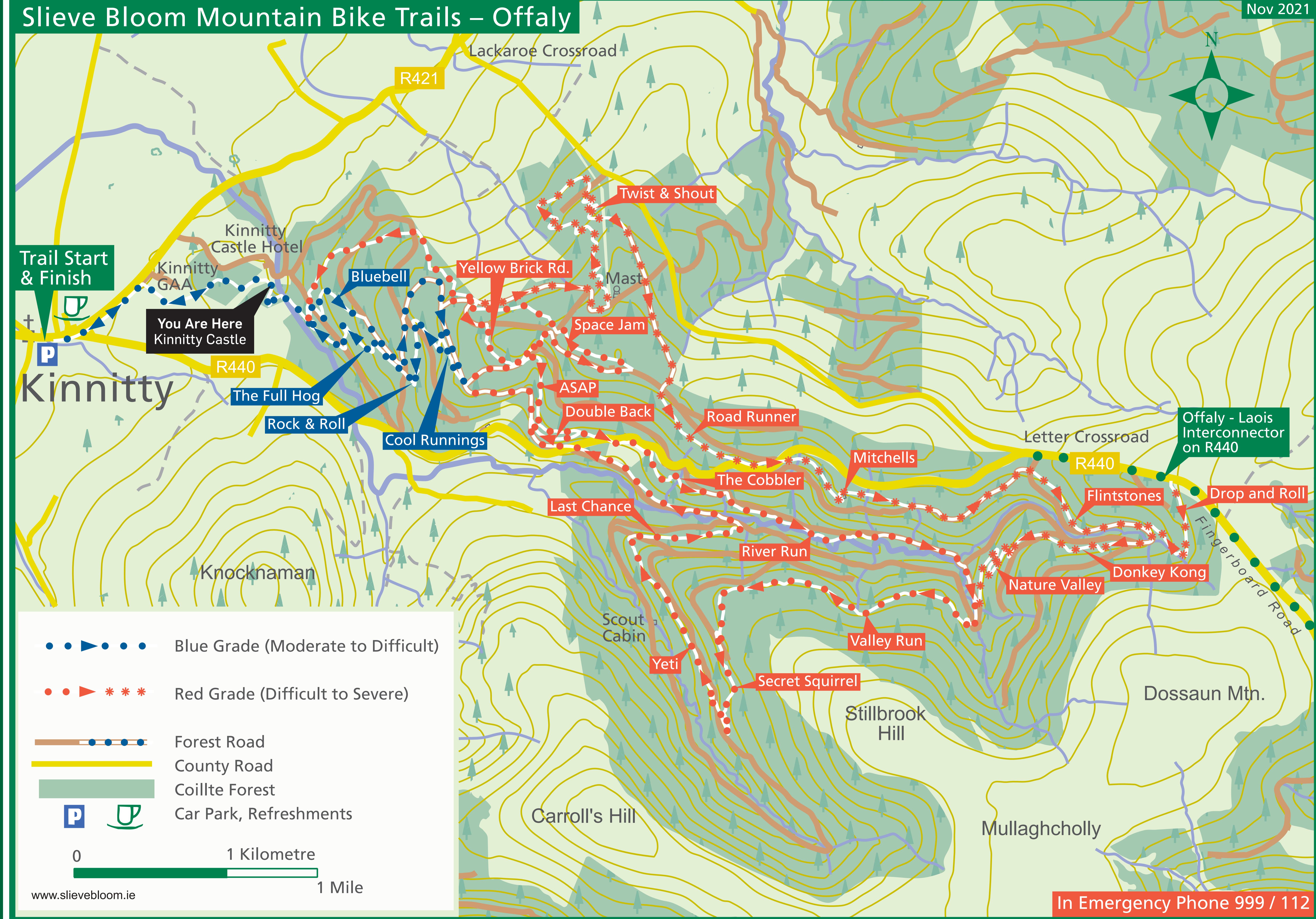


Rialtas  
na hÉireann  
Government  
of Ireland

Tionscadal Éireann  
Project Ireland  
**2040**



Laois County Council  
Aras an Chontae, Portlaoise, Co. Laois



# FÁILTE CHUIG

# CONAIR ROTHÁÍOCHTA SLÉIBHE

# SHLIABH BLADHMA

## CIONN EITIGH, CONTAE UÍBH FHAILÍ

Fáilte chuig Conair Rotháiochta Sléibhe Shliabh Bladhma i gCionn Eitigh, Contae Uíbh Fhailí. Is gréasán é seo de chonair aonrain agus bóithre foraoise saintoithá atá dearthá lena n-úsáid ag rothair sléibhe ar chuarbhbealach a bhfíuil comharthaí bealaigh air. Tá rogha de thrí bhealach ann, ceann acu den ghrád gorm, agus an dá cheann eile den ghrád dearg, atá níos dúshlánaí. Téann na rothaithe trí fhioraí atíle agus talamh oscailte ar na conairí, atá a bhfíaghaidh siad radhairc iontacha síos ar Chaisleán Chionn Eitigh agus níos faide i goéin. Leanann bóithre foraoise ar aghaidh i gcoinair aonrain

chúng chasta a bhfíuil neart fánaí tapa uirthi, stráici suas cnoc agus síos gleann, castáil géara agus stráicí creagacha teicníúla ann, rudaí a chuirfidh mioghláire ort gan amhras! Tá comharthaí bealaigh in aon treo amháin ar na conairí. Larrtar ort na saigheada treo a leanúint i gconaí.

Téann codanna áirithe den bhealach seo ar bhóthar poiblí agus ar bhóthre foraoise, agus téann sé trasna roinnt mhaith conairí siúil chomh maith. Ba chóir do rothaithe cloí le rialacha an bhóthair agus

a bheith ag súil le feithicliú agus úsáideoirí foraoise eile an t-am ar fad. Níl aon fhoscadh ag na conairí seo ar an aimsir ar na fánaí uachtair den chuid is mó agus d'fhéadfadh sé a bheith an-ghaofar i ndrochaimsír. Déan cinnte go mbíonn dea-bhail oibre ar do rothair sléibhe agus go bhfíuil tú aonlai agus oíthe do dhóthain chun tabhairt faoi na conairí seo. Ba cheart go mbéadh éadaí oiriúnacha agus cogad ar gach rothair i gconaí, chomh maith le rothair sléibhe cui a úsáid. Léirigh meas do na húsáideoirí foraoise eile agus tú ag rothaithe, agus rialaigh do luas.

### BEALACH GHORM CHIONN EITIGH

Tá an bealach ar aghaidh chuig an mbóthair poiblí tar éis shráidbhaile Chionn Eitigh, mar sin caithfear a bheith san airdeall ar fad ó Shráidbhaile Chionn Eitigh, trí 'An Mol' agus ar aghaidh thar 'Pointe Bealaigh 1'. Leán na saigheada dearga treo go dtí an chéad acomhal eile go dtí go mbaineann tú 'Pointe Bealaigh 2' amach, atá mar phointe tábhachtach ar d'áistear ar Chonairí Rotháiochta Sléibhe Shliabh Bladhma. Agus tú anseo, tá rogha ann idir dhá bhealach den ghrád dearg: 'Mountain Top' ar chlé nó 'River Run' ar dheis.

Imionn an bealach in éadan na mala ó 'An Mol' ar chonair 'Bluebell' an bealach ar fad chug 'Pointe Bealaigh 1'. Ansin, ba chóir do rothaithe dul ar dheis agus na saigheada gorma treo a leanúint. I measc bhuaicphointí na gconaire tá 'Cool Runnings', 'Rock & Roll' agus 'The Full Hog'. Tá Bealach Gorm Chionn Eitigh 9 km ar fad ach tá aicearra roghnach ann.

### GRÁD NA CONAIRE

Conair mheasarthá den ghrád gorm í seo, a bhfíuil roinnt stráicí deacraí uirthi. Athraíonn na conairí idir stráicí tapa, éasca agus stráicí cunga, teicníúla. Cúng agus géar in amanna, ar dhromchláí éagsúla amháil creaga, fréamhacha, láib, clocha scaoilte agus gairbhéal, a dh'fhéadfach a bhealach steamhain le linn flúchrais. Do rothaithe inniuil amháin an chonair seo.

### EOLAS

Ainm na Slí: Lúb Ghorm Chionn Eitigh

Túspointe/Criochphointe: Sráidbhaile Chionn Eitigh

Fad: 9 km, 220 méadar in éadan na mala

Am: Idir 45 agus 110 níoméad

Leibhéal Deacracha: Idir measarthá agus deacair

Comharthaí bealaigh don chonair: Ciocraí gorm

### BEALACH 'RIVER RUN'

Tá an bealach amach ar an mbealach 23km seo den ghrád dearg mar an gceáanna le Lúb Ghorm Chionn Eitigh. Ardaíonn sé an bealach ar fad ó Shráidbhaile Chionn Eitigh, trí 'An Mol' agus ar aghaidh thar 'Pointe Bealaigh 1'. Leán na saigheada dearga treo go dtí an chéad acomhal eile go dtí go mbaineann tú 'Pointe Bealaigh 2' amach, atá mar phointe tábhachtach ar d'áistear ar Chonairí Rotháiochta Sléibhe Shliabh Bladhma. Agus tú anseo, tá rogha ann idir dhá bhealach den ghrád dearg: 'Mountain Top' ar chlé nó 'River Run' ar dheis.

Tá conair aonrain suas ag tús bhealach River Run darb ainm 'The Yellow Brick Road'. Díreach i ndiaidh sin, tiofaidh tú chug ceann de na bhealchointí ar bhealach River Run, conair 'ASAP'. Bealach carraigheacha tapa éasca síos atá ann. Tiofaidh tú ansons chuig an mbóthair poiblí ag 'The Blue Gates Upper'. Tabhair aire agus tú ag dul trasna an bhóthair phoiblí agus géill don trácht agus do rothaithe bóthair. Ar aghaidh chulig 'The Cobbler' ansin, bealach tóbách a shlonún trí Fhearran Uí Chonchúir, ar ais suas arís trí chriann ghiúise aibí a bhainfidh an analíof, agus sios arís ar nás a gaothóidh chuig an gCamchuaírt.

Imionn an 'Valley Run' trasna Chnac an tSruhaní Chiúin go dtí an chéad ghleann eile, atá a gcuirtear tús leis an bpriomhstráice le fána de bhealach 'River Run'. Is iad 'Secret Squirrel', 'Yeti' agus 'Last Chance' na trí phriomhchonaí agus, cé go bhfíuil stíl ar leith ag baint le gach ceann eacu, tuggann síl ar fad síos chuimhneacháin gCamchuaírt arís thú. Bí faichilleadh agus tú ag dul trasna an bhóthair phoiblí ag 'The Blue Gates South' agus bí ullamh don ardú deireanach ar bhealach Run. Lean an bóthar foraoise ansin go 'Pointe Bealaigh 4'. Ansin, is féidir leat dul ar an aicearra ar ais ach díl ar chonair 'Cool Runnings', atá den ghrád gorm, ar Bhealach Gorm Chionn Eitigh, níodh leánúint ar aghaidh suas an cnoc ar bhealach River Run, atá den ghrád dearg. Gheobhaidh tú luach do shaothair as an genoc deireanach a bhaint amach nuair a fhéidir tú bhealach síos 4 km dochreidte darb ainm 'Space Jam', ar a dtéann rothaithe ar ais an bhealach ar fad chug tús na conaire i sráidbháile Chionn Eitigh.

### GRÁD NA CONAIRE

Tá an bealach seo den ghrád dearg deacair ó thus deireadh agus tá roinnt stráicí diana ann. Athraíonn na conairí idir stráicí tapa, éasca agus stráicí cunga, teicníúla. Cúng agus géar go minic, ar dhromchláí éagsúla amháil creaga, fréamhacha, láib, clocha scaoilte agus gairbhéal, a dh'fhéadfach a bhealach steamhain le linn flúchrais. Níodh thosaithoírín an chonair rotháiochta sléibhe seo.

### EOLAS

Ainm na Slí: River Run

Túspointe/Criochphointe: Sráidbhaile Chionn Eitigh

Fad: 23 km, 490 méadar in éadan na mala

Am: Idir 110 agus 180 níoméad

Leibhéal Deacracha: Idir deacair agus dian

Comharthaí bealaigh don chonair: Ciocraí gorm

### BEALACH 'MOUNTAIN TOP'

Tá an bealach amach ar an mbealach 31km seo den ghrád dearg mar an gceáanna le Lúb Ghorm Chionn Eitigh. Ardaíonn sé an bealach ar fad ó Shráidbhaile Chionn Eitigh, trí 'An Mol' agus ar aghaidh thar 'Pointe Bealaigh 1'. Leán na saigheada dearga treo go dtí an chéad acomhal eile go dtí go mbaineann tú 'Pointe Bealaigh 2' amach, atá mar phointe tábhachtach ar d'áistear ar Chonairí Rotháiochta Sléibhe Shliabh Bladhma. Agus tú anseo, tá rogha ann idir dhá bhealach den ghrád dearg: 'Mountain Top' ar chlé nó 'River Run' ar dheis.

Tá roinnt fánaí aonrain annas ar an mbealach 'Mountain Top' agus is é 'Twist & Shout' ar chéad cheann acu. Tá breis agus 40 beirn air agus ní beidh ort na troitheadáin a olbúr ar chor ar bith – ní fhéadfá teacht ar shampla níos ille de shreabhadhónair! Tugann malá ghairid foraoise chug 'Road Runner' thíos, ar conair ardúlaíus scuabach i théann síos go dtí an Tínlí stairiúil. Tabhair aire agus tú ag dul trasna an bhóthair phoiblí agus géill don trácht agus do rothaithe bóthair. Ar aghaidh chulig 'The Cobbler' ansin, bealach tóbách a shlonún trí Fhearran Uí Chonchúir, ar ais suas arís trí chriann ghiúise aibí a bhainfidh an analíof, agus sios arís ar nás a gaothóidh chuig an gCamchuaírt.

Is féidir le rothaithe leánúint ar aghaidh anseo agus fanacht ar bhealach Mountain Top, níodh dul chlé agus trasnu chug taobh Laoise de Chonairí Rotháiochta Sléibhe Shliabh Bladhma ar chonair 'Crystal Maze', atá den ghrád dearg. Tabhair do d'aire gur bhealach fadtrémhseach atá i lónra conairí Laoise. Níor chóir tabhair fáin leónra sin ach amháin más rothair sléibhe cumasach thú a bhfíil an-taithí agat.

Is chéad chíomh éilte ar bhealach 'Mountain Top' ní conair deasghaird síos le fána, 'Flintstones', agus heart gnéithe láimhe spraoi uirthi. Beidh bealach suas gaíred agat ar bhóthar foraoise, ach is fiú go móré é nuair a fhéidir líte ceann de na bealáil síos is ille ar lónra Chonairí Rotháiochta Sléibhe Shliabh Bladhma. Tugtar 'Donkey Kong' air agus nascann sí go direach le 'Nature Valley'. Tagann bhealach Mountain Top agus bhealach River Run le chéile don turas ar ais an bhealach ar fad go dtí tús na conaire i gCionn Eitigh.

### GRÁD NA CONAIRE

Tá an bealach seo den ghrád dearg deacair ó thus deireadh agus tá roinnt stráicí diana ann. Athraíonn na conairí idir stráicí tapa, éasca agus stráicí cunga, teicníúla. Cúng agus géar go minic, ar dhromchláí éagsúla amháil creaga, fréamhacha, láib, clocha scaoilte agus gairbhéal, a dh'fhéadfach a bhealach steamhain le linn flúchrais. Níodh thosaithoírín an chonair rotháiochta sléibhe seo.

### EOLAS

Ainm na Slí: Mountain Top

Túspointe/Criochphointe: Sráidbhaile Chionn Eitigh

Fad: 31 km, 570 méadar in éadan na mala

Am: Idir 150 agus 230 níoméad

Leibhéal Deacracha: Idir deacair agus dian

Comharthaí bealaigh don chonair: Réiltín dearg

# WELCOME TO THE SLEIVE BLOOM MOUNTAIN BIKE TRAIL KINNITY, COUNTY OFFALY

downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the directional arrows.

The route uses multiple sections of public road, forest roads and crosses many walking trails. Riders should obey the rules of the road and 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, use a suitable mountain bike and wear a helmet at all times. Please ride with consideration for other forest users and control your speed.

### KINNITY BLUE ROUTE

Leaving Kinnity Village the route follows the public road, caution with other road users is needed. Turning right into Kinnity GAA club, pick up the wide 'dual direction' trail which leads to 'The Hub', a key point on your journey in the Slieve Bloom Mountain Bike Trials. Caution, beware of cyclists approaching in the opposite direction on the dual direction trail.

The route climbs uphill from 'The Hub' on the 'Bell' trail all the way to 'Waypoint 1' where riders should bear right, following the blue directional arrows. Trail highlights include 'Cool Runnings', 'Rock & Roll' and 'The Full Hog'. The full distance of the Kinnity Blue route is 9km but there is an optional shortcut which reduces the distance.

### TRAIL GRADING

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 Name: Kinnity Blue

Start/Finish Point: Kinnity Village

Distance: 9km with 220 Meters Climbing

Time: 45 Minutes to 110 Minutes

Degree of Difficulty: Moderate to Difficult

Trail Waymarking: Blue Circle

### RIVER RUN ROUTE

This 23km red grade route shares the same outward leg as the Kinnity Blue route, climbing all the way from Kinnity Village, through 'The Hub' and past 'Waypoint 1'. Follow the red directional arrows to the next junction until you arrive at 'Waypoint 2', a key point on your journey at the Slieve Bloom Mountain Bike Trials. Once here, there are two red grade routes to choose from, 'Mountain Top' to the left or 'River Run' to the right.

The River Run route starts off with a climbing singletrack trail called 'The Yellow Brick Road', followed immediately by one of the highlights along the River Run route, the 'ASAP' trail, a fast flowing rocky descent which takes you to the public road at 'The Blue Gates Upper'. Exercise caution crossing the public road and yield to motorists and road cyclists at this point. Next up is 'The Cobble' trail, a meandering route that skirts the Connor's homestead, switch back climbs weave up through the most spectacular mature pine trees before plummeting down to meet the Camcor river.

The 'Valley Run' trail meanders across the Stillbrook Hill into the next valley where the main descending section of River Run route begins. 'Secret Squirrel', 'Yeti' and 'Last Chance' are the three main trails, each with their own unique flavour dropping you down to the Camcor river once again. Exercise caution crossing back over the public road at 'The Blue Gates South' and prepare yourself for the final climb of the River Run route. Follow the forest road to 'Waypoint 4', here you can take a shout back by joining the blue grade 'Cool Runnings' trail on the Kinnity Blue route or continue uphill on the River Run red grade route. The effort to climb the final hill is well rewarded with a spectacular 4km long descent named 'Space Jam', which takes riders all the way back to the trailhead at Kinnity Village.

### TRAIL GRADING

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 Name: River Run

Start/Finish Point: Kinnity Village

Distance: 23km with 490 Meters Climbing

Time: 110 Minutes to 180 Minutes

Degree of Difficulty: Difficult to Severe

Trail Waymarking: Red Circle

### MOUNTAIN TOP ROUTE

This 31km red grade route shares the same outward leg as the Kinnity Blue route, climbing all the way from Kinnity Village, through 'The Hub' and past 'Waypoint 1'. Follow the red directional arrows to the next junction until you arrive at 'Waypoint 2', a key point on your journey at the Slieve Bloom Mountain Bike Trials. Once here, there are two red grade routes to choose from, 'Mountain Top' to the left or 'River Run' to the right.

There are some amazing singletrack descents on the Mountain Top route starting with 'Twist & Shout', a beautiful flow trail with over 40 berms and zero pedalling! A short forest road climb brings you to 'Road Runner', a highspeed swoopy trail which descends to the historic Lime Kiln. Exercise caution as you cross the public road at 'The Lime Kiln North' and yield to motorists and road cyclists at this point. Next up is 'The Cobble' trail, a meandering route that skirts the Mitchells' family homestead, across the old bridge and down to the forest road to meet 'Waypoint 3'.

Here riders can continue straight ahead and stay on the Mountain Top route, or bear left and cross over to the Laois side of the Slieve Bloom Mountain Bike Trials via the red grade 'Crystal Maze' trail. Note that joining the Laois trail network is a long distance route and should only be undertaken if you are a highly experienced and highly competent mountain bike rider.

Next along the Mountain Top route is 'Flintstones' a short and snappy feature rich descent with plenty of fun to be had. After a short forest road climb you will be rewarded with some of the most iconic descents in the Slieve Bloom Mountain Bike Trail network, 'Donkey Kong' which connects straight to 'Nature Valley'. The Mountain Top route merges into the River Run route for the return trip all the way back to the trailhead at Kinnity Village.

### TRAIL GRADING

This red grade route is difficult

# WELCOME TO THE KINNITTY VILLAGE MOUNTAIN BIKE TRAIL

Welcome to the Kinnitty Village Mountain Bike Trail, County Offaly. This is a network of purpose-built singletrack trails that are designed for use by mountain bikes on a waymarked circular route. There are three blue grade trails to choose from, each waymarked from this central start point. The trails take riders through beautiful forests on twisty singletrack with lots of fast descents, ups and downs, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the directional arrows.

The route uses multiple sections of public road, forest roads and crosses many walking trails. Riders should obey the rules of the road and expect to encounter vehicles and other forest users at any time. 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, use a suitable mountain bike 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 Peeler, Mint Crisp, Banana Split

**Distance:**  
2km with 50 meters climbing

**Time:**  
10 to 20 minutes

**Degree of Difficulty:**  
Moderate to difficult

**Trail Waymarking:**  
Blue circle

