



# WELCOME TO THE SLIEVE BLOOM MOUNTAIN BIKE TRAIL BAUNREAGH, CO. LAOIS

Welcome to the Slieve Bloom Mountain Bike Trails in Baunreagh, County Laois. This is a network of purpose-built singletrack trails and forest roads that are designed 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 forests and open land with fantastic views over Baunreagh Valley and beyond. Forest road climbs lead to 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 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.

## BAUNREAGH BLUE ROUTE

This 11km blue grade route encompasses the entire Baunreagh Valley. Leaving Baunreagh House, exercise caution as you exit the car park and follow the signs onto the first singletrack climb with the 'Monkey Puzzle' and 'Take 2' trails. The first descending trail is 'Free Wheel', a fast flowing run that drops you down to the forest road to 'Waypoint 1'. Follow the blue directional arrows left up the hill, instead of taking the red grade trail to the right. Forest road turns to gentle single tracks on the 'Stairway to Heaven' climb which brings you 'Waypoint 2'.

Here riders can turn right to stay on the 'Baunreagh Blue' route, or bear left to cross over to the Offaly side of the Slieve Bloom Mountain Bike Trails via the red grade 'Drop and Roll' trail. Note that joining the Offaly 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 'Baunreagh Blue' route is the steep forest road climb to the highest point in the Baunreagh Valley. It's quite literally all downhill from here with the epic 'Thunder' trail leading to 'Waypoint 3'. Bear left to stay on the 'Baunreagh Blue' route rather than taking the optional black trail to the right. Next up is the traversing 'Lightning' trail leading to 'Waypoint 4' where riders should bear right rather than take the optional red grade trail straight ahead. 'Return of the Jedi' and 'Tetris' trails complete the descent, twisting and turning along the valley walls all the way back to the Baunreagh trailhead.

### 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:** Baunreagh Blue

**Start/Finish Point:** Baunreagh Car Park

**Distance:** 11km with 290 Meters Climbing

**Time:** 90 to 150 Minutes

**Degree of Difficulty:** Moderate to Difficult

**Trail Waymarking:** Blue Circle

## HARRIER ROUTE

This 12km red grade Harrier route shares the same outward leg as the 'Baunreagh Blue' route, exercise caution as you exit the car park and follow 'Monkey Puzzle', 'Take 2' and 'Free Wheel' all the way through to 'Waypoint 1'. The 'Harrier' route takes a right turn down 'Hippity Hop' following the path of the Delour river all the way down to the valley floor.

Get on the pedals for the long climb back up and enjoy the spectacular views as you rise up through the Baunreagh Valley. It's all downhill from here, continuing straight at 'Waypoint 4' with the high speed 'Doom' trail. 'Joy Rider', 'On the Edge' and 'Boiler' all follow on with hardly a pedal stroke needed before you finish at the Baunreagh trailhead. As an additional bonus descent, riders can make their way back up to ride the 'Bippity Bop' trail for one last adrenaline kick!

### 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:** Harrier

**Start/Finish Point:** Baunreagh Car Park

**Distance:** 12km with 250 Meters Climbing

**Time:** 90 to 150 Minutes

**Degree of Difficulty:** Difficult to Severe

**Trail Waymarking:** Red Circle

## JAILBREAK ROUTE

Riders seeking the extra challenging black trail 'Jailbreak' should follow the 'Baunreagh Blue' route to 'Waypoint 2' and turn right once there. The black trail itself is just shy of 2km long and the entire route is a 13km round trip which takes in lots of great trails along the way.

The descent is action packed from the get go, with a large rock step down off the forest road which gives you a good indication of what's in store. Steep sweeping berms are used to link the rocky stone pitched and sometimes rooty sections. Once at the bottom, catch your breath and consider your next move. You can join the red grade 'Harrier' route in either direction; right to 'Bippity Bop' or left to 'Doom'.

### TRAIL GRADING

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 Name:** Jailbreak

**Start/Finish Point:** Baunreagh Car Park

**Distance:** 13km with 310 Meters Climbing (Via Doom)

**Time:** 90 to 150 Minutes

**Degree of Difficulty:** Severe Throughout

**Trail Waymarking:** Black Circle



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SLIEVE  
BLOOM



Laois County Council  
Áras an Chiontae, Portlaoise, Co. Laois



In an **Emergency Dial 112 or 999**  
and ask for required emergency services



CCTV IN  
OPERATION



NO  
CAMPFIRES



LEAVE NO  
TRACE



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## 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.

## Slieve Bloom Mountain Bike Trails – Laois

Sept 2021

