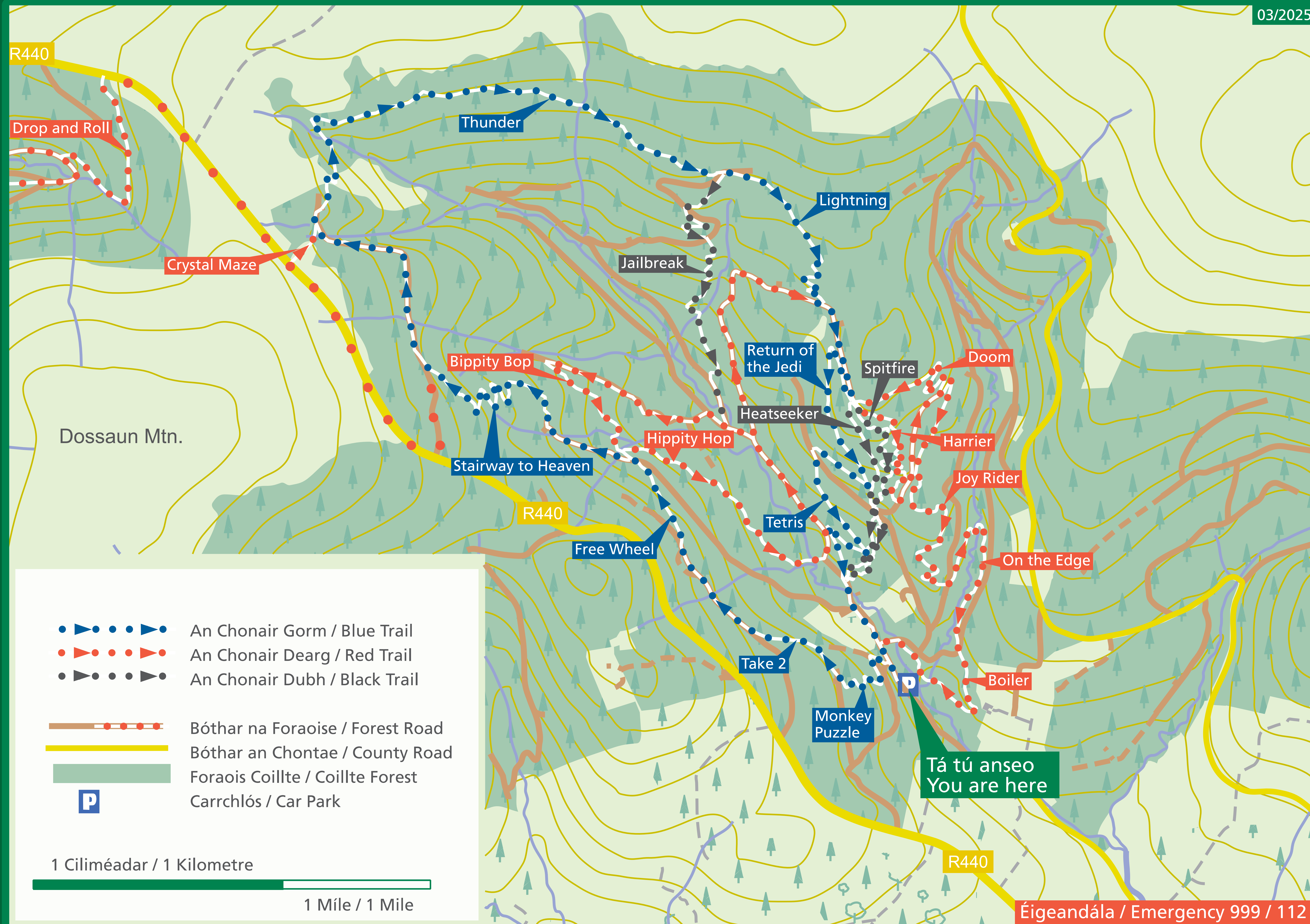




FÓGRA TÁBHACHTACH

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 orai
an suíomh ina bhfuil tú a bhe
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 tús 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 prionsabail a bhaineann le 'Ná fág lorg'.

BIKE SAFELY AND ENJOY YOUR DAY!

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

FÁILTE CHUIG CONAIR ROTHÁÍOCHTA SLÉIBHE SHLIABH BLADHMA

AN BARR RIABHACH, CONTAE LAOISE

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 ndrochairsir. Déan cinnte de go bhfuil dea-bhail ar do rothar sléibhe agus go bhfuil tú aclaí agus oilte 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

Tá an bealach seo den ghrád gorm measartha agus tá roinnt stráicí deacra ann. Athraíonn an chonair 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: Monkey Puzzle, Take 2, Free Wheel, Stairway to Heaven, Thunder, Lightning, Return of the Jedi, Tetris

Fad: 11 km

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: Crystal Maze, Hippy Hop, Bippity Bop, Doom, Harrier, Joy Rider, On the Edge, Boiler

Fad: 18 km

Fad Ama: Idir 2 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: Heatseeker, Jailbreak, Spitfire

Fad: 14 km

Fad Ama: Idir 2 agus 3 uair an chloig

Leibhéal Deacrachta: Dian ó thús deireadh

WELCOME TO THE SLIEVE BLOOM MOUNTAIN BIKE TRAIL

BAUNREAGH, COUNTY LAOIS

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.

Trails: Monkey Puzzle, Take 2, Free Wheel, Stairway to Heaven, Thunder, Lightning, Return of the Jedi, Tetris

Distance: 11 km

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.

Trails: Crystal Maze, Hippy Hop, Bippity Bop, Doom, Harrier, Joy Rider, On the Edge, Boiler

Distance: 18 km

Time: 2 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.

Trails: Heatseeker, Jailbreak, Spitfire

Distance: 14 km

Time: 2 to 3 hours

Degree of Difficulty: Severe throughout



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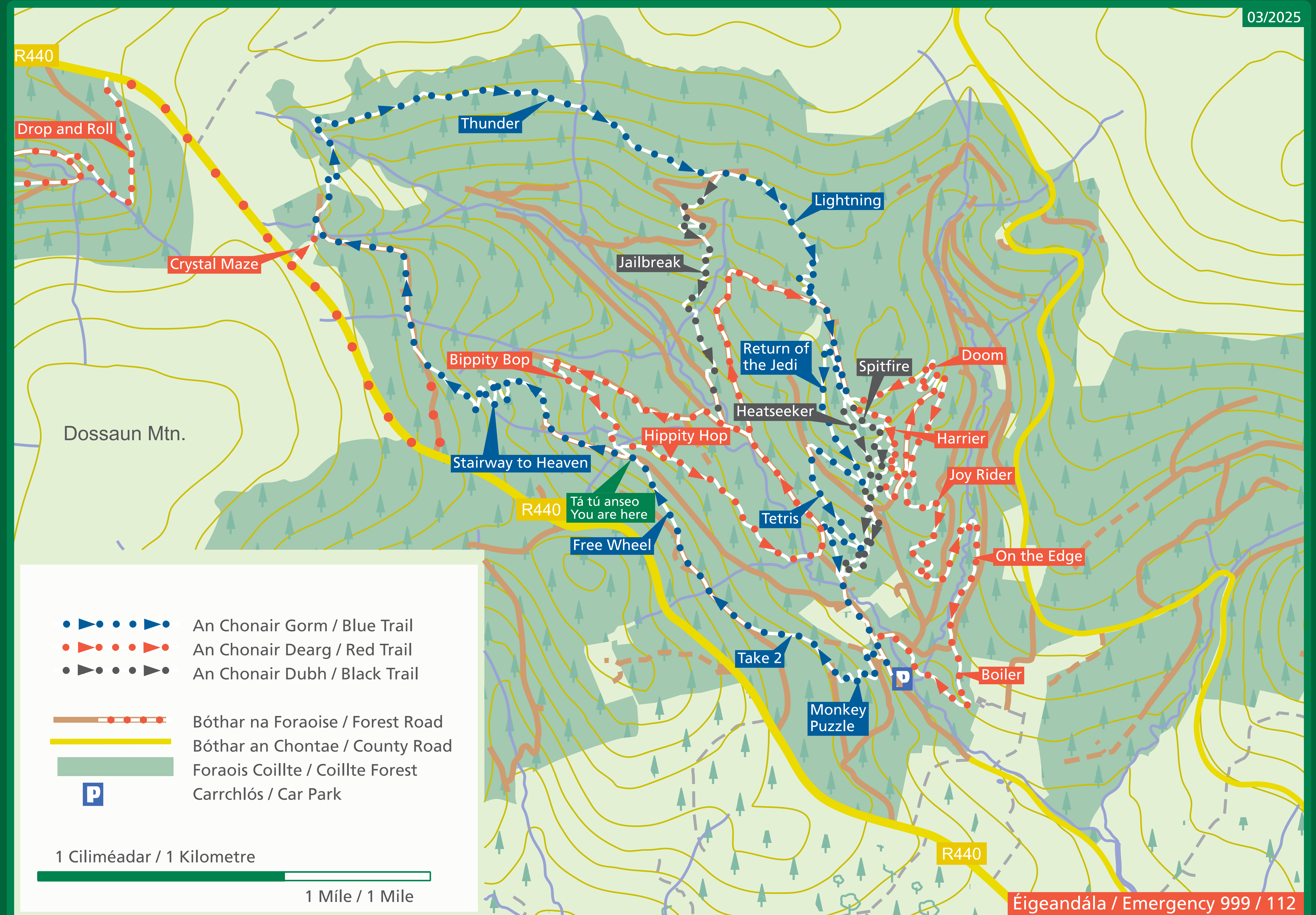
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 1 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO:
LEAN AN BEALACH GORM AR CHLÉ NÓ TÉIGH
AR AN mBEALACH DEARG ROGHNACH

YOU HAVE REACHED WAYPOINT 1

DECISION TIME:
FOLLOW THE BLUE ROUTE LEFT
OR TAKE THE OPTIONAL RED TRAIL

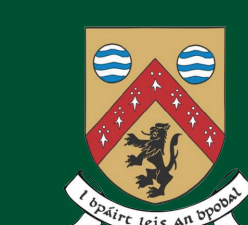


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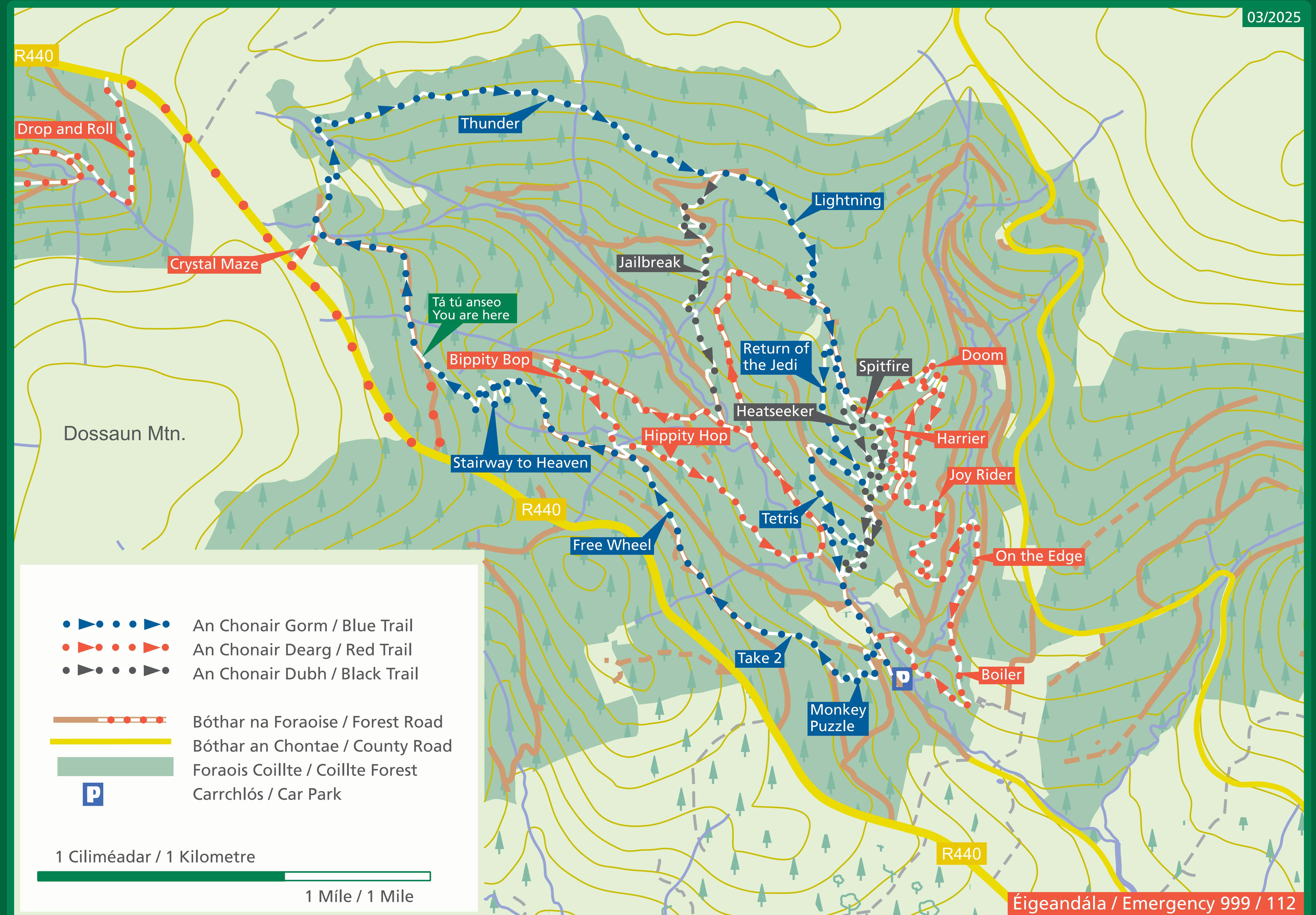
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 2 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO:
LEAN AN BEALACH GORM AR DHEIS NÓ TÓG
AN CASADH AR CHLÉ LE DUL TRASNA CHUIG AN
TAOBH DE CHONAIRÍ ROTHÁÍOCHTA SLÉIBHE SHLIABH
BLADHMA ATÁ I gCONTAE UÍBH FHAILÍ

YOU HAVE REACHED WAYPOINT 2

DECISION TIME:
FOLLOW THE BLUE ROUTE RIGHT OR TAKE THE LEFT
TO CROSS OVER TO THE OFFALY SIDE OF THE SLIEVE
BLOOM MOUNTAIN BIKE TRAILS



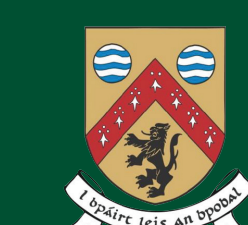
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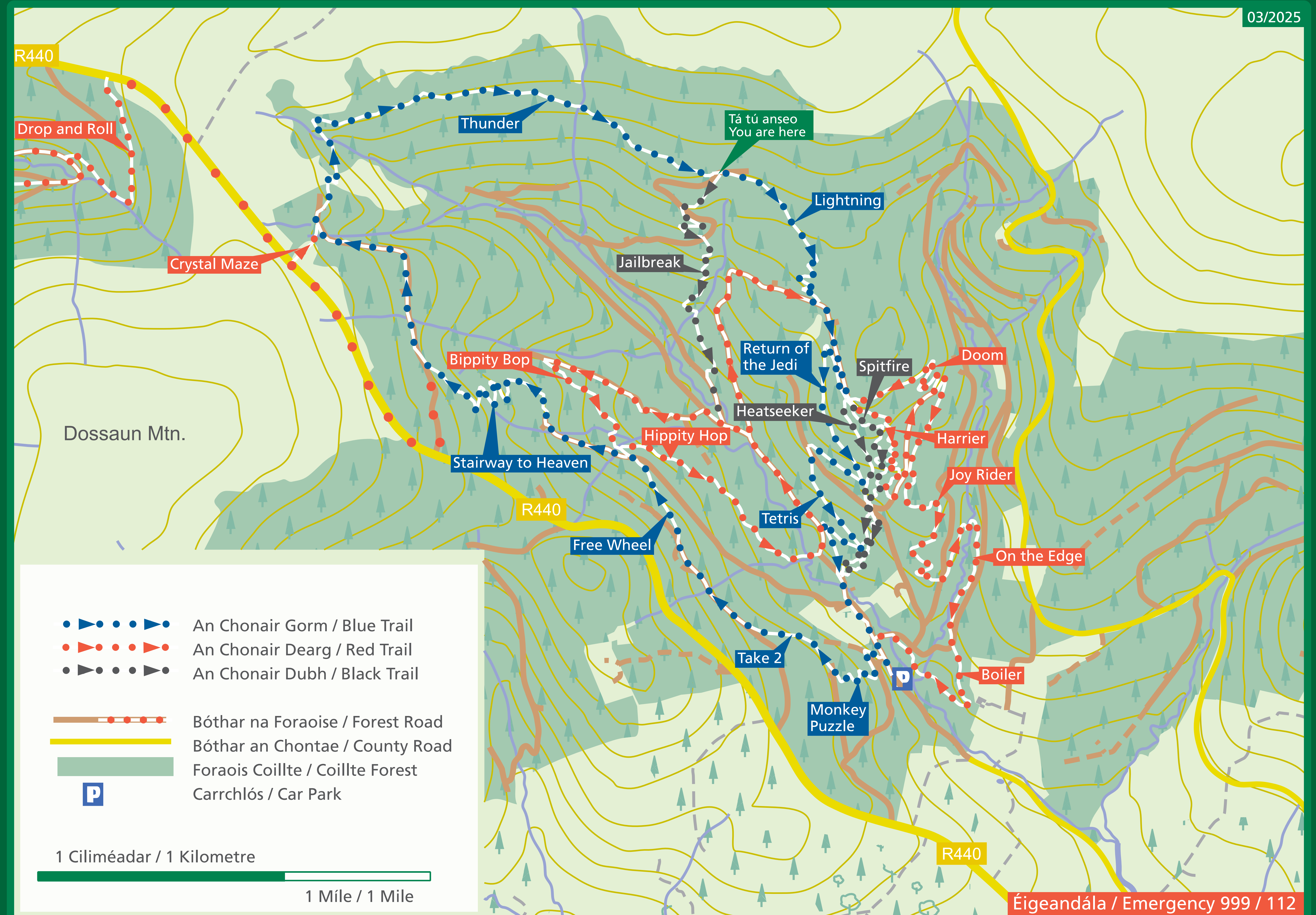
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 3 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO:
LEAN AN BEALACH GORM AR CHLÉ
NÓ TÉIGH AR AN mBEALACH DUBH ROGHNACH

YOU HAVE REACHED WAYPOINT 3

DECISION TIME:
FOLLOW THE BLUE ROUTE LEFT
OR TAKE THE OPTIONAL BLACK TRAIL



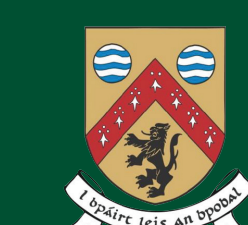
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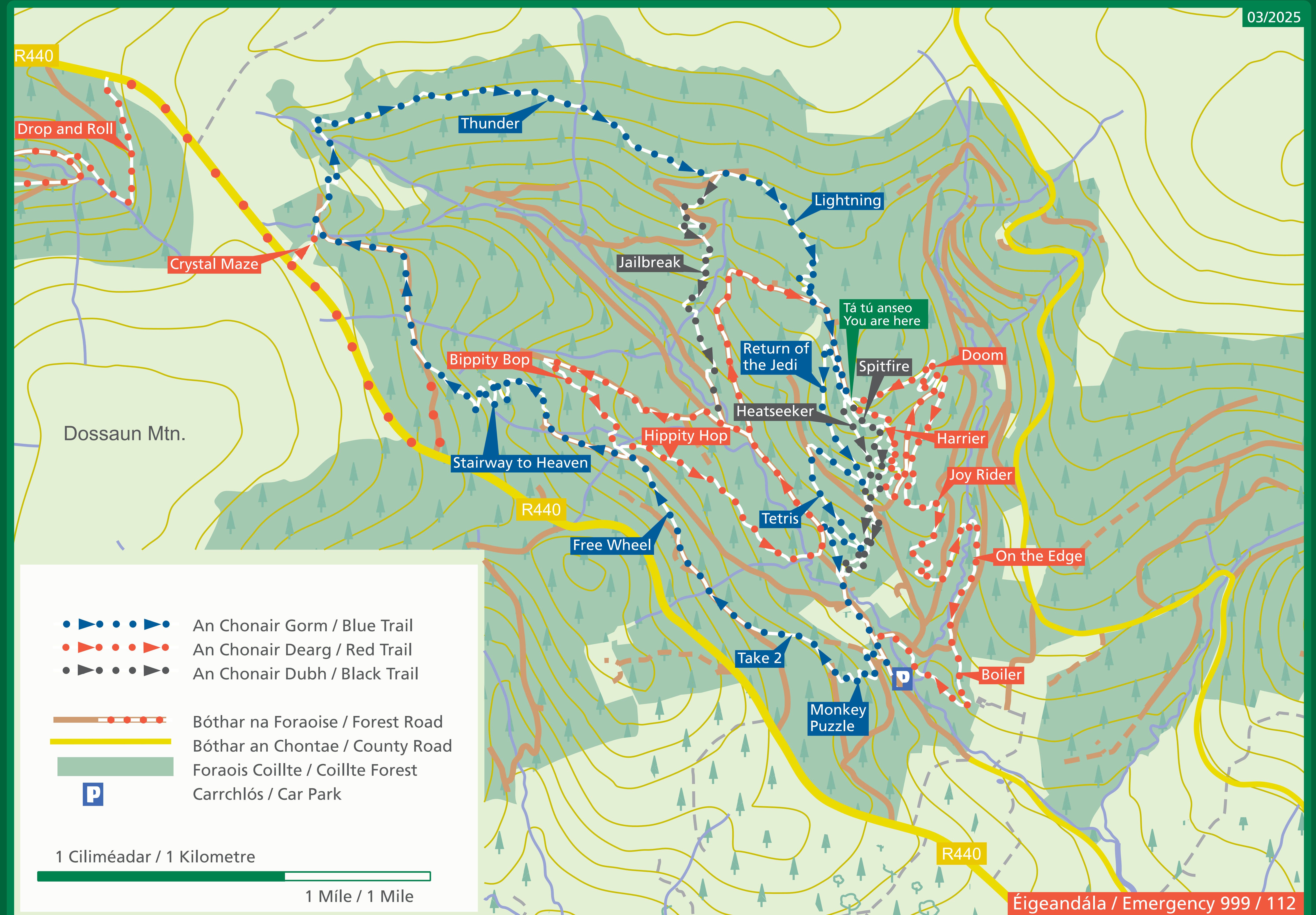
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 4 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO:
LEAN AN BEALACH GORM AR DHEIS NÓ TÉIGH
AR NA BEALAÍ ROGHNACHA DEARGA NÓ DUBHA

YOU HAVE REACHED WAYPOINT 4

DECISION TIME:
FOLLOW THE BLUE ROUTE RIGHT
OR TAKE THE OPTIONAL RED
OR BLACK TRAILS

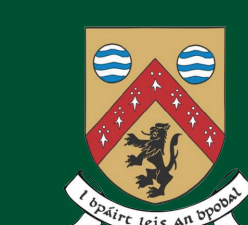


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CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 5 BAINTE AMACH AGAT

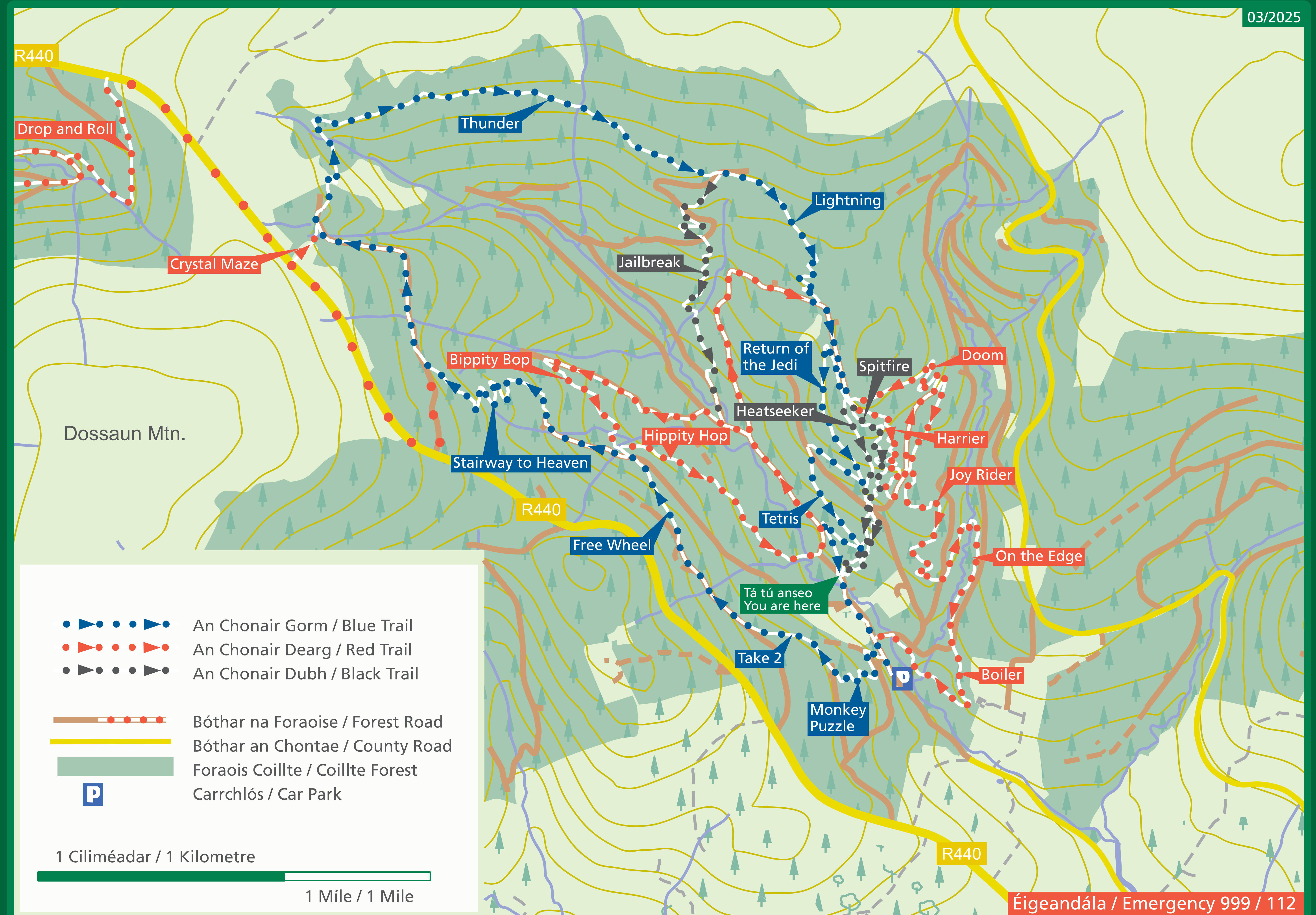
TÁ CINNEADH LE DÉANAMH ANSEO:

LEAN AN BEALACH GORM AR CHLÉ LE FILLEADH AR
THÚS NA CONAIRE NÓ CAS AR DHEIS LE CEACHTAR DEN
DÁ CHONAIR DHUBHA A DHÉANAMH ARÍS

YOU HAVE REACHED WAYPOINT 5

DECISION TIME:

FOLLOW THE BLUE ROUTE LEFT TO RETURN
TO THE TRAILHEAD OR TURN RIGHT TO REPEAT
EITHER OF THE BLACK TRAILS



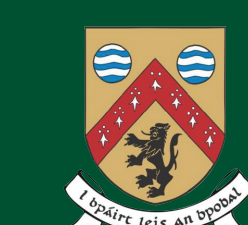
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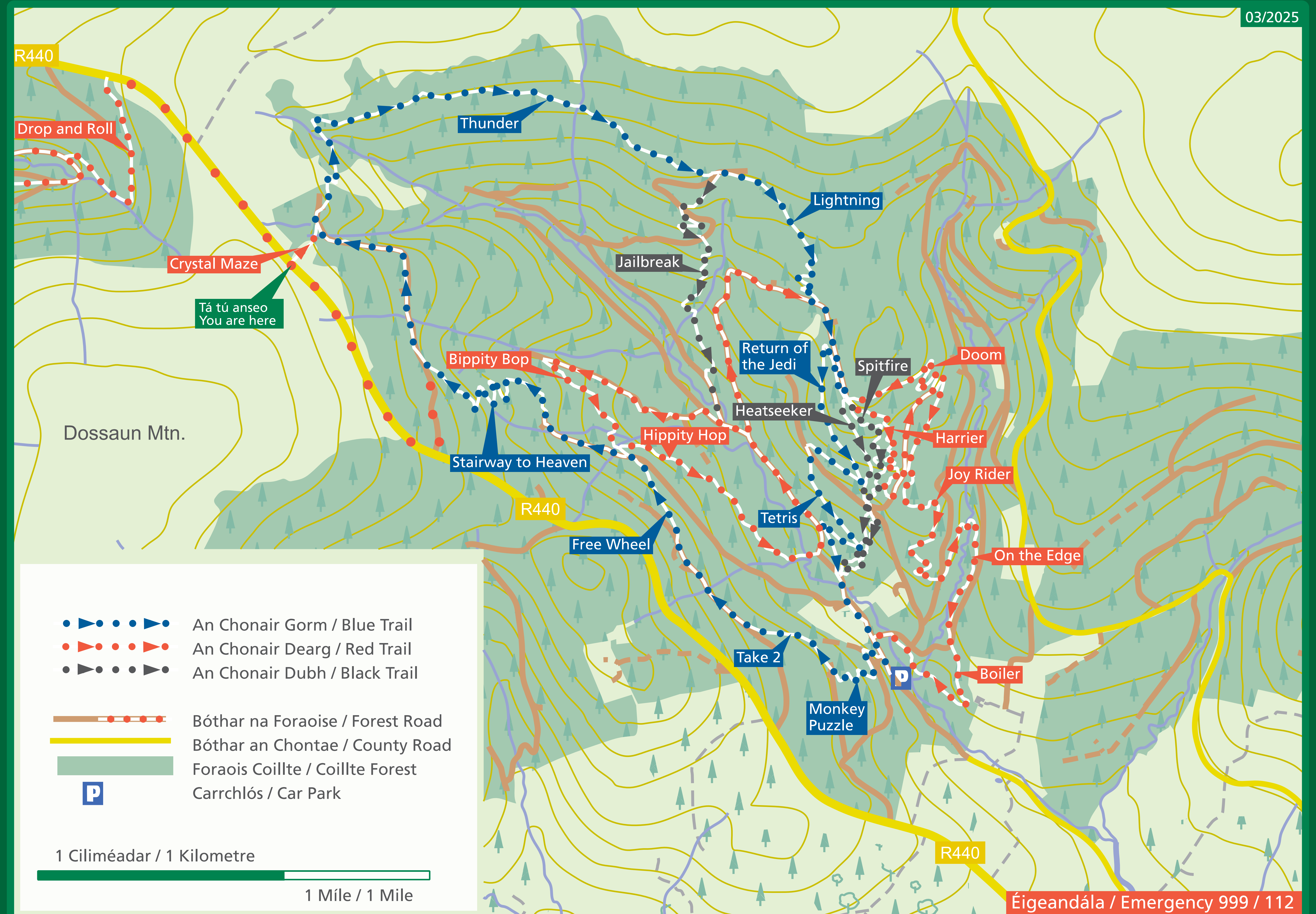
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 6 BAINTE AMACH AGAT

FÁILTE CHUIG CONAIR ROTHÁÍOCHTA SLÉIBHE SHLIABH
BLADHMA, AN BEALACH ISTEACH Ó CHONTAE UÍBH
FHAILÍ CHUIG NA CONAIRÍ I gCONTAE LAOISE

YOU HAVE REACHED WAYPOINT 6

WELCOME TO THE SLIEVE BLOOM
MOUNTAIN BIKE TRAIL, THE ENTRY POINT
FROM OFFALY TO THE TRAILS IN LAOIS



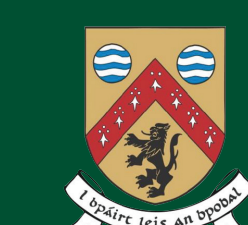
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