

FÁILTE GO CONAIRÍ ROTHÁÍOCHTA SLÉIBHE AN tSLÉIBHE RIABHAIGH

Bealach Greenwood

Conair mheasartha den ghrád gorm é seo. Tá roinnt stráicí deacra feadh an bhealaigh. 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. Do rothaithe inniúla amháin an chonair seo.

Conairí: Calling Huey, Ear to Ear, Beast, Green Machine, The Snake

Fad: 7km

Fad ama: Idir 30 agus 90 nóiméad

Leibhéal Deacrachta: Idir measartha agus deacair

Comharthaí bealaigh don chonair: Ciorcal gorm

Bealach Gharraí an Phúca

Conair mheasartha den ghrád gorm é seo. Tá roinnt stráicí deacra feadh an bhealaigh. 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. Do rothaithe inniúla amháin an chonair seo.

Conairí: Gach conair ghorm ar bhealach Greenwood chomh maith le - Dessert, Easy Peeler, DLR, All Aboard

Fad: 17km

Fad ama: Idir 1 agus 2 uair an chloig

Leibhéal Deacrachta: Idir measartha agus deacair

Comharthaí bealaigh don chonair: Ciorcal gorm

Bealach Gharrán an Ridire

Tá an bealach seo den ghrád dearg deacair ó thús go deireadh. Tá leor stráicí an-chrua feadh an bhealaigh. 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: Gach conair ar bhealach Gharraí an Phúca chomh maith le – Free Bird, Super D, Cliff Hanger, Forest Gump, Pump & Grind, Low Road, Grand Torino, Lone Ranger, Rocky, Roulette, Kinder, Skyline

Fad: 35km

Fad ama: Idir 1.5 agus 3 uair an chloig

Leibhéal Deacrachta: Idir deacair agus dian

Comharthaí bealaigh don chonair: Ciorcal bán le himlíne dhearg

Bealach Chaisleán an Phúca

Tá an bealach seo den ghrád dearg deacair ó thús go deireadh. Tá leor stráicí an-chrua feadh an bhealaigh. 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: Gach conair dhearg ar bhealach Gharrán an Ridire – Streamhill, Switchbacker, Flying Sauser, Superman, Slip n' Slide, River Run, Full Circle

Fad: 51km

Fad ama: Idir 3 agus 5 uair an chloig

Leibhéal Deacrachta: Idir deacair agus dian

Comharthaí bealaigh don chonair: Ciorcal dearg

An Teibhealach

Tá an bealach seo den ghrád dearg deacair ó thús go deireadh. Tá leor stráicí an-chrua feadh an bhealaigh. 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: Gach conair ghorm ar bhealach Gharraí an Phúca – Free Bird, Tech 1 and Tech 2

Fad: 28km

Fad ama: Idir 1.5 agus 3 uair an chloig

Leibhéal Deacrachta: Idir deacair agus dian

Comharthaí bealaigh don chonair: Cearnóg Dhearg

An Bealach Dubh

Tá an bealach seo den ghrád dubh dian ó thús go 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: Scott's Pine, Car Door, Toto, Sledge, Hammer, Overdrive, Double O, Tinder, Mr. Sheen

Fad: 22km

Fad ama: Idir 1.5 agus 3 uair an chloig

Leibhéal Deacrachta: Dian ó thús go deireadh

Comharthaí bealaigh don chonair: Ciorcal dubh

WELCOME TO THE BALLYHOURA MOUNTAIN BIKE TRAILS

Greenwood 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: Calling Huey, Ear to Ear, Beast, Green Machine, The Snake

Distance: 7km

Time: 30 to 90 minutes

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

Mountrussell 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: All Greenwood blue route trails plus – Dessert, Easy Peeler, DLR, All Aboard

Distance: 17km

Time: 1 to 2 hours

Degree of Difficulty: Moderate to difficult

Trail Waymarking: Blue circle

Garrane 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: All Mountrussell blue route trails plus – Free Bird, Super D, Cliff Hanger, Forest Gump, Pump & Grind, Low Road, Grand Torino, Lone Ranger, Rocky, Roulette, Kinder, Skyline

Distance: 35km

Time: 1.5 to 3 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: White circle with red outline

Castlepook 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: All Garrane red route trails plus – Streamhill, Switchbacker, Flying Sauser, Superman, Slip n' Slide, River Run, Full Circle

Distance: 51km

Time: 3 to 5 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red circle

Tech 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: All Mountrussell blue route trails plus – Free Bird, Tech 1 and Tech 2

Distance: 28km

Time: 1.5 to 3 hours

Degree of Difficulty: Difficult to severe

Trail Waymarking: Red square

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: Scott's Pine, Car Door, Toto, Sledge, Hammer, Overdrive, Double O, Tinder, Mr. Sheen

Distance: 22km

Time: 1.5 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



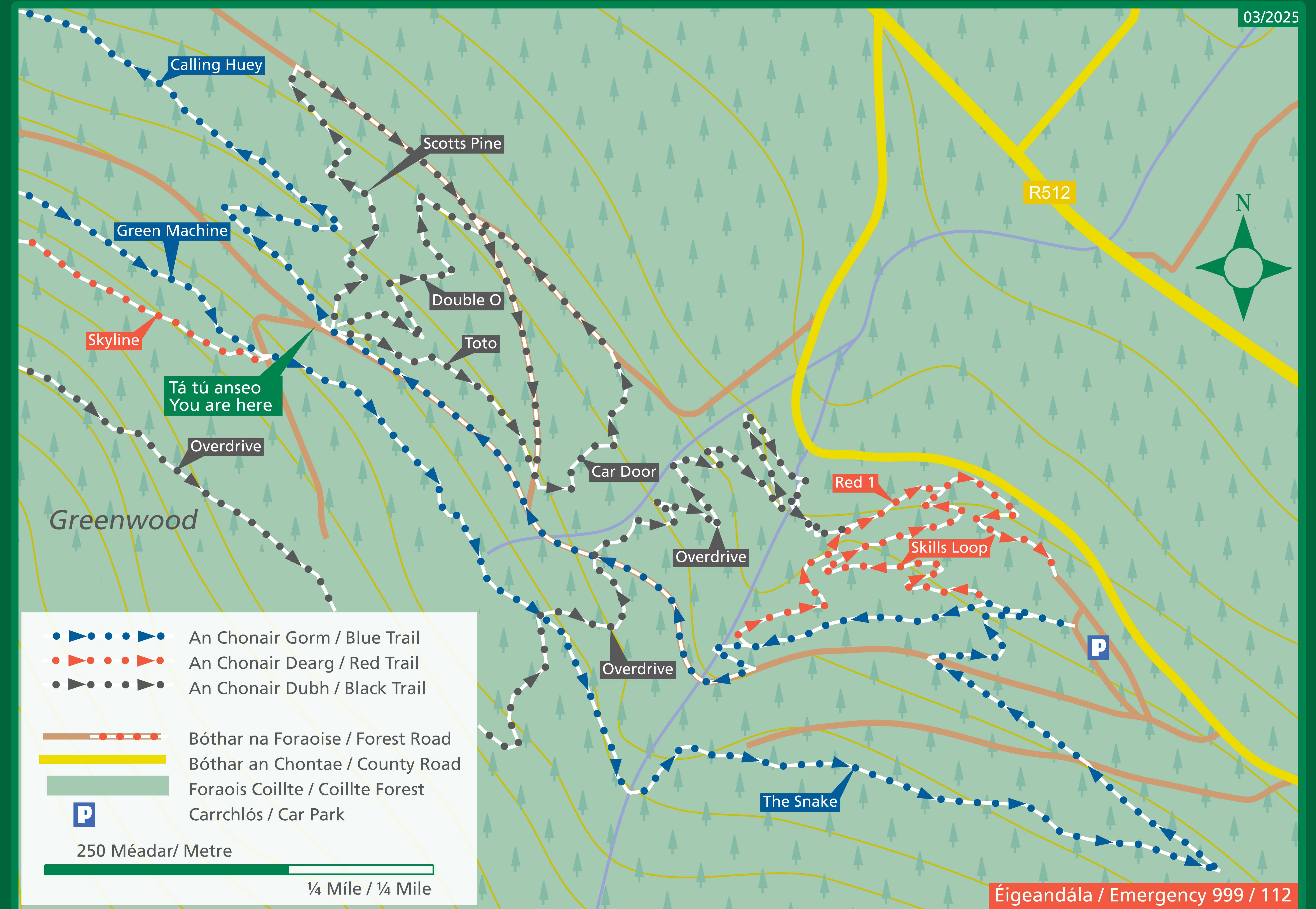
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 1 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO:
LEAN AN CHONAIR GHORM LE hAGHAIDH
GACH BEALAIGH AMACH NÓ ROGHNAIGH
CEANN DE NA CONAIRÍ DUBHA.

YOU HAVE REACHED WAYPOINT 1

DECISION TIME: FOLLOW THE BLUE TRAIL
FOR ALL OUTWARD ROUTES OR
CHOOSE ONE OF THE BLACK TRAILS.



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CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 2 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO: CAS AR CHLÉ LE hAGHAIDH AN BHEALAIGH GHOIRM 'GREENWOOD', ATÁ NÍOS GIORRA, AGUS GACH BEALAIGH DHEIRG NÓ LEAN DÍREACH AR AGHAIDH LE hAGHAIDH AN BHEALAIGH GHOIRM 'GARRAÍ AN PHÚCA', ATÁ NÍOS FAIDE, NÓ ROGHNAIGH CEANN DE NA CONAIRÍ DUBHA.

YOU HAVE REACHED WAYPOINT 2

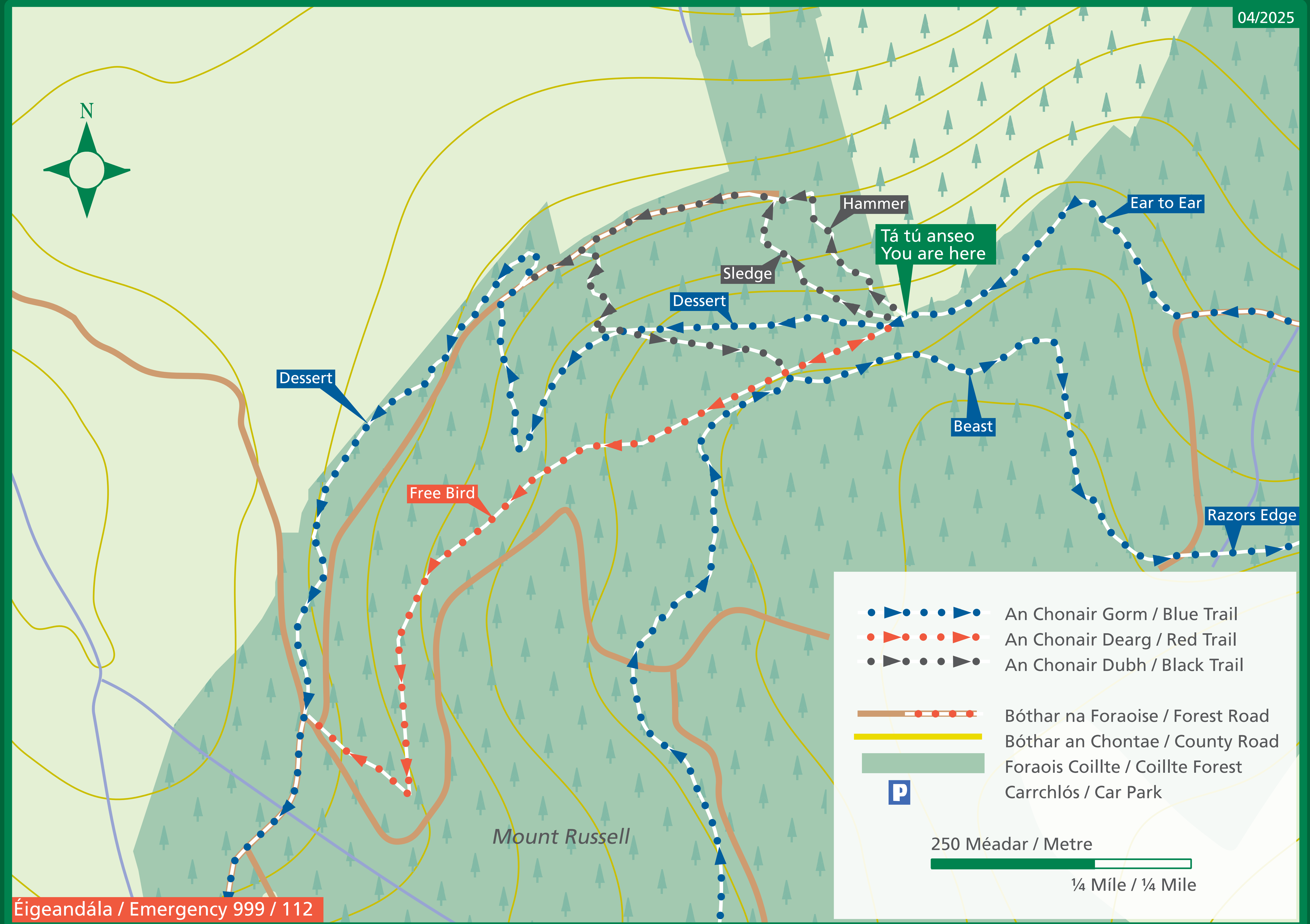
DECISION TIME: TURN LEFT FOR THE SHORTER 'GREENWOOD' BLUE ROUTE AND ALL RED ROUTES OR CONTINUE STRAIGHT FOR THE LONGER 'MOUNTRUSSELL' BLUE ROUTE OR CHOOSE ONE OF THE BLACK TRAILS.



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TÁ TREOIRPHOINTE 3 BAINTE AMACH AGAT

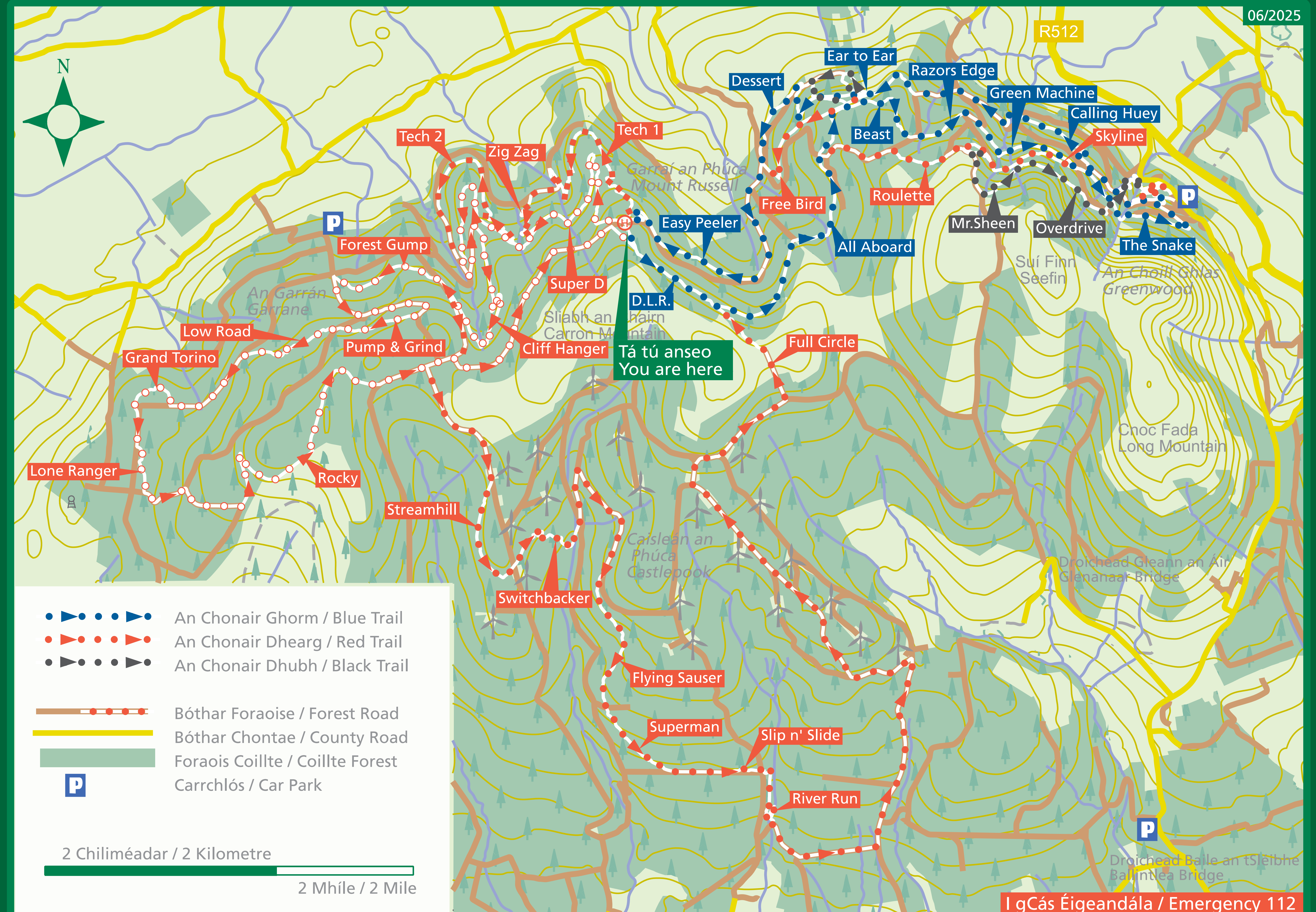
TÁ CINNEADH LE DÉANAMH ANSEO: LEAN AN BEALACH GORM
'GARRAÍ AN PHÚCA' AR AIS GO DTÍ TÚS NA CONAIRE NÓ
ROGHNAIGH CEANN DE NA CONAIRÍ DEARGA LE LEANÚINT
AR AGHAIDH AR AN mBEALACH AMACH.

TABHAIR FAOI DEARA: TOSAÍONN AN BEALACH 'CAISLEÁN AN
PHÚCA' TAR ÉIS AN BHEALAIGH 'GARRÁN AN RIDIRE'.

YOU HAVE REACHED WAYPOINT 3

DECISION TIME: FOLLOW THE 'MOUNTRUSSELL' BLUE ROUTE
BACK TO THE TRAILHEAD OR CHOOSE ONE OF THE
RED TRAILS TO CONTINUE IN THE OUTWARD DIRECTION.

NOTE: THE 'CASTLEPOOK' ROUTE STARTS
AFTER THE 'GARRANE' ROUTE.



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TÁ TREOIRPHOINTE 4 BAINTE AMACH AGAT

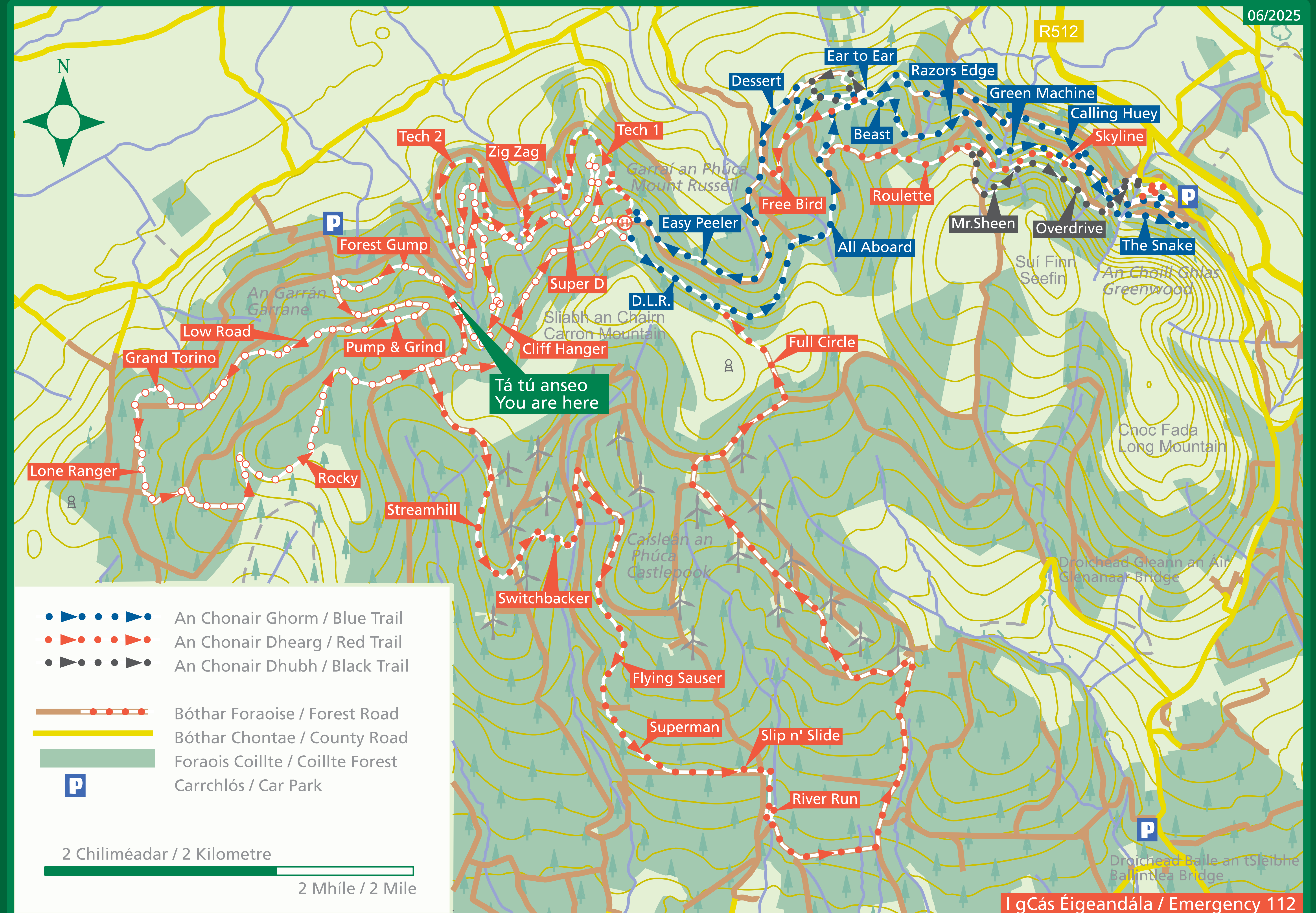
TÁ CINNEADH LE DÉANAMH ANSEO: LEAN AN BEALACH
'GARRÁN AN RIDIRE' DÍREACH AR AGHAIDH NÓ CAS AR CHLÉ AR
'AN TEICBHEALACH' LE HAGHAIDH AN BHEALAIGH
IS GIORRA AR AIS GO DTÍ TÚS NA CONAIRE.

TABHAIR FAOI DEARA: TOSAÍONN AN BEALACH
'CAISLEÁN AN PHÚCA' TAR ÉIS AN BHEALAIGH 'GARRÁN AN RIDIRE'.

YOU HAVE REACHED WAYPOINT 4

DECISION TIME: FOLLOW THE 'GARRANE' ROUTE STRAIGHT
OR TURN LEFT ON THE 'TECH' ROUTE FOR THE
SHORTEST ROUTE BACK TO THE TRAILHEAD.

NOTE: THE 'CASTLEPOOK' ROUTE STARTS AFTER THE 'GARRANE' ROUTE.



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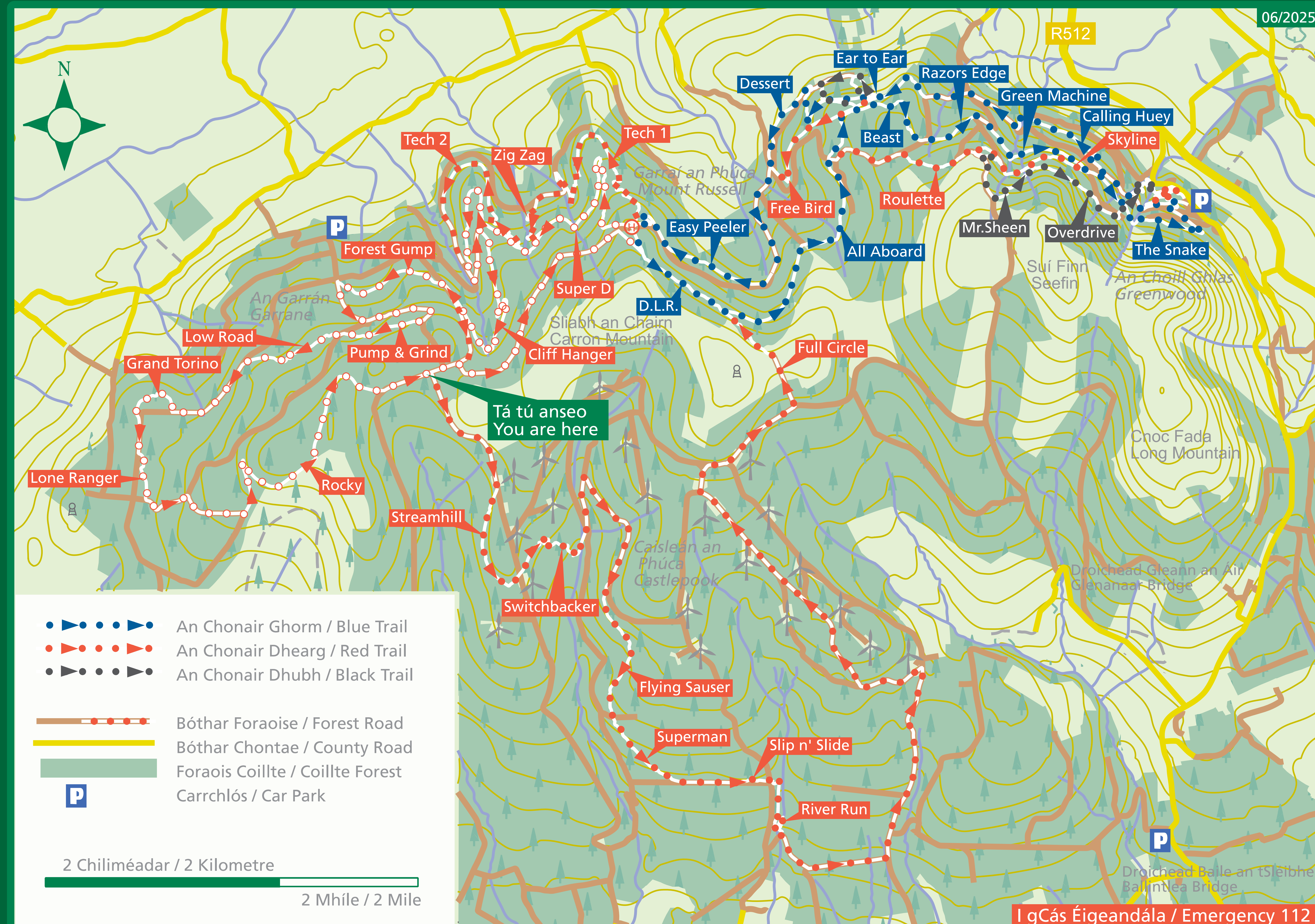
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No
Trace

DECISION TIME: FOLLOW THE '**GARRANE**' ROUTE STRAIGHT TOWARDS THE TRAILHEAD OR TURN RIGHT FOR THE '**CASTLEPOOK**' ROUTE OUTWARD ROUTE.





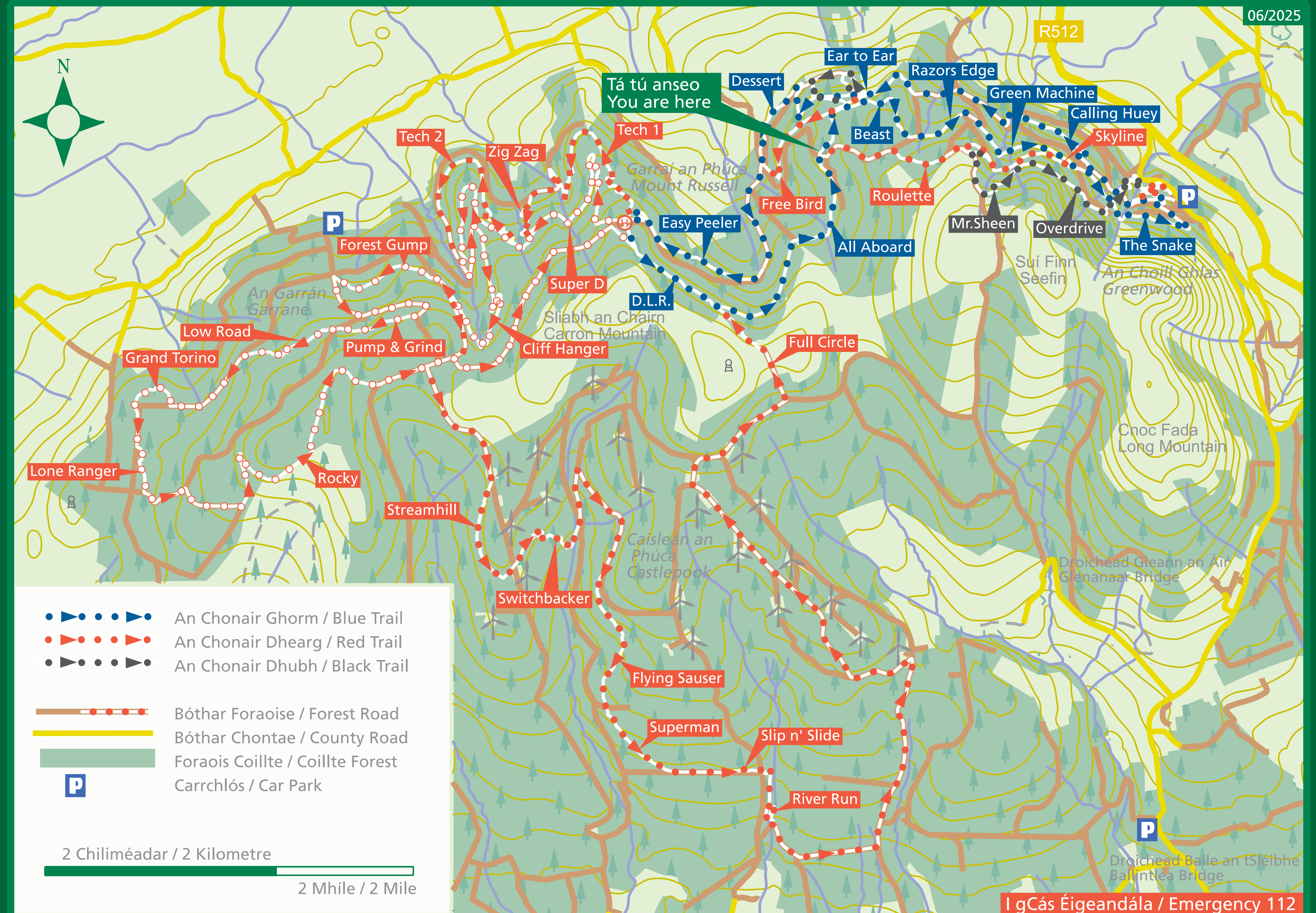
CONAIR ROTHÁÍOCHTA SLÉIBHE MOUNTAIN BIKE TRAIL

TÁ TREOIRPHOINTE 6 BAINTE AMACH AGAT

TÁ CINNEADH LE DÉANAMH ANSEO:
LEAN AN BEALACH GORM DÍREACH AR AGHAIDH
I dTreo Thús NA CONAIRE NÓ CAS AR DHEIS LE
hAGHAIDH NA mBEALACH DEARG AGUS DUBH.

YOU HAVE REACHED WAYPOINT 6

DECISION TIME: FOLLOW THE BLUE ROUTE STRAIGHT
TOWARDS THE TRAILHEAD OR TURN RIGHT
FOR THE RED AND BLACK ROUTES.



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