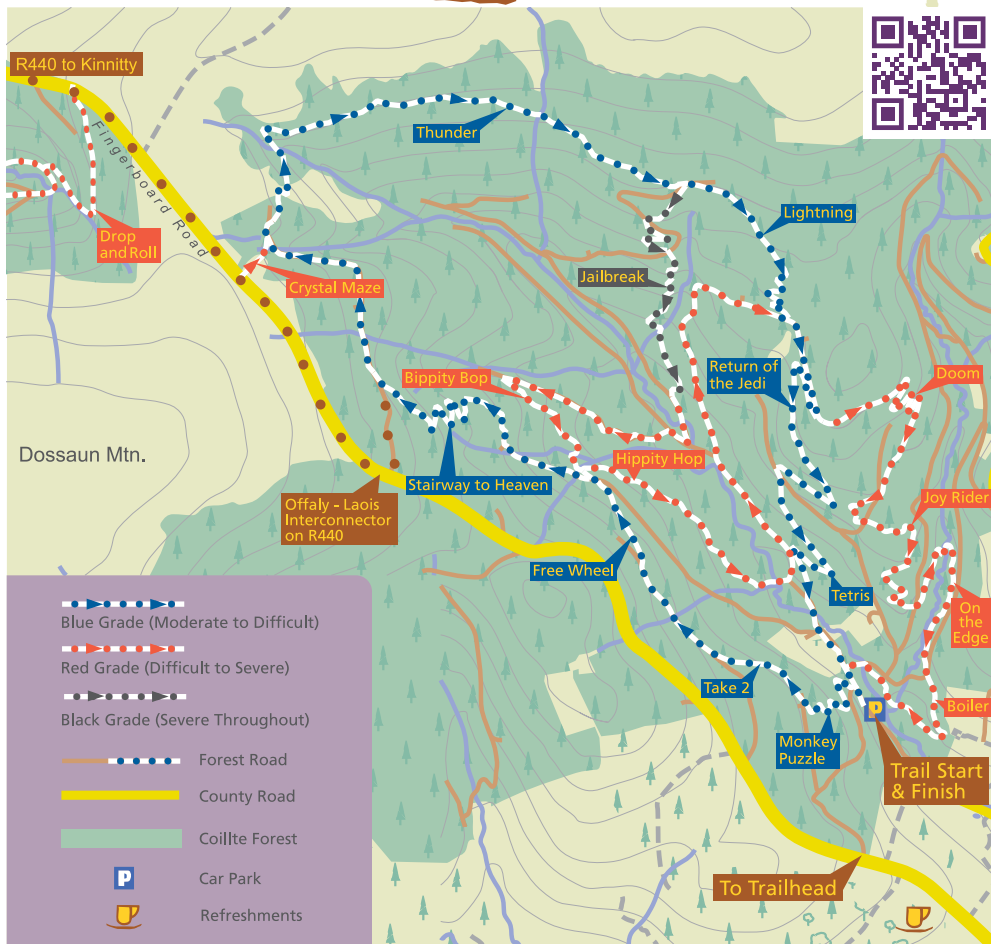


SLIEVE BLOOM

inclined to **Bike it!**



Baunreagh Trail



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.

Trail Grading: Baunreagh Blue

This blue grade trail is graded moderate, with numerous difficult sections along the route. The trail 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

Trail Grading Harrier 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

- 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

Trail Grading Jailbreak

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

- Start/Finish Point: Baunreagh Car Park
- Distance: 13km with 310 meters climbing
- Time: 90 to 150 minutes
- Degree of Difficulty: Severe throughout Trail
- Trail Waymarking: Red Circle

Safety when Mountain Biking

- Routes use multiple sections of public road, forest roads and cross many walking trails. Please ride with care for other forest users and control your speed.
- 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.
- Ensure 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.

For further information please refer to
www.coillte.ie/site/slieve-bloom-mtb-trails-laois | www.slievebloom.ie