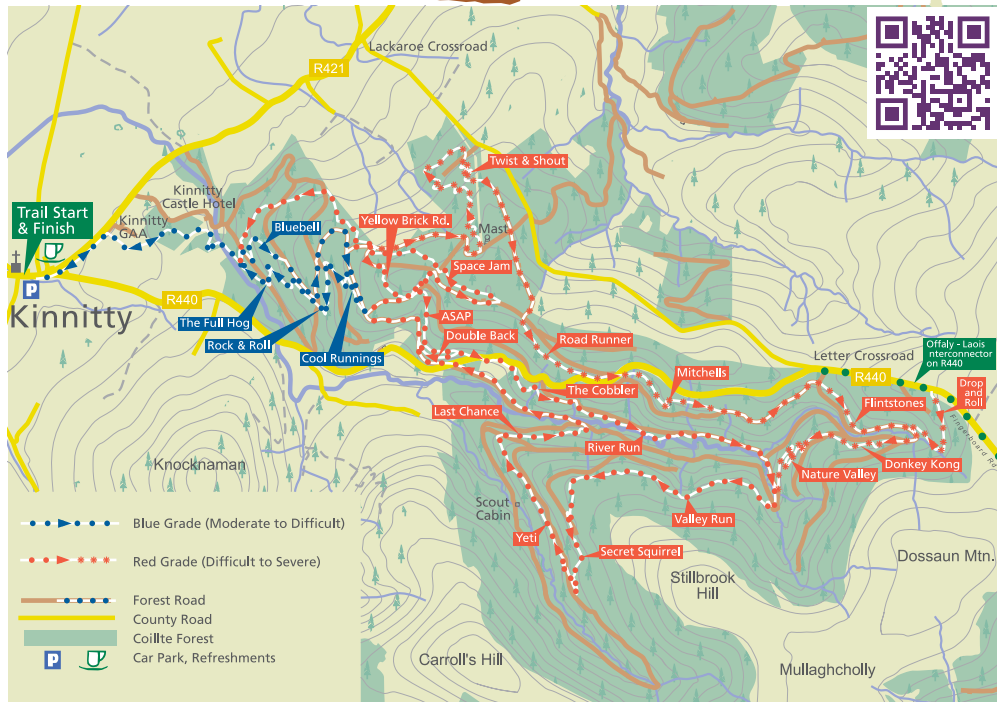


SLIEVE BLOOM

inclined to **Bike it!**

Kinnitty Trail



The Slieve Bloom Mountain Bike Trails at Kinnitty, County Offaly is a network of purpose-built singletrack trails and forest roads that are designed for use by mountain bikes on a waymarked circular route. The three routes all start and finish in Kinnitty Village, one of which is a blue grade, the other two are more challenging red grades. The trails take riders through beautiful forests and open land with fantastic views over Kinnitty Castle 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.

Kinnitty Blue Route Trail Grading

This blue 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: Kinnitty Blue
- Start/Finish Point: Kinnitty village
- Distance: 9km with 220 meters climbing
- Time: 45 minutes to 110 minutes
- Degree of Difficulty: moderate to difficult
- Trail Waymarking: Blue circle



Trail Grading River Run and Mountain Top

These red grade routes are difficult throughout with numerous severe sections along the routes. 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 River Run

- Route Name: River Run
- Start/Finish Point: Kinnitty Village
- Distance: 23km with 490 meters climbing
- Time: 110 minutes to 180 minutes
- Degree of Difficulty: Difficult to severe
- Trail Waymarking: Red circle

Information Mountain Top

- Start/Finish Point: Kinnitty Village
- Distance: 31km with 570 meters climbing
- Time: 150 minutes to 230 minutes
- Degree of Difficulty: Difficult to severe
- Trail Waymarking: Red Asterisk

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-offaly | www.slievebloom.ie