



# WELCOME TO THE BALLYHOURA MOUNTAIN BIKE TRAIL NETWORK

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 five fantastic routes to choose from! Two blue grade routes, the 7km Greenwood loop and the longer 17km Mountrussell loop. For those seeking more challenging red grade routes there three options, the 28km Tech Loop, the 35km Garrane loop and the 51km Castlepook loop. For advanced mountain bikers there are several very challenging black grade trails located close to the trailhead.

The trails take the riders through beautiful forest and open land with fantastic views over Limerick to the north and Cork to the south. Forest road climbs lead you into tight twisty

singletrack with loads 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 trail is 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.

## Greenwood Route – 7km

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

**Trails:** Calling Huey, Ear to Ear, The Beast, Green Machine, The Snake

**Distance:** 7km with 100 meters climbing

**Time:** 30 to 90 minutes

**Degree of Difficulty:** Moderate to difficult

**Trail Waymarking:** Blue circle

## Mountrussell Route – 17km

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

**Trails:** All Greenwood blue route trails plus - Dessert, Easy Peeler, DLR, All Aboard.

**Distance:** 17km with 200 meters climbing

**Time:** 60 to 140 minutes

**Degree of Difficulty:** Moderate to difficult

**Trail Waymarking:** Blue circle

## Tech Route – 28km

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

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

**Distance:** 28km with 220 meters climbing

**Time:** 90 to 190 minutes

**Degree of Difficulty:** Difficult to severe

**Trail Waymarking:** Red Square

## Garrane Route – 35km

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

**Trails:** All Mountrussell blue route trails plus – Free Bird, Super D, Cliff Hanger, Forest Gump, Pump & Grind, Low Road, Grand Torino, Lone Ranger, High Road, Rocky

**Distance:** 35km with 100 meters climbing

**Time:** 90 to 220 minutes

**Degree of Difficulty:** Difficult to severe

**Trail Waymarking:** White circle with red outline

## Castlepook Route – 51km

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

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

**Distance:** 51km with 410 meters climbing

**Time:** 150 to 250 minutes

**Degree of Difficulty:** Difficult to severe

**Trail Waymarking:** Red Circle

## Black Grade Trails – 15km

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

**Trails:** Scott’s Pine, Car Door, Toto, Sledge, Hammer

**Distance:** 15km with 410 meters climbing

**Time:** 90 to 120 minutes

**Degree of Difficulty:** Severe throughout

**Trail Waymarking:** Black circle



Rialtas na hÉireann  
Government of Ireland

Tionscadal Eireann  
Project Ireland  
2040

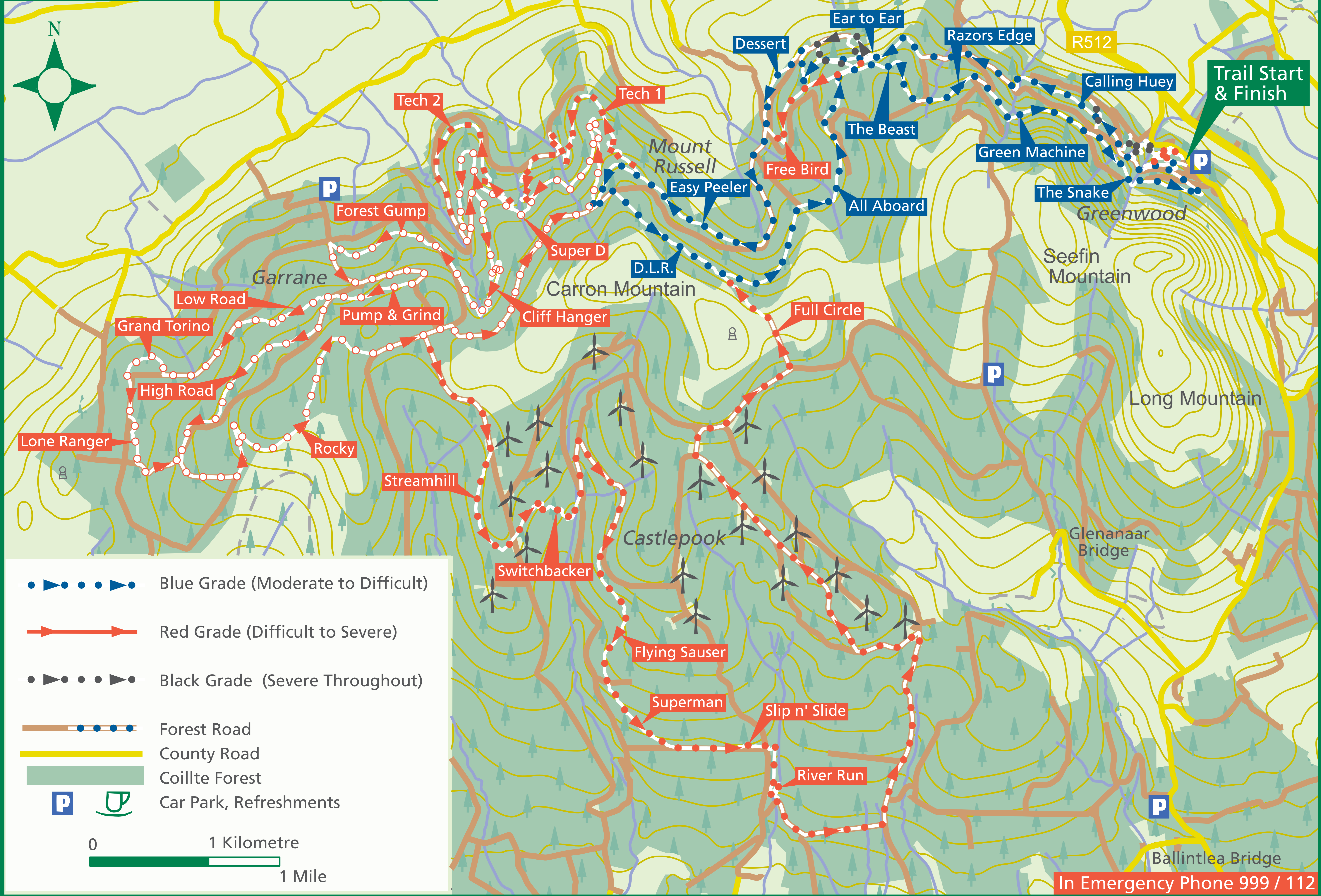
Ár dTodhchaí  
Tuaithe  
Our Rural Future





# Ballyhoura Mountain Bike Trails

Nov 2022



- ▶▶▶▶▶ Blue Grade (Moderate to Difficult)
- ▶▶▶▶▶ Red Grade (Difficult to Severe)
- ▶▶▶▶▶ Black Grade (Severe Throughout)
- Forest Road
- County Road
- Coillte Forest
- P Car Park, Refreshments



In Emergency Phone 999 / 112