



## Mountain Biking Park at Ballyhoura Woodland Park

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Ballyhoura Mountain Park is located approx. 85km from Dromineer and is Ireland's most extensive Mountain Bike Park. The location is a Special Area of Conservation with a mixture of woodland and bogland trails. Covering multiple loop trails ranging from 6km to 50km in length and ranging from beginner to expert levels of competence.

If mountain biking is new to you then you could take the Introductory Course which is a 6 hour fully immersed introduction to the art. Covering set-up, seating and stand-up peddling & gears, trail etiquette, repairs etc.



### LOOP SAMPLES

- Greenwood Loop** : Trailing through woodland hillside this trail is short- 6km. Easy climbs and a great introduction to singletrack. The trail includes some boardwalk sections.
- Mountrussel Loop** : Technically a little more challenging than the Greenwood, a little steeper and narrower. This trail is 17km
- White Loop** : 35km of trail with some steep inclines and descents on forest roads, tracks and singletrack trails.
- Blue Loop** : Breaks away from the White loop to provide a longer ride before re-joining and climbing higher into the mountain. Some fast descents and some longer climbs.
- Red Loop** : 51km long and combines some of the most challenging and demanding climbs and fast descents.

**BIKE RENTAL.**



At the trailhead is the rental shop Ballyhoura Trail Bikes. All the rental bikes are less than 3 months old. They use only well-known brands such as Trek & Cube. Helmets and toolkits are provided and there are shower block located at the trail head.

