



WELCOME TO THE BALLYHOURA MOUNTAIN BIKE TRAILS

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 are 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 240 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 400 meters climbing

Time: 1 to 2 hours

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 480 meters climbing

Time: 1.5 to 3 hours

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 625 meters climbing

Time: 1.5 to 3 hours

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 931 meters climbing

Time: 3 to 5 hours

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: 1.5 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle



Rialtas
na hÉireann
Government
of Ireland

Tionscadal Éireann
Project Ireland
2040

Ár dTodhchaí
Tuaithe
Our Rural
Future



Fáilte
Ireland



WELCOME TO THE BALLYHOURA MOUNTAIN BIKE TRAIL NETWORK

IMPORTANT NOTICE

PLEASE TAKE 1 MINUTE TO READ THIS

BEFORE YOU START YOUR BIKE TRAIL, CHECK...

DO YOU HAVE A FIRST AID KIT?



DO YOU HAVE A MOBILE PHONE?



HAVE YOU BROUGHT A DRINK WITH YOU?



REMEMBER TO ALSO CHECK...

WHERE AM I?

If you need help we will need to know your location

WHAT TRAIL AM I ON?

WHAT WAYMARKER POST HAVE I JUST PASSED?

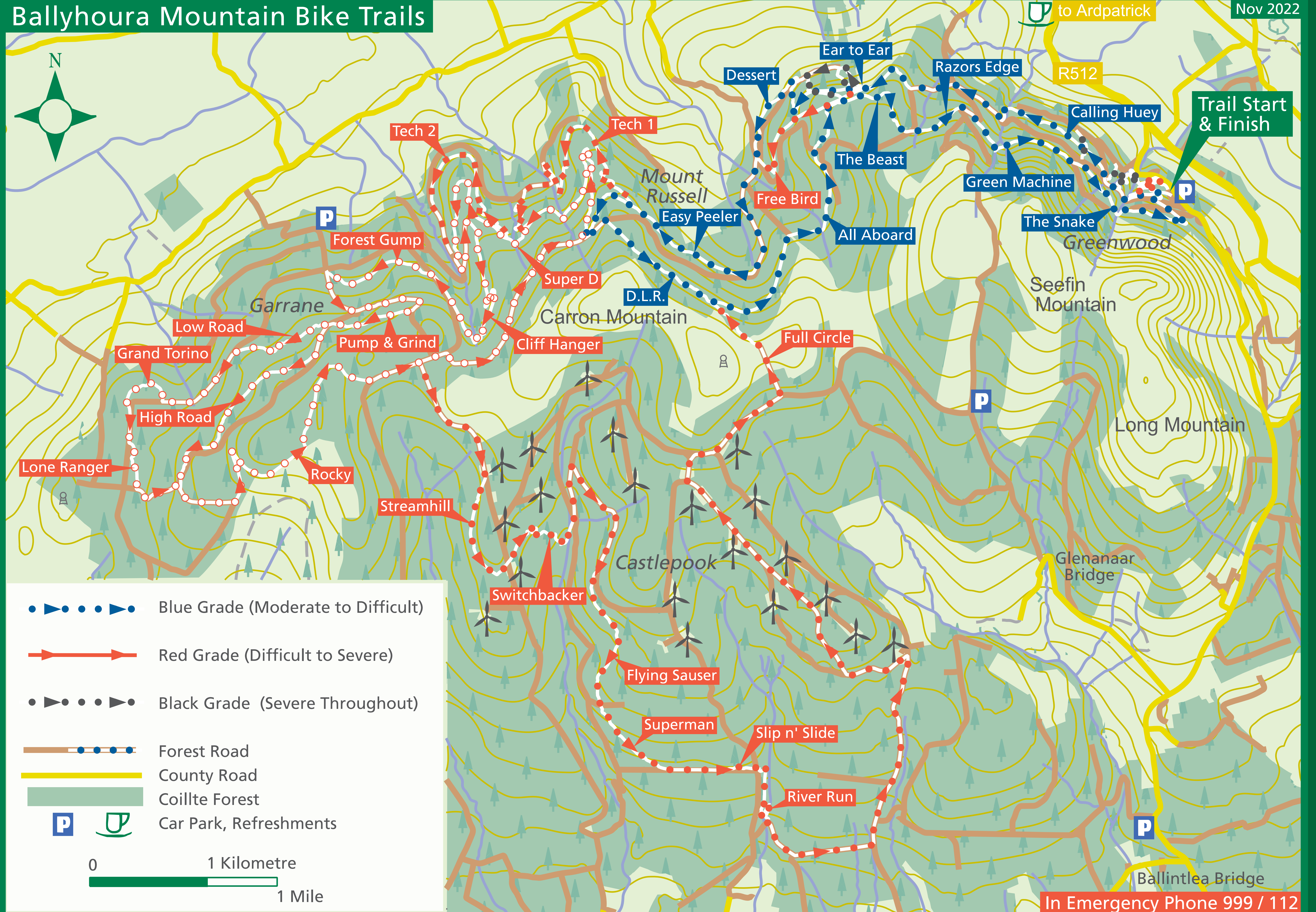
IF YOU HAVE AN ACCIDENT...

If you are unable to make your own way back to the trail head call 999 and ask for Emergency Services.

BIKE SAFELY AND ENJOY YOUR DAY!

Respect the environment and follow the leave no trace principles.

Ballyhoura Mountain Bike Trails



YOU HAVE REACHED WAYPOINT 1

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

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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.

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Distance: 7km with 240 meters climbing

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Trails: Scott's Pine, Car Door, Toto, Sledge, Hammer

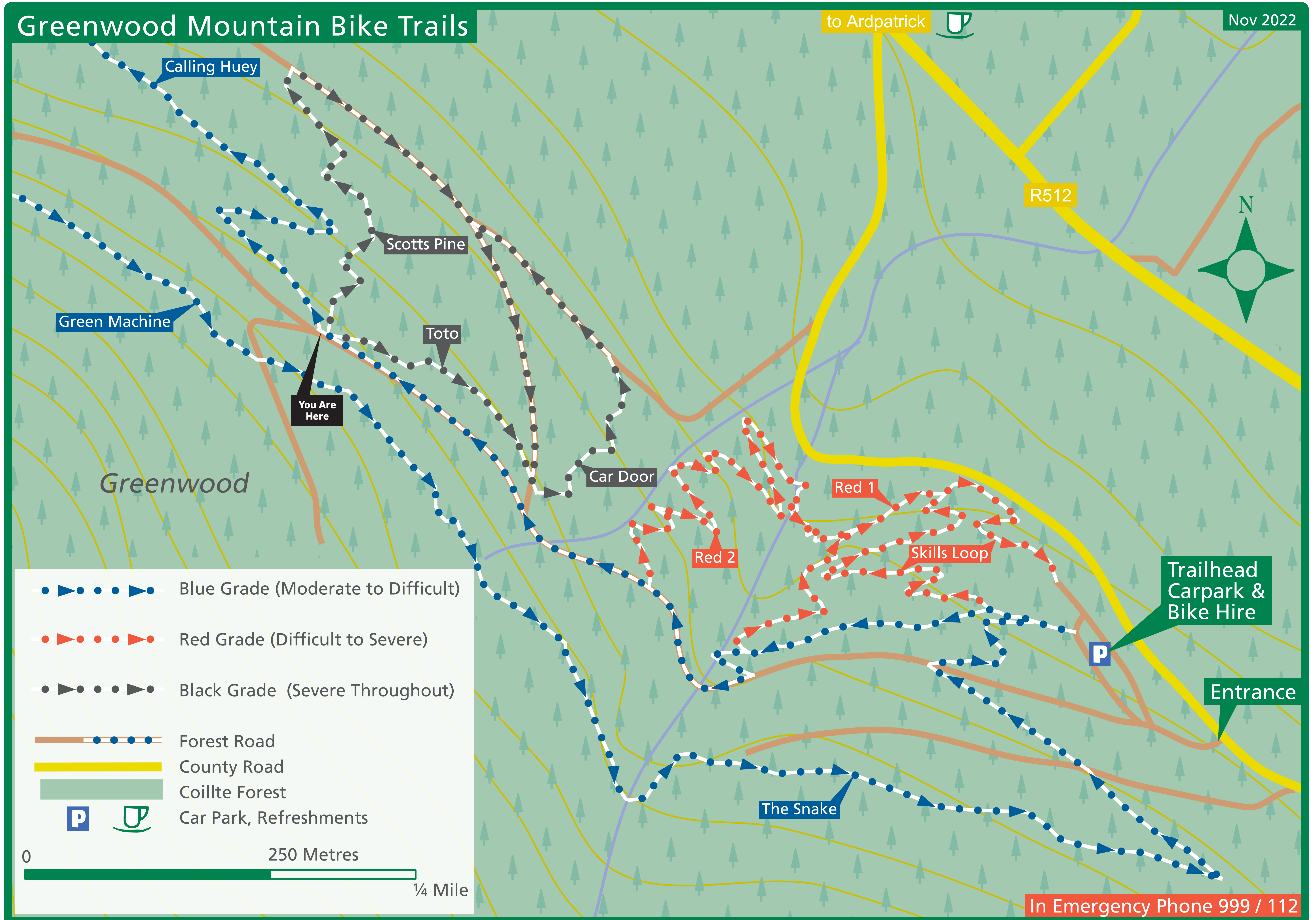
Distance: 15km with 410 meters climbing

Time: 1.5 to 3 hours

Degree of Difficulty: Severe throughout

Trail Waymarking: Black circle

Greenwood Mountain Bike Trails



YOU HAVE REACHED

WAYPOINT 2

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

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Mountrussell Route – 17km

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Information

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

Distance:
17km with 400 meters climbing

Time:
1 to 2 hours

Degree of Difficulty:
Moderate to difficult

Trail Waymarking:
Blue circle

Tech Route – 28km

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Distance:
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Time:
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Degree of Difficulty:
Difficult to severe

Trail Waymarking:
Red Square

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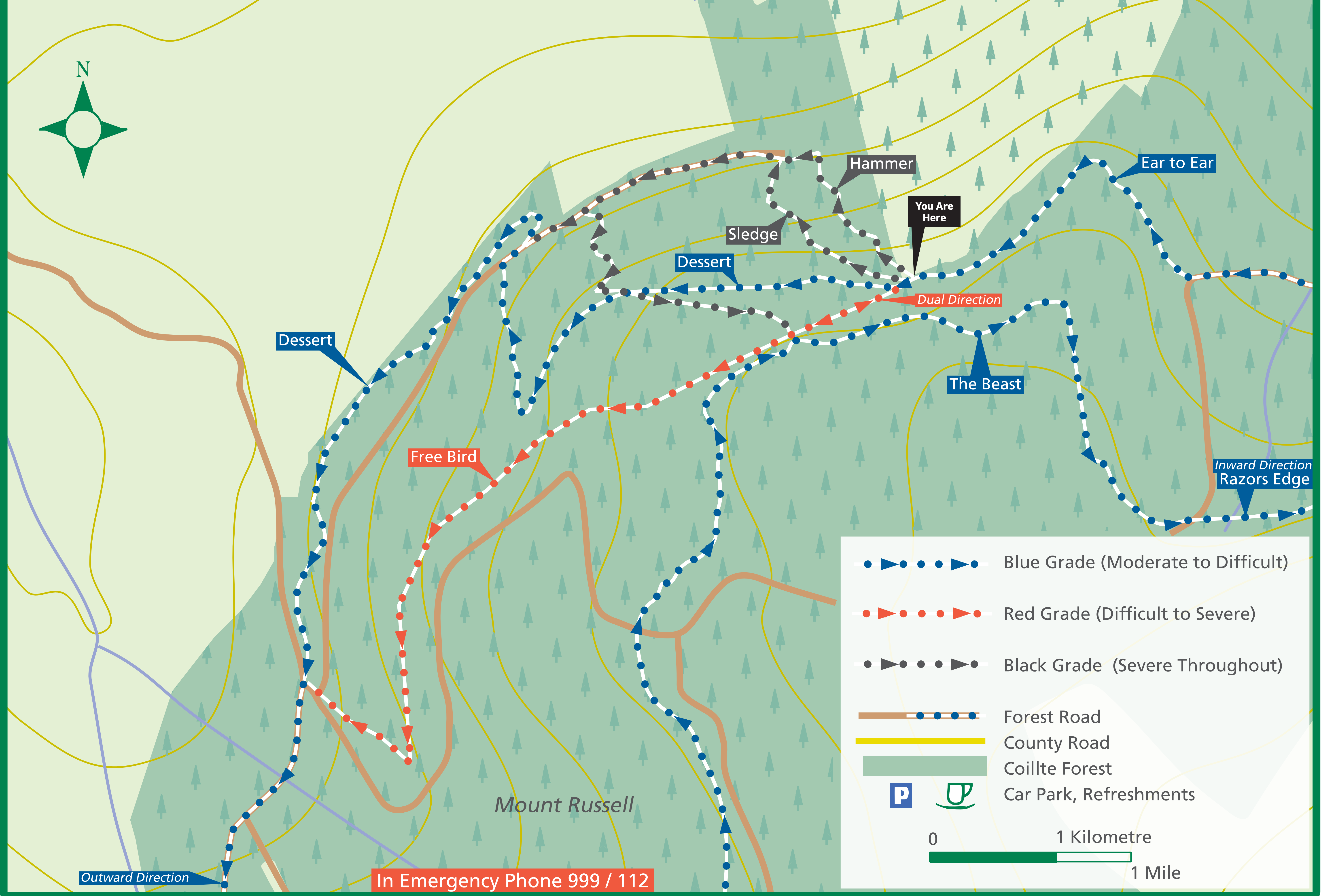
Time:
1.5 to 3 hours

Degree of Difficulty:
Severe throughout

Trail Waymarking:
Black circle

Ballyhoura Mountain Bike Trails ~ Mount Russell

Jan 2023



YOU HAVE REACHED

WAYPOINT 3

DECISION TIME: FOLLOW THE MOUNTRUSSELL BLUE ROUTE UP THE HILL OR FOLLOW THE RED ARROWS FOR THE GARRANE ROUTE AND CASTLEPOOK ROUTE

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Information

Trails:
All Greenwood blue route trails plus – Dessert, Easy Peeler, D.L.R., All Aboard

Distance:
17km with 400 meters climbing

Time:
1 to 2 hours

Degree of Difficulty:
Moderate to difficult

Trail Waymarking:
Blue circle

Garrane Route – 35km

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Distance:
35km with 625 meters climbing

Time:
1.5 to 3 hours

Degree of Difficulty:
Difficult to severe

Trail Waymarking:
White circle with red outline

Castlepook Route – 51km

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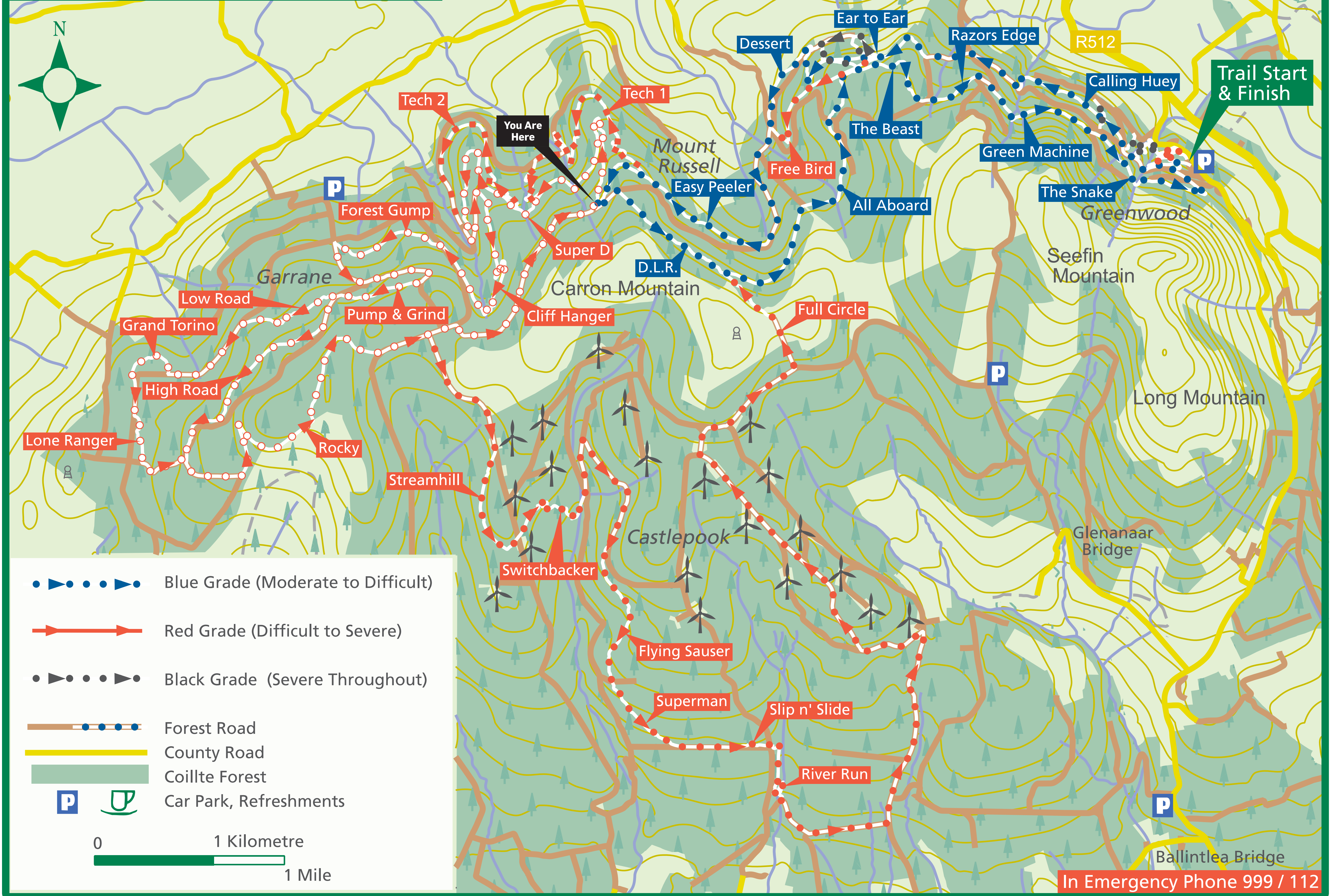
Distance:
51km with 931 meters climbing

Time:
3 to 5 hours

Degree of Difficulty:
Difficult to severe

Trail Waymarking:
Red Circle

Ballyhoura Mountain Bike Trails



In Emergency Phone 999 / 112

YOU HAVE REACHED
WAYPOINT 4

DECISION TIME: FOLLOW THE GARRANE ROUTE STRAIGHT OR TURN RIGHT FOR THE CASTLEPOOK ROUTE

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Time: 1.5 to 3 hours

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Distance: 51km with 931 meters climbing

Time: 3 to 5 hours

Degree of Difficulty: Difficult to severe

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