

Barnett Demesne Trails & Jumps Park



Barnett Demesne Jumps Park

The Barnett Demesne Jumps Park has been designed to suit mountain bikers searching for that all important adrenaline fix! With six lines of tempting jumps, berms and booters, this is the place to catch air for the very first time or flip and whip your way to X Games Gold!

The jumps park contains features that are graded according to their size. These grades are indicated by large orange dots at the beginning of each jumps line.



Start by riding the small jumps and work your way up as your confidence and skills increase.



To find out more information on each of these trails and to keep up to speed with the latest MTB news and events taking place across Northern Ireland visit MountainBikeNI.com.

MountainBikeNI.com Code of Conduct

- Please only ride on official mountain biking trails
- Please adhere to any diversions & ride on open trails only
- Please always follow the one way system
- Please keep left on dual directional trails
- Respect other trail users and exercise caution when the trails cross other trails or walking routes
- Keep your bike in good working order
- Carry a puncture repair kit, a tool kit and small first aid kit at all times and know how to use them
- Helmets & gloves should be worn at all times
- Ride within your abilities and keep your bike under control
- Follow the principles of Leave No Trace

Do your bit to help prevent the spread of plant disease and invasive species. After your ride: Brush any loose material off your wheels, footwear and bike and if possible wash down your bike. Before your next ride: Clean your bike thoroughly.



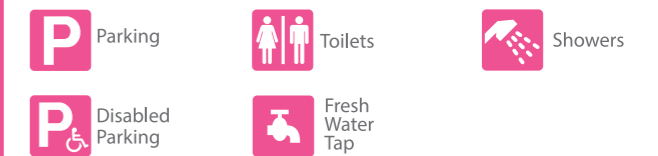
Barnett Demesne Trails & Jumps Park



On the outskirts of Belfast, Barnett Demesne boasts mountain biking trails to suit all ages and abilities from young families right through to top riders. The gentle shared-use green trail runs parallel to the River Lagan and is the ideal way to explore this historic demesne on two wheels.

The singletrack blue trail offers more technical mountain biking with red options packed full of technical trail features including boardwalk, log rides, berms, rock gardens, rollers and drops. Ireland's first official jumps park is not for the faint hearted but if you're looking for 'air' this place ticks all the right boxes!

Trailhead Facilities



Contact and Directions

www.MountainBikeNI.com
E-mail: info@MountainBikeNI.com



How to get to the trails

The Barnett Demesne Trails start from the Mary Peters Track in South Belfast. From the 'House of Sport' roundabout take the B103 Upper Malone Road signposted Finaghy/Dunmurry. After approximately 1 mile, turn left down Old Coach Lane and continue for 100 metres where the Mary Peters Track entrance will be on your right hand side. The Barnett Demesne trailhead is located beside the upper car park.

TRAILHEAD POSTCODE: BT9 5PR

The development of these trails has been funded by:



Project Partner:



Trail Grade Information

Trail Grade - Green/Easy

SUITABLE FOR
Beginner/novice cyclists. Basic bike skills required. Most bikes and hybrids.

Some green routes can take trailers.

TRAIL AND SURFACE TYPES
Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.

GRADIENTS AND TECHNICAL TRAIL FEATURES (TTF'S)
Climbs and descents are mostly shallow.

No challenging features.

SUGGESTED FITNESS LEVEL
Suitable for most people in good health.

Trail Grade - Blue/Moderate

SUITABLE FOR
Intermediate cyclists/mountain bikers with basic off-road riding skills.

Mountain bikes or hybrids.

TRAIL AND SURFACE TYPES
As "Green" plus specially constructed singletrack. Trail surface may include small obstacles of roots and rock.

GRADIENTS AND TECHNICAL TRAIL FEATURES (TTF'S)
Most gradients are moderate but may include short steep sections. Includes small TTF's.

SUGGESTED FITNESS LEVEL
A good standard of fitness can help.

Trail Grade - Red/Difficult

SUITABLE FOR
Proficient mountain bikers with good off-road riding skills.

Better quality off-road mountain bikes.

TRAIL AND SURFACE TYPES
Steeper and tougher, mostly singletrack with technical sections. Expect varied surface types.

GRADIENTS AND TECHNICAL TRAIL FEATURES (TTF'S)
A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers and water crossings.

SUGGESTED FITNESS LEVEL
Higher level of fitness and stamina.

Trail Grade - Black/Severe

SUITABLE FOR
Expert mountain bike users, used to physically demanding routes.

Quality off-road mountain bikes.

TRAIL AND SURFACE TYPES
As "Red" but with an expectation of greater challenges and continuous difficulty.

GRADIENTS AND TECHNICAL TRAIL FEATURES (TTF'S)
Expect large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have "downhill" style sections.

SUGGESTED FITNESS LEVEL
Suitable for very active people used to prolonged effort.

Trail Grade - Orange/Extreme

SUITABLE FOR
Riders aspiring to an elite level of technical ability, incorporates everything from full on downhill riding to big-air jumps.

TRAIL AND SURFACE TYPES
Severe constructed trails and / or natural features. All sections will be challenging. Includes extreme levels of exposure and or risk. Jumping ability obligatory.

GRADIENTS AND TECHNICAL TRAIL FEATURES (TTF'S)
Will include a range of small, medium and large TTF's, including downhill trails and mandatory jumps.

SUGGESTED FITNESS LEVEL
A good standard of fitness, but technical skills more important.

The Trails

Green Trail - 3.4km
Allow 45 minutes

This is a 1.7km linear mountain biking and walking trail accessible from the trailhead and Shaw's Bridge Car Park. The trail itself runs parallel to the meandering River Lagan and is wide with gentle inclines, making it ideal for young families and those giving mountain biking a go for the very first time.

Blue Trail - 3.9km
95% singletrack | Allow 1 hour

This blue trail consists of tight, winding singletrack perfect for beginners with a bit more confidence right through to experienced riders. There are three red options off this trail which boast a number of more technical trail features including elevated boardwalk, log rides, berms, rock gardens, rollers and drops.

Red Options 1.5km

Fanplastic will suit more experienced mountain bikers with a number of sweeping berms, double rollers and sections of elevated plastic boardwalk.

Serpentine is the longest red option on the trails and snakes its way through the demesne's woodland on winding singletrack. Technical trail features include rock gardens, berms, drop offs and a short log ride thrown in to keep you on your toes.

Lose your Barnett can be directly linked with 'Serpentine' and is packed full of tight twists and turns as it winds up towards Malone House. Riders will be able to pick up speed on the berms and rollers on the short descent before rejoining the main blue trail.



Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. These guidelines must always be used in conjunction with the exercise of your own experience, intuition and careful judgement. Please note, singletrack trails are designed to be ridden in one direction and in single file.