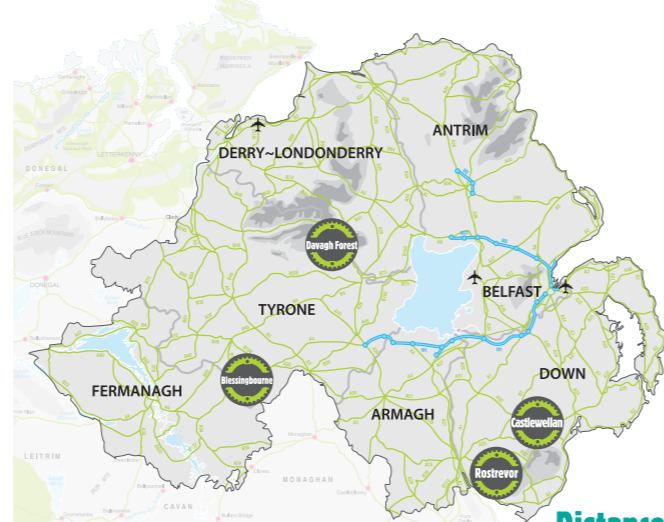


Blessingbourne Trails



MTB Trails Northern Ireland

For such a small country, Northern Ireland packs quite a punch when it comes to purpose-built mountain biking trails!



Distances between the trails...

Km	●	■	▲	◆	■
Davagh Forest	3	7.5	16		
Blessingbourne		4	8		
Castlewellaan	4	4.5	19		
Rostrevor			27	19	3.1

	Distances (miles)	
Davagh	40	
Blessingbourne	64	75
Castlewellaan	70	61
Rostrevor		18

To find out more information on each of these National Trail Centres 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.



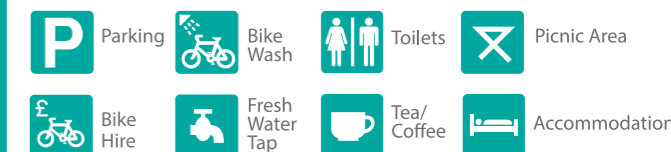
Blessingbourne Trails



The Blessingbourne Trails, near Fivemiletown, lie in the heart of the Clogher Valley close to the border between counties Tyrone and Fermanagh. Located on a private estate, this unique trail centre caters for mountain bikers of all ages and abilities with a range of wide flowing blue trails and more technical red trails packed full of exciting trail features.

With a range of luxury accommodation on site, everyone from families to experienced mountain bikers will love Blessingbourne's welcoming atmosphere.

Trailhead Facilities



Contact and Directions

www.blessingbourne.com
E-mail: info@blessingbourne.com
Tel: Blessingbourne Estate: 028 8952 1188



How to get to Blessingbourne Trails

From Fivemiletown take the B122 to Fintona passing the Church of Ireland on the right. The road veers left however those travelling to Blessingbourne should turn right onto the Aghingowly Rd. The Gate Lodge will be on your right hand side however this is a private entrance, please do not use. Continue for 0.3 miles and take the first right into the Estate up a concrete laneway. The trailhead car park will be on your right hand side.

TRAILHEAD POSTCODE: BT75 0QS

The development of these trails has been funded by:



Project Partners:



Mountain Bike 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

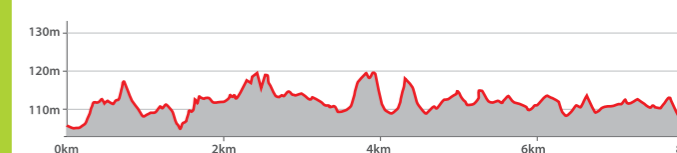
Blue Trail - 4km Mountain Biking

75% singletrack | Allow 30mins



Red Trail - 8km Mountain Biking

95% singletrack | Allow 1 hour



Pump Track

The Blessingbourne Pump Track is a short criss-crossing circular trail of rollers and berms where you use your weight distribution on the bike to flow over the features without having to use your pedals. Purists might tackle this pump track without pedalling however it is generally used as a great place to fine tune techniques and line choices before heading out on the trails.

Woodland Walk - 4km Walking

This circular walking trail begins in the farm yard and meanders through a mix of woodland and open farmland before crossing the main drive and reaching Blessingbourne's beautiful Lough Fadda. On mostly wide surfaced paths, this gentle trail offers unique opportunities for exploration through parts of Blessingbourne Estate which have been previously out of reach to walkers. Please be aware of mountain bikers using some sections of this trail in the opposite direction.



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.