



Epic Biking in Europe's Oldest Mountain Range and Ireland's Largest State-Owned Nature Reserve

blanket bogs | wooded valleys | mountain streams | waterfalls | old settlement ruins | +80 KMs of trails

Picture this!... soul-stirring mountain bike adventures in the great outdoors through wooded valleys and blanket bogs, past mountain streams and waterfalls in the largely undiscovered territory of the glorious Slieve Blooms...

Within this dramatic landscape that is home to Europe's oldest mountain range, the Slieve Blooms are Ireland's largest state-owned Nature Reserve (+ 2,300 hectares) with immense biodiversity from flora, fauna and fungi to birds, mammals, and butterflies! Guided by fully qualified MBLA Trail Cycle Leaders, prepare to unlock the secrets of this mythical landscape through mountain bike experiences that are adapted for all levels ranging from straight bike hire to mountain bike lessons and never-to-be-forgotten bike tours! **Highlights include:**

- **Slieve Bloom MTB Bike Centre:** Slieve Bloom experts | sister company of Mid Ireland Adventure.
- **Quality trails:** network of purpose-built single tracks through Laois and Offaly | +80KMs blue & black trails.
- **Expert guidance:** fully qualified MBLA Trail Cycle Leaders | certified in Remote First Aid Care.
- **Quality Bikes:** full suspension Orbea occam H30 MTB | Orbea hardtail Keram E-bikes | 27'5-inch & 29ers hardtail bikes.
- **Epic Landscape:** off the beaten track | unspoiled Slieve Blooms | incredible views | rich biodiversity.
- **Simply Be:** breathe the fresh air | enjoy the great outdoors | embrace the natural surroundings.
- **History |** learn the secrets in the landscape | from Vikings to Ireland's legendary Celtic heroes.
- **Adventure & Tours:** try something new! | learn from experienced guides | memorable experiences.
- **Eco-Tourism:** members of Leave No Trace | eco-tourism and eco-adventure practitioners.
- **Feel the LOVE!:** adventurers who are passionate about their destination | inside track from locals!
- **Rest assured:** create unforgettable memories while staying safe | Covid-19 chartered business.



Slieve Bloom Mountain Bike Centre | Experiences

Experiences	Short Description	Min-Max	Duration	Public Price excluding VAT
Mountain Bike Hire <hr/> Self-discovery adventure	<ul style="list-style-type: none"> Following a safety briefing by a qualified MBLA Trail Cycle Leaders, prepare to discover the dramatic Slieve Bloom landscape by mountain bike. NOTE: 80 KMs of blue and black trails available for diverse skill levels 	NA	Half Day / 3-hours: 10am-1pm OR 1pm to 4pm	€35 per Hardtail Bike & €55 per suspension, or ebike
	Inclusions: safety briefing mountain bike: all bikes are front suspension MX 40 Orbea bikes including a selection of 27'5-inch hardtail and 29ers bikes		Full Day / 6-hours: 10am-4pm	€55 per Hardtail Bike & €85 per suspension, or ebike
Mountain Bike Tours <hr/> Minimum height restriction: 1.3 metres	<ul style="list-style-type: none"> Mountain biking adventures possible in diverse locations: Kinnitty Pyramid Kinnitty Castle Slieve Bloom Mountains. NOTE: participants must have a base level of fitness for this activity 	16/4	2.5 hours	1-4 people €150
	Inclusions: mountain bike: all bikes are front suspension MX 40 Orbea bikes including a selection of 27'5 inch hardtail and 29ers bikes qualified MBLA Trail Cycle Leaders all experts are certified in Remote First Aid Care			€50 per person: groups of 5-20
Mountain Bike Lesson	<ul style="list-style-type: none"> It's a big fun world out there and the best way to see some of its secrets is aboard a mountain bike! Receive expert guidance to gain the required skills for navigating mountain bike trails with confidence with core skills including Bike Set Up, Breaking Steering, Line Choice and Descending. NOTE: participants must have a base level of fitness for this activity 	8/4	3 hours	€55 per person
	Inclusions: mountain bike: all bikes are front suspension MX 40 Orbea bikes including a selection of 27'5 inch hardtail and 29ers bikes qualified MBLA Trail Cycle Leaders all experts are certified in Remote First Aid Care Upgrade to Full Suspension or E-bikes available upon request.			subject to minimum numbers of 8: OR the equivalent in charges
NOTE: the Slieve Bloom Bike Centre is a sister company of Mid Ireland Adventure, thereby offering a wide variety of land and water based experiences including SUPing, canoeing, kayaking, wellbeing and hiking.				

Slieve Bloom Mountain Bike Centre | Descriptions

Mountain Bikes Hire and Slieve Bloom Self-Discovery Adventure

It's a big fun world out there and what better way to explore its secrets than aboard a mountain bike within the epic Slieve Bloom landscape that is home to Europe's oldest mountain range and Ireland's largest state-owned nature reserve?! With more than 80 kilometres of blue and black trails that are designed to suit enthusiastic mountain bikers of all levels, begin with a safety briefing by a qualified MBLA Trail Cycle Leader. Once aboard your quality front suspension MX 40 Orbea mountain bike, embark on an unforgettable off the beaten track adventure with incredible views.

Mountain Bike Tours

Relax your body and unwind your mind through a soul-stirring, mountain bike adventure that starts with a safety briefing in charming Kinnitty village before departing for Kinnitty Pyramid to hear how a replica of the great Pyramid of Giza was built here. Under the expert guidance of a qualified MBLA Trail Cycle Leader, bike onwards into largely undiscovered, off the beaten track territory to explore the Slieve Blooms. Within this epic landscape that is home to Europe's oldest mountain range and Ireland's largest state-owned nature reserve, experience incredible views before a downhill run back to base!

Mountain Bikes Lessons

It's a big fun world out there and what better way to explore some of its secrets than aboard a mountain bike within the epic Slieve Bloom landscape that is home to Europe's oldest mountain range and Ireland's largest state-owned nature reserve?! Designed to suit all levels, revel while gaining the required skills to navigate mountain bike trails with total confidence in a safe environment. Under the expert guidance of a qualified MBLA Trail Cycle Leader, learn core mountain biking precision skills from bike set up and the attack position, to breaking, steering, and cornering, line choice, climbing and descending.



Slieve Bloom Mountain Bike Centre | General Information

- **For Bookings:**

- Please contact Jonathan at +353 (0) 851735204 | E: info@midirelandadventure.ie

- **Opening Times and Bookings**

- Monday to Sunday from 09.30 to 19.30
- Pre-booking is essential on all Mountain Bike Tours
- Drop in for mountain bike rental is possible, subject to availability, from Kinnitty Village or Banagher on the Shannon

- **Eco-Tourism**

- Mid Ireland Adventure are active members of Ireland's Leave No Trace programme that promotes and inspires responsible outdoor recreation through education, research, and partnership.



- **Qualified Adventure Experts**

- Mid Ireland Adventure SUP instructors are ASI Accredited
 - the world's leading Surf & Paddle education and accreditation organization
- Mid Ireland Adventure Mountain bike instructors
 - have certified Cycling Ireland MBLA Trail Cycle Leader Awards
- In addition
 - All experts are certified Remote Emergency Care First Aid Responders
 - Covid 19 Safety Charter compliant
 - All Mid Ireland Adventure activities are covered by full Public Liability insurance

