



Challenge yourself to an exhilarating 6km Mountain Bike Trail set in the beautiful grounds of the scenic Blessingbourne Country Estate. Launched in June 2011 as Northern Ireland's premier Mountain Bike venue, Blessingbourne offers testing single track riding and family friendly route combinations. The Blessingbourne trails have been created by the world class Phil Saxena, course designer for the Beijing Olympics.

"I been racing bikes for a long time... I honestly can't believe the standard of the trails... It just rolls so well, even on the up hill bits... Its a perfect combination"

Colin Ross (Former Irish Downhill Mountain Bike Champion)

Choose from a selection of trails to challenge all, from family fun to the more serious mountain bike riders who wish to test and improve their skills.

Warm up on the fabulous Pump Track at the head of the trail before you head off to explore this 550 acre country estate. The trail meandering through pretty woodlands, skirting the edge of private lakes and nature reserve, offering fabulous views across the lake of the majestic Victorian Manor House. Then head deep into the woods again, with beautiful views over the scenic Clogher Valley.

TAKE NOTICE

Riders using these trails do so with the clear understanding of the risk involved and in the knowledge that the Council will not be held responsible for any injury or loss resulting from the use of this amenity.

Report all incidents to:
DUNGANNON AND SOUTH TYRONE BOROUGH COUNCIL
 Tel: +44 (0) 28 8772 8690, dprception@dungannon.gov.uk



TRAVELING DISTANCE FROM MAJOR AREAS TO FIVEMILETOWN

| | | | | | |
|-----------|---------|------------|-------------|--------|------------|
| ANTRIM | 87MILE | 7HR 20MINS | DUBLIN | 18MILE | 2HR 15MINS |
| ARMAGH | 120MILE | 5HR 30MINS | DUNGANNON | 24MILE | 35MINS |
| BALLYMENA | 84MILE | 7HR 30MINS | ENDESKILLEN | 18MILE | 22MINS |
| BANGOR | 120MILE | 7HR 15MINS | L'DERRY | 24MILE | 1HR 20MINS |
| BELFAST | 84MILE | 7HR 15MINS | LISBURN | 24MILE | 1HR |
| CRAIGAVON | 84MILE | 5HR 15MINS | MAGHERA | 24MILE | 1HR 20MINS |
| COOKSTOWN | 120MILE | 5HR 15MINS | NEWRY | 24MILE | 1HR 15MINS |
| COLERAINE | 75MILE | 7HR 55MINS | OMAGH | 17MILE | 25MINS |

OPENING TIMES

May - Aug: 10am - 10pm

Sept - April: 10am - 5pm

OPEN ALL YEAR ROUND

FOR FURTHER DETAILS CONTACT:

BLESSINGBOURNE ESTATE
 FIVEMILETOWN, CO. TYRONE, N. IRELAND. BT75 0QS

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