

## Ballyhoura Mountain Bike Park

The largest trail network of its kind in Ireland. 98km of trails including forest road climbs, tight twisty singletrack, with loads of ups and downs, board walk, tight turns and technical rocky bits are guaranteed to leave you smiling.

The trails range from the moderate 6km Greenwood loop to the demanding Castlepook loop, over 50km in length!

Facilities at the trail head include map boards, car parking, toilets, showers and bike wash facilities. On arrival there is a secure car park with monitored CCTV cameras. There are also snacks, tea and coffee available at a reasonable price.

Parking Fee: €5.00 Per Car (Coins Only)

Annual Access Card €40.00



## Other Nearby Attractions

### Doneraile Court & Wildlife Park

2 Chapel Lane View  
Doneraile  
Co. Cork

### Lough Gur Heritage Centre

Lough Gur  
Bruff  
Co. Limerick

### Griston Bog

Glennahaglish  
Ballylanders  
Co. Limerick

### The Donkey Sanctuary

Liscarroll  
Mallow  
Co. Cork

## Ballyhoura Nature Trail



## Ballyhoura Walking Trails

Ballyhoura Forest, Ardpatrick

Co. Limerick

### Ballyhoura Tourist Information Centre

Main Street, Kilfinane, Co. Limerick

Tel: 063 91300 Email: [reception@ballyhoura.org](mailto:reception@ballyhoura.org)

[www.visitballyhoura.com](http://www.visitballyhoura.com)



# Ballyhoura Nature Trail

## What You Might Find...

Nestled amongst the trees are little creatures that you have to keep your eyes peeled to uncover. Use the list to see what animals may be hidden, and as you find them, tick them off your list.



Spiders are arachnids. They have 8 legs and the majority have 8 eyes. Most spiders are venomous, but luckily their venom is not poisonous to humans.

The Red Squirrel is native to Ireland. They are currently under threat from the larger grey squirrel, which was introduced to Ireland in 1911. Squirrels live on nuts from Oak, Hazel, Beech and Pine trees.



The Owl is a solitary, nocturnal bird. Worldwide, there are over 200 species of owl. They have large eyes, binocular vision and feathers that are specially adapted for silent flight.

The Gold Crest is a very small bird in the kinglet family. Its colourful golden crest gives rise to it being called the "king of the birds" in European folklore.



The fox is a small mammal that is related to the wolf. They hunt mostly at night. Their main prey is rabbits and frogs.

The butterfly is an insect with a complex life-cycle. It starts as an egg, turns into a caterpillar, it then turns into a pupae, and then finally turns into a butterfly.



The Deer is a hoofed grazing animal, with branched bony antlers that are shed annually and typically borne only by the male. There are four species of deer living in Ireland today including the Red Deer.

The Tree Creeper is a small bird, widespread in wooded regions of the Northern Hemisphere and Sub-Saharan Africa. These birds are very common in Ireland.



The Blackbird is in the Thrush family. The male blackbird is black, whilst the female is larger and brown in colour. They are easily recognised as they hop instead of walk.

The Hedgehog is covered with spines and uses them to defend itself. If frightened it can roll up in a ball.



The mouse is a small rodent, with large ears and eyes, with a long tail. The tail is used for climbing

The Kestrel is a bird of prey, that is easily recognised due to its behaviour whilst hunting. They often hover at a height above the ground before diving on their prey.



The Badger has a rather short, fat body, with short legs for digging. They are omnivores. It has a black face with distinctive white markings, a grey body with a light-coloured stripe from head to tail.

The Waterhen is a bird species in the Rail family. It is based mostly around rivers and other water sources and lives in Europe.



Magpies are familiar birds to most, with their distinctive black-and-white plumage. Seen at close range, the black feathers have a metallic sheen, bluish-purple on the body and green on the tail.

The shrew is Ireland's smallest mammal. They must eat one and a quarter times their own weight in insects every day.



Bumblebees are social insects that form colonies with a single queen. Female bumblebees can sting repeatedly, but generally ignore humans and other animals.

The Pine Marten is in the mustelid or weasel family. They spend most of their lives in trees. They eat small animals, fruit and berries.



Rabbits are small mammals that are found all over Ireland. A male is called a buck, a female a doe and the young rabbit is known as a kitten. Rabbits live in a burrow underground

Hares are related to rabbits, but are much larger. They can run fast. This helps them escape from predators. They do not make burrows, instead they live their whole life above ground.

