

# ELECTRIC BIKE TRAILS

HAVE YOU EVER thought how nice it would be to take a long cycle in the countryside if only there weren't so many hills? Well now you can and where better to do it but in "Lovely Leitrim" Now you can explore this great county on an electric bike. Take the hardship out of cycling with the assistance of battery powered pedals for the many hills and enjoy the sights and sounds of the countryside while you travel the quiet country roads of Leitrim. There is nothing quite like the smell of the honeysuckle hedges or freshly cut grass as you cycle at your ease. A Co. Leitrim couple have taken the initiative to showcase all that Co Leitrim has to offer by providing an Electric Bike Hire business based in Leitrim Village. These bicycles can take you up to 140km on a single battery charge. The many mountains, rivers and lakes of Co Leitrim have never been fully showcased to the world. The natural attractions of this wonderful county can rival any part of Ireland. Unspoiled countryside, clean waterways, abundance of natural heritage and culture awaits the visitor not to mention the exceptional hospitality of its people. A variety of short and long trails have been mapped taking the visitor on the quietest country roads and to all the best attractions such as Sheemore Hill, Lough Key Forest and Amenity Park, Arigna Mining Experience, around Lough Allen and across Slia bh Anierin. Sustainable tourism will be encouraged through the promotion of "leave no trace" principles. These seven principles encourage leaving no trace of your visit with respect for property, animals, wildlife, waste disposal and prevention of fires.

The idea sprung from seeing electric bikes on a TV programme about the Great Western

Greenway in Co. Mayo. The programme showed the electric bikes in operation and it just seemed such a great idea for Leitrim with its hilly terrain. The fact that this mode of transport offers the tourist the opportunity to get close to nature in an eco-friendly way, to travel greater distances and to do this without having to be super fit was seen as a real advantage. Recognising this opportunity and the fact that Leitrim as a county has so much to offer the tourist made Seamus and Eileen Gibbons determined to make this business idea a reality.

Seamus and Eileen are Leitrim natives, living in Leitrim Village. Eileen has recently taken early retirement from Leitrim County Council where she worked as a Scientific Officer for almost 30 years. Eileen has a Masters Degree in Environmental Science and has a keen interest in environmental protection. Providing an eco friendly means of exploring the natural beauty and unique landscape of the local area is a particular interest to her.

Seamus has been involved in business in the Village for over 20 years since he took over his family grocery business in 1985. He developed and managed a thriving supermarket retail business until 2005. Seamus is also currently operating a bike hire and an airsoft shooting and archery range business in the premises, trading as Electric Bike Trails and Carrick Indoor Shooting and Archery. He sees activity related tourism business having real potential. The shooting and archery range is fully indoors and is wheelchair friendly. It is very popular with young and old with lots of fun, bringing out the Cowboy and Indian in everybody. The electric bike hire business has a full range of conventional bicycles, with



child seats, carts and tag-along bikes for a good family day out. All the safety gear such as helmets and high vis vests are also provided. A back up vehicle is available for breakdowns or if you need to get back to base. There is ample car parking at the rear of the premises.

For all the detail on the electric bikes visit [www.electricbiketrails.com](http://www.electricbiketrails.com) and details on Carrick Indoor Shooting and Archery visit [www.carrickindoors shooting.com](http://www.carrickindoors shooting.com) or follow on Facebook.