Birdlife

An Trá Mhór is located in a designated Special Protection Area (SPA) indicating the importance of Galway Bay for birdlife. Large numbers of wintering wetland birds, including waders and gulls, have been recorded. Several species of ducks, oystercatchers, terns and cormorants are common sights along this coastline.

Beathra Éan

Tá an Trá Mhór suite i Limistéar faoi Chosaint Speisialta ainmnithe, rud a léiríonn tábhacht Chuan na Gaillimhe maidir le beathra éan. Rinneadh taifead ar líon mór éan bogaigh a gheimhríonn ann, lena n-áirítear lapairí, chomh maith le faoileáin éagsúla. Is minic a fheictear roinnt cineálacha lachan, roilligh, geabhróga agus broighill ar an gcósta sin.

Beach Code of Conduct

- Guard against all risk of fire
- Leave only footprints – don't be a litterbug
- Kill nothing but time
- Take nothing but memories and photographs
- Don't disturb, don't destroy and act responsibly

Cód Iompair ar an Trá

- Ná déan tine a adhaint
- Ná fág ach lorg do chos i do dhiaidh – ná bí i do bhodach bruscair
- Caomhnaigh agus ná cealaigh
- Ná tabhair leat aon rud ach cuimhní agus fótagraif
- Ná mill agus ná cuir isteach ar aon rud agus bí freagrach

Keep Galway Litter Free
Coinnigh Gaillimh saor ó Bhruscar

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Is é Rannóg Timpeallachta i gComhairle Chontae na Gaillimhe a d'fhoilsigh an bhileog seo i gcomhpháirt le Fóram Oidhreachta Chontae na Gaillimhe

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Chun a thuilleadh eolais a fháil
www.galway.ie/services/environment/beaches

Discover the Beaches of County Galway

An Trá Mhór, Indreabhán

Cuir Aithne ar Thránna Chontae na Gaillimhe

Located between the villages of An Spidéal and Indreabhán on the north coast of Galway Bay, in the townland of Coill Rua, is the beautiful beach of 'An Trá Mhór' (the big strand). The shoreline consists of a gently sloping sand shore located between areas of moderately exposed rocky shore consisting of igneous bedrock outcrop.

Tá an trá álainn a dtugtar An Trá Mhór air suite idir sráidbhailte An Spidéil agus Indreabháin ar chósta thuaidh Chuan na Gaillimhe, i mbaile fearainn na Coille Rua. Is trá ghainimh fhánánach réidh atá i líne an chladaigh atá suite idir achair chladaigh atá meánrite agus déanta as lomán creagach bruthach.

The Sandy Shore

The golden sand of Trá Mhór is home to many animals. On first sight the smooth slope of sand washed clean by the outgoing tide may appear lifeless, but below the surface it is teeming with life.

Look closely and you are likely to spot some burrows, mounds, tracks and trails – clues that the animals have left behind. Large numbers of burrowing lugworm casts are often seen on the beach. Tubes built of sand grains may also be found sticking up out of the sand – these are the homes of the sand mason worm.

An Trá Ghainimh

Is áit chónaithe gaineamh órbhuí na Trá Móire le haghaidh go leor ainmhithe. Ar an gcéad amharc cheapfá nach mbeadh aon ní beo san fhána réidh gainmheach a ghlantar le himeacht na taoide, ach thíos faoin ngaineamh tá sé beo beathach.

Breathnaigh go cúramach agus tá seans ann go bhfeicfidh tú uachaisí, mullóga, loirg agus rianta – leidí atá fágtha ina ndiaidh ag na hainmhithe. Feictear líon mór de rianta an lugaigh thochailte go minic ar an trá. D'fhéadfá feadáin déanta as gráinní gainimh a fheiceáil ag sá aníos as an ngaineamh – is iad sin áit chónaithe na péiste feadáin trá.

The Rocky Shore

Outcrops of smooth granite rock create the rocky shore at Trá Mhór. When you look closely, you will notice progressive bands of varying colour from the upper to lower shore. These bands of colour reflect the different plants and animals that live in different zones of the rocky shore. The further away from the sea they live, the longer they must be able to survive exposure as the tide retreats.

The orange *Xanthoria* lichen occurs above the black tar lichen. The brown seaweeds, such as channelled wrack and bladder wrack interspersed with limpets and periwinkles colour the upper and middle shore. On the lower shore, where rock pools occur, red and green seaweeds, mussels and barnacles cling to the rocks while sea anemones, crabs and shrimp create splashes of colour in the rockpools.

An Cladach

Lomáin de charraig mhín eibhir atá sa chladach ag an Trá Mhór. Má bhreathnaíonn tú go cúramach, tabharfaidh tú faoi deara bandaí ar dhathanna éagsúla i ndiaidh a chéile ó uachtar go híochtar an chladaigh. Is léiriú iad sin ar na hainmhithe agus na plandaí éagsúla a mhaireann ar chriosanna éagsúla ar an gcladach. Dá fhaide ón bhfarraige a mhaireann siad, is ea is mó a chaitheann siad a bheith in ann maireachtáil agus iad triomaithe le himeacht na taoide.

Maireann an léicean flannbhuí *Xanthoria* taobh thuas den léicean dubh tarra. Cuireann na feamainní donna, leithéidí an chaisíneach agus an fheamainn bhoilgíneach, agus bairnigh agus faochain scaipthe ina measc, le dathanna an chladaigh uachtair agus láir. Ar an gcladach íochtair, áit a mbíonn locháin charraige, bíonn feamainní glasa agus dearga, diúilicíní agus garbháin greamaithe de na carraigeacha agus bundúin leice, portáin agus ribí róibéis ag cur leis na dathanna sna locháin charraige.