



# Discover the Beaches of County Galway

## Social History

To the north of Trá an Dóilín is a large rock known locally as 'Cloc Chormaic' (Cormac's Stone) which is said to be part of a huge boulder that was flung to and fro between here and Tír an Fhia (land opposite Trá an Dóilín) by two giants, until it broke up.

Immediately south of Trá an Dóilín is Trá na bPáistí. It derives its name from a Children's Burial Ground which was located here. The site is marked by a large inscribed boulder.

## Stair Shóisialta

Ó thuaidh de Thrá an Dóilín tá an charraig mhór a dtugtar Cloch Chormaic go háitiúil air agus a ndeirtear faoi gur cuid de mhoghlaein a bhí á chaitheamh annónn is anall idir an áit sin agus. Tír an Fhia ag beirt fhathach a bhí ann go dtí gur briseadh é.

Díreach ó dheas de Thrá an Dóilín tá Trá na bPáistí. Is as ceallúrach a bhí lonnaithe ansin a ainmníodh é. Tá bollán le hinscríbhinn air ina chomhartha ar an suíomh.

### 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 cuimhni agus fótagraif
- Ná mill agus ná cuir isteach ar aon rud agus bí freaghach

Keep Galway Litter Free  
Gníomh Gaillimh saor ó Bhruscar

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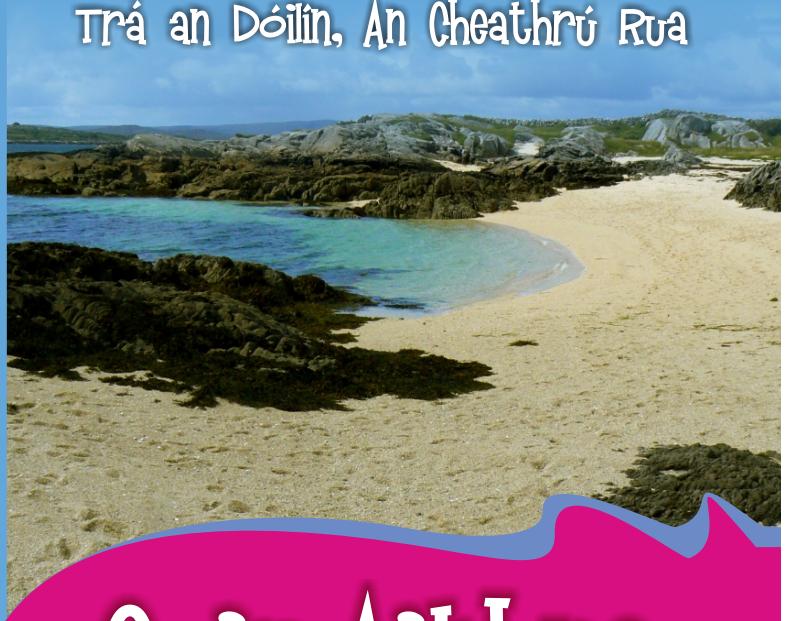
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References/Tagairtí: Robinson, T. 'Connemara Part 1: Introduction and Gazetteer' 1990 Folding Landscapes, Roundstone, Galway.

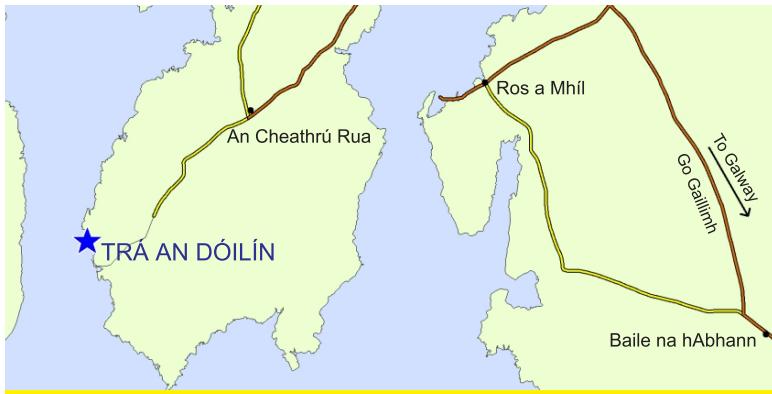
For further information  
Chun a thuilleadh eolais a fháil  
[www.galway.ie/services/environment/beaches](http://www.galway.ie/services/environment/beaches)

## Trá an Dóilín, An Cheathrú Rua



Cuir Aithne  
ar Thráinna  
Chontae na Gaillimhe





Trá an Dóilín is located approximately 2 km to the south-west of Carraroe village, in the townland of An Cheathrú Rua Theas (Carraroe South). It faces west across Greatman's Bay to Garma Island. 'An Dóilín' translates as 'the creek', which may refer to a small stream that enters the sea to the north of the beach.

Tá Trá an Dóilín suite tuairim is 2 km siar ó dheas ó shráidbhaile na Ceathrún Rua, i mbaile fearainn na Ceathrún Rua Theas. Tá aghaidh siar aige trasna Chuan an Fhir Mhór i dtreo Gharmania. Is ionann dóilín agus crompán agus d'héadadh go bhuil baint ag an ainm le sruthán beag a shreabhann isteach san fharraige ó thuaidh den trá.

## A Coral Beach

Very often referred to as 'the Coral Beach at Carraroe' this beach is composed of märl rather than sand. Maërl is red coralline seaweed that grows along the west coast of Ireland with extensive beds here in Greatman's Bay. The seaweed secretes a limey substance which stiffens its fronds and when it dies, the twig-like 'stone' fragments, are washed up on the beach. This type of beach material is washed up at only a few locations in Ireland and is a unique and fragile habitat.



## Trá Choiréalach

Tugtar Trá Choiréalach na Ceathrún Rua go minic ar an trá seo agus is as maerla seachas gaineamh a dhéantar é. Is feamainn dhearg choiréilíneach a fhásann ar chósta thiarnána hÉireann an maerla agus tá achar mó de ar ghrinnneall Chuan an Fhir Mhór. Tálann an fheamainn substaint chailreacha a strompann a cuid fronn agus nuair a bhásann sí, caitear i dtír ar an trá smiodar 'cloiche' a bhfuil cuma craobhán air. Níl ach roinnt bheag áiteanna in Éirinn a gcaitear i dtír an cineál sin ábhair thrá agus is gnáthóg uathúil agus leochaileach atá ann.

## A Variety of Habitats

Grey granite rock, interspersed with rockpools and draped with seaweeds, surrounds the coral beach. Look closely and you will see that the rocky shore is divided into bands of different colours. This is because different plants and animals, which vary in colour, live on different parts of the shore depending on how long they can survive out of the water. The further up the shore they occur, the longer they must remain exposed, as the tide retreats.

The most obvious colours are created by lichens. Grey lichens inhabit the upper shore above a band of yellow lichens. The distinctive black tar lichen occurs next. It forms a band on the upper limits of the littoral fringe. Rock pools, inhabited by seaweeds, beadlet anemones, top shells and other animals trapped by the outgoing tide, are found in the lower zone. Seaweeds cling to the rocks, along the mid and lower shore, providing food and shelter for a variety of animals. Limpets and barnacles anchor themselves to the rocks to prevent themselves being washed out by the tide.

A huge diversity of flowering plants is found in the grassland above the beach. Clovers, plantains, mayweed, yarrow, knapweed, buttercup, nettle, ladies bedstraw, red dead nettle, chickweed, eyebright, milkwort and common daisy, all add to the vibrant colours of this area. In a cleft in the outcropping rock, a small area of reedmarsh inhabited by fresh water loving plants including reedgrass, sedges, mint, rushes and meadow sweet is found. Heather, furze, wild thyme and tormentil create a blaze of colour against the grey granite rock.

## Éagsúlacht Gnáthóbh

Tá cloch eibhír liath clúdaithe le feamainní agus locháin charraige scapthe anseo agus ansiúd thart timpeall ar an trá choiréalach. Breathaigh go cúramach agus feicfidh tú go bhuil an cladach roinnte i mbandaí le dathanna difriúla orthu. Is é an chúis leis sin go maireann plandaí agus ainmhithe difriúla, a bhfuil dathanna éagsúla orthu, ar chodanna difriúla den chladach agus é sin ag brath ar an méid ama ar féidir leo maireachtáil as an uisce. Dá fhaidte thusa ar an gcladach iad, is mó an t-am a chaitheann siad triomaithe agus iad ag fanacht go dtuillfidh an taoide.

Is iad na léicín a chruthaíonn na dathanna is suntasaí. Maireann na léicín liatha ar an gcladach uachtair os cionn bhanda na léicean buí. Is é an léicean tarra dubh suaitheach an chéad cheann eile. Is é a dhéanann banda ar theorainneacha uachtair an imill chladachúil. Faigtear locháin charraige in iochtar cladaigh agus feamainní ag fás iontu mar aon le bundúin choirnéacha, faocháin Mhuire agus ainmhithe eile a bhíonn sáinnithe iontu nuair a thránn an taoide. Bíonn feamainní i ngreim ar na carraigeacha i lár agus in iochtar an chladach agus cuireann siad beatha agus foscadh ar fáil do raon ainmhithe. Greamaíonn bairnígh agus garbháin iad féin leis an gcarraig ionas nach scuabtar amach san fharraige iad.

Faigtear éagsúlacht mhór plandaí bláthá ar an talamh féaraigh taobh thusa den trá. Cuireann na plandaí seo leanas le dathanna beo na háite – an tseamair, naprún Phádraig, an lus Bealtaine mara, an athair thailún, an mhínscoth, an crobh préacháin, an neantóig, an boladh cnis, an chaochneantóig dhearg, an fhliodh, an glanrosc, lus an bhainne agus an nóniún. Is siúnta sa lomán carraige, tá achar beag de riasc giolcaí ina bhfuil plandaí a dtaitníonn fíorusce leo, ina measc an féar giolcúil, an chíb, an mismín, an luachair agus an t-airgead luachra. Cuireann an fraoch, an t-aiteann, an tím agus an néalfartach le loinnir datha in aghaidh na cloiche eibhír líthe.

