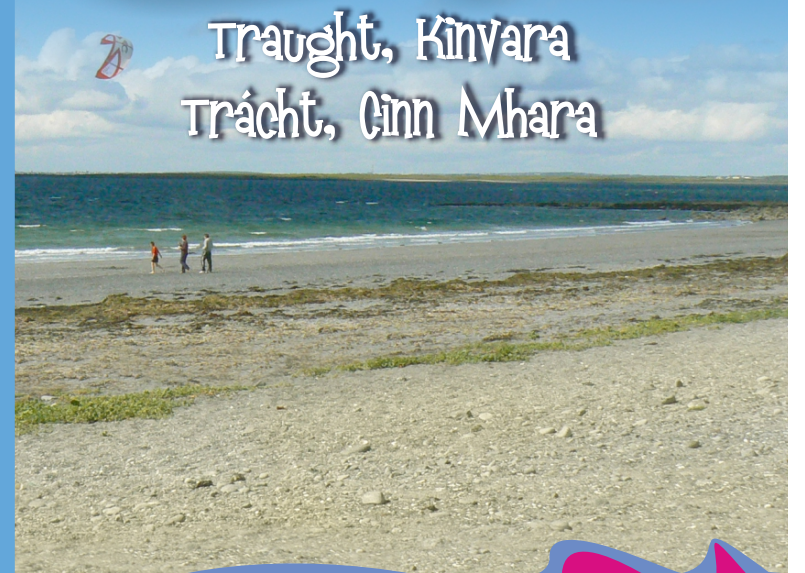


# Discover the Beaches of County Galway



## Cuir Aithne ar Thránna Chontae na Gaillimhe

## Social History

Tradition tells of a road opening up in the sea at Inis Mór (Aran Islands) and Saint Ciarán and his followers travelling that road until they arrived at Traught beach. The line of followers was so long, that the last man was just leaving Inis Mór when the message arrived back by word of mouth from Traught that the saint had left a book behind.

St Ciarán's Bed (Leaba Chiaráin) is located behind Traught Beach. In times past, an annual pilgrimage took place here on Garland Sunday (the last Sunday in the month of July). Hundreds of pilgrims would arrive on the previous night and pray overnight at the saint's bed. The pilgrims then undertook a clockwise 'pattern' (*pátrún*), crawling along on their knees and washing themselves in the sea, as Ciarán is believed to have done. In the afternoon, the prayers were followed with boat racing, field races, singing and dancing.

## Stair Shóisialta

Luaítear sa bhéaloideas gur osclaíodh bóthar san fharraige ag Inis Mór (Oileáin Árann) agus gur thóg Naomh Ciarán agus a lucht leanúna an bóthar sin go dtáinig siad go trá Thrácht. Bhí an oiread sin dá lucht leanúna ann, go raibh an fear deiridh ar tí imeacht ó Inis Mór nuair a tháinig scéal ó bhéal chuige ó Thrácht go raibh leabhar fágtha ina dhiaidh ag an naomh. .

Tá leaba Chiaráin suite laistiar de thrá Thrácht. San am atá caite, bhíodh oilithreacht bhliantúil anseo ar Dhomhnach Chrom Dubh (an Domhnach deiridh i mí Iúil). Thagadh na céadta oilithreach an oíche roimhe agus dhéanadís paidreoireacht ar feadh na hoíche ag leaba an naoimh. Dhéanadís turas deisealach ansin ar a nglúine agus nídís iad féin san fharraige, mar a chreid siad go ndearna Naomh Ciarán. Sa tráthnóna, tar éis na bpaidreacha, bhíodh geallta bád, rásaí páirce, amhránaíocht agus damhsa ar siúl.

## 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
- Gaomhnaigh 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 Bhruscair

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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



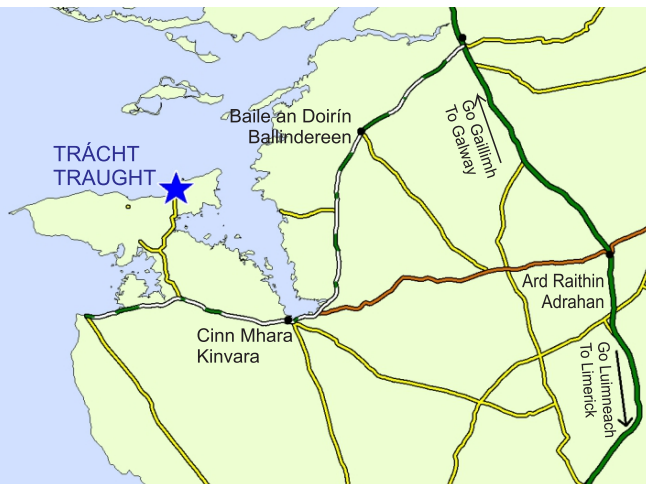
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Design/Dearadh: www.THE SIGN.ie

For further information  
Chun a thuilleadh eolais a fháil

[www.galway.ie/services/environment/beaches](http://www.galway.ie/services/environment/beaches)







Located on the south shore of Galway Bay, in the north-east corner of the Doorus Peninsula, Traught is approximately 4 km west of Kinvara.

Suite ar chósta theas Chuan na Gaillimhe, ar chúinne thoir-thuaidh Leithinse Dhúrois, tá Trácht tuairim 4 km siar ó Chinn Mhara.

## The Sandy Shore

Large amounts of seaweeds cover the sandy shore at Traught after heavy weather, creating a multi-coloured carpet. Bootlace weed, bladder wrack, eel grass, coral weed, oarweed and sea lettuce are often found washed up along the shore.

Numerous razorshells, periwinkles, dogwhelk and their egg cases, mussels, cockles, scallops, oysters and sea potato are to be found scattered over the sand at Traught, indicating the diversity of the underwater life. Casts of burrowing worms are dominant at the southern end of the beach providing rich feeding grounds for wading birds.

## An Trá Ghainimh

Bíonn slámanna móra feamainne ar an trá ghainimh ag Trácht tar éis na drochaimsire, rud a chuireann cuma chairpéid ildaite air. Go minic, caitear i dtír ar an trá an rualach, an fheamainn bhoilgíneach, an meilscéanach, an fheamainn choiréalach, an choirleach agus an glasán.

Faightear lion mór sceana mara, faochan, cuachmaí agus a n-eochraí, diúilicíní, ruacan, muiríní, oisrí agus croídní buí scaipthe ar an ngaineamh ag Trácht, rud a léiríonn éagsúlacht na beatha faoin bhfarraige. Bíonn loirg na bpéisteanna tochailte an-fhorleathan ar an gcuid theas den trá agus is achar saibhir beathaithe atá ann do lapairí.

## The Rock Base

Located on the edge of the Burren, the typical karst limestone of this region fringes the shoreline at Traught. In the intertidal zone, this limestone has been further sculpted into fantastic shapes by the action of marine organisms. When the animals and plants are trapped in the rock pools at low tide they release carbon dioxide, increasing the acidity of the water in the rock pool. The acidity and the grazing of the animals dissolve the rock creating the pinnacles and cavities known as biokarst.

## An Bun Carraige

Suite ar imeall Bhoirne, tá cloch aoil charstach thíopúil an réigiúin seo ar imeall an chósta ag Trácht. Sa chrios idirthaoideach, tá an chloch aoil sin dealbhaithe a thuilleadh ina chruthanna fantaiseacha ag oibriú orgánach muirí. Nuair a bhíonn na hainmhithe agus na plandaí sáinnithe sna locháin carraige le linn na díthrá scaoileann siad dé-ocsaíd charbóin, rud a chuireann le haigéadacht an uisce sa lochán. Tuaslagtar an chloch leis an aigéadacht agus le hinnilt na n-ainmhithe agus cruthaítear na siorraí agus na cuasa a dtugtar bithcharst orthu.

## Rockpools

The crevices of the biokarst support a myriad of rock pool communities. Barnacles, periwinkles and limpets cling to the rocks grazing on algae. Brown, green and red seaweeds create cover for anemones, sponges, crabs and shrimps.

## Locháin Charraige

Maireann an iliomad pobal locháin charraige i scáintí an bhithcharst. Greamaíonn na garbháin, na faochain agus na bairnigh de na carraigeacha agus iad ag innilt na n-algaí. Tá clúdach d'fheamainní donna, glasa agus dearga ag na bundúin leice, na spúinsí, na portáin agus na ribí róibéis.

## Birdlife

In winter and early spring brent geese are regularly seen at Traught alongside mallard, teal, shelduck, red-breasted merganser, great northern divers, black-throated divers, scaup, long-tailed duck and common scoter. Among the waders, dunlin, redshank, green shank, grey and ringed plover, bar-tailed godwit, curlew, turnstone, oystercatchers and heron are common. You may also find a curlew sandpiper, spotted redshank and little egrets.

## Beathra Éan

Sa gheimhreadh agus i dtús an earraigh bíonn cadhain le feiceáil go rialta ag Trácht in éineacht le mallaird, praslachain, seil-lachain, síoltaí rua, lómaí móra, lómaí Artacha, lachain iascán, lachain earrfhada agus scótair. I measc na lapairí bíonn siad seo coitianta – breacóga, cosdeargáin, laidhríní glasa, feadóga glasa agus feadóga cladaigh, guilbnigh stríocearracha, crotaigh, piardálaithe trá, roilligh agus corra réisc. D'fhéadfá an gobadáinín crotaigh, an ghlúineach dhearg agus an éigrít bheag a fheiceáil ó am go chéile.

