

Discover the Beaches of County Galway

Cuir Aithne ar Thránna Chontae na Gaillimhe

Welcome to **An Trá Mhór** (the big strand). You are now in the townland of Coill Rua (the Red Wood), between the village of An Spidéal and Indreabhán on the north coast of Galway Bay.

Fáilte chuig **An Trá Mhór**. Tá tú anois i mbaile fearainn Choill Rua, idir sráidbhaile An Spidéil agus Indreabhán ar chósta thuaidh Chuan na Gaillimhe.

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



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



Who lives here? Cé a chonaíonn anseo?

The softly sloping, golden sand of An Trá Mhór is home to many different animals. When you first look, you might say 'where are they?' As the smooth sand is washed clean by the outgoing tide, it appears unoccupied. But look closer and you will see burrows, mounds, tracks and trails left behind by various animals and birds.

Tá fána réidh gainimh na Trá Móire ina áit chónaithe ag go leor ainmhithe éagsúla. Ar an gcéad amharc, déarfá leat féin 'cá bhfuil siad?' Nuair a ghlanann an taoide thrá an gaineamh min, shilfeá nach bhfuil aon chónaí ann. Ach féach níos grinne agus feicfidh tú uachaisí, dumhaí, loirg agus rianta atá fágtha ag éin agus ainmhithe éagsúla.



Life beneath your feet An saol faoi do chosa

Large numbers of spaghetti-like casts are often seen on the beach. Living in a U-shaped burrow beneath the sand, the lugworm ingests sand particles, creating a 'blow-hole' on the surface above its head. It absorbs food particles from the ingested sand and then ejects the undigested sand out forming a cast on the surface.

Is minic a fheictear lear mór rianta ar chuma spaigití ar an trá. Agus é ina chónaí in uachais U-chruthach faoin ngaineamh, ionghabhann an lugach cáithníní gainimh agus cruthaíonn 'poll séidte' os cionn a chinn. Ionsúnn sé cáithníní bia ón ngaineamh ionghafa agus eisligean sé an gaineamh nach bhfuil dileáite agus fágann sé an rian ar an dromchla.



Winter Visitors Cúairteoirí Geimhridh

If you are visiting this beach in winter, you are likely to be accompanied by large numbers of wintering wetland birds, waders and gulls. Trá Mhór is part of the designated Special Protection Area (SPA) of Galway Bay, because of the variety of birds that live and visit here. Look out for ducks, oystercatchers, terns and cormorants, among others. How many different types of birds can you see?

Má thagann tú ar cuairt ar an trá seo sa gheimhreadh, tá seans maith ann go mbeidh éin bhogaigh, lapairí agus faoileáin i do chuideachta. Is cuid den Limistéar faoi Chosaint Speisialta ainmhithe (LfCS) de Chuan na Gaillimhe atá sa Trá Mhór, de bharr éagsúlacht na n-éan a mhaireann agus a thagann ar cuairt ann. Coinnigh súil amach le haghaidh na lachan, na roilleach, na ngeabhróg agus na mbroigheall, i measc na gceann eile. Cé mhéad cineálacha éagsúla éan is féidir leat a fheiceáil?

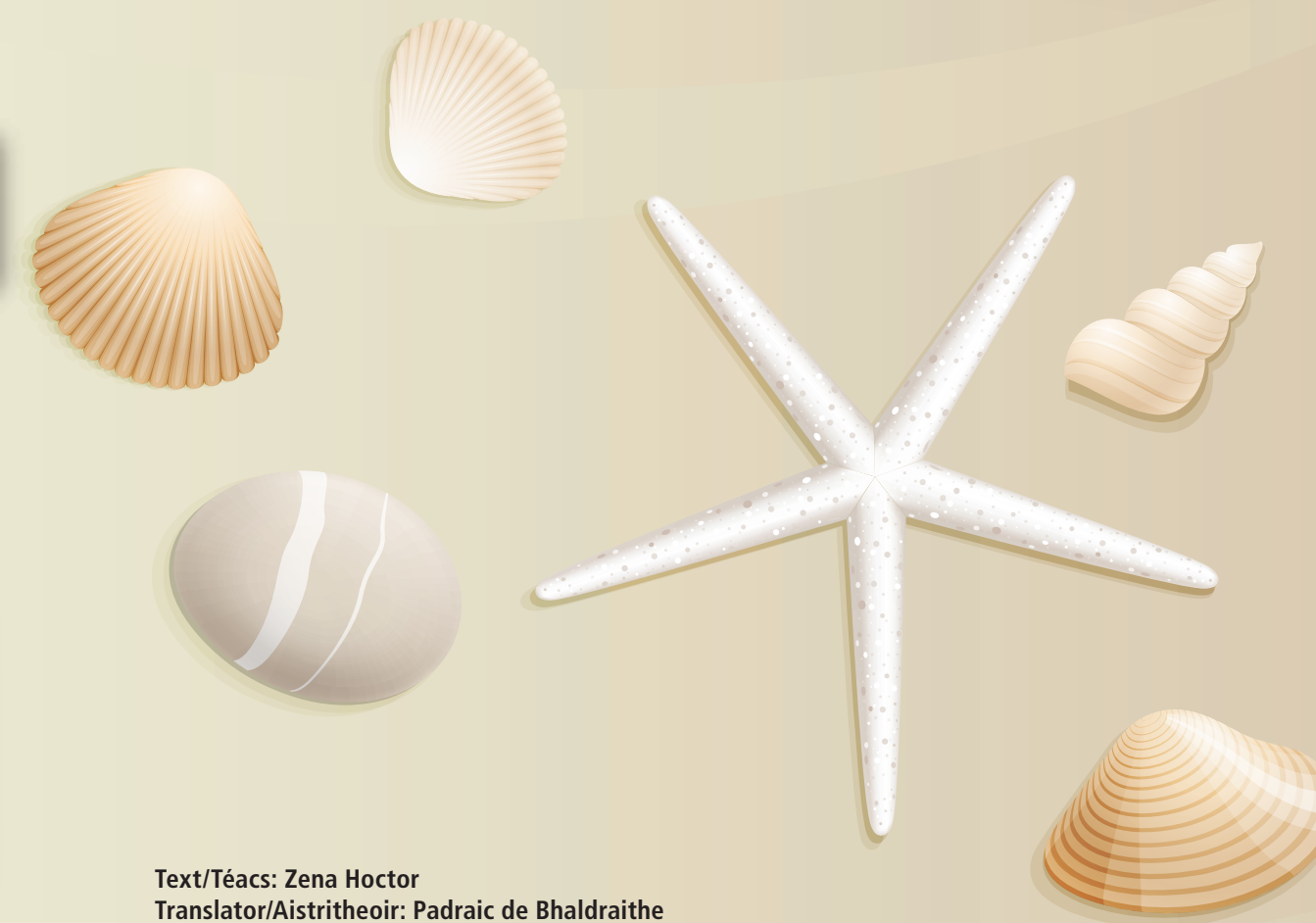


Holding on Greim á choinneáil

On the rocky shore, the granite provides a surface for many plants and animals to cling to when the waves rush in. Seaweeds can only grow, feed and reproduce when they are underwater and are just waiting for the next tide to cover them. Brown seaweeds are usually the biggest, but look for the reds and greens which may be hidden beneath. Seaweeds provide food and shelter for lots of animals. Search in the rockpools and under the seaweeds for crabs, anemones and starfish.

Can you see any limpets clamped to the rocks? When the tide comes in, the limpet will move across the rock feeding on seaweeds. When the tide goes out it returns to the exact same spot on the rock where it started from.

Is dromchla é eibhear an chladaigh a gcoimeádann go leor plandaí agus ainmhithe greim de nuair a ritheann na tonnta i dtír. Ní féidir le feamainní fás, cothú agus atáirgeadh a dhéanamh ach amháin nuair atá siad faoin uisce, agus níl siad ach ag fanacht le tuile na chéad taoide eile len iad a chlúdach. Is iad na feamainní donna an cineál is mó de ghnáth, ach cuardaigh na cinn dhearga agus uaine a d'fhéadfadh a bheith i bhfolach fúthu. Cuireann feamainní bia agus foscadh ar fáil d'ainmhithe go leor. Cuardaigh sna locháin charraige agus faoin bhfeamainn i gcomhair portán, bundún leice agus crosóg mara. An bhfeiceann tú aon bhairneach fáiscithe leis na carraigeacha? Nuair a thuileann an taoide gluaisfidh an bairneach trasna ar an gcarraig agus é ag ithe feamainní. Nuair a thránn an taoide filleann sé go dtí an spota ceannann céanna ar an gcarraig as ar tháinig sé.



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