

Discover the Beaches of County Galway

Cuir Aithne ar Thránna Chontae na Gaillimhe

Welcome to **Traught**. As you stand here on the south shore of Galway Bay, in the north-east corner of the Doorus Peninsula, you are surrounded by the famous Burren limestone landscape and seascape, of which Traught beach is an integral part.

Fáilte chuig **Trácht**. Agus tú i do sheasamh anseo ar chósta theas Chuan na Gaillimhe, i gcoirnéal thoir thuaidh de Leithinis Dhúrois, tá tú timpeallaithe ag tírdhreach agus muirdhreach aolchloiche cáiliúil Bhoirne, agus trá Thrácht ina cuid dhílis de.

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



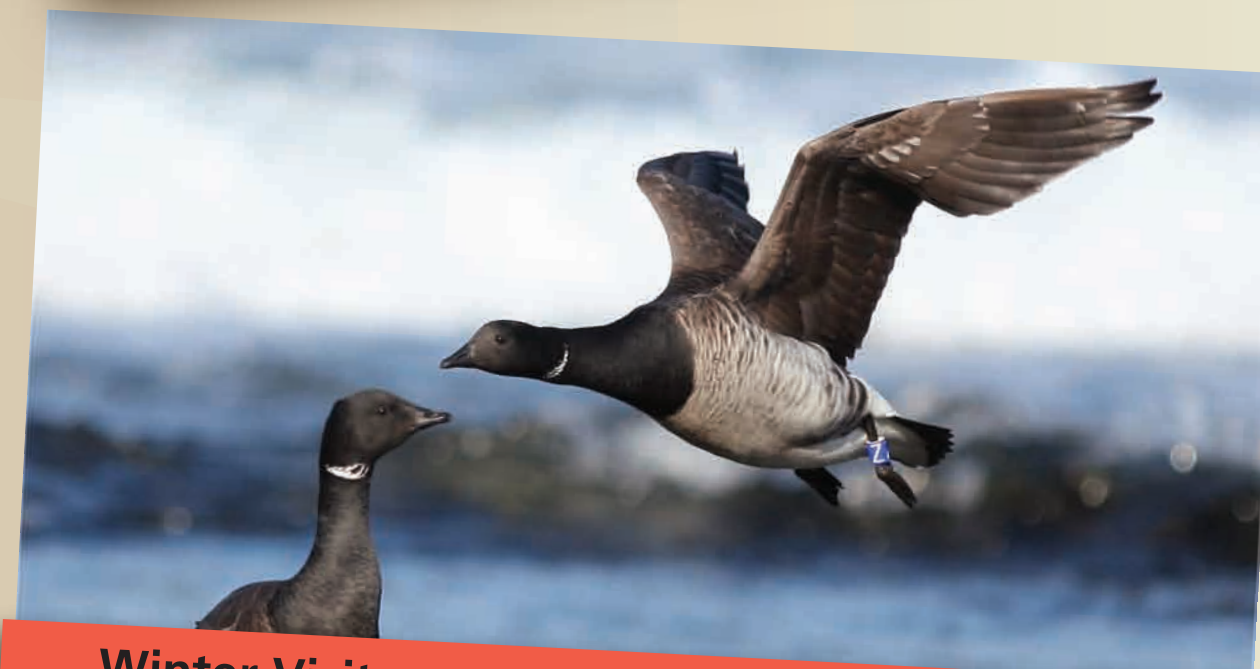
For further information
Chun a thuilleadh eolais a fháil
www.galway.ie/services/environment/beaches



Rocks made out of Skeletons
Carraigeacha déanta de Chreatlacha

Limestone is made up from the skeletons of animals and plants that lived in a shallow, tropical sea that covered Ireland over 320 million years ago. Can you find any traces of these skeletons, which are called fossils, in the rocks at Traught?

Is de chreatlacha ainmhithe agus plandaí, a mhair i bhfarraige éadomhain thrópaiceach a chlúdaigh Éire níos mó ná 320 milliún bliain ó shin, atá cloch aoil déanta. An féidir leat teacht ar rian ar bith de na creatlacha sin, a dtugtar iontaisí orthu, sna carraigeacha i dTrácht?



Winter Visitors at Traught
Cuairteoirí Geimhridh i dTrácht

When the cold winter winds are blowing up the beach at Traught, the shoreline is very busy with visitors from other countries. Brent Geese fly all the way from Arctic Canada and Greenland to spend the winter here, feeding on the eel grass which grows beneath the tideline. If you are out for a winter walk, look out for these black and white geese.

Nuair a bhíonn gaotha fuara an gheimhridh ag séideadh aníos ar thrá Thrácht, bíonn imeall na trá gnóthach le cuairteoirí ó thíortha eile. Eitlíonn cadhain an bealach ar fad as Ceanada Artach agus as an nGraonlainn chun an geimhreadh a chaitheamh anseo agus beathaíonn siad iad féin ar an miléarach a fhásann faoin taoide. Má théann tú ar shiúlóid sa gheimhreadh bíodh súil in airde agat leis na géanna dubha agus bána seo.



Rock burrowing Animals
Ainmhithe a thollann Carraigeacha

Some shellfish, such as the piddock, can bore into rocks. The piddock has sharp teeth-like edges on its shell that it moves like a saw to cut into the rock and create a burrow. When there are lots of these animals they create pinnacles and cavities in the rock, which is called biokarst.

Is féidir le sliogéisc áirithe, amhail an phideog, carraigeacha a tholladh. Tá ciumhaiseanna géara cosúil le fiadla ar shliogáin na pideoige agus corraíonn sé é mar a bheadh sábh aige chun gearradh tríd an gcarraig agus uachais a dhéanamh dó féin. Nuair atá líon mór de na hainmhithe sin ann cruthaíonn siad stuaiceanna agus cuasáin sa charraig, a dtugtar bithcharst air.



The Parting of the Waves
Scaradh na dTonn

According to local folklore, Saint Ciarán and his followers came to Traught from Inis Mór, along a road that opened up in front of them through the sea. Look out for the statue of Saint Ciarán behind the car park. It marks the site of St Ciarán's Bed (Leaba Chiaráin).

De réir an tseanchais áitiúil, tháinig Naomh Ciarán agus a lucht leanúna go Trácht as Árann, ar bhóthar a d'oscail rompu tríd an bhfarraige. Bí ag faire amach do dhealbh Naomh Ciarán taobh thiar den charrchlós. Léiríonn sé suíomh Leaba Chiaráin.



Check out the Rockpools
Caith súil ar na Locháin Charraige

When the tide goes out, the small marine creatures that are left behind need to stay wet and the best place to do that is in the rockpools. Creep up to a rockpool. How many creatures can you spot before they see or hear you and dart for cover?

Barnacles, periwinkles and limpets cling to the rocks, eating the algae. Brown, green and red seaweeds provide cover for sandhoppers, anemones, sponges, crabs and shrimps. How many of these creatures can you find?

Nuair a thránn an taoide, ní mór do na míolta beaga mara atá fágtha iad féin a choimeád fliuch agus is é an áit is fearr len é sin a dhéanamh an lochán carraige. Tar i ngar do lochán go ciúin. Cé mhéad míol ar féidir leat iad a fheiceáil sula bhfeiceann siad nó a gcloiseann siad tusa agus sula sciurdann siad i bhfolach?



Adoration and Festivities
Adhradh agus Patrún

In the past, an annual pilgrimage was held at Traught on Garland Sunday (the last Sunday in the month of July) in honour of Saint Ciarán. Pilgrims prayed and crawled in a clockwise pattern around the saint's bed before washing themselves in the sea. In the afternoon, festivities followed with boat and field races, singing and dancing long into the night.

San am atá caite, thionóltai oillithreacht bhliantúil i dTrácht ar Dhomhnach Chrom Dubh (an Domhnach deiridh i mí Iúil) in onóir Naomh Ciarán. Deireadh na hoilithrigh paidreacha agus dhéanais turas deisealach ar a nglúine timpeall ar leaba an naoimh sula nídís iad féin san fharraige. San iarnóin bhíodh patrún ann, geallta báid agus rásai reatha agus dhéanais oíche go maidin den amhránaíocht agus den damhsa.

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