

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

Luaitear sa bhéaloideas gur oscalaíodh bóthar san fharraige ag Inis Mór (Oileán Árann) agus gur thóg Naomh Ciarán agus a lucht leanúna an bóthar sin go dtáinig siad go trá Thráchtá. 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 chuighe ó Thrácht go raibh leabhar fágtha ina dhiaidh ag an naomh..

Tá leaba Chiaráin suite laistiar de thrá Thráchtá. San am atá caite, bhíodh oilithreacht bhliantúil anseo ar Dhomhnach Chrom Dubh (an Domhnach deiridh i mí Iúil). Thagadh na céadta oilithreach an oiche roimhe agus dhéanaidís paidreireacht ar feadh na hóiche ag leaba an naomh. Dhéanaidís 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 bpайдreacha, bhíodh gealita bád, rásai 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
- Caomhnaigh agus ná cealaigh
- Ná tabhair leat aon rud ach cuimhní agus fótagraif
- Ná mill agus ná cuir isteach ar aon rud agus bí freagach

Keep Galway Litter Free
Cóimhneadh Gaillimh Saor ó Bhruadar

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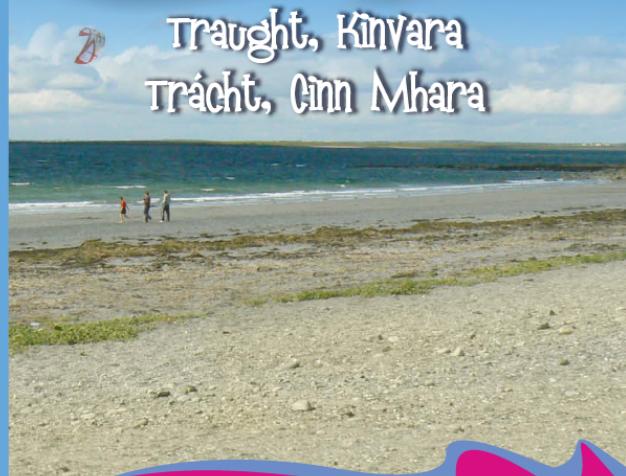
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www.galway.ie/services/environment/beaches

Discover the Beaches of County Galway



Cuir Aithne ar Thránná Chontae na Gaillimhe