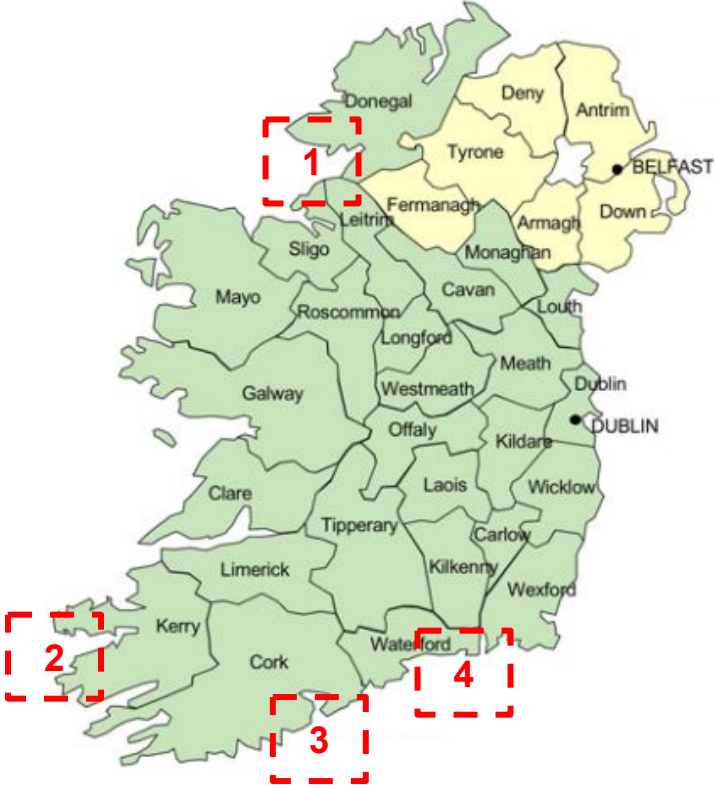
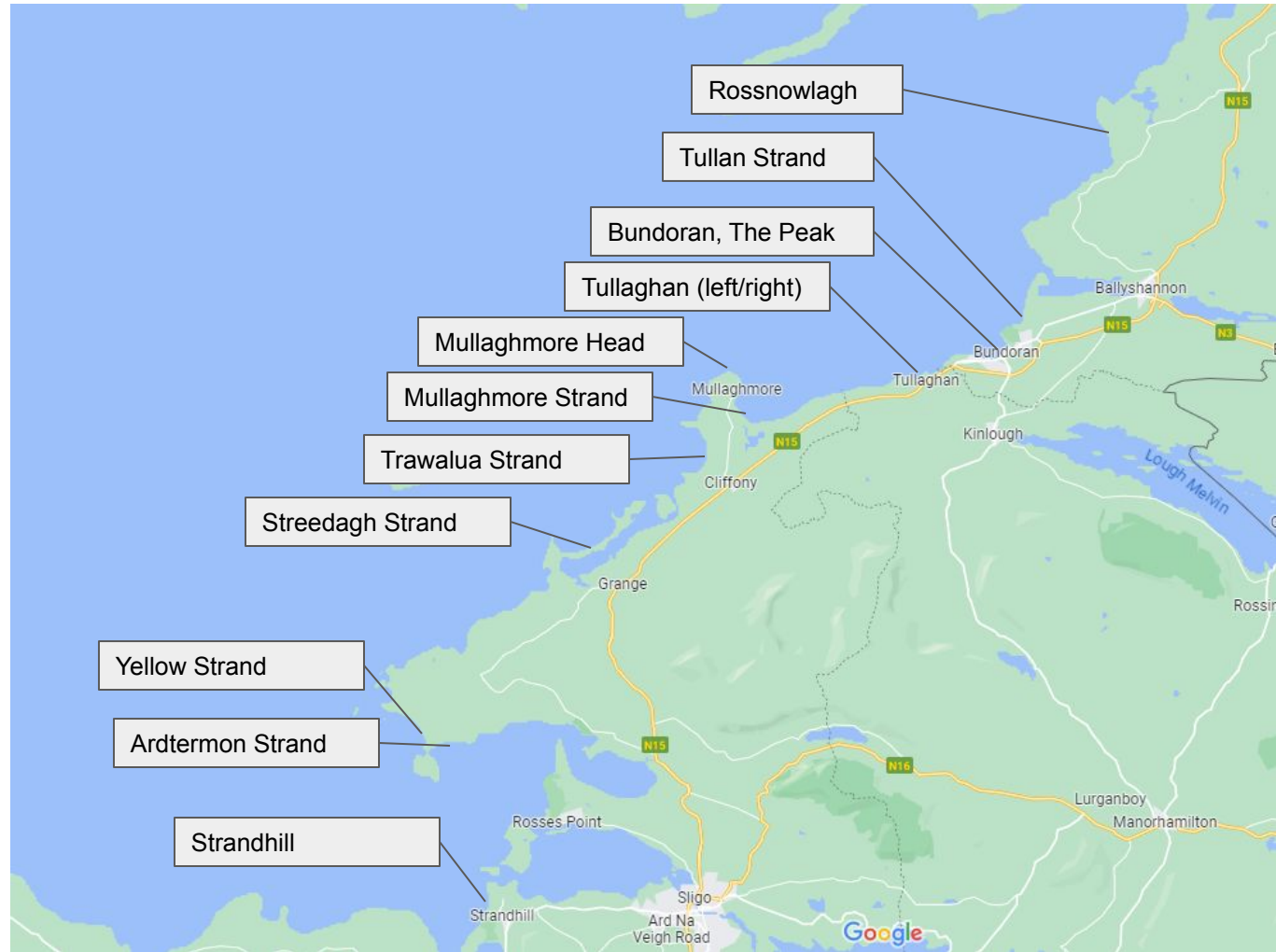


# Ireland mini surf guide



# 1. Sligo to Donegal



Sligo to Donegal	Beach facing	Type	Bottom	Best tide	Notes
Rossnowlagh	W	Beach Break	Sand	Mid to High	Wide beach, a lot of space, competitions held here
Tullan Strand	W	Beach Break	Sand	Low to Mid	Best peak south by cliff (busiest?) with a rip conveyor, wide beach, careful with the cliff
Bundoran, The Peak	W	Reef Break	Reef	Low to Mid	Not for beginners, busy, for shortboards
Tullaghan (left/right)	NW/N	Reef/Point Break	Boulder/Reef	Mid to High / High	Careful with access to left, walk to right and then across beach. Shallow reef
Mullaghmore Head	NW	Reef Break	Reef	High	Big wave spot, only for experts
Mullaghmore Strand	NE	Beach Break	Sand	High	Sheltered - breaks during big storms
Trawalua Strand	NW				
Streedagh Strand	NW	Beach Break	Sand	Mid to High	Good also with SW wind, need big swell to break
Yellow Strand	SW				
Ardtermon Strand	S				Sheltered - go here during storms?
Strandhill	NW	Beach Break	Sand	Mid to High	Some rocks in the bottom, close to Sligo (busy)

## 2. West of Tralee



West of Tralee	Beach facing	Type	Bottom	Best tide	Notes
Banna Beach	W	Beach Break	Sand	Mid to High	Wide beach, not crowded
Garrywilliam Point	NW	Reef Break	Reef	Low	Only for experts
Mossies	W	Reef Break	Reef	Low to Mid	Access from Garywilliam Point, long paddle
Brandon Bay	W	Beach Break	Sand	Any	Beginner-Intermediate spot
Inch Reef	SW	Point Break	Reef	Low to Mid	Right hand point break, crowded when working
Inch Strand	SW	Beach Break	Sand	All Tides	Beginner-Intermediate spot
Rossbeigh	W	Beach Break	Sand	All Tides	Wide beach, a lot of space
St. Finian's Bay	SW				
Reenroe Beach	SW				

### 3. Cork area



Cork area	Beach facing	Type	Bottom	Best tide	Notes
Whiting Bay	S				
Inch Beach	SW				
Garretstown	SW	Beach Break	Sand	Low to Mid	Works with windswells, exposed rock
Howes Strand	S				

## 4. Tramore area





Tramore area	Beach facing	Type	Bottom	Best tide	Notes
Incredible Wave	SW	Reef Break	Reef	Low to Mid	Needs a big swell
Tramore Strand	S	Beach Break	Sand	Low to Mid	Long beach, some rocks
The Perfect Wave	SW	Reef Break	Reef	Low to Mid	Lefthander, watch out for rocks
Annestown Bay	SW	Beach Break	Sand	Low to Mid	
Kilmurren	S	Beach Break	Sand	Low to Mid	Not for beginners
Bunmahon	S	Beach Break	Sand	Low to Mid	
Clonea Strand	SE				