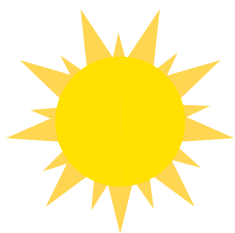


BEACH TRAIL

INISHOWEN



Go Visit
Inishowen
Donegal.Ireland



EXPLORE INISHOWEN

Inishowen is one of Ireland's most diverse regions. A peninsula, formed in the ice age and moulded by time. It offers the visitor a unique experience of discovery and freedom. The undulating rural landscape is encompassed by a rugged dramatic coastline, interjected with secret coves, expansive golden beaches and breathtaking panoramic views.

The Discerning walkers will find a beach trail that meets their individual needs. For a sense of well-being; see the beauty, breathe in the fresh salty air, feel the fine sand and lapping waves beneath your feet. Being close to nature and enjoying the freedom benefits adults and children alike.

Many exhilarating activities are available for the more energetic. Go horse-riding on the beach; try rock climbing, kayaking, canoeing, or paddle boarding on the waves.

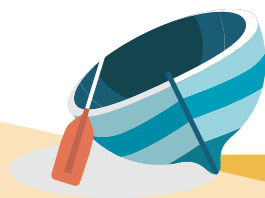
The list of beach trails compiled details the most accessible with regard to car-parking; some have historical information and children's play areas. These beach trails highlight the beautiful scenery on The Inishowen 100 Drive with many other hidden gems to be found along the way.

Images supplied by: Donal Kearney, Adam Porter, Peter Homer, Gregory Clarke, Paddy Doherty, Emile Rainey, Aisling Kelly, Gary McLaughlin, Fáilte Ireland,

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Inishowen: (074) 93 63451



Cover images courtesy of Donal Kearney (front cover) and Aisling Kelly (back cover).



**01**

LISFANNON

Lisfannon provides spectacular views of the majestic Lough Swilly, Rathmullan and Inch Island. The latter is a Natural Heritage Area ideal for bird watching on a key wetlands site. The diverse range of Flora is of interest to botany enthusiasts and attracts migrating winter birds.

PARKING	Yes
TOILETS	Yes (seasonal)
FIRST AID	Yes, when lifeguard is on duty
LIFE GUARD	On duty from 1 July until the end of August and the first two weekends in September.
LOCATION	On the R238 - 4.5km south of the Inishowen Tourist Office, Buncrana.
ACTIVITIES	Lisfannon Beach is suitable for swimming, surfing and other land-based activities such as football, kite flying and go-karting. Walking is the most predominant activity here due to the beaches long flat strand.

**02**

LUDDAN

Luddan beach is a beautiful stretch of golden sand, perfect for a long stroll. Luddan offers panoramic views of Rathmullan on the Fanad Peninsula across Lough Swilly. A wooden walkway from the car park leads to the beach.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	1km south of the Inishowen Tourist Office, Buncrana.
ACTIVITIES	Luddan Beach is suitable for swimming and other land-based activities such as football, kite flying and walking.





03

LADY'S BAY SHORE FRONT BEACH

Entitled Lady's Bay in Victorian times, this beach is now simply known as the 'Shore Front' and is a sheltered cove. The beach is situated in front of a car park, opposite the Leisure Centre, just five minutes' walk from Buncrana Town Centre. It is at this point that the 'Buncrana Shore Path' begins. Two significant rivers; the Crana River and the Owen Killew River, come in at each end of the bay. Close by there is a children's play park, tennis courts, public toilets and outdoor gym equipment. Also within close proximity are picnic tables on what is locally known as the 'Fishing Greens'.

PARKING	Yes
TOILETS	Yes (seasonal)
FIRST AID	No
LIFE GUARD	No
LOCATION	Accessed from the forefront of Grianan Park - 450m north of the Inishowen Tourist Office, Buncrana.
ACTIVITIES	Lady's Bay is suitable for swimming, boating, power boating, jet skiing and other land-based activities on the beach.



04

PORTHAW

Porthaw is a secluded, well maintained beach, popular with locals and visitors but rarely becomes overcrowded. There is parking close by at Ned's Point where you will also find the RNLI station which is home to the Lough Swilly Lifeboat.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	Situated on the 'Buncrana Shore Path' walk between Ned's Point and Stragill - approximately 3.8km north of the Inishowen Tourist Office.
ACTIVITIES	Porthaw is suitable for swimming and other land-based activities such as football, kite flying. Walking is an activity on this beach as it is situated on the 'Buncrana Shore Path' walk.



05

STRAGILL BEACH

Stragill Beach can be accessed by road and also by foot via the 'Buncrana Shore Path' walk (approximately 4km from Lady's Bay car park), passing Ned's Point, Fr Hegarty's Rock and Porthaw beach along the way. This beach has spectacular views across Lough Swilly. Truly, one of Donegal's hidden gems.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	Situated in Linsfort and is 6km drive north from the Inishowen Tourist Office.
ACTIVITIES	Stragill Beach is suitable for swimming and other land-based activities such as football and kite flying. Walking is the most predominant activity due to the beaches long flat strand.



06

PORT BÁN DUNREE HEAD

Port Bán (Dunree Beach) is a lovely sheltered beach, in a quiet location with soft golden sands, though some sections are a little stony. It is accessed via a grassy track through a field situated just north of Dunree Military Museum. Close to the track entrance is a plaque dedicated to the tragic story of a WW2 Wellington W5653 bomber carrying 3 young pilots that crashed in the Urris Hills above Port Bán.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	Situated on Dunree Head below the Fort of Dunree; it is 12km northwest of the Inishowen Tourist Office.
ACTIVITIES	Port Bán is suitable for swimming and other land-based activities such as walking, football and kite flying.



**07**

LEENAN BEACH

Another hidden gem situated at the foot of the Urris Hills, this beach has soft golden sands with views across the mouth of Lough Swilly to Fanad Head and the open Atlantic Ocean. It is a lovely secluded beach with the ruins of Leenan Fort at the top of the hill at the far end.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	Situated in Leenan Bay, beside the village of Leenankeel, this beach is 22km northwest of the Inishowen Tourist Office.
ACTIVITIES	Leenan beach is the perfect place to walk, due to the beaches long flat strand, and have a picnic due to its secluded nature.

**08**

TULLAGH BAY

A beautiful horseshoe shaped beach, Tullagh Bay lies just 3km northwest of Clonmany Village. It is a real, if somewhat hidden, gem - a sheltered, curved bay with long stretches of soft sand and crystal clear water suitable for swimming. There is a reasonably sized grassy car park and access is across a sandy path.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	Situated 25km northeast of the Inishowen Tourist Office.
ACTIVITIES	Tullagh Bay is suitable for swimming and horse riding. Tullagh Strand is a spot for beach fishing; Flounder, Dab, Whiting.





09

POLLAN STRAND

Pollan Strand is a beach stretching from the village of Ballyliffin to the Isle of Doagh in excess of 3kms. At the entrance to the beach on the right is a parking area and a children's playground close by. The first section of the beach is sandy but there are several stony areas further along. It is situated beside the Ballyliffin Golf Club. There are views to Glashedy Island, and the Isle of Doagh which is joined to the mainland by a causeway road. Binion Hill is also a designated walk that is accessible from Pollan Bay and is recommended for nature lovers and hill walkers.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No. Unsafe for swimming.
LOCATION	Situated in Pollan Bay and is 31km North of the Inishowen Tourist Office.
ACTIVITIES	Pollan Strand is suitable for walking, surfing, and it also has a children's play ground.

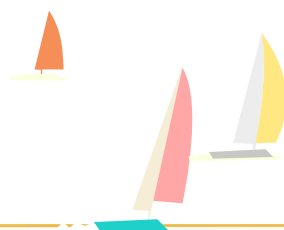


10

LAGACURRY BEACH

On the Eastern side of the Isle of Doagh, on the shores of Trawbreaga Bay, lies Lagacurry Beach. This lovely stretch of sandy strand can be found just in front of 'The Doagh Famine Village'. However, it is unsafe for swimming due to the strong undercurrents in the waters of Trawbreaga Bay.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No. Unsafe for swimming.
LOCATION	Situated on the Eastern side of the Isle of Doagh and is 33km from the Inishowen Tourist Office
ACTIVITIES	Lagacurry is suitable for land-based activities such as walking and kite flying.





11

FIVE FINGERS STRAND

On the opposite side of Trawbreaga Bay, north of the Bar Mouth lies a beautiful secluded beach called Five Fingers Strand. The name comes from five narrow sea stacks that protrude from the water on the north side of the beach which allude to fingers. The golden sand occasionally accumulates stony areas after stormy weather. The beach is backed by sand dunes which are reputed to be some of the highest marram grass dunes in Europe. They are up to 30 meters in height and have been in formation for approximately 5,000 years.

PARKING	Minimal
TOILETS	No
FIRST AID	No
LIFE GUARD	No. Unsafe for swimming
LOCATION	Situated at Lagg and is 45km from the Inishowen Tourist Office. Accessed: Via the L511 road, off the R238
ACTIVITIES	Swimming is not recommended here due to very dangerous under currents and rip tides, however, it is great for fishing, bird watching and walking.



12

CULDAFF BEACH

Culdaff Beach is a Blue Flag beach meaning that it is clean safe and ideal for swimming. It is a sandy beach with two rocky outcrops at the southeast side which are exposed at times during the day depending on the tidal phase. The beach is contained to the west by sand dunes and to the north-west by the Culdaff River. It is a popular beach for surfing. This section of the coast is a Special Area of Conservation and has some good walking routes.

PARKING	Yes
TOILETS	No
FIRST AID	Yes, when lifeguard is on duty
LIFE GUARD	Yes; from 1st July until the end of August and the first two weekends in September.
LOCATION	Situated near Culdaff village, 31km northeast from the Inishowen Tourist Office.
ACTIVITIES	Culdaff Beach is suitable for swimming, surfing, walking and a children's play area.



13

KINNAGOE BAY

The beach is accessible by a weaving road from the top of the hill; care should be taken on descent. There is a small car park at the beach which gets very busy during the summer. It is said to be one of the most beautiful beaches in the world.

Kinnagoe Bay is famously known for being the location of the Armada ship 'La Trinidad Valencera' which foundered on 16th September 1588; a commemoration plaque is mounted close by. Divers discovered the wreck of the 1,100 ton wooden ship on the 20th February 1971. Artefacts recovered from the vessel can be seen in the Tower Museum in Derry.

PARKING	Yes
TOILETS	No
FIRST AID	No
LIFE GUARD	No
LOCATION	Situated near Carrowmenagh, 42km northeast of the Inishowen Tourist Office.
ACTIVITIES	Kinnagoe Bay is suitable for swimming, snorkelling, walking, beach combing.



14

STROOVE BEACH

Stroove Beach, also a Blue Flag beach, is located close to the village of Greencastle on the eastern coast of the Inishowen Peninsula near the mouth of Lough Foyle. Stroove Beach consists of a small sandy beach, close to the charming Stroove Lighthouse.

PARKING	Yes
TOILETS	Yes (seasonal)
FIRST AID	Yes, when lifeguard is on duty
LIFE GUARD	Yes; from 1st July until the end of August and the first two weekends in September.
LOCATION	Situated beside Stroove lighthouse, 42km northeast of the Inishowen Tourist Office.
ACTIVITIES	Stroove Beach is suitable for swimming and walking, providing a spectacular view of the lighthouse nearby.





WALKING



SWIM



SURF



WATER
SPORTS



SNORKEL



SAILING



FISHING



KITE
FLYING



PLAY
AREA



BIRD
WATCHING



HORSE
RIDING



BEACH
COMBING



WATER
FALL



BLUE FLAG
BEACH



LIFE
GUARD



LIFE
BUOY



PUBLIC
TOILETS



01

LISFANNON



02

LUDDAN



03

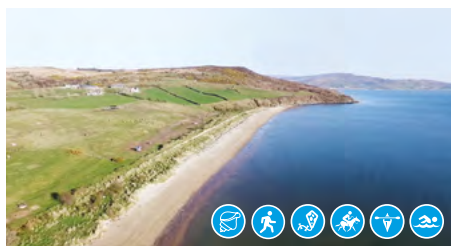
LADIES BAY



04

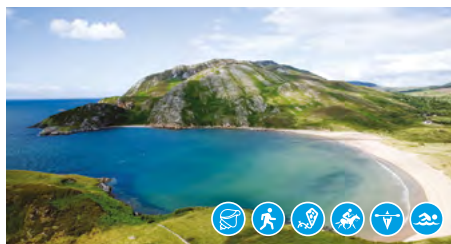
PORTHAW





05

STRAGILL BEACH



06

PORT BÁN - DUNREE HEAD



07

LEENAN BEACH



08

TULLAGH BAY



09

POLLAN STRAND



10

LAGACURRY



11

FIVE FINGERS STRAND



12

CULDAIFF BARCH



13

KINNAGOE BAY



14

STROOVE BEACH



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