Má bhíonn fonn ort dul amach ón gcladach, is féidir leat canúáil, cadhcáil nó seaschéaslóireacht ar chlár a dhéanamh ar feadh ceithre chonair ghormbhealaigh a thosaíonn san áit seo.

If you feel like going offshore, you can canoe, kayak or stand up paddle board along four blueway trails that start from here.

Lean an bóthar rochtana ag an gceann eile den achar snámha go dtí na hardáin iascaigh. Tá an Breac, an Liús, an Péirse, an Róiste, an Bran agus an Pollán go léir le fáil i Loch Deirgirt.

Follow the access road at the far end of the bathing area to the angling stands. Brown Trout, Pike, Perch, Roach, Bream and Pollan are all found in Lough Derg.

Tá súil againn gur thaitin do chuairt ar Láthair Shnámha Phort Omna leat. Chun cuidiú linn an timpeallacht iontach nádúrtha seo a chosaint, cloígh leis na rialacha seo a leanas, más é do thoil é.

- **Ná déan tine a adhaint**
- **Ná fág ach lorg do chos I do dhiaidh – ná bí i do bhodach bruscair**
- **Caomhnaigh agus ná cealaigh**
- **Glan suas i ndiaidh do mhadra agus coimeád faoi smacht é**
- **Ná tabhair leat aon rud ach cuimhní agus fótagraif**

We hope you enjoy your visit to Portumna Bathing Area.
To help us protect this wonderful, natural environment please obey the following rules:

- **Guard against all risk of fire**
- **Leave only footprints – don't be a litterbug**
- **Kill nothing but time**
- **Please clean up after your dog and keep it under control**
- **Take nothing but memories and photographs**

Agus tú anseo, cén fáth...

Nach ndéanfá siúlóid sa Pháirc Foraoise 450 heicteár in aice láimhe. Bí ag faire amach don iora rua, an fia buí, an cat crainn, an broc, na féileacáin, na snáthaidí móra, na béchuileanna agus an iliomad éan coillearnaí a mhaireann anseo.
Nach ndéanfá iarracht cineálacha éan neamhchoitianta a fheiceáil ón bhfolachán breathnóireachta éan!
Nach dtabharfá cuairt ar Chaisleán Phort Omna iontach ón 17ú haois agus ar a ghairdíní an-spéisiúil.
Nach bhféachfá ar Ionad Theach na mBocht Éireannach.

While you are here, why not....

Take a walk in the nearby 450 hectare Forest Park. Watch out for red squirrels, fallow deer, pine martens, badgers, butterflies, dragonflies, damselflies and the many woodland birds who live here.
Try to spot some rare species from the birdhide!
Visit the spectacular 17th century Portumna Castle and its fascinating gardens.
Explore the Irish Workhouse Centre.

Comhairle Chontae na Gaillimhe
Galway County Council

Téacs/Text: Zena Hoctor
Grianghraif/Photos: Zena Hoctor, Valerie O'Sullivan
Aistriúchán/Translation: Padraic de Bhaldraithe
Dearadh/Design: A&T Printing, Athenry

Cuir Aithne ar Thránna Chontae an Gaillimhe
Discover The Beaches of County Galway

Láthair Shnámha **Phort Omna**
Portumna Bathing Area

Láthair Shnámha **Phort Omna**
Portumna Bathing Area

Is áit iontach atá in uisce gléghlan na Láithreach Snámha i bPort Omna chun snámha, canúála, iascaigh, picnic a ithe, faire éan, chun féachaint ar an mbogach agus ar an bhforaois mórthimpeall nó chun suí síos agus taitneamh a bhaint as! Is tearmann fiadhúlra atá sa limistéar faoi chosaint speisialta seo, ar bhruach thuaidh an locha is mó ar an tSionainn, agus deis agat teacht ar áit a bhfuil furú gníomhaíochta ann.

The clear, clean lake water at the Bathing Area in Portumna is a great place to swim, canoe, fish, picnic, birdwatch, explore the surrounding wetlands and forest or just sit and enjoy! A haven for wildlife, this special protected area, on the north shore of the largest lake in the River Shannon, is a hive of activity waiting for you to discover.

Ar feadh imeallbhord an locha tá plandaí bogaigh a sholáthraíonn bia agus áit chonáithe d'fheithidí ildaite. Soláthraíonn siad sin bia d'éin, d'éisc agus do mhamaigh bheaga dá réir. An féidir leat aon cheann de na plandaí, na hainmhithe agus na feithidí atá sna grianghraif a aimsiú?

All along the shoreline of the lake are wetland plants which provide food and homes for colourful insects. These in turn provide food for birds, fish and small mammals. Can you spot any of the plants, animals and insects shown in the photos?

An Duilleog Bháite Bhuí
Yellow Water-Lily

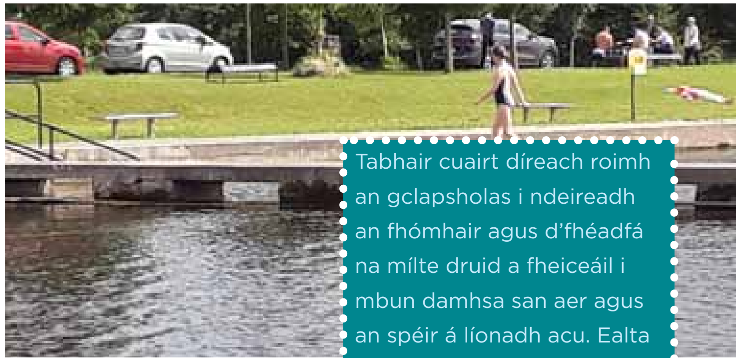
Lus na Tine
Rosebay Willowherb

An tAirgead Luachra
Meadowsweet

An Breacfhéileacán Coille
Speckled Wood Butterfly

An Frog
Common Frog

An tIolar Mara
White Tailed Sea Eagle



Tabhair cuairt díreach roimh an gclapsholas i ndeireadh an fhómhair agus d'fhéadfá na mílte druid a fheiceáil i mbun damhsa san aer agus an spéir á líonadh acu. Ealta druideanna a thugann an taispeántas sin.
Visit here just before dusk in late autumn and you could see thousands of starlings doing an aerial dance as they fill the sky. This spectacle is called a 'murmuration of starlings'.

Tugadh iolair mhara isteach an athuair go hÉirinn ón Iorua. Tá péire amháin tar éis neadú agus pórú go rathúil ar Oileán an Teampaill i bPort Omna.
White tailed sea Eagles were reintroduced to Ireland from Norway. One pair have nested and bred successfully on Church Island, Portumna.