



## Strandhill Beach

Gaineamh, feamainn  
agus seanchlocha  
*Sand, seaweed  
and ancient stones*

# Trá an Leathrois



"trawn l-YAH-rish"

## Folcadán feamainne

Ag túis an 20ú haois bhí naoi bhfolcadán feamainne sa Leathros. Líontar folcadán le sáile the agus le feamainn atá galchóireáilte chun dlús a chur faoi scaoileadh na gcothaiteach ón bhfeamainn. Deirtear go gcabhraíonn folcadán feamainne chun pianta a mhaolú, strus a laghdú agus dlús a chur faoi chneasú.

## Medbh, an bhanríon ghaisciúil

Is taobh leis an gcarnán mór cloch ar bharr Chnoc na Riabh atá Medbh (Maeve), Banríon ghaisciúil, chíáiliúil an larhair, curtha. Deirtear gur cuireadh sa talamh ina seasamh í ionas go mbeadh sí in ann súil a choinneáil ar a naimhde. Bhí a héide chogaidh uirthi agus sleá ina lámh aici nuair a cuireadh í. Mí-ádh a leanann an duine a thógann cloch óna huaigh.

## Bathing in seaweed

Strandhill boasted nine seaweed baths in the early 20th century. An ordinary bath is filled with hot sea water and seaweed, steam treated to release its nutrients. Soaking in a seaweed bath is said to soothe aches and pains, relieve stress and promote healing.

## Medbh the warrior queen

A huge pile of stones on the summit of Knocknarea Hill marks the grave of Medbh (Maeve), the legendary warrior Queen of the West. She was supposedly buried standing upright facing her enemies in full battle gear with spear in hand. It is unlucky to remove a stone from her grave.

Cheannaigh Benjamin Murrow trí ghunna mhóra ó Mhílísíte Shligigh i 1907 chun barr slachta a chur ar a ionad saoire nua. Le caoinhead ó Leabharlann Náisiúnta na hÉireann.

Benjamin Murrow bought three cannon from the Sligo Militia in 1907 to enhance his new resort  
Courtesy of National Library of Ireland



Thíos  
Uaigh Bhanríon  
Medbh (Maeve)  
Le caoinhead ó An tAerchór

Below  
Queen Medbh's  
(Maeve's) grave  
Courtesy of Irish Air Corps

Ó tharla go mbíonn na tonnta ag bualadh i gcoinne Thrá an Leathrois go síoraí seasta, is áit bhreá i le snas a chur ar do chuid scleanna tonnmharcáiochta.  
Consistent waves make Strandhill Beach a good place to learn to surf.

Caith tamall ag spaisteoiracht thart i measc na ndumhcha agus na gcoiltí péine ar bhealach siúl cósta Chill Easpag Bhrón.

Stroll through dunes and pine woods on the Killaspugbrone coastal walk.

Tabhair cuairt ar reilígí meigiliteacha ag an gCeathrú Mhór agus ag an gCeathrú Chaol, reilígí atá níos ná Pirimídi na hÉigipte.

Visit megalithic cemeteries older than the Pyramids at Carrowmore and Carrowkeel.



'Tá na scamaill scuabtha go hard os cionn  
Chnoc na Riabh,  
Agus chaith tintreach ar na clocha dá mhéid  
a mhaífeadh Maedhbh...'

'The wind has bundled up the clouds high  
over Knocknarea,  
And thrown the thunder on the stones  
for all that Maeve can say...'

W B Yeats, 'The Song of Red Hanrahan



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