

Ride the Crest



Ireland: Europe's emerging surf destination


Ireland



*Rugged coastline & the full force of Atlantic swell
provides suitable surfing conditions*

IRELAND: *The Surf is Swell!*

Ireland's rugged coastline combined with the full force of Atlantic swell provides suitable conditions for surfing along most of the north, west and south coasts and occasionally on the east coast. Ireland boasts a combination of beaches, reefs and points to suit all abilities. Surfing conditions in Ireland are erratic due to the unpredictable Atlantic weather patterns however when all the correct conditions come together Ireland has some of the best surfing conditions in Europe.

Surfing first emerged in Ireland in the early sixties pioneered by Bray man, Kevin Cavey. By the mid sixties groups of enthusiasts had started surfing in Tramore, the north coast, Bray and Rosstown.



In 1967 the Surf Club of Ireland was founded and the first National Championships were held that year in Tramore. By the late sixties members of the Surf Club of Ireland began to break away to form other clubs leaving the Surf Club of Ireland to represent the Dublin area. At this time the South Coast Surf Club was formed in Tramore, the West Coast Surf Club in Lahinch, Rosstown Surf Club, North Shore Surf Club in Portrush and Fastnet Surf Club in Cork.

A SPORT FOR ALL SEASONS

Spring and autumn are considered to be the best times of year to surf in Ireland although there can be good surfing conditions at any time. The average water temperature in August/ Sept is (16°C), the warmest time of year with the average in February/ March (8°C) the coldest time of year. From October to April a 5mm wetsuit, boots, hood and gloves are recommended. A 3mm wetsuit is suitable for the rest of the year. A quiver of surfboards including your regular board, a small wave board and a gun is advisable for surfing in Ireland.

There are surf shops and surf schools scattered all along the coast providing a wide range of equipments and services. If you plan to take a surfing lesson, ensure you attend an Irish Surfing Association Approved Surf School. These schools have committed to the following guidelines to ensure your safe and enjoyable participate. Such schools are insured, use qualified surf coaches, and use suitable equipment and locations.



WHERE TO SURF

Northern Ireland

Portrush is the home of surfing in Northern Ireland, with waves on both its west and east strands. This well developed and popular surfing location has several surf shops and schools. From Magilligan Strand travelling east along the north coast a surfer will be treated to numerous quality beach breaks and the occasional reef.

Donegal

Donegal is rich in waves. Surfing locations include Inishowen and Fanad Head in the north of the county, in the north west waves can be found around Dunfanagh, Bloody Foreland and Dungloe and in South Donegal probably two of the best known locations for surfing in Ireland, Rosstownlough (home to one of Ireland's first surf clubs) and Bundoran.



Sligo

Like Donegal most of the Sligo coastline is wave rich. The seaside village of Strandhill, just outside of Sligo town is one of Ireland's most popular beach breaks. West Sligo, an area renowned for its quality surf, takes in Aughris, Easkey and Enniscrone.

Mayo

The main locations for surfing in Mayo include Belmullet, Achill Island and the beaches around in the Westport/ Louisburgh area.

Galway

Galway does not have the same abundance of waves as other west coast counties however there are some good surfing locations in the county particularly around the Clifden area.

Clare

Lahinch is the centre of surfing in Co Clare with waves scattered all along this very exposed coastline. There are numerous surf shops and school catering for a surfer's every need.

Kerry

Kerry's diverse coastline host many surf spots from beach to reef to point. The most popular locations are Ballybunion and Castlegregory with surf schools and shops in the county.

Cork

The beaches surrounding Clonakilty are some of the most popular however there is surf along most of the Cork coast. There are surf schools and shops at the main locations and in Cork City.

Waterford

The main location is Tramore, a short drive from Waterford. This seaside town has long been established as a surfing centre and is home to one of Ireland's oldest and most active surf clubs, the T-Bay Surf Club.

East Coast

Although the surf on the east coast is not as consistent as the rest of the Irish coastline it does occasionally have waves. The East Coast Surf Club based in Dublin is one of the largest surf clubs in the county and members regularly surf on the beaches to the north and south of Dublin.



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reefs and points to suit all abilities*

SAFE SURFING

Surfing is an adventure sport with an inherent element of risk. However this risk can be reduced if the basic safety rules and etiquette are adhered to by all.

"Safe Surfing" Basic Etiquette

Shoulder

Surfer closest to peak has priority

Peak

Surfer closest to peak has priority

Whitewater

No

Yes

To avoid collision paddle wide on wave shoulder

To avoid collision paddle towards whitewater

Do not drop in!

REMEMBER!

The Surfer closest to the peak has priority. Do not drop in. Hold on to your board.
Paddle for the whitewater to avoid a collision.

The Irish Surfing Association have printed A Surfer's Guide to Safety and Etiquette guide to surfing safety and etiquette which is available to download at www.isasurf.ie

If you are planning to start surfing your first step should be to take a surfing lesson at an Irish Surfing Approved Surf Club, School or Adventure Centre. Here you will be introduced to the sport in a safe environment, you will be given all the information, advice and basic skills required to get started. Your progress will be much quicker, the experience more enjoyable and you will be more likely to reach your full potential as a surfer if you take this route into the sport.

As with all watersports, you should only surf if you can swim and you should never surf alone. If you are unfamiliar with a break check with local surfers. Ensure that the waves you are surfing are of a size and power suitable to your ability. It is best to stick to beaches until you become an experienced surfer. A novice paddling out at a reef is not only a danger to themselves but to all other surf users around them.

Always make sure your equipment, especially your leash, is in good order. If you are a novice you may want to consider using a foam board for your own safety and the safety of others. If you do find yourself in difficulty it is important to stay calm and always stay with your board. Your board will act as a flotation device.

Access Problems

In Ireland surfers depend on the good will of landowners and local residents to access many of the spots we surf on a regular basis. Please respect our access and show respect to landowners and local residence. Do not park where you are blocking gates, roadways, residences etc. Do not damage fences or leave gates open. If you are unfamiliar with a break, check with local surfers regarding access. If you see other surfers jeopardizing access bring the matter to their attention. Please take your litter home.



IRISH SURF ASSOCIATION SURF SCHOOL APPROVAL SCHEME

The Irish Surfing Association's Approval Scheme for surf schools outlines standards to ensure the safe and enjoyable participation by the general public partaking in organised surfing lessons or surf coaching.

The term "Surfing" includes all the disciplines represented by the Irish Surfing Association, surfing, long-boarding, knee-boarding, body-boarding, body surfing and skim-boarding.

The term "Surf School" applies to any provider, individual or group offering organized surfing lessons and surf coaching, including surf schools, adventure centres and surf clubs.

In signing up to the Surf School Approval Scheme, providers commit to operating under internationally recognised standards for the safe operation of surf schools to ensure that the participant's experience of surfing is a safe and enjoyable one.



APPROVED SCHOOLS 1 June 2006 – 31st May 2007

Co Antrim

Troggs Surf Shop, Troggs Surf Shop, 88 Main Street, Portrush, Co Antrim, Tel: +44 (0) 28 70 825476, (From Rep of Ireland 048 70 825476), E-mail: surflessons@troggs.com, Website: www.troggs.com

Co Donegal

Adventure Ireland / Donegal Adventure Holidays, Donegal Adventure Centre & Surf School, Bundoran, Co Donegal, Tel: (353) 719842418, Fax: (353) 719842429, E-mail: info@donegaladventurecentre.net, Website: www.donegaladventurecentre.net or www.adventure-ireland.com

Adventure One Surf School, Ballyheirnan Bay, Fanad, Co. Donegal, Tel: 074 91 50262, E-mail: iain@adventureone.net, Website: www.adventureone.net

Bundoran Surf Co, Main Street, Bundoran, Co Donegal, Tel: 071 98 41968, E-mail: info@bundoransurfco.com, Website: www.bundoransurfco.com

Fin McCool Surf School, Rosstown, Co Donegal, Tel: 071 9859020, E-mail: finmccools@gmail.com, Website: www.donegalsurfing.com

Rosstown Surf Club, The Beach, Rosstown, Co Donegal, Tel: 087 2538585, E-mail: rosstownlaghsc@hotmail.com, Website: www.rosstownlaghsurfclub.com

SDS Inishowen Surf School, Inishowen, Co Donegal, Tel: 087 7773323, E-mail: danielgallanagh@eircom.net

Turf n Surf Lodge and Surf School, 6 Bay View Terrace, The Peak, Bundoran, Co Donegal, Tel: 087 2830667/ 071 9841091, E-mail: info@turfnsurf.ie, Website: www.turfnsurf.ie

Co Sligo

Perfect Day Surf School, Strandhill, Co Sligo, Tel: 071 91 28488/ 087 2029399, E-mail: info@perfectdaysurfing.com, Website: www.perfectdaysurfing.com

Seventh Wave Surf School, Enniscrone, Co Sligo, Tel: 087 9716389, E-mail: seventhwavesurfschool@yahoo.co.uk, Website: www.seventhwavesurfschool.com

Strandhill Surf School, Beach Stores, Strandhill, Co Sligo, Tel: 071 91 68483/087 2870817, E-mail: strandhillsurfschool@eircom.net, Website: www.strandhillsurfschool.com

Co Clare

Aloha Surf School, Fanore, Co Clare, Tel: 087 2133996,
E-mail: enquiries@surfschool.tv, Website: www.surfschool.tv

Ben's Surf Clinic, Lahinch, Co Clare, Tel: 0868448622,
E-mail: ben@benssurfclinic.com, Website: www.benssurfclinic.com

Lahinch Surf School, Ballyfaudeen, Lahinch, Co Clare,
Tel: 065 7082061, Mobile: 087 9609667,
E-mail: lahinchsurfschool@eircom.net,
Website: www.lahinchsurfschool.com

Ocean Scene Surf School, Church Street, Lahinch, Co Clare,
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Website: www.oceanscene.net

Co Kerry

KingdomWaves Surf School, Tralee, Co Kerry, Tel: 087 7447958,
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Jamie Knox Watersports, The Maharees, Castlegregory, Co Kerry,
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Website: www.jamiieknox.com

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Gtown Surf School, Garrettstown, Ballinspittle, Co Cork,
Tel: 021 4778884 or 087 8768549,
E-mail: info@surfgtown.com, Website: www.surfgtown.com

West Cork Surf School, Inchydoney, Clonakilty, Co Cork,
Tel: 086 8695396, E-mail: col@westcorksurfing.com,
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Co Waterford

T-Bay Surf Centre,
On the Beach,
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