

# BUNDORAN SURF GUIDE



**Please use our surf guide to help you navigate the surrounding surf spots.**



### 1 TULLAN

#### Wave Type

All Levels.  
Sand bottom.

#### Works Best

All Tides

Most consistent beach in the region. Best in small and medium size swells. Good low tide (intermediate) wedges beside the cliffs and good high tide banks all along the beach.



### 2 ROSSNOWLAGH

#### Wave Type

Beginner.  
Sand Bottom.

#### Works Best

Mid to High

When Tullan is too big or too windy then Rosstownagh is a good option. Mellow rolling waves means this is a good option for beginner/improver surfers



### 3 MAIN BEACH

#### Wave Type

Intermediate.  
Sand Bottom.

#### Works Best

High Tide

Good high tide banks in large storm swells. The sandbar here can be good at low tide in mid size swells. Tricky wave for improvers. Not for beginners. Can have strong rips.

### 4 INSIDE LEFT

Advanced. Reef. Low Tide

Just beside the Peak can have really long lefts. Can be more fickle than the Peak. Low tide wave.



### 5 THE PEAK

#### Wave Type

Advanced.  
Reef.

#### Works Best

Low Tide

World class reef break with short right and longer left. Best at low tide. Always has a crowd. Only for experienced surfers. Most consistent reef break in Ireland.



### 6 THE RIVERMOUTH

#### Wave Type

Intermediate.  
Rock Bottom.

#### Works Best

High Tide

The Drowes Rivermouth is a long righthander breaking in deep water over rounded rocks. Intermediate friendly. Needs a medium size swell to start working.



### 7 MULLAGHMORE BEACH

#### Wave Type

All Levels.  
Sand Bottom.

#### Works Best

Mid Tide

In massive Winter storm swells this normally flat beach will have great 2ft waves for beginner/improver surfers and good shelter from W and NW winds.



### 8 CLIFFONY BACK BEACH

#### Wave Type

Improvers.  
Sand Bottom.

#### Works Best

All Tide

Best for Improvers. Works in similar conditions to Tullan and the Peak but does need a bit more swell. Really great spot to surf but 15 minute walk puts most people off.



### 9 STREEDAGH

#### Wave Type

All Levels.  
Sand bottom.

#### Works Best

Mid to High

Lovely beach outside Grange village that is suitable for beginner and improver surfers. Needs a decent size swell to get going but has good protection from West and South West winds.

**Always surf respectfully.  
Always ask for local advice before surfing.**

