

Sea Trout Marks on Ireland's North West Coast

1. Doagh Isle and Trawbreaga bay (3rd edition, Discovery series, map no 3). From Carndonagh the R238 runs north west, parallel to the shore of Trawbreaga bay. As it bears south (about 3 kms before Ballyliffin), a small road runs north to Doagh Island. This affords easy access to the southern side of the main channel leading to Trawbreaga bay. The whole bay can be fished from a boat, but from the shore, sea trout can be taken in the main channel from Doagh to Five Finger strand. The mouth of the Glennagannon river (GR 48 48) is also worth fishing. The best fish are usually taken in March and April (fish to 5 lbs) and as a bonus in the autumn bass are also caught. The best time to fish is an hour before and after low and high water. Free lined sand eels, spinners or fly all work throughout the season. Be aware, the sand here can be very soft in places!

2. Blanket Nook (3rd edition, Discovery series, map no 6). This brackish lough covers an area of 32 hectares and is located some 2 kms north of Newtown Cunningham. The water level is maintained by flood gates in the dam wall. The lough holds good numbers of sea trout through the summer and the occasional salmon. Fishing is best from July onwards and fishing is from the shore. Inch Level Lough is another brackish lough (163 hectare), 3 km north east of Blanket Nook. Once a noted Donegal sea trout fishery, it still holds sea trout throughout the season and occasional salmon. To fish seek local permission.

3. Ards estuary (3rd edition, Discovery series, map no 2). South west of Carrigart, on the R245, one crosses the estuary of the river Lackagh where it joins the Ards estuary. The Lackagh fishery comprising the Lackagh river, Glen Lough, the Owencarrow river & Lough Beagh, is a noted sea trout fishery with runs of fish from July. The season is 1st January to 30th September. For angling information on Lough Beagh see www.fishinginireland.info or call 074 9551141 (in season). For Lough Beagh web bookings see www.donegalanglingholidays.com. In the estuary where the Lackagh joins the Duntally River and where the channel passes Doe castle, are both excellent areas for sea trout. The fish are generally smallish in the 1 – 1 ½ lb bracket but numerous. Further west, sea trout can be found around the mouth of the Faymore River and the other small rivers entering the estuary. All techniques work here and sea trout can be caught all season.

4. Dunfanaghy estuary (3rd edition, Discovery series, map no 2). West of Port na Blagh on the N56 lies the village of Dunfanaghy. North east of the town is a long stretch of sand running parallel to the road. The best access to this beach is by the road across the golf course which leads to a large public car park at the edge of the dunes. This beach is popular with a variety of recreational users and so gives limited opportunity for anglers during the warm summer days. Sea trout are taken all along the beach, however the best spot is at the western end of the beach where the river channel meets the sea. Mullet and occasional bass are also caught here.

5. Ballyness strand (3rd edition, Discovery series, map no 1). Where the N56 swings away from the coast at Gortahork it is met by the R257 which runs north west around the southern shore of Ballyness Harbour. This bay can offer very good sea trout fishing (plus the occasional bass) particularly as one heads up toward Finlay's Bar. Good fish can be taken in March and April with smaller fish dominating catches during the summer. All methods can work here.

6. Gweebarra estuary (3rd edition, Discovery series, map no 10). The Gweebarra River is a noted salmon and sea trout fishery, its season being the 1st April to 30th September. This is a very large estuary that provides a wealth of angling locations and can be fished from a boat or the shore. This estuary provides consistent, good sport throughout the season and fish can be taken irrespective of the state of the tide on all methods. Most fish are in the ¾ to 1 ½ lb bracket, but much larger are regularly taken. Rany point (grid ref 77 98) is one of the favoured locations on the south of the estuary, with the beach area west of Cor point (Grid ref 77 00) favoured on the north. Be aware of areas of very soft sand and fast currents in the estuary.

7. Maghera strand (3rd edition, Discovery series, map no 10). Just outside Ardara on the N56 take the roads signposted either Loughros Point (to fish the north of the bay), or Maghera Strand (to fish the south of the bay). Spinning off the rocks on the north of the bay produces sea trout as well mackerel and some good pollock off the rocks. Fly fishing and free lining sand eel will catch sea trout to the south of the bay. This area fishes best on the flood tide. Be careful, the beach area is very exposed.

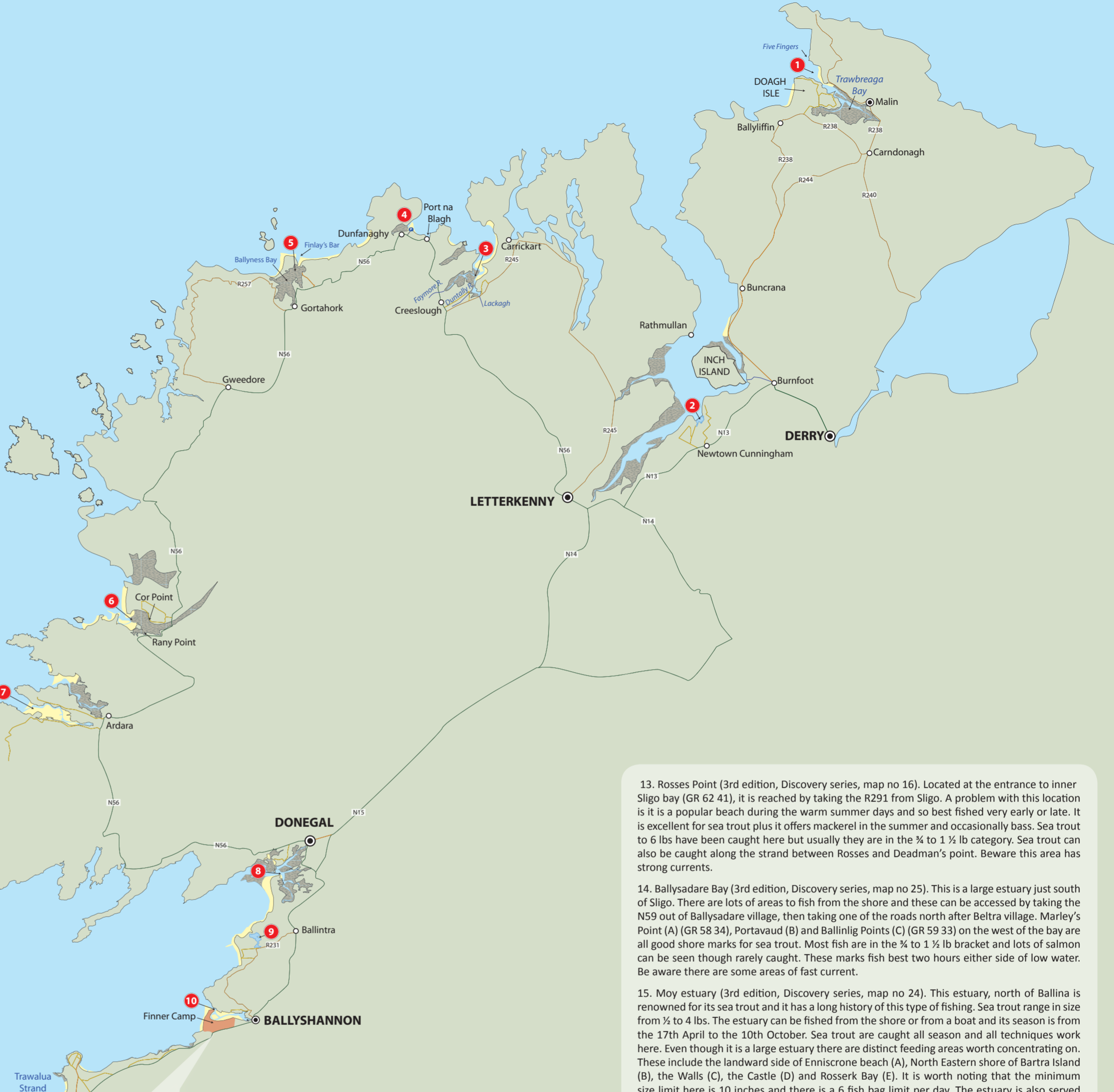
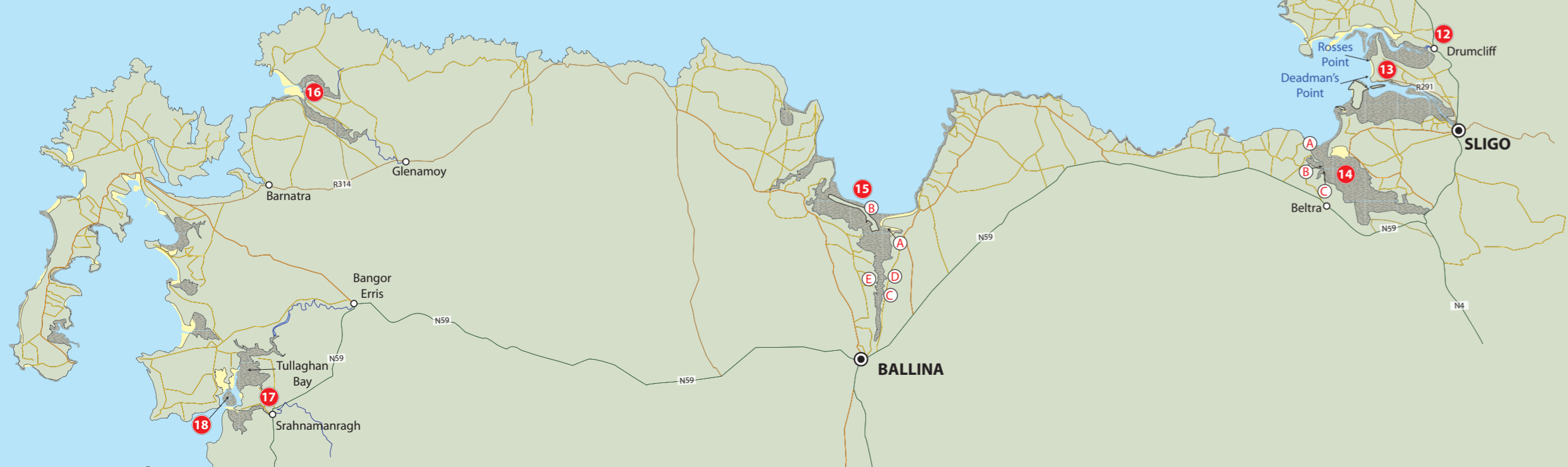
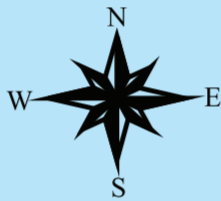
8. Eske estuary (3rd edition, Discovery series, map no 11). Donegal town sits at the top of the Eske estuary. The Eske Fishery (consisting of Lough Eske and the river Eske) is renowned for its sea trout run. For angling information on this fishery see www.fishinginireland.info or call 074 9740781 (in season). For Lough Eske web bookings see www.donegalanglingholidays.com. The season runs from 1st May to 30th September. Sea trout are caught throughout the estuary, on all methods. They can be caught from the quay in Donegal town at high water. The north & south (Bell's Isle) shores at Hassan's are productive locations (grid ref 89 75). The best fish are usually taken in the spring with smaller fish around in the summer. The estuary fishes best on the flood tide. Be careful of areas of soft ground.

9. Durnesh Lake (Swan Lake) and beach (3rd edition, Discovery series, map no 11). Durnesh Lake (GR 88 69) is situated approximately 4 km west of Ballintra and 10 km north of Ballyshannon just off the R231 (just north of Rosstownlough). It is a shallow, sedimentary lagoon with a total area of 70 hectares. The level of the lagoon is controlled by floodgates. The lake has a good stock of small brown trout (with the occasional fish to 2 ½ lbs) plus sea trout. Sea trout can be caught all season, however it fishes best from early in the season to July. The north west shore (grid ref 875 696) is the only section that can be fished since much of the rest of the lake is inaccessible or on private land. The shore is easy to wade. If the lake is not fishing it is also worth trying along the beach area adjacent to the outflow of the lake.

10. Erne estuary (3rd edition, Discovery series, map no 16). The Erne estuary is fished primarily for sea trout though there are also mullet and mackerel present. Fly-fishing is both popular and effective, as is spinning and free lining sand eel early in the season. Fishing is from the shore or boat and the season runs from March 1st to the 30th September. Sea trout of 5 lb + are regularly taken early in the season, most falling to sand eel, early summer the estuary fills with smaller fish, the larger fish reappearing once more in September. Anglers, under no circumstances, are allowed to enter the Finner Camp, Department of Defense property when red flags are posted. This is a firing range and at such times live rounds are being fired! The main fishable section is from the quay in Ballyshannon and the little stone beach at Port na Marbh (south shore close to Inish Saimer Island) and thence to the sea. The most popular areas to fish are Randy to Fox's Wall (northern shore) and Daniel's Dull to The Bog (southern shore). These marks are best fished from low water (seaward end) up to mid water. The wrack shore can provide good fishing from mid tide onwards. The upper section of the Estuary at Ballyshannon is normally fished around high tide. The river Erne, once famous for its runs of salmon, never had a run of sea trout. The sea trout in the estuary must therefore be coming primarily to feed in the estuary and then returning to spawn in Donegal and Sligo rivers. A Salmon Licence & a Special local Licence are required to fish the Erne Estuary. These are available from the Inland Fisheries Ireland, Station road, Ballyshannon. **Tel:** +353 (0) 71 9851435.

11. Milkhaven estuary (3rd edition, Discovery series, map no 16). Following the N15 south from Ballyshannon, one comes to the village of Grange. Flowing through Grange is the river Grange and it enters the sea 3 km west of the village. Where it enters the sea is known as the Milkhaven. This runs behind Steedagh strand in a north westerly direction. Sea trout and mullet are taken all along this channel. However the 'hot spot' is where the channel empties into the sea between Dernish Island and Trawalua strand. To get to this spot it is best to park at Mount Temple (GR 676 519). The Milkhaven fishes at all stages of the tide.

12. Drumcliff (3rd edition, Discovery series, map no 16). The Drumcliff river drains Glencar Lough. The season runs from 1st February to 12th October. This lough has the reputation for the largest average sized sea trout on the west coast of Ireland. Below the bridge, where the N15 crosses the Drumcliff river (GR 67 42), fishing on the estuary is free however only fly fishing is permitted. Salmon and sea trout are taken in good numbers from the pools below the bridge. After June, it is unusual not to see people fishing below the bridge, it fishes best 2 hours after high tide.



13. Rosses Point (3rd edition, Discovery series, map no 16). Located at the entrance to inner Sligo bay (GR 62 41), it is reached by taking the R291 from Sligo. A problem with this location is it is a popular beach during the warm summer days and so best fished very early or late. It is excellent for sea trout plus it offers mackerel in the summer and occasionally bass. Sea trout to 6 lbs have been caught here but usually they are in the ¾ to 1 ½ lb category. Sea trout can also be caught along the strand between Rosses and Deadman's point. Beware this area has strong currents.

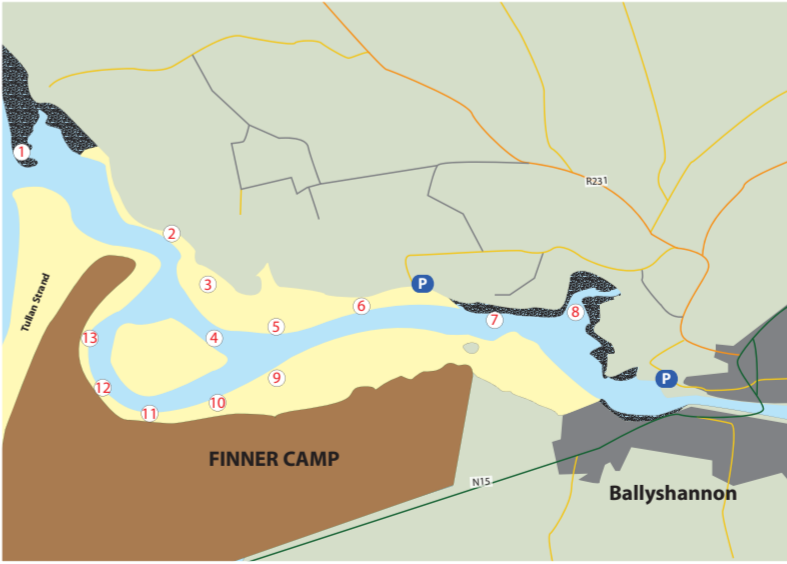
14. Ballysadare Bay (3rd edition, Discovery series, map no 25). This is a large estuary just south of Sligo. There are lots of areas to fish from the shore and these can be accessed by taking the N59 out of Ballysadare village, then taking one of the roads north after Beltra village. Marley's Point (A) (GR 58 34), Portavaud (B) and Ballinlig Points (C) (GR 59 33) on the west of the bay are all good shore marks for sea trout. Most fish are in the ¾ to 1 ½ lb bracket and lots of salmon can be seen though rarely caught. These marks fish best two hours either side of low water. Be aware there are some areas of fast current.

15. Moy estuary (3rd edition, Discovery series, map no 24). This estuary, north of Ballina is renowned for its sea trout and it has a long history of this type of fishing. Sea trout range in size from ¾ to 4 lbs. The estuary can be fished from the shore or from a boat and its season is from the 17th April to the 10th October. Sea trout are caught all season and all techniques work here. Even though it is a large estuary there are distinct feeding areas worth concentrating on. These include the landward side of Enniscrone beach (A), North Eastern shore of Bartra Island (B), the Walls (C), the Castle (D) and Rosserk Bay (E). It is worth noting that the minimum size limit here is 10 inches and there is a 6 fish bag limit per day. The estuary is also served by one of the specialist sea trout guides, Judd Ruane who can be contacted on juddruane@juddruane.com or +353 (0) 96 22183

16. Rosspoint Bay (3rd edition, Discovery series, map no 22) – 6 kms north of Barnatra, on the R314, the estuaries of the river Glenamoy (season from 1st May to 30th September) and Gweedaney join in Rosspoint bay. Both rivers have runs of salmon and sea trout. The estuary is well known for holding good numbers of sea trout that can be fished for during most states of the tide. All methods work. Most sea trout are around the pound and occasional salmon and bass are caught. The usual way to fish the estuary is to move from sand bank to sand bank so waders are a must.

17. Owenduff river (3rd edition, Discovery series, map no 22). Taking the N59 for 11 kms, south from Bangor Erris you will reach the Owenduff river. Standing on Srahnamanagh Bridge looking downstream there is a weir and on the right bank a large white house (GR 799 137). From the weir the fishing is free down into Tullaghan bay. Access to the bank is through private lands, permission should be sought from local land owners before fishing. The pools below the weir hold sea trout most of the season and fish best when the river is low. In high water the fish tend to run straight through. Salmon and sea trout lie in these pools often moving up and down with the tide. All methods work here but most people would choose to fly fish. The sea trout range in size from ¾ to 3 lbs and the sea trout season on the Owenduff runs from the 1st February to 12th October.

18. Tullaghan bay (3rd edition, Discovery series, map no 22). This bay is formed by the joining of the rivers Owenmore and Owenduff. Both rivers have good stocks of sea trout and in the past, very large sea trout have been caught by commercial fishermen in the estuary. The larger fish are usually taken early in the season. There are various areas to fish and sea trout and occasional bass are caught around Trawboy (GR 76 14), Bleankeragh (GR 79 14) and Carrgreenmore (GR 77 16). The sea trout respond to all angling methods. Be aware the eastern part of the bay has a reputation for the lesser Weaver fish, which can inflict painful stings on the unwary.



- | | |
|-------------------|------------------|
| 1. The Bar | 8. Abbey Bay |
| 2. Randy Hole | 9. The Bog |
| 3. Randy Rocks | 10. Bite Stick |
| 4. Blind Channel | 11. The Limit |
| 5. The North Fowl | 12. Green Stones |
| 6. Fox's Wall | 13. Daniels Dull |
| 7. Wrack Shore | |

About this Guide

This angling guide primarily targets sea trout at sea and has been produced with the tourist angler in mind. The area covered by this guide is from north of Achill Head in Co. Mayo, north to Malin Head in Co. Donegal. When fishing for sea trout in estuaries and the sea, anglers will at times also hook mullet, pollock, mackerel and even salmon. It is also surprising the other species that will occasionally grab a passing fly or lure.

Many freshwater anglers, particularly fly fishermen have been expanding both their target species and fishing locations over the last ten years or so. Undoubtedly, this has been spurred on by media coverage of exotic angling destinations and species. Many have turned their attention to species they previously ignored, such as bass, mullet and even sea trout. Sea trout have always been much sought after in rivers and loughs. However, apart from a few notable exceptions, sea trout have been largely ignored when in the sea.

Around the coasts of Mayo, Sligo and Donegal there are still near pristine environments for sea trout. It is likely that sea trout can be caught all around the coast. However, as with all species, sea trout favour certain areas and this guide, (hoping to cut down on the users leg work) highlights a number of marks worth fishing. For the more adventurous, who are willing to get a map out and walk to the more isolated shorelines, there are no doubt other ‘hot spots’ to be found.

It is also worth mentioning that the rivers and loughs in this area offer first class sea trout fishing particularly from July onwards. So, if sea conditions are not favourable the rivers and loughs may well be worth a go.

Sea Trout

Sea trout, as the name suggests, spend a significant part of their lives in the sea. They have a variety of regional names such as white trout, peal, finnock, harling and sewin. Native to Ireland they are also found widely in the UK, Scandinavia, Iceland, the Baltic and many parts of the European Atlantic seaboard down as far south as Portugal (a similar distribution to salmon).

Sea trout were once thought to be separate species to brown trout; however, genetic analysis has shown they are one and the same (*Salmo trutta*). Their life cycle is similar to the salmon (*Salmo salar*) although sea trout generally live longer and spawn numerous times. Spawning in freshwater, they spend two to three years in their natal streams before going to sea to feed and grow, eventually retuning to spawn. It is believed sea trout have taken on migration to sea mainly due to the scarcity of available food in their native waters (biological, genetic and environmental factors are also involved in a minor way). In less productive waters many choose to smoltify and migrate to sea to take advantage of the richer feeding. This migration gives them a distinct reproductive advantage as the richer feeding allows them to grow significantly larger than their counterparts remaining in freshwater. The larger a hen fish, the more eggs she will produce.

Adult sea trout lay their eggs in redds cut in river gravels. Sea trout ‘parr’ are indistinguishable from resident brown trout. The parr remain in fresh water for up to 5 years, though most migrate to sea after only 2 or 3 years. Growth rate and so age at which they enter the sea varies over their geographical range with more female parr becoming smolts than males.

Smoltification occurs in the spring (April - June) typically when the fish are 15 – 18 cm long. Associated with physiological changes for living in salt water they turn silver, develop spotted flanks and yellow pectoral fins before migrating to sea, where they feed voraciously, putting on weight quickly. By the end of the first summer they weigh ¾ lb or more and some of these return to freshwater (known as school peal or finnock) between June and August.

Sea trout that remain at sea for a full winter and return to freshwater in spring are highly prized. These larger sea trout (often 3 lb +) usually appear in rivers from April to May and spawn in October / November. Sea trout can live between 12 – 15 years during which time they may return to spawn almost every year.

Other Species

Apart from sea trout other species provide excellent sport taking fly, lure or bait.

Thick lipped grey Mullet (*Chelon labrosus*) also known as the Irish ‘bone fish’, can and do take flies and lures. However, they can test one’s sanity as they are well known for their particularly selective feeding habits. Many anglers have fished through shoals only to find the mullet ignore their best efforts. They are often found in the same environments as sea trout, such as estuaries and salt marshes. They also frequent harbours and marinas, moving into shallow coastal waters with the onset of early summer, (often in May) and returning to the deeps in October. Mullet are exceptionally strong fish and if hooked, one’s tackle is guaranteed a stern test. Slow growing, a 40 cm fish may be as old as 9, whilst a 50cm fish could be up to 12 years old. For this reason, they are extremely susceptible to over fishing and stocks could quickly decline if heavily exploited. Mullet are a useful indicator species; they are easily seen as they regularly shoal in shallow waters, breaking the surface as they feed and often sea trout mix in with these mullet shoals.



Pollock (*Pollachius pollachius*) are most frequently found around reefs, wrecks, piers, rocky areas and in kelp beds. They can be caught all year round. They are not particularly selective feeders and will take small fish, crustaceans, molluscs and worms, most of which can be simulated with a fly or lure. The initial hit is usually severe and if you stop them getting into cover the fight is then more manageable. From the shore a pollock of 5lbs is considered a good fish but it is possible to hook much larger. The larger fish often move in-shore as the light fades.



Tactics

Though not as numerous as in times past, stocks of sea trout in Ireland are generally healthy. Sea trout, unlike salmon, do not migrate to the high seas but remain close to shore during their time at sea. In the marine environment they feed on a variety of fish, invertebrates and molluscs. They can be caught from areas of open coast but more often than not the ‘hot spots’ usually relate to estuaries and salt marshes where sea trout spend much time feeding.

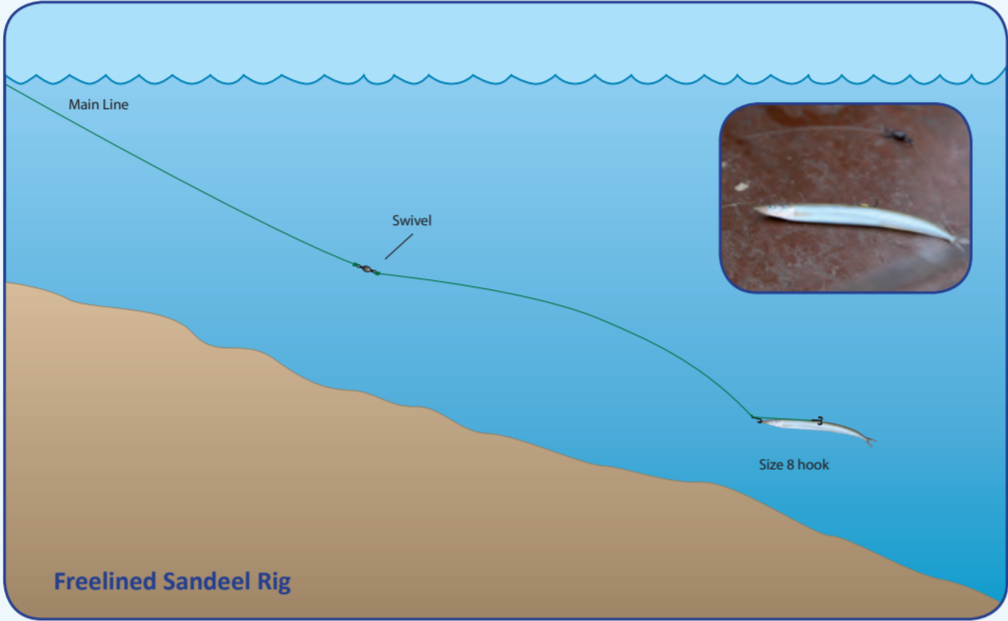
Traditionally and most commonly they are fished for in their natal rivers. Sea anglers catch them also, but mainly as a bycatch. More recently anglers have been targeting them in the sea, particularly with the fly rod. They have found that sea trout will readily take both flies and baits during the day.

For fly fishing a 9ft 6in rod, rated AFTM 8 plus is advised. An intermediate line will probably be best in the early spring, with a floating line for the rest of the season. Flies resembling shrimp and fish patterns are generally the most successful. Sea trout feed hard in the sea and the size and presentation of the fly is often more important than the pattern. Standard, well known patterns such as Teal, Blue & Silver, Needle Fly, Rogan’s Gadget, Clouser Minnows, Baltic Special, and Medicine will all take fish. Bubble and fly is successfully used in some areas.



When fishing in the sea, it is vital to ensure ones tackle is up to the job. Freshwater anglers, just giving it ‘a go’ might be shocked at how quickly salt water corrodes standard freshwater tackle. Be wary of ordinary flies used in saltwater, they may look fine but can snap after a while when playing a fish. If using freshwater tackle, ensure it is washed thoroughly in freshwater at the end of the session, including all flies and lures. If possible, tie or buy flies produced on stainless steel hooks.

Spinning on light tackle is also productive, with the most popular lures being small Toby, Mepp and Tasmanian Devils. Blue & silver are seemingly the most productive colours. Sea trout are often taken as a bycatch by bait anglers and will take a variety of well presented baits. A favoured technique is the natural sand eel, either fished ‘free lined’ down current or spun. At times this is deadly, particularly early on in the season. It also tends to account for many of the larger fish caught.



Fishing Tips

- Though sea trout fishing is traditionally carried out at night, in the sea they will feed throughout the day. As such and due to the inherent risks of fishing at night, sea fishing is best avoided in the dark.
- When fishing for sea trout, the trick is to seek them out. Often this means moving and covering new water. The exception to this is if you are fishing in a tide race where fish might move past you.
- Sea trout favour varying areas at different states of the tide. To find the best times for certain areas requires local knowledge or experience.
- Sea trout will feed in very shallow water. At such times they are easily disturbed and anglers should ensure a stealthy approach.
- Watch for signs of fish – one of the easiest fish to spot is the mullet and sea trout will often mingle with the mullet shoals.
- Sea trout can be ‘leader shy.’ Usually casts should be no heavier than 8lbs.
- In rocky or weedy areas line trays can be invaluable, protecting the line from damage and also from tangling around various objects on the ground.
- Due to the higher density of salt water, your lines will sink slower. Bear this in mind when fishing sinking lines. You may be fishing somewhat higher in the water than intended and may need to select a faster sinking line.
- Salt water will leave a coating on fly lines and together with sand is corrosive to tackle. Consequently, anglers are advised to thoroughly clean their tackle in freshwater after every use. Anglers should also be aware that ‘Gore Tex’ does not fair well in salt water.

Tackle Shops

Barrett’s Tackle Shop

Main Street, Bundoran, Co. Donegal.
T: +353 (0)71 9842266

Gerry O’Neill’s

Main Street, Dunkineely, Co. Donegal.
T: +353 (0)74 9737209
E: oneilltackle@hotmail.com

Charles Bonner

The Bridge, Dungloe, Co. Donegal.
T: +353 (0)74 95 21163

Charlie Doherty

Main St, Donegal, Co. Donegal.
T: +353 (0)74 97 21119

Amazonas Outdoor store

6 Pearse Road, (opposite Dominos Pizza),
Letterkenny, Co. Donegal.
T: +353 (0)74 9120649
E: amazonas@town.iew
W: www.amazonas.town.ie

Lough Swilly Flies & Angling Centre

Roughpark, Ramelton Road, Letterkenny,
Co. Donegal.
T: +353 (0)74 9168496
E: jmclswillyflies@eircom.net
W: www.donegalanglingcentre.com

Top Tackle

55 Port Road, Letterkenny, Co. Donegal.
T: +353 (0)74 9167545
E: toptackle@gmail.com

S. G. Gillmore

General Merchants, Main Street, Dromahair,
Co. Leitrim.
T: +353 (0)71 9164118

Drowes Fishery Office:

Lareen, Kinlough, Co. Leitrim.
T: +353 (0)71 9841055

Barton Smith

Hyde Bridge, Sligo.
T: +353 (0)71 91 42356
E: info@bartonsmith.ie

W: www.bartonsmith.ie

Kingfisher Bates

Pier Road, Enniscrone, Co. Sligo.
T: +353 (0)96 36733

JJ’S Fishing and Outdoor

Main Street, Ballisodare, Co. Sligo.
T: +353 (0)86 3873419

Ballina Angling Centre

Unit 55 Ridge Pool Road, Ballina, Co. Mayo.
T: + 353 (0)96 21850
E: info@ballinaanglingcentre.net
W: www.ballinaanglingcentre.net

Ridge Pool Tackle Shop

Cathedral Road, Ballina, Co. Mayo.
T: +353 (0)96 72656

John Walkin’s Fishing Tackle Shop

Market Square, Ballina, Co. Mayo.
T: +353 (0)96 22442 or (0)87 2959225

Erris Autoparts & Accessories

Belmullet, Co. Mayo.
T: +353 (0)97 82093

Specimen fish – The Irish Specimen Fish Committee (ISFC) record sea trout is one of 16 lb 6 oz caught in the Shimna River, Co. Down by Thomas McManus in 1983. The ISFC offer specimen awards for fish taken in Irish waters. The qualification weight for a sea trout is 6 lbs (2.7 kg). If you are fortunate enough to catch a fish of this size, there are a series of rules and regulations relating to weighing, identification, photographs etc that one must adhere to. These can be seen and downloaded from the ISFC web site, www.irish-trophy-fish.com/claim_form/instructions.htm.

Errors or Inaccuracies

While every effort has been made to ensure that the information contained in the guide is accurate, no responsibility will be accepted by Inland Fisheries Ireland for any errors or inaccuracies therein.

Acknowledgements

This brochure has been put together by Mark Corps and Shane O’Reilly from the IFI Swords office working in conjunction with Fisheries staff from the Ballyshannon, Letterkenny and Ballina offices. Photographs were courtesy of Gardiner Mitchell, Terry Jackson and Chris McCully. Erne estuary map by Lindsey Clarke.

We would also like to thank Willie Roche, Chris McCully, Ken Whelan and Michael Shortt for their input.

Legislation

Sea trout remain a valuable resource and are protected. Anglers fishing for sea trout must make themselves fully aware of the regulations.

The season in the sea is January 1st to October 12th.

If fishing in a river estuary, then the close season for that particular river will apply. For example in the Gweebarra River, the season is 1st April to 30th September.

Licence

- A State Salmon Rod License is required to fish for sea trout
- You must carry your license, logbook and tags with you at all times
- All sea trout kept, that are 40cm or over, must be tagged and the logbook filled out accordingly
- It is prohibited to keep or kill any sea trout in Connemara or the Ballinakill district.
- It is prohibited to sell rod caught sea trout over 40cm.

Bag Limit

All anglers catching sea trout are encouraged to practice a policy of ‘catch & release.’

The bag limit for the whole season is 10 fish, either salmon or sea trout (over 40 cm) per angler. This bye-Law provides for:

- A limit of 3 fish for the period 1st Jan to 11th May,
- A daily bag limit of 3 fish per day from 12th May to 31st August
- A daily bag limit of 1 fish per day from 1st September to the end of the season.

The bye-law also provides for the use of barbless single hooks and prohibits the use of worms as bait once the specified number of fish have been killed within the specified period.

A number of fishery estuaries are closed or fished on a catch & release basis for sea trout of 40cm or over. Any sea trout caught of this size must be released immediately back to the water.

Safety

Fishing in the sea can be dangerous, every year lives are lost. Often fatalities and accidents could be avoided if anglers took into consideration a few simple rules:

- Get a weather forecast and use it (please see below).
- Be aware of the tides and associated currents – get a tide table and use it. Do not get trapped by an incoming tide.
- Do not fish at night unless you know the area well.
- Be careful of soft sand and avoid if possible.
- Be aware of eroding and dangerous cliffs.
- Keep off piers or rock ledges during rough seas.
- Consider wearing personal buoyancy if there is any chance that you could be swept out or fall into the water.
- Dress appropriately (suitable footwear and clothing) for cold and wet weather as well as slippery surfaces.
- Carry a mobile phone and make sure the battery is fully charged.
- Consider taking sun tan lotion and a drink with you.
- Fish with a friend and ensure someone knows where you are going and what time you will be back.

Weather Forecasts are contained in all Irish daily newspapers and marine forecasts can be heard on RTE Radio1 at:

06.02hrs. Sea area forecast 12.53hrs. Land and sea area forecast

16.55hrs. Sea area forecast 23.55hrs. Land and sea area forecast

Comprehensive weather reports are also shown on RTE 1 television at 18.50, 21.25 and 24.00 hrs. Forecasts can also be obtained from the Met Eireann website; www.met.ie.

Sea trout can and are caught almost anywhere around the Irish coast from time to time. However as with all species there are specific locations were they congregate. Some well known marks are listed below and it is always worth chatting with the locals or local tackle shops about others.



Sea Trout Angling on Ireland’s North West Coast

 Iasach Intire Éireann
Inland Fisheries Ireland

