

This

is

IRELAND

Visit Salthill

A Marine
Experience in
IRELAND

#VisitSalthill



Thinking of visiting Ireland in 2025? Would you like to learn more about Salthill?

If you plan a 2025 trip to Ireland and wish to discover the marine life and stories of Ireland's connection to water, allow us to present the beautiful and historic Coastal Village Salthill.

Galway is known as the Marine Capital of Ireland and is well known for its seafood treats, stunning sights, and idyllic locations by the river and the sea, around the time of the 1940's there was a massive investment that transformed Salthill into the beautiful and iconic visitor spot we see now.

Against the backdrop of beautiful Galway Bay, Salthill is a fantastic place to visit, here are some of our favourite stories and places to see in Salthill.

Love Salthill, Let's Dive In.

By Galway Atlantaquaria, Ireland's largest native species aquarium & Wild Atlantic Way Champions.

SALTHILL

The famous 'prom' walk starts from Grattan, passing the Anchor, the Aquarium, Seapoint leisure, cinema, many cafes and restaurants, Palmers Rock, WILD ATLANTIC WAY midpoint, Leisureland swimming, Curry's Funpark (March), hotels, Circle of life memorial, The Light burner display, Ladies beach, and finally the iconic Blackrock diving tower.

So Many Sights and Things To Do.














Phew!



Don't forget to 'Kick The Wall'.

A SALT HILL STORY MAP
Visit incredible Salthill in County Galway and make a splash at the giant Leisureland complex, with its large indoor heated swimming pool. Enjoy the crisp breeze with a relaxing stroll along Ireland's longest promenade and appreciate the stunning views of Galway Bay. Spend some time in nearby Quincentennial Park and view the stunning Circle of Life National Organ Donor Commemorative Garden, it celebrates the lives and generosity of organ donors.

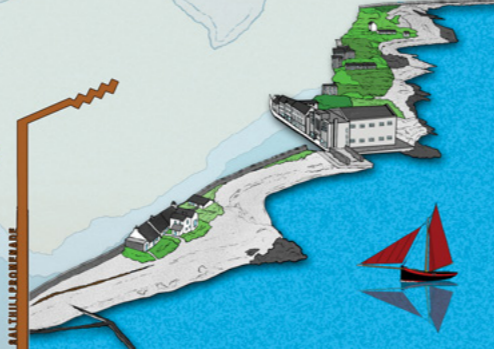
In 1819, Salt Hill becomes Salthill

 1817 Mutton Island Lighthouse	 1845 O'Connor's Bar	 1856 Promenade Built	 1860 Eglinton Hotel	 1879 Tramway (Connecting to Galway City)	 1903 Lonergan's Atlantic Bar
 1924 The Hanger	 1949 Seapoint Ballroom	 1950 Forster Park (Now Garda Station)	 1953 Blackrock Diving Tower and 'Prom' Extended to create reclaimed land, and Grattan Beach	 1965 The Galleon Grill, now the Galleon	 1998 Galway Aquarium
 2014 Circle of life Garden of commemoration & thanksgiving					

From the early 1800's, Salt hill was a quiet coastal fishing village, existing independently from Galway town, until the Victorian obsession for health and fresh air eventually came to the west of Ireland.

It was in the 1940s, when a county surveyor took over ownership of the land near the promenade, beginning the process of creating the 'Prom' as we know it today. They widened and straightened the road and began to improve the seating along the walkway and built flowerbeds and shelters for swimmers.

Salthill is a great place to visit, and experience of a true seaside village lifestyle.



Salthill can trace its identity all the way bay to 1557.
Paul Mc Ginley - SALTHILL a history part 1.



Sunsets On Salthill

If you are looking for experiences to remember, than there is nothing like a Salthill Sunset.

As the sun sets across the Bay you will never know what colours you will be treated to.

May there be just enough clouds on your horizon to cause a beautiful sunset.

- Irish blessing



Galway Bay, by Dr. Arthur Colahan

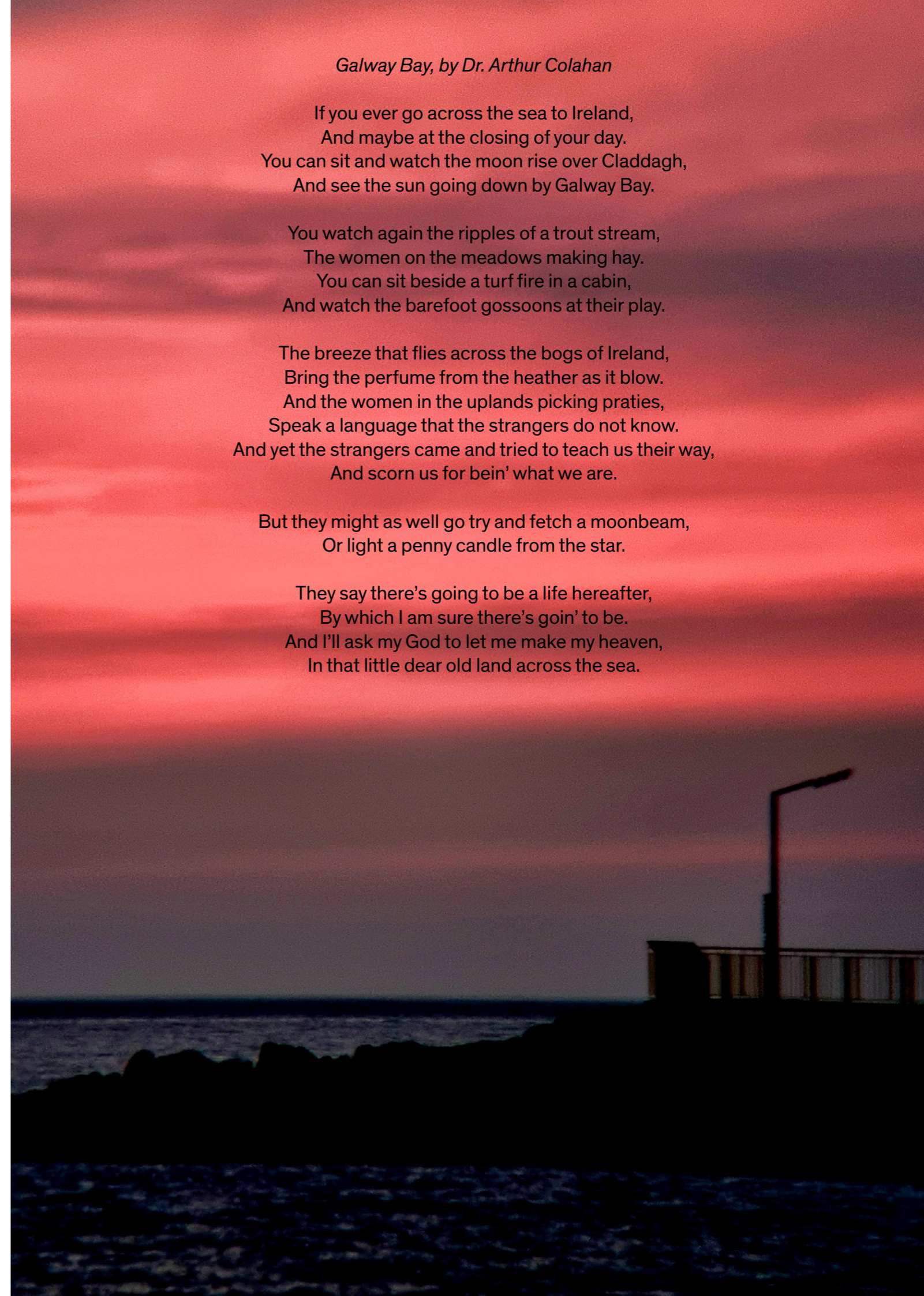
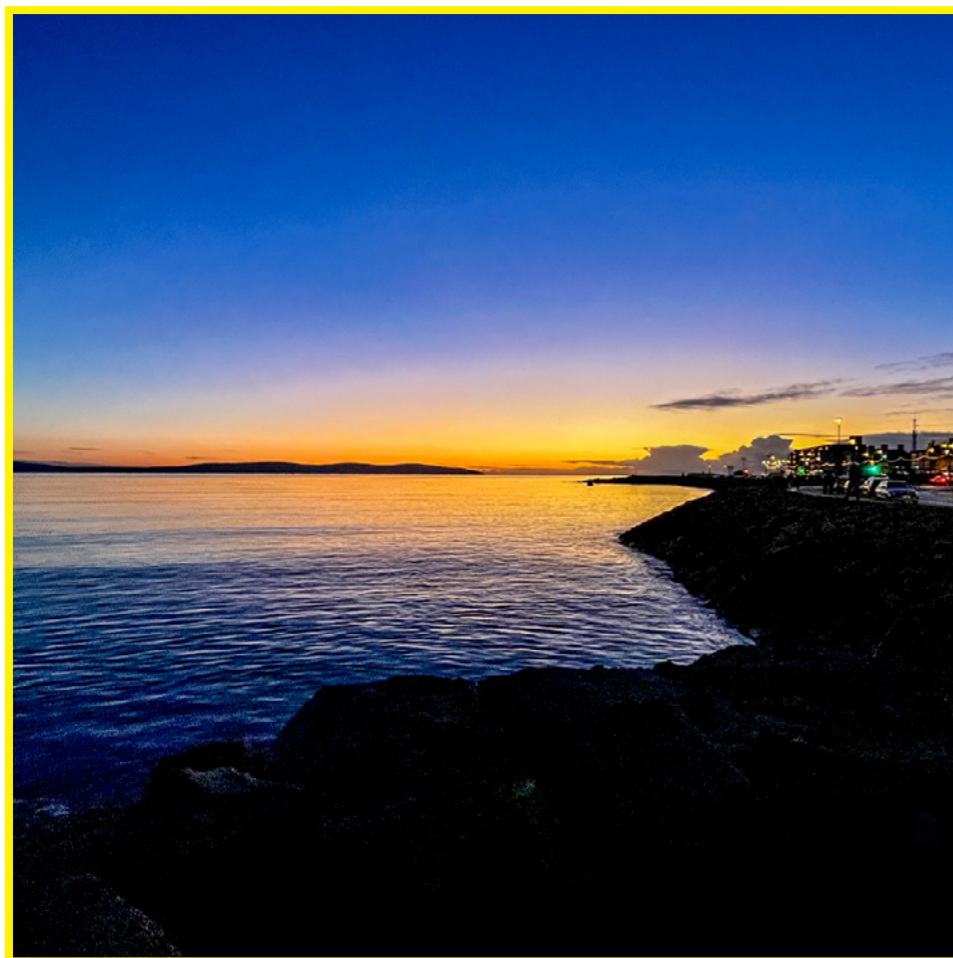
If you ever go across the sea to Ireland,
And maybe at the closing of your day,
You can sit and watch the moon rise over Claddagh,
And see the sun going down by Galway Bay.

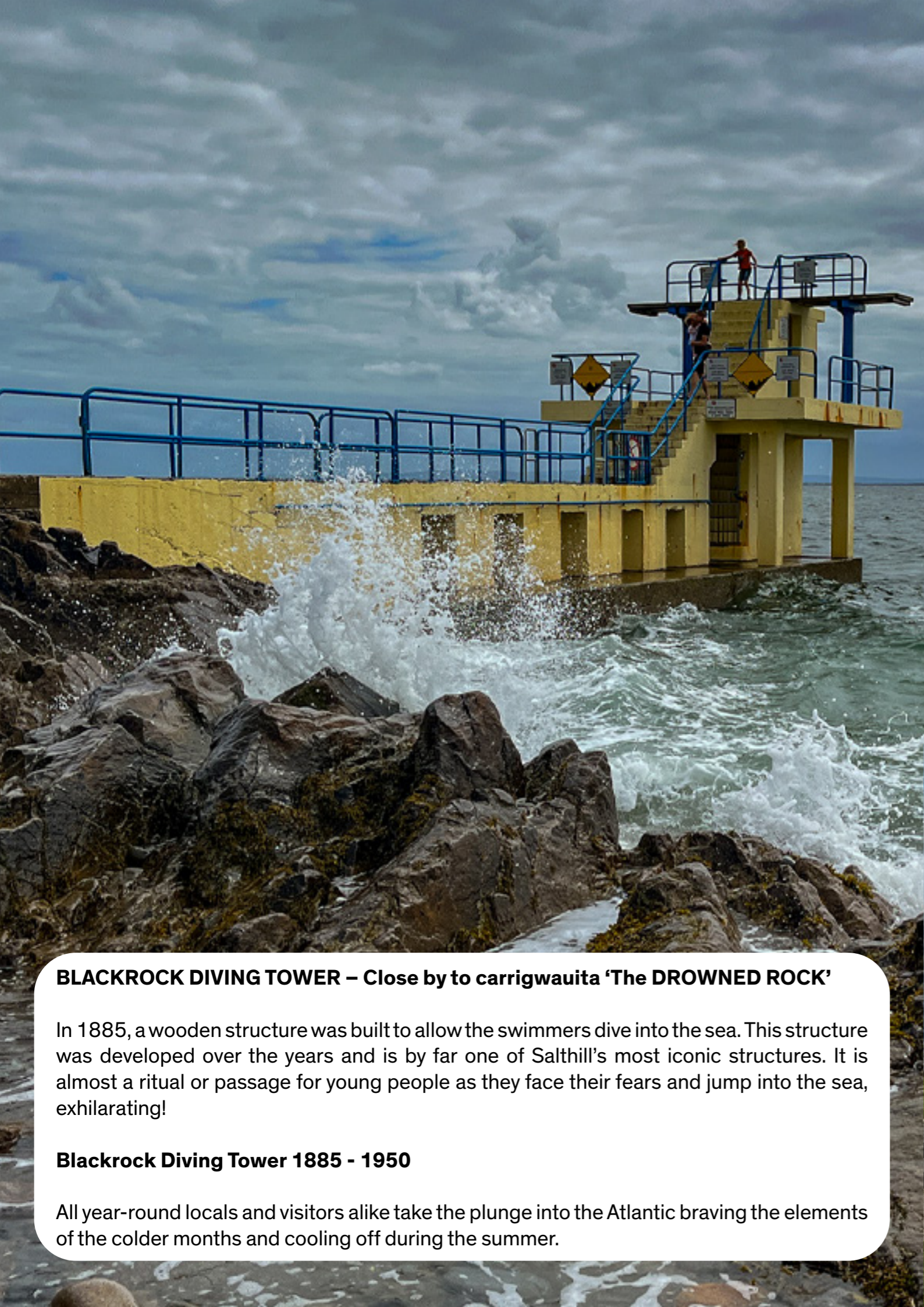
You watch again the ripples of a trout stream,
The women on the meadows making hay.
You can sit beside a turf fire in a cabin,
And watch the barefoot gossoons at their play.

The breeze that flies across the bogs of Ireland,
Bring the perfume from the heather as it blow.
And the women in the uplands picking praties,
Speak a language that the strangers do not know.
And yet the strangers came and tried to teach us their way,
And scorn us for bein' what we are.

But they might as well go try and fetch a moonbeam,
Or light a penny candle from the star.

They say there's going to be a life hereafter,
By which I am sure there's goin' to be.
And I'll ask my God to let me make my heaven,
In that little dear old land across the sea.





BLACKROCK DIVING TOWER – Close by to carrigwauita ‘The DROWNED ROCK’

In 1885, a wooden structure was built to allow the swimmers dive into the sea. This structure was developed over the years and is by far one of Salthill’s most iconic structures. It is almost a ritual or passage for young people as they face their fears and jump into the sea, exhilarating!

Blackrock Diving Tower 1885 - 1950

All year-round locals and visitors alike take the plunge into the Atlantic braving the elements of the colder months and cooling off during the summer.

Mutton Light Famine Memorial

*Solas Oileán na gCaorach
Cuimhneachán an Ghorta Mhóir*

The lighthouse you can see in the distance is Mutton Light.

It is the last light of their homeland seen by the many thousands of refugees who fled the Great Famine through the Port of Galway 1847 - 1850

*Is é an Teach Solais a fheiceann sibh
amaigh ar Oileán na gCaorach an
solas deiridh a chonaic na milte
dídeanaí dá dTír dhúchais agus iad
ag teitheadh ón nGorta Mór*



Mutton Island Lighthouse complex, built 1815.

Mutton Island got its name from the sheep that used to graze on the island.



CIRCLE OF LIFE MEMORIAL GARDEN



What to do while in Salthill

If you are interested in social swimming then Ladies Beach is a fantastic place for all ages to enjoy the dip and coffee just beside the beach!

If you are interested in a more challenging or adventurous swim, then head onto Blackrock Diving Tower. There is a lovely swimming community here too, but it is focused on some long swims across the bay.

Everyone does the rite of passage and jumps off the top of the diving tower, but you don't have to, there is photoshop so you can photograph yourself at the top and bottom!

I'm Hungry!

One of our fondest memories after a swim was making a bee line for Bon Bons and consuming hundreds of tasty apple cider sweets! Great for energy restoration.

But we assume the reader is a little older so let's look at the alternate food options available.

Salthill is a delight for foodies of all types, so we have selected the top spaces where we have eaten before.

We have noticed that most people who do the walk during the day are 'sussing' out places to eat in the evening. Salthill has both day and evening options, the craic is mighty in the evening!

After your swim there are some really fine dining options just across from Ladies beach, the Salthill Hotel and Galway Bay do some lovely offers during the day.

The Bay Brasserie and Prom restaurant are lovely.

If you are looking for Italian, Asian food, and local cuisine we have a host of options too.

Magnetti's and Da Roberta's are ideal options for fine Italian cuisine.

If you want an unspoiled panorama of Galway Bay while eating beautiful food, then Ground & Co is a fantastic choice.



Summary

Salthill has always had a huge connection to the sea, and fishing. Many years ago the Bay would have been full of Galway Hookers, sailing and fishing in the Bay.

To this day this thread or Anchor of memory is imbued in every part of the attractions along our golden mile, the 'Prom'. This is what we mean about the Marine Experience in Salthill. People from all over the world come to Salthill, attracted by the stories of the sea, and our deep connection to it.

We have only presented a very small 'taste' of the sea. If you would like to learn more Galway Atlantaquaria has created some brochures or photobooks that tell another story of Salthill.

Welcome To Salthill, Let's Dive In.



MORE READING ~ Salthill Blogs by the Aquarium

Our Most Popular Blog - Story Maps Salthill
<https://nationalaquarium.ie/a-history-of-salthill-told-with-story-maps/>

Top Two Things To Do in Salthill
<https://nationalaquarium.ie/top2thingstodo/>

The Blue & Green Spaces in Salthill
<https://nationalaquarium.ie/blueandgreenspacessalthill/>



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