

Handy List of Local Suppliers Services! 13/10/2020
Produced by Wern Fawr Manor Farm www.wernfawr.co.uk - supporting the local community.

For more information look at www.llanbedrog.info - enjoy your stay

Name	Tel No	Contact	FB - Hyperlinks
Doctor - Botwnog Health Centre	Tel: +44 (0) 1758-730266	Note: Abersoch surgery is closed	
Doctor - Pwllheli Surgery	Tel: +44 (0) 1758-701457		
Doctor - Nefyn Surgery (Ty Doctor)	Tel: +44 (0) 1758-721851		
Doctor - Out of hours Medical Service - Gwynedd & Anglesey Local Health Board	Tel: +44 (0) 845 850 1362 Out of hours GP +44 (0) 300 123 55 66	Weekdays: 18.30 - 08.00am All day Sat, Sun & Bank Holidays. By appointment only	
Dentist - Out of hours	Tel: +44 (0) 845 46 47	Weekdays: 18.30 - 08.00am All day Sat, Sun & Bank Holidays.	
Dentist - C J Lotter	Tel: +44 (0) 1758 713955	19 Cae Du, Abersoch, Pwllheli LL53 7EN - Private Patients only	
Dentist - Eleri Griffith	Tel: +44 (0) 1758 613341	Penlan Dental Surgery, 6 Penlan Street, Pwllheli LL53 5DH - Private Patients only	
Dentist - Deintyddfa GlanDwr Dental Practice	Tel: +44 (0) 1758 614700	4 North St, Pwllheli LL53 5YR	
Dentist - J M Harrington	Tel: +44 (0) 1758 614704	Dental Surgery, 8-9 Mitre Terrace, Pwllheli LL53 5HE - Private Patients only	
Dentist - D Williams	Tel: +44 (0) 1766 522455	Mona Terrace Dental Practice, 17 Mona Terrace, Criccieth LL52 0HG - National Health Patients	
Hospital - Ysbyty Gwynedd Hospital - Bangor LL57 2PW	Tel: +44 (0) 1248-384384		
Hospital - Ysbyty Bryn Beryl Hospital - Caernarvon Rd, Pwllheli LL53 6TT	Tel: +44 (0) 1758-701122		
Hospital - Health Unit - Ala Road - Pwllheli	Tel: +44 (0) 1758-701000		
Hospital - Ysbyty Alltwen Hospital - Tremadog LL49 9AQ	Tel: +44 (0) 1766-510010		
Chemist - Fferyllwyr Llyn - Llanbedrog LL53 7TH	Tel: +44 (0) 1758 740229	9-6pm	
Chemist - Fferyllwyr Llyn - Nefyn LL53 6HD	Tel: +44 (0) 1758 720214	9-6pm	
Chemist - Rowlands Pharmacy - 60 High St, Pwllheli LL53 5RR	Tel: +44 (0) 1758 701765	9-5pm	
Chemist - Rowlands Pharmacy - Y Maes, Pwllheli LL53 5HA	Tel: +44 (0) 1758 701765	9-5.30pm	
Chemist - Rowlands Pharmacy - High St, Abersoch LL53 7DY	Tel: +44 (0) 1758 712436	9-5.30pm	
Chemist - R J Jones Pharmacy - Nefyn LL53 6HD	Tel: +44 (0) 1758 720214	8.30-6pm	
VET - Milfeddygon Deufor / Deufor Veterinary Surgeons - Y Ffor, Pwllheli LL53 6UB	Tel: +44 (0) 1766-810277	Mon-Fri 8.30 - 9.15 and 16.30 - 18.00pm Sat 8.30 - 10.30	
When visiting pubs etc please check in for contact tracing, observe social distancing, follow one way systems, wait to be seated, remember its MAX 6 to a table from your own bubble, do not move tables as they need to be sanitised between customers. Face coverings are expected on public transport, trains, buses, taxis etc and from Monday 14th Sept face coverings are expected to be worn in all shops, supermarkets, pubs and restaurants - once seated you may remove your face covering put will need to put it on again for leaving and visits to the toilets. Enjoy!			
If you fancy delivery for your takeaway try - Dwyfor Dinner Delivery see their www.facebook.com/dwyfordinner.delivery.9 and book a slot or ring local taxis company- see www.llanbedrog.info/taxis.htm			
LLANBEDROG			
Pub/Café/Restaurant - Glyn-y-Weddw Arms - Llanbedrog (Robinsons) - LL53 7TH	Tel: + 44 (0) 1758-740212 Take aways available (Dog Friendly - outside)	Martin Cook - Carvery all day Sunday. Food is available from 12noon to 9pm every day.	www.facebook.com/theglynn
Pub/Café/Restaurant - The Ship Inn - Llanbedrog (Marsden) - LL53 7PE	Tel: + 44 (0) 1758-740572 Take aways available (Dog Friendly)	Under new management Jul-20 - Excellent Food 12.00-14.00 & 18.00-21.00 Booking advisable	www.facebook.com/theshipll
Pub/Café/Restaurant - Llanbedrog Beach Bar (Y Gali / The Galley) - LL53 7TR - (aka Aqua Beach Bar & Restaurant)	Tel: +44 (0) 1758 740730 Take aways available (Dog Friendly)	Back to a beach bar! Under new management John & Juliette Palmer Mar-20 Breakfast 9am-11am; Main Menu 12-6pm including hot & cold, salad boxes, fish and chips, burgers, ice creams, toys. Licensed bar from 11am-11pm.	www.facebook.com/llanbedrog
Pub/Café/Restaurant - Caffi'r Oriol Ystafell De / Tea Room - Oriol Plas Glyn-y-Weddw, Llanbedrog LL53 7TS	Tel: +44 (0) 1758-740763 Eat Out to Help Out Scheme	Coffee and the the art gallery at Oriol Plas Glyn-y-Weddw	www.facebook.com/Caffir-Oriol

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Pub/Café/Restaurant - Plas Bach - Oriel Plas Glyn-y-Weddw, Llanbedrog LL53 7TS	Tel: +44 (0) 1758-740654 <i>Eat Out to Help Out Scheme</i>	Beach "stuff", crafts, local coffee & ice-cream by NT car park - Oriel Plas Glyn-y-Weddw	www.facebook.com/orielplas
Pub/Café/Restaurant - Clwb Glyn Garth Club, Llanbedrog LL53 7UB	Tel: +44 (0) 1758-740248 (evenings)	The club is member run with Sian as the Manageress - pop in here for a drink or food - see facebook page for	www.facebook.com/glyngarth
Pub/Café/Restaurant - Petal-á-Pot - Abersoch Garden Centre - LL53 7UD	Tel: + 44 (0) 1758 713098	Tea Room / Bistro - Paul and Dianne	www.facebook.com/Petalapo
Pub/Café/Restaurant - Tremfan Hall - Llanbedrog - LL53 7NN	Tel: +44 (0) 1758 740169 Take aways available	Sue Skinner Great views, superb food - Booking advisable	www.facebook.com/groups/1
Pub/Café/Restaurant - The Warren Sandbar - Llanbedrog - LL53 7PA	Tel: +44 (0) 1758 714150	Great views, superb food - Booking advisable	www.facebook.com/groups/1
Pub/Café/Restaurant - Twnti Pub - Tu Hwnt Ir Afon Inn - Rhydyclafdy (Robinsons) - LL53 7YH	Tel: + 44 (0) 1758-741031 Take aways available (Dog Friendly)	Cat Becket - (known locally as the Twnti Pub pronounced Tunti!), prides itself on having real ale and excellent quality food.	www.facebook.com/TwntiPub
Pub/Café/Restaurant - Twnti Seafood Restaurant - Rhyd-y-clafdy - LL53 7YH	Tel: + 44 (0) 1758-740929 <i>Eat Out to Help Out Scheme</i>	Keith & Marisa Jackson - Booking Essential - Seafood	www.facebook.com/TwntiSea
PWLLHELI			
Pub/Café/Restaurant - Allports Fish & Chip Shop - Y Maes, Pwllheli LL53 5HA	Tel: + 44 (0) 1758-612641 Take aways available	Fish n Chips eat in or takeaway	www.facebook.com/Allports-
Pub/Café/Restaurant - Arvonnia Fish and Chips - 29 Penllan St, Pwllheli LL53 5DE	Tel: + 44 (0) 1758-701058 Take aways available	Fish n Chips eat in or takeaway	www.facebook.com/Arvonnia-
Pub/Café/Restaurant - Bamboo House Restaurant & Takeaway - Pwllheli - LL53 5DH	Tel: + 44 (0) 1758-613583 / 613333	Chinese (Steve) - Excellent	www.facebook.com/Bamboo-
Pub/Café/Restaurant - Phoenix, Y Maes, Pwllheli LL53 5HB	Tel: + 44 (0) 1758-613100	Chinese Takeaway	www.facebook.com/phoenixp
Pub/Café/Restaurant - The Bar & Restaurant - Pwllheli - LL53 5RG	Tel: +44 (0) 1758-701055 / 613800 Mob: +44 (0) 07877-603148	Peter & Orla Herley - Burgers, Sandwiches, Thai & Vegan. Open Mon-Sun: 12:00-21:00	www.facebook.com/TheBarP
Pub/Café/Restaurant - The Black Lion, Pwllheli LL53 5LE - CLOSED FOR SALE OR RENT	Tel: +44 (0) 1758-614890	Lovely family orientated pub friendly atmosphere great food	www.facebook.com/YBlackL
Pub/Café/Restaurant - Buffers - 11 Station Square - Pwllheli LL53 5HD	Tel: +44 (0) 1758-614277 Mob: +44 (0) 7496 332090	Lynne Prince (May 18) - Café Breakfast etc formerly Station Café	www.facebook.com/buffersc
Pub/Café/Restaurant - Caffi Sol - Y Maes - Pwllheli - LL53 5HB	Tel: + 44 (0) 1758-614604 Take aways available	Chris Studt - Great breakfast; locally souced food convenient for the playground!	www.facebook.com/caffisol
Pub/Café/Restaurant - Y Castell - High Street - Pwllheli - LL53 5RR	Tel: + 44 (0) 1758-613090	Peter Jones - Pub and accommodation	www.facebook.com/YCastell
Pub/Café/Restaurant - The Chiranguito Gourmet - 55 High Street, Pwllheli LL53 5RT - previous Jane's Sandwich Bar	Mob: +44 (0) 7718 996084 Take aways opening Oct 2020	Diego Salinas - Hispanic Food (Colombia, Spain, Mexico) - to take away - Paella, Empanada, Arepas, Burrito, Patacones, Kimchi Prawns, Tacos and more	www.facebook.com/El-Chirin
Pub/Café/Restaurant - Costa Coffee - 2 New Street, Pwllheli - LL53 5HT	Tel: +44 (0) 1758-701271	Coffee bar	www.facebook.com/Costa-C
Pub/Café/Restaurant - Crown Hotel - Pwllheli - LL53 5RT	Tel: +44 (0) 1758-228198	Grant Kangley - A homely and comfortable hotel with 11 rooms ranging from single rooms to double/twin rooms.	www.facebook.com/Crownpv
Pub/Café/Restaurant - Jewel in the Crown Hotel - Pwllheli - LL53 5RT	Tel: +44 (0) 1758 719555 Take aways available <i>Eat Out to Help Out Scheme</i>	Refa Ali & Nas Khatun - The Jewel in The Crown Bangaldeshi/Indian Restaurant - also take-aways	www.jewel-in-the-crown.com
Pub/Café/Restaurant - Eduardos Italian Restaurant - 53, High St, Pwllheli - LL53 5RT	Tel: +44 (0) 1758 701170 CLOSED	Steve, Jenny & Eduardo - formerly La Bella Notte now Eduardos Italian Restaurant	
Pub/Café/Restaurant - Flipside Cakery - Y Maes - Pwllheli LL53 5DA	Tel: +44 (0) 1758-712772 Take aways available	Rebecca Crooke - "Cakeaway" - authentic wood fire pizzas, cakes, sandwich boxes, takeaway meals, cream teas, vegetarian friendly - bespoke, beautiful cakes for any occasion.	www.facebook.com/flipsidec
Pub/Café/Restaurant - Glandon Beach Bar - Plas Heli/Pwllheli Sailing Club, Yr Hafan, Pwllheli LL53 5YT	Tel: +44 (0) 1758-719300 <i>Eat Out to Help Out Scheme</i>	Pizza, Curry Club, Sunday Roast etc @ Welsh National Sailing Academy and Events Centre - Heart of Welsh Sailing! Open to the public	www.facebook.com/Glandon

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Pub/Café/Restaurant - Glasu - 3-4 Mitre Terrace - Pwllheli - LL53 5HE	Tel: +44 (0) 1758-613537	Anwen - Ice cream from the Llyn Peninsula, Coffee, Cakes, Food. Delicious	www.facebook.com/glasupw
Pub/Café/Restaurant - Gwalia Caffi - 82 High Street, Pwllheli - LL53 5RR	Tel: +44 (0) 1758-612786	Café and Snack bar	www.facebook.com/pages/G
Pub/Café/Restaurant - Harvey's New York Bar & Grill Maes, Pwllheli - LL53 5BY	Tel: +44 (0) 1758 612797	Opened 21 Jun 18 Grilled Steak, Burgers and much more!	www.facebook.com/harveys
Pub/Café/Restaurant - The Mitre, Pwllheli - LL53 5HE	Tel: +44 (0) 1758-614201	From a great selection of drinks, to all the best sporting action, to pub quizzes and live music.	www.facebook.com/themitre
Pub/Café/Restaurant - Pekish Kebab&Pizza Pwllheli - 78 High St, Pwllheli LL53 5RR	Tel: +44 (0) 1758-613884 Take aways available	Pizza, Kebab and Chicken House	
Pub/Café/Restaurant - Pen Cob (Wetherspoons), Station Sq, Pwllheli LL53 5HG	Tel: +44 (0)1758-704970	Bar and Restaurant in old Bon Marche building	www.facebook.com/wethersp
Pub/Café/Restaurant - Penlan Fawr - Penlan Street, Pwllheli - LL53 5DE	Tel: +44 (0) 1758-612864	Penlan Fawr is Pwllheli's oldest Inn.	www.facebook.com/PenlanF
Pub/Café/Restaurant - Pili Palas Coffee Shop Siop Coffi - 2 Goal Street, Pwllheli LL53 5RG	Tel: +44 (0) 1758-612248	Independent family owned coffee shop - delicious food	www.facebook.com/Pili-Pala
Pub/Café/Restaurant - Plas Bodegroes, Nefyn Road, Nr Pwllheli - LL53 5TH	Tel: + 44 (0) 1758-612363 Eat Out to Help Out Scheme	Chris & Gunna Chown (Welsh Restaurant once had a Michelin Star)	www.facebook.com/PlasBod
Pub/Café/Restaurant - Polash Indian restaurant Pwllheli - 28 Penlan Street Pwllheli - LL53 5DE	Tel: +44 (0) 1758-613884 Take aways available	A family run Bangladeshi restaurant that offer a friendly service and welcome. Take away welcome.	www.facebook.com/pg/spicer
Pub/Café/Restaurant - Pontoon, Marinaland, Pwllheli LL53 5AY	Tel: +44 (0) 7471-745884 Take aways available	Cafe, Bar and Art Gallery - Caribbean & Mexico	www.facebook.com/Pontoon
Pub/Café/Restaurant - Taro Deg - CLOSED FOR SALE - New Street, Pwllheli	Tel: +44 (0) 1758 701271	Cafe/Bistro licensed	www.facebook.com/Taro-Deg
Pub/Café/Restaurant - Tookoos, Station Square - Pwllheli - LL53 5HG	Tel: +44 (0) 1758-612245	Cocktail bar and snacks	www.facebook.com/tookoost
Pub/Café/Restaurant - Venu - Station Square, Pwllheli - LL53 5HG	Tel: +44 (0) 1758 701571 CLOSED 2018		
Pub/Café/Restaurant - The Victoria Hotel, Bar & Restaurant, Embankment Rd, Pwllheli LL53 5AA	Tel: +44 (0) 1758-612834	Grant Kangley - A local friendly pub with welcoming atmosphere and great cheap quality beers, wine, spirits and soft drinks. Dog friendly.	www.facebook.com/vicpwllhe
Pub/Café/Restaurant - The Whitehall - Gaol Street, Pwllheli - LL53 5HH	Tel: +44 (0) 1758-614188 Eat Out to Help Out Scheme	Hefina - Bar / Bistro - great Food	www.facebook.com/whitehall
Pub/Café/Restaurant - Witches Brew, 1 Station Road - Pwllheli - LL53 5HG	Tel: +44 (0) 1758-614562	Tearoom breakfast/lunch, fully licensed & very dog friendly	www.facebook.com/Witchesl
Pub/Café/Restaurant - Woody's Snack Shack, Glan Don Estate - Pwllheli - LL53 5HG	Tel: +44 (0) 7976-851624	Chris Wood - Snack shack by the Marina 8.30am-2pm	www.facebook.com/Woodys
ABERSOCH			
Pub/Café/Restaurant - Abersoch Beach Café - Lon Traeth, Abersoch LL53 7DP - SCYC End of the Beach	Tel: +44 (0) 1758-712070	Hannah Williams - The original beach cafe serving delicious hot and cold food; speciality teas and coffees; Ice cream sweets beach toys and more; served by friendly faces	www.facebook.com/abersocf
Pub/Café/Restaurant - Abersoch Beach Café - Golf Road, Abersoch LL53 7EF - Golf Course End of the Beach	Tel: +44 (0) 1758-713513	The one stop cafe at the end of Lon Golf, sun deck and sunnery for all your beach needs.	www.facebook.com/Abersocf
Pub/Café/Restaurant - Abersoch - Chefs at Home & Outside Catering - LL53 7EB	Tel: + 44 (0) 7792 381904 Not in operaton this year 2020	John Gosling - Private Chef to Cook and serve breakfast/brunch, lunch or dinner parties	www.facebook.com/abersocf
Pub/Café/Restaurant - Abersoch Deli Café - 1 Lon Pen Cei, Abersoch LL53 5AW	Tel: +44 (0) 1758-713456 Take away	Rob Middleton - 9am-4pm, 7 days a week Freshly made sandwiches, baked bread, cakes etc	www.facebook.com/lonpence
Pub/Café/Restaurant - Abersoch Diner - Abersoch - LL53 7DY	Tel: + 44 (0) 1758 713541 CLOSED July 20	Wendy Ferguson - Takeaway burgers / pizza / curries (previously East Meets West)	www.facebook.com/Abersocf
Pub/Café/Restaurant - Blades - Abersoch	Tel: +44 (0) 1758-712967 Mob: +44 (0) 7742-679074	Kay Brennan - small & cosy licensed café - passionate about food, home-made scones, cakes, tray bakes, jams, chutneys and so much more	www.facebook.com/BladesC

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Pub/Café/Restaurant - Coconut Cove - Licensed Thai Restaurant & Takeaway - Abersoch - LL53 7AN	Tel: + 44 (0) 1758-712250 CLOSED Sep 2019	An authentic Thai Restaurant with a twist. Relax in the atmospheric surroundings.	
Pub/Café/Restaurant - The Cove - SCYC - Abersoch - LL53 7DP	Tel: + 44 (0) 1758-228296 Eat Out to Help Out Scheme	We aim to provide excellent, tasty dishes using fresh, local produce with beautiful views of the bay.	www.facebook.com/thecove
Pub/Café/Restaurant - Creel - High Street, Abersoch - LL53 7DS	Tel: + 44 (0) 1758-713577 Take away	Lee Jones, Angela Jones, Sophie Lee Jones - Family run Fish and Chip shop in the heart of Abersoch.	www.facebook.com/thecreel
Pub/Café/Restaurant - Crust Pizzeria - Restaurant & Takeaway - Abersoch - LL53 7AN	Tel: + 44 (0) 1758-712896 Mob: + 44 (0) 7811-367482 Take aways available	Ben & Vicki Doodson - Fully licenced restaurant and takeaway menu to suit everyones taste buds	www.facebook.com/crustabe
Pub/Café/Restaurant - The Dining Room - Abersoch - LL53 7DY	Tel: +44 (0) 1758-740709 - Mob: +44 (0) 7772-301973 Take aways available	Si and Jo Toft Si & Jo - A cosy bistro - friendly atmosphere & fantastic food - Booking essential	www.facebook.com/The-Dini
Pub/Café/Restaurant - Flipside Cakery - Lon Garmon, Abersoch LL53 7UG Tel: + 44 (0) 1758	Tel: +44 (0) 1758-712772 Take aways available	Rebecca Crooke - "Cakeaway", sandwich boxes, takeaway meals, cream teas, vegetarian friendly - bespoke, beautiful cakes for any occasion.	www.facebook.com/flipsidec
Pub/Café/Restaurant - Fresh Café Bar and Grill - Abersoch - LL53 7DS	Tel: + 44 (0) 1758-710033 Take aways available Eat Out to Help Out Scheme	Heidi Mckinnell & Andy Reynolds - Offering fantastic food and awesome cocktails.	www.facebook.com/Fresh-AI
Pub/Café/Restaurant - The Hub Restaurant & Bar - Abersoch - LL53 7DS	Tel: + 44 (0) 1758-712256 Mob: +44 (0) 7580-982427	Tracey Barlow - Bar & Restaurant - formerly Poquito & Angelina's	www.facebook.com/thehubal
Pub/Café/Restaurant - Kin & Co - Lon Pen Cei LL53 7AP	Tel +44 (0) 1758-712568 Take aways available	Coffee, Brunch, Dinner, Drinks. Offers freshly made local produce	www.facebook.com/kinandcc
Pub/Café/Restaurant - Mañana - Abersoch - LL53 7AP	Tel: + 44 (0) 1758-713144 Take aways available	Leigh & Chris Hookes - Mexican - A family run, family friendly restaurant and bar - BOOKINGS ONLY	www.facebook.com/Manana
Pub/Café/Restaurant - The Little Tea Rooms @ Mickey's - Machroes Beach LL53 7EU	Tel +44 (0) 7515-373457 E: Yum@thelittletearooms.com Take aways available (Dog Friendly)	Under new management 2020 Carron Wright & James Noon passionate about local sourcing, breakfast, lunch, pies, cakes and more	www.facebook.com/TheLittlet
Pub/Café/Restaurant - Porth Tocyn Hotel - Bwlchtocyn, Abersoch - LL53 7BU	Tel: + 44 (0) 1758-713303	Has the longest continuous entry in the good Food Guide	www.facebook.com/porthtoc
Pub/Café/Restaurant - Porters Cove - formerly Sandpiper - Abersoch - LL53	Tel: + 44 (0) 1758-713181		
Pub/Café/Restaurant - The SnackShack - Tyn y Mur Touring & Camping Park - Abersoch LL53 7UL	Tel:+ 44 (0) 07899-788788 Take aways available	Matthew Hargrave & Ben Cunliffe - Breakfast, Salad Boxes, Loaded Fries, Burgers. Open daily: 9am-1pm / 3pm-7pm daily	www.facebook.com/The-Sna
Pub/Café/Restaurant - Spinnaker - High Street, Abersoch	Tel: + 44 (0) 1758-712481	Fish and Chip in the heart of Abersoch. CLOSED	
Pub/Café/Restaurant - St. Tudwal's - Abersoch (Robinsons) - LL53 7DS	Tel:+ 44 (0) 1785-228349	Ian, Dean & Maxine Bartle - Outside drinking, dining area, plus accommodation. Serving quality food and a great range of cask ales and fine wines.	www.facebook.com/StTuds
Pub/Café/Restaurant - Two islands ice-cream parlour - Abersoch - LL53 7DW	Take aways available	Jack Pollitt & Laura Reynolds - Ice cream made on-site using Welsh dairy and honest, natural ingredients.	www.facebook.com/twoislan
Pub/Café/Restaurant - The Vaynol - Abersoch (Robinsons) - LL53 7AP	Tel: + 44 (0) 1785-712776	Ben & Jules Holland - superbly stocked bar, extensive menu offering locally produced & cooked dishes, a tasty pizza, traditional ice cream parlour	www.facebook.com/TheVayn
Pub/Café/Restaurant - Venetia Italian Restaurant With Rooms - LL53 7EP	Tel: + 44 (0) 1785-713354 SOLD & CLOSED	Marco & Jayne - superb Italian Restaurant with rooms	
Pub/Café/Restaurant - Y Glyn Lon Garmon, Bersoch LL53 7UL formerly The View / 5 degrees West / Glyn Club -	Tel: + 44 (0) 7726 284205 Take aways available	Offers great pizza, sizzling burgers, fine selection of wines, bottled beers and ciders. Open 7 days a week in the summer season - Food: 4.30pm - 10.00pm; Bar: 4.30pm - 11.00pm.	www.yglyn.co.uk
Pub/Café/Restaurant - Zinc - Café Bar Grill - Abersoch - LL53 7AW (No children after 7.00pm)	Tel: + 44 (0) 1758-712880 Evenings: +44 (0) 1758-713433 Take aways available Eat Out to Help Out Scheme	Rob Middleton - Breakfast: 9-12; Lunch 12-3; Restaurant 6 onwards	www.facebook.com/zincaber

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Pub/Café/Restaurant - Sun Inn - Llanengan (Robinsons) - LL53 7LG	Tel: +44 (0) 1758-712660 Take aways available	Stephen 'Beaves' Williams - John Brynmor Hughes (Pent) and Viv - Gastropub & Bar & Grill	www.facebook.com/thesunll
NEFYN			
Pub/Café/Restaurant - Bombay Joes Indian Cuisine & Wine Bar - 1 Pen y Bryn, Nefyn, Pwllheli LL53 6HD	Tel: + 44 (0) 1785-721166 Take aways available Eat Out to Help Out Scheme	Indian & Thai Take-away - Booking advisable	www.facebook.com/Bombay
Pub/Café/Restaurant - Y Bryncynan Inn - Morfa Nefyn (Robinsons) - LL53 6AA	Tel: + 44 (0) 1785-720879 Take aways available Eat Out to Help Out Scheme <i>(Dog Friendly)</i>	Heidi Bakewell - Great food under new management 2020	www.facebook.com/YBryncyn
Pub/Café/Restaurant - Cliffs Inn, Lon Bridin, Pwllheli LL53 6BY (Open Feb 2017)	Tel: + 44 (0) 1758-720356 Take aways available <i>(Dog Friendly)</i>	Josh Brabbin GM; Jonathan (Block) & Jilly; Head Chef: Aaron Carter - Contemporary bar / restaurant providing outstanding pub style food, drink and service	www.facebook.com/TheCliffs
Pub/Café/Restaurant - Ty Coffi Insomnia - Nefyn - LL53 6HD	Tel: + 44 (0) 1785-720442 Take aways available Eat Out to Help Out Scheme	Coffees and Takeaways	www.facebook.com/Insomnia
Pub/Café/Restaurant - Lion Hotel - Tudweiliog - LL53 8ND	Tel: + 44 (0) 1785-770244 Take aways available Eat Out to Help Out Scheme	Hotel - well-equipped accommodation, wide selection of drinks and food to suit all tastes	www.facebook.com/LionTud
Pub/Café/Restaurant - Nanhoron Arms - Nefyn - LL53 6EA	Tel: + 44 (0) 1785-720203 Take aways available	Hotel - good bar and food Excellent Sunday Lunch	www.facebook.com/nanhoron
Pub/Café/Restaurant - Y Llong Edern - The Ship Inn Edern - Edern - LL53 8YP (No under 10 allowed in evening)	Tel: + 44 (0) 1785-720559 Eat Out to Help Out Scheme	Donna Tersch - excellent food	www.facebook.com/shipinne
Pub/Café/Restaurant - Ty Coch - Porthdinllaen, Morfa Nefyn - LL53 6DB	Tel: + 44 (0) 1758 720498	Stuart & Gem Webley - ring for opening hours (Brione MacMillan)	www.facebook.com/tycochin
Pub/Café/Restaurant - Woodlands Hall Hotel - Gwesty Plas y Goedlen/The Orchard - Y Berllan- Edern, Pwllheli LL53 6JB	Tel: +44 (0) 1758-720425 Eat Out to Help Out Scheme	Nick Grimes - A Family Run Country House Hotel and Restaurant Great food - Booking advisable	www.facebook.com/woodlan
ABERDARON, CRICCIETH & SARN MELLTEYRN			
Pub/Café/Restaurant - Sblash - Caban Pysgod/Fish Bar - Aberdaron LL53 8BE	Tel: + 44 (0) 1758-760442 Take aways available	Natalie Harrison - Fish and Chips offers a wide range of choice plus gluten free options.	www.facebook.com/SblashC
Pub/Café/Restaurant - The Ship Hotel - Aberdaron LL53 8BE	Tel: + 44 (0) 1758-760204 Take aways available	Alun - The Ship Hotel is a Family and dog friendly pub with a restaurant has a great atmosphere and friendly staff	www.facebook.com/shipaber
Pub/Café/Restaurant - Gwesty Ty Newydd - Aberdaron LL53 8BE	Tel: + 44 (0) 1758-760207 Take aways available	Iain & Wilma - A small & friendly hotel uniquely situated in a spectacular location on the beach	www.facebook.com/GwestyT
Pub/Café/Restaurant - Bron Eifion Country House Hotel - Criccieth - LL52	Tel: +44 (0) 1766-522385	Everything on the menu is created in house.	www.facebook.com/Bron-Eifi
Pub/Café/Restaurant - Dylan's - Seafood Restaurant - Maes y Mor, Criccieth - LL52 0HU	Tel: + 44 (0) 1766-522773 Take aways available Eat Out to Help Out Scheme	Excellent, local ingredients, reservations needed. Open 11 am - 11pm	www.facebook.com/dylanscri
Pub/Café/Restaurant - Mei's Fusion Food - 28 High Street, Criccieth - LL52 0BT	Tel: + 44 (0) 1766-522048	Mei Ong - Malaysian & Asian restaurant - open daily except Tuesday. 4.30 till 10pm	www.facebook.com/Meis-Fu
Pub/Café/Restaurant - Poachers Restaurant - 66 - 68 High Street, Criccieth LL52 0HB	Tel: + 44 (0) 1766-522512 Take aways available	The á la carte menu changes seasonally. Daily fish specials and superb vegetarian dishes.	www.facebook.com/poachers
LOCAL BUSINESS			
Local Businesses - Modurdy Llanbedrog Service Station - Llanbedrog	Tel: +44 (0) 1758-740249	Providing petrol, diesel, MOTs, vehicle servicing, calor gas, coal general store	www.facebook.com/Modurdy
Local Businesses - Moduron Arwel Parry motors, Off B4415 Rhydyclafdy, Pwllheli LL53 7YP	Tel: +44 (0) 1758-740407	Car repairs, MOT sales, diagnostics	www.facebook.com/arwelpar
Local Businesses - Garej Heli Motors - Yr Ala Isaf, Pwllheli LL53 5RE	Mob: +44 (0) 7970 358994 Tel: +44 (0) 1758-614969	Providing 24 hour breakdown and recovery service	www.facebook.com/GAREJ-
Local Businesses - Butcher - Cigyddion Pwllheli Butchers - Pwllheli - LL53 5HB	Tel: +44 (0) 1785 613800 Mob: +44 (0) 7909 678405	Andy Picken and Ivor Hughes - Brilliant butcher also have fish!!	www.facebook.com/Pwllheli
Local Businesses - Butcher - Spar, Y Maes, Pwllheli - LL53 7DY	Tel: +44 (0) 1758-612993	Good cuts and plenty of choice	www.facebook.com/SparPwll
Local Businesses - Butcher - Terry's Family Butcher - Abersoch - LL53 7DY	Tel: +44 (0) 1758-712110	Good cuts and plenty of choice	www.facebook.com/terrysfan

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Name	Tel No	Contact	FB - Hyperlinks
Butcher - Cigoedd Y Llain Glasfryn Park, Y Ffor - Pwllheli LL53 6PG	Tel: +44 (0) 1766 810012 Mob: +44 (0) 7964 738427 delivery available	Emlyn Roberts - Wholesale meat delivering quality meat (locally sourced) to companies & individuals	www.facebook.com/cigoeddy
Local Businesses - Butcher - Povey Butchers Ltd - Chwilog - LL53 6SL	Tel: +44 (0) 1766 810297	Dafydd Povey - Good cuts, plenty of choice, chutneys pies etc	www.facebook.com/dafydd.p
Local Businesses - Butcher - Oinc Oink, Fridd, Llithfaen, Pwllheli LL53 6NH	Mob: +44 (0) 7879 844799 Mob: +44 (0) 7974 796357	Huw & Ela Roberts - pig breeders - range of cuts of Pork, Artisan Sausages, Burgers and Charcuterie	www.facebook.com/OincOink
Local Businesses - Fish - Llŷn Seafoods & Deli, Y Maes, Pwllheli LL53 5HA	Tel: +44 (0) 1758-614292 delivery available	Stephen & Kathryn Williams also do pre-prepared food for your oven + great deli!	www.facebook.com/LlynSeaf
Local Businesses - Fish - Pwllheli Seafood, Outer Harbour (Gimlet Rock), Pwllheli LL53 5AY	Tel: +44 (0) 1758-614615	Richard Evans - wholesale fishmongers to the trade and public	www.facebook.com/Pwllheli-
Local Businesses - Fish - Bwyd Mor Abersoch (crabs etc) Henryd, Abersoch, Pwllheli LL53 7DA	Tel: +44 (0) 7812-845033 (Arthur) and +44 (0) 7814-685606 (Annwen)	Arthur & Annwen Jones - Local dressed crab and lobster	
Local Businesses - Fish - Selective Seafoods (crabs etc), Ffridd Wen, Tudweiliog, Pwllheli LL53 8BJ	Tel: +44 (0) 1758-770397	Gareth Griffiths & Mary White - Freshly prepared local crabs & lobsters at our premises	www.facebook.com/Selective
Local Businesses - Gwin Llŷn Wines (Off Licence) Unit 2, Y Maes, Pwllheli LL53	Tel: +44 (0) 1758-701004 delivery available	Dean & Margaret Pritchard - Independent wine, spirits and beer	www.facebook.com/GwinLlyn
Local Businesses - Post Office - Mynytho	Tel: +44 (0) 1758 740766		
Local Businesses - The Farm Gate - Coedy Fron, Mynytho LL53 7SG	Tel: +44 (0) 7495 758378 delivery available	Karen & Gordon - Fresh eggs, salad, fruit & vegetables, all locally grown, when available.	www.thefarmgatemynytho.co
Supermarket - Siop Glyn y Weddw Llanbedrog (Spar/Londis) LL53 7TH	Tel: +44 (0) 1758-740040	Eifion and Anwen Jones	www.facebook.com/spar.llan
Supermarket - Asda, Sand Street, Pwllheli LL53 5HY	Tel: +44 (0) 1758-701318		www.facebook.com/AsdaPwl
Supermarket - Iceland, Y Maes, Pwllheli LL53 5NF	Tel: +44 (0) 1758 613148	Delivery/ pre order	www.facebook.com/groups/1
Supermarket - Lidl, Cardiff Rd, Pwllheli LL53 5NU	Tel: +44 (0) 1758-701020		www.facebook.com/pages/Li
Supermarket - Spar, Y Maes, Pwllheli - LL53 7DY	Tel: +44 (0) 1758-612993	Delivery/ pre order	www.facebook.com/SparPwl
Supermarket - Londis / Talafon, Lon Engan, Abersoch LL53 7DL	Tel: +44 (0) 1758-712511	Delivery/ pre order	www.facebook.com/talafonak
Supermarket - Spar Abersoch, Cae Du Estate, Abersoch LL53 7EN	Tel: +44 (0) 1758-701003	Click and collect service / home delivery	www.facebook.com/SPAR-A
Supermarket - Spar Aberdaron LL53 7EN	Tel: +44 (0) 1758-760234	Click and collect service / home delivery	www.facebook.com/SPAR-1
Bakery - Becws Islyn, Aberdaron LL53 8BE	Tel: +44 (0) 1758-760370 delivery available	A small bakery in Aberdaron, selling all kinds of fresh foods.	www.facebook.com/Becws-ls
TAXIS			
Taxi - Llanbedrog Taxi	Tel: +44 (0) 7812-082223	Geoff Jones - based in Llanbedrog	www.facebook.com/Llanbedr
Taxi - Tacsí 522 Taxis Abersoch	Tel: +44 (0) 1758 522522	Tristan Phillips & Tracy Brient - based in Mynytho	www.facebook.com/522taxis
Taxi - 4C's Taxi Service	Tel: +44 (0) 7774 541396	Steve and Em - Nefyn based	www.facebook.com/4Cs-Tax
Taxi - B & M Taxis - Abersoch	Tel: +44 (0) 7974 688248 Tel: +44 (0) 1758 712965	Danial Williams - Email: danial-leyland@hotmail.co.uk	www.facebook.com/groups/3
Taxi - CJS - Mini Coaches	Tel: +44 (0) 7831 403442	Cyril Smith & Sarah & Caren - - Methlem, Rhoshirwaun LL53 8LG	www.facebook.com/CJSmini
Taxi - Coastal Cabs - Abersoch Taxis	Mob: +44 (0) 7818 147147	Phil Hagden - Ger Y Mor 66 Pen Y Bryn, Mynytho, Pwllheli, LL53 7SE	www.facebook.com/coastalc
Taxi - Call Paul Taxi	Tel: +44 (0) 7960 033018	Paul Congi Condliffe	www.facebook.com/Call-Pau
Taxi - Evans Taxis	Tel: +44 (0) 1758-740999 Mob: 0777 33 33 689	Mini-bus or car	www.facebook.com/evanstax
Taxi - Gwynedd Taxis - was 999	Tel: +44 (0) 1758-740999 Tel: +44 (0) 500-252 999	Peter Walker	
Taxi - Ian's Taxi	Tel: +44 (0) 7979 018121	9 Morfa'r Garreg, Pwllheli LL53 5AU	
Taxi - Mike's Pwllheli Taxis	Tel: +44 (0) 7973 482174	Clwb Golf, Pwllheli LL53 5RA	
Taxi - Rob's Taxi	Tel: +44 (0) 7495-037897	New - Fast reliable Abersoch	
Taxi - Rhyd and Pwllheli Taxi	Tel: +44 (0) 7966-556682	Glan y Lli, Rhyd-Y-Clafdy, Pwllheli LL53 7YP	
Taxi - S&A Taxi	Tel: +44 (0) 7542 843266 or +44 (0) 7796 362357	Sheryl Anne - 41 Ger-Y-Bont, Abererch, Pwllheli LL53 6BJ	www.facebook.com/S-A-TAX

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Name	Tel No	Contact	FB - Hyperlinks
Taxi - Stanways Taxi	Tel: +44 (0) 7788-788044	Steve Stanways - Arley House, 24 W End Parade, Pwllheli LL53 5PN	www.facebook.com/pages/Steve-Stanways-Taxi
Taxi - Tacsí Anwen Taxis	Tel: +44 (0) 7973 915811	Anwen - 21 Abererch Rd, Pwllheli LL53 5LR	www.facebook.com/anwentaxi
Taxi - Tacsí Morfa Nefyn taxi	Tel: +44 (0) 7769 967681	Morfa Nefyn based	
Taxi - West End Taxi	Tel: +44 (0) 7507-325325	Cardiff Road, Pwllheli LL53 5DE	
Tourist Information - Abersoch	Tel: +44 (0) 1758-712929	Unmanned	
ACTIVITIES			
Activities - The Shooting School - Wern Newydd, Llanbedrog	Tel: +44 (0) 1758-740810 Mobile: +44 (0) 797-0014743	Bob Valentine	www.facebook.com/pages/Bob-Valentine-Shooting-School
Activities - The Shoot Lodge, Bodfuan, Pwllheli LL53 6DT	Mob: +44 (0) 7920-517289	Jono Garton	
Activities - Glasfryn Parc Activity Centre, 4 miles out of Pwllheli on A499 to Caernarfon	Tel: +44 (0) 1766-810202	Jonathan Williams- Ellis	www.facebook.com/glasfryn
Activities - The Dwyfor Ranch Rabbit Farm and Animal Park - Llanystumdwy	Tel: +44 (0) 1766-523136		www.facebook.com/pages/Dwyfor-Ranch
Activities - Mynytho Pottery - Throw a Pot / Paint a Plate,	Tel: +44 (0) 1758-740023		
Activities - Llyn Adventure Activities	Tel: +44 (0) 7751826714	Chris Thorne	
Activities - Dragon Raiders Paintball Park 30 acres of woodlands includes a shooting gallery.	Tel: +44 (0) 1766-523119	Paul Good	
Activities - Bardsey Island - Aberdaron	Tel: +44 (0) 1758-730740	Bardsey Island's Trust - The enchanting island, which has been captivating visitors for thousands of years.	
Activities - Bardsey Island - Boat trips, to Bardsey from Pwllheli 8.30 at the Marina or 10.00 at Aberdaron - smugglers cove. You will need to ring and book a place.	Tel: +44 (0) 1758-760667		
Activities - Bardsey Island - Leaves Pwllheli 8.30 am or from Aberdaron 10.00 am	Tel: +44 (0) 79710-769895	Colin Evans	
Activities - North Wales Fishing Charter aboard "Hafaed" - Pwllheli Marina Daily	Tel: +44 (0) 1286-882611 Mobile: +44 (0) 7990-683901		
Activities - Mynytho Pottery - Throw a pot paint a plate, gifts etc	Tel: +44 (0) 1758-740023	Pass The Ship Llanbedrog, up to Mynytho and at top of hill sign on left for pottery, turn left first house on left.	
Activities - Scuba diving - PADI, The Llyn Peninsula's Premier Dive Centre - based in Abersoch	Mob: +44 (0) 7944 253242	Matthew Hargrave - www.scubadivellyn.co.uk	
Activities - Scuba Diving - Tynrhos, Nanhoron, Pwllheli - Air and tri-mix fills	Tel: +44 (0) 1758-740712	Chris Green	
Activities - Abersoch Sailing Club - Main Beach - Learn to sail, RYA courses, paddle boards, kayaks, hire a boat	Mobile: +44 (0) 7814-957289 and 07917-525540	Andy Roo & Danielle Johnson	
Activities - Fishing - Bron Eifion - Criccieth	Tel: +44 (0) 1766-523512		
Activities - Fishing - 'JUDY B' THE wrecking charter from Pwllheli	Tel: +44 (0) 1691-650223 Mobile: +44 (0) 7973-823738	Dave Carey	
Activities - Fishing - North Wales Fishing Charters - aboard "Hafaed" from Pwllheli Marina. Daily 2-12 hours trips rods and reels provided.	Tel: +44 (0) 1286-882611 Mobile: +44 (0) 7990-683901		
BEACHES			
Beaches - Llanbedrog beach (National Trust) is a safe and sandy beach; Carreg-y-Defaid (1 mile east of Llanbedrog on the Pwllheli road) - a dog friendly beach but please remember your pooper scooper; Quarry Beach / Glanymor Ty'n Towyn (reached along Quarry Road from Llanbedrog) - this lovely, sandy beach is on the edge of the Warren with a free car park.			
Beaches - Llanbedrog Beach huts - Bookings and queries call this number (all year) – 01758 740561 – Lily Usher			
Beaches - Warren Beach, Abersoch (1 mile west Llanbedrog)			
Beaches - Main beach, Abersoch (2 ½ miles west) - with a car park available			
Beaches - Porth Geiriad Beach, Cilan (3 ½ miles west).			
Beaches - Porth Neigwl or Hell's Mouth, Llanengan (4 miles west) - for the serious surfers			
Beaches - West End and Glandon Beaches both at Pwllheli, along the old promenade			
Beaches - Aberdaron with its fine black sand and views over Bardsey and Sea Gull islands			
Beaches - Porth Dinllaen - Morfa Nefyn - (National Trust) Ty Coch pub on beach			

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Beaches - Whispering Sands – National Trust			
Beaches - Northern side of the Peninsula - eg Porth Colmon, Traeth Penllech, Porth Iago, Porth Ysgaden and			
Castles - Caernarfon - Prince of Wales' investiture took place here.			
Castles - Criccieth - Small picturesque castle on a hill			
Castles - Harlech - Magnificent castle and coastal scenery.			
Castles - Penrhyn Castle, Bangor (National Trust)	Tel: +44 (0) 1248 353084 Info line: +44 (0) 1248 371337		
Churches - Llanbedrog is served by many churches - Independent - Llanbedrog (01758-740389); Methodist - Llanbedrog (01758-740565); Wesleyan - Llanbedrog (01758-740453) and of course the most well know St. Pedrog's, which has a facinating history - Guided tours are provided in the summer months.			
Fitness - Bodimend - Pwllheli	Tel: +44 (0) 1758-70255 Mobile: +44 (0) 7980-323111	Heather Stanton	
Fitness - Canolfan Hamdden Dwyfor / Pwllheli Leisure Centre	Tel: +44 (0) 1758-613437	For swimming, sports, fitness, weight, classes, squash, bowls, tennis, sauna	
Gardens - Crug Farm Plants - Griffiths Crossing, Caernarfon - To view and plants to buy.	Tel: +44 (0) 1248-670232		
Gardens - Glynllifon - Clynnog Road, Caernarfon			
Gardens - Plas Tan-y-Bwlch, Maentwrog			
Gardens - Plas-yn-Rhiw (National Trust), Rhiw, Pwllheli	Tel: +44 (0) 1758-780219		
Gardens - Portmeirion, Penrhyndeudraeth - Italian village & venue for the Prisoner TV series.	Tel: +44 (0) 1766-770000		
Golf - Abersoch Golf Club, Abersoch	Tel: +44 (0) 1758-712622		
Golf - Llyn Golf Centre, Pen-y-Berth, Pwllheli - 15 Bay floodlit golf driving range + 9 hole course.	Tel: +44 (0) 1758-701200	John Pilkington	
Golf - Nefyn Golf Club, Morfa Nefyn	Tel: +44 (0) 1758-720102		
Golf - Pwllheli Golf Club	Tel: +44 (0) 1758-612520		
Horse Riding - AfonWen Farm - Trekking Centre - Abererch LL53 6TX	Tel: +44 (0) 1766-810939	Arthur and Nia Parry - not good reports	
Horse Riding - Pen Llyn Stud & Riding Centre, Llaniestyn LL53 8SW	Tel: +44 (0) 1758-730741	Marcia & Janine Pendlebury	
Horse Riding - Cilan Riding Centre (Pony Trekking), Cilan Fawr, Cilan, Abersoch LL53 7DD	Tel: +44 (0) 1758-713276 or Mob: +44 (0) 7779-981333	Emlyn & Hilda Williams - July and August only	
Horse Riding - Porthmadog Activity Centre - Trekking Centre - LL49 9UR	Tel: +44 (0) 1766-512468 or Mob: +44 (0) 77757-12787		
Horse Riding - Snowdonia Riding Stables - Waunfawr, Caernarfon LL55 4PQ	Tel: +44 (0) 1286-650342 or Mob: +44 (0) 7833-348 172		
Museum - Caernarfon Airport - Aircraft museum	Tel: +44 (0) 1286-830800		
Museum - Lloyd George and Highgate Cottage, Llanystumdwy	Tel: +44 (0) 1766-522		
Museum - Oriol Plas Glyn-y-Weddw Art centre - Llanbedrog	Tel: +44 (0) 1758-740763	Gwyn Jones	
Railways - The RHEILFFORDD FFESTINIOG RAILWAY, Harbour Station, Porthmadog	Tel: +44 (0) 1766-512340		
Railways - The RHEILFFORDD ERYRI / WELSH HIGHLAND RAILWAY (CAERNARFON)	Tel: +44 (0) 1766 516000 +44 (0) 1286 677018		
Railways - Llanberis Lake Railway, Llanberis	Tel: +44 (0) 1286-870549		
Railways - Snowdon Mountain Railway, Llanberis	Tel: +44 (0) 871 720 0033 +44 (0) 1286-870223		
Railways - Welsh Highland Railway, Tremadog Road, Porthmadog	Tel: +44 (0) 1766-513402 Tel: +44 (0) 1766-514040		