

Handy List of Local Suppliers Services! 10/06/2022
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
Due to staff shortage some places may close on Mon/Tues please check. Be patient during these labour intensive times - Thank you

Name	Tel No	Contact	FB - Hyperlinks
Doctor - Botwnog Health Centre	Tel: +44 (0) 1758-730266		
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	Maes, Pwllheli - LL53 5BY and 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 Alltwn Hospital - Tremadog LL49 9AQ	Tel: +44 (0) 1766-510010		
Chemist - Fferyllwyr Llyn Pharmacy - H H Parry - High Street, Abersoch LL53	Tel: +44 (0) 1758 712436	9-6pm	www.facebook.com/Fferyllwyr
Chemist - Fferyllwyr Llyn Pharmacy - H L Taylor - Llanbedrog LL53 7TH	Tel: +44 (0) 1758 740229	9-6pm	www.facebook.com/Fferyllwyr
Chemist - Fferyllwyr Llyn Pharmacy - R J Jones - Nefyn LL53 6HD	Tel: +44 (0) 1758 720214	9-6pm	www.facebook.com/Fferyllwyr
Chemist - Rowlands Pharmacy - 60 High St, Pwllheli LL53 5RR	Tel: +44 (0) 1758 701765	9-5pm	www.facebook.com/Rowland
Chemist - Rowlands Pharmacy - Y Maes, Pwllheli LL53 5HA	Tel: +44 (0) 1758 612656	9-5.30pm	www.facebook.com/Rowland
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	
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 away 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) 1758-741111 Take away available (Dog Friendly)	New management Oct-20 (Dave, Stacey, Dave & Jane) 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 away available (Dog Friendly)	Back to a beach bar! Under new management John 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-6.00pm.	www.facebook.com/Llanbedr
Pub/Café/Restaurant - Caffi'r Oriol Ystafell De / Tea Room - Oriol Plas Glyn-y-Weddw, Llanbedrog LL53 7TS	Tel: +44 (0) 1758-740763	Coffee and the the art gallery at Oriol Plas Glyn-y-Weddw	www.facebook.com/Caffir-Oriol
Pub/Café/Restaurant - Plas Bach - Oriol Plas Glyn-y-Weddw, Llanbedrog LL53 7TS	Tel: +44 (0) 1758-740654	Beach "stuff", crafts, local coffee & ice- cream by NT car park - Oriol 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

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Pub/Café/Restaurant - Petal-á-Pot - Abersoch Garden Centre - LL53 7UD	Tel: + 44 (0) 1758 713098	Tea Room / Bistro - All day breakfast - Paul and Dianne	www.facebook.com/Petalapo
Pub/Café/Restaurant - Tremfan Hall - Llanbedrog - LL53 7NN	Tel: +44 (0) 1758 740169 Take away available	Nigel Skinner & Sandra Pierce - Great views, Superb Food - Booking advisable - Bistro to go see link on next entry	www.facebook.com/groups/1
Pub/Café/Restaurant - Tremfan Hall - Llanbedrog - LL53 7NN	Tel: +44 (0) 1758 740169 Take away available	Bistro to go for takeaway click on link for menus - Phone lines open Wednesday 11am / 10pm. We only take pre orders up to 7 days in advance	www.tremfanhall.webs.com/
Pub/Café/Restaurant - The Warren Sandbar - Llanbedrog - LL53 7PA	Tel: +44 (0) 1758 714150	Great views, great food - Booking advisable	www.facebook.com/groups/1
Pub/Café/Restaurant - The Anchor Bar and Grill - Pen Y Berth, Penrhos, Pwllheli LL53 7HG Tel: + 44 (0) 1758-	Tel: +44 (0) 1758 462022	9am-9pm - Pop in for breakfast, lunch, pizza, coffee and cake or your favourite tittle	www.facebook.com/anchorb
Pub/Café/Restaurant - Twnti Pub - Tu Hwnt Ir Afon Inn - Rhydyclafdy (Robinsons) - LL53 7YH	Tel: + 44 (0) 1758-741031 Take away available (Dog Friendly)	Cat Becket - (known locally as the Twnti Pub pronounced Tunt!), 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	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 away available	Fish n Chips eat in or takeaway	www.facebook.com/Allports
Pub/Café/Restaurant - Anatolia Pizza/Burger Takeaway - 2 Mitre Terrace, Pwllheli LL53 5HE	Tel: + 44 (0) 1758-701203 Take away	Pizzas, Burgers and Wraps to go	www.facebook.com/Anatolia
Pub/Café/Restaurant - Arvonnia Fish and Chips - 29 Penllan St, Pwllheli LL53 5DE	Tel: + 44 (0) 1758-701058 Take away available	Fish n Chips eat in or takeaway	www.facebook.com/Arvonnia
Pub/Café/Restaurant - Yummy Box, Sand St, Pwllheli LL53 5HY	Tel: + 44 (0) 1758-228819 Take away available	Fish n Chips & Quality Chinese Meals to takeaway - formerly "The Chippie"	
Pub/Café/Restaurant - Bamboo House Restaurant & Takeaway - Pwllheli - LL53 5DH	Tel: + 44 (0) 1758-613583 / 613333	Chinese eat in or takeaway	www.facebook.com/Bamboo
Pub/Café/Restaurant - Phoenix, Y Maes, Pwllheli LL53 5HB	Tel: + 44 (0) 1758-613100	Chinese Takeaway	www.facebook.com/phoenix
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 - Buffers - 11 Station Square - Pwllheli LL53 5HD	Tel: +44 (0) 1758-614277 Mob: +44 (0) 7496 332090	Lynne Prince (May 18) - Café Breakfast etc formely Station Café	www.facebook.com/buffersc
Pub/Café/Restaurant - Caffi Sol - Y Maes - Pwllheli - LL53 5HB	Tel: + 44 (0) 1758-614604 Take away 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 away opened Oct 2020 Closed May 2022	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
CLOSED a new Italian is scheduled to open - Pub/Café/Restaurant - Eduardos Italian Restaurant - 53, High St, Pwllheli -	Tel: +44 (0) 1758-701170	Steve, Jenny & Eduardo - formerly La Bella Notte now Eduardos Italian Restaurant	
Pub/Café/Restaurant - Felin Fwyd - 19 Stryd Moch, Pwllheli LL53 5DB	Tel: +44 (0) 1758-228118 Take away available	Linda Thomas - Light lunches, freshly made sandwiches, salad boxes and home made cakes all cooked on site to eat in or take away.	www.facebook.com/Felin-Fw

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Pub/Café/Restaurant - Jewel in the Crown Hotel - Pwllheli - LL53 5RT	Tel: +44 (0) 1758 719555 Take away available	Refa Ali & Nas Khatun - The Jewel in the Crown Bangaladeshi/Indian Restaurant - also take-away	www.jewel-in-the-crown.com
Pub/Café/Restaurant - Flipside Cakeaway Bakery and Pizzeria - Y Maes -Pwllheli LL53 5DA	Tel: +44 (0) 1758-712772 or 07999 993764 Take away & deliveries available	Rebecca Crooke - "Cakeaway" - pizzas, cakes, sandwich boxes, takeaway meals, cream teas, vegetarian friendly - bespoke, beautiful cakes for any occasion.	www.facebook.com/flipsidec
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 - Kitty's - Mitre Terrace, Pwllheli LL53 5HE	Tel: +44 (0) 1758 612518 Take away	Freshly Made Sandwiches. Jacket Potatoes, Sausage Rolls and Homemade Soup Homemade Cakes Take-away	www.facebook.com/kittyspw
Pub/Café/Restaurant - Café Largo, Embankment Rd, Pwllheli LL53 5AA	Tel: +44 (0) 1758 613128 Take away available	Traditional beach café close to the Main Beach in Pwllheli Opened 25-06-21	www.facebook.com/CaffiLar
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 - Mochyn - Buwch - Bara Snack Van, Glan Don Estate - Pwllheli - LL53 5HG	Tel: +44 (0) 7470 547352	Tomos Davies - Snack Van by the Marina 8.30am-2pm	www.facebook.com/mochynk
Pub/Café/Restaurant - Pekish Kebab & Pizza Pwllheli - 78 High St, Pwllheli LL53 5RR	Tel: +44 (0) 1758-613884 Take away 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 Heli/Pwllheli Sailing Club , Yr Hafan, Pwllheli LL53 5YT	Tel: +44 (0) 1758-614442	Pop in for a drink a snack or a meal - overlooking Cardigan Bay.	https://www.facebook.com/pl
Pub/Café/Restaurant - Plas Bodogroes, Nefyn Road, Nr Pwllheli - LL53 5TH		Chris & Gunna Chown (Welsh Restaurant once had a Michelin Star)	www.facebook.com/PlasBod
Pub/Café/Restaurant - Selar Bar & Bistro, Station Square - Pwllheli - LL53 5HG	Tel: +44 (0) 7979 278921	Shirley & Gavin - Is a premium bar and bistro - Opened Nov 2021	www.facebook.com/selarbar
Pub/Café/Restaurant - Spice Indian restaurant Pwllheli - 28 Penlan Street Pwllheli - LL53 5DE previously Polash	Tel: +44 (0) 1758-613884 Take away available	A family run Bangladeshi restaurant that offer a friendly service and welcome. Take away welcome.	www.facebook.com/pg/spice
Pub/Café/Restaurant - Venu - restaurant and sports bar, Station Square, Pwllheli LL53 5HG	Tel: +44 (0) 1758-?????? Re-opened July 21	VENU is an iconic waterside building located in the heart of Pwllheli hosting a business that caters for all and is looking forward to contributing back to the local community, providing a fun place to be.	https://www.facebook.com/V
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 View, Marinaland, Pwllheli LL53 5AY	Tel: +44 (0) 7341-435946 Drinks only at the moment	A unique place to enjoy a relaxing drink, with stunning views overlooking Pwllheli marina. Previously Pontoon	https://www.facebook.com/th
Pub/Café/Restaurant - The Whitehall - Gaol Street, Pwllheli - LL53 5HH	Tel: +44 (0) 1758-614091	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	Due to covid 19 we have changed the business from a tea rooms to a sweet shop and ice cream parlour. We also make our own delicious chocolates from the bean.	www.facebook.com/Witches

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ABERSOCH			
Pub/Café/Restaurant - Abersoch Aprés Sea - Abersoch - LL53 7DY	Tel: + 44 (0) 1758-710034 Mob: +44 (0) 7876-230678 Take away available	Olivia Simpson - Pub/Café/Restaurant (previously Abersoch Diner and East Meets West) Opened 26th Apr 21	www.facebook.com/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/abersoch
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/Abersoch
Pub/Café/Restaurant - Abersoch - Chefs at Home & Outside Catering - LL53 7EB	Tel: + 44 (0) 7792 381904 check FB page on offerings	John Gosling - Private Chef to Cook and serve breakfast/brunch, lunch or dinner parties	www.facebook.com/abersoch
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 - Blades - Abersoch	Tel: +44 (0) 1758-712967 Mob: +44 (0) 7742-679074 Takeaway specials available	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
Pub/Café/Restaurant - May Preechaya Phetprasert (Ex - Coconut Kitchen) follow her on FB see link on right - available from - Blades - Abersoch	Takeaway specials available via Facebook	May Preechaya Phetprasert - Thai Food Expert - Food creative, Love & Passion about Food & Health; Head chef Dinner Friend	https://www.facebook.com/pr
Pub/Café/Restaurant - Dinner Friend (hosted by May - Ex - Coconut Kitchen)	Takeaway specials available via Facebook	May Preechaya Phetprasert - Thai Food Expert Head chef Dinner Friend	https://www.facebook.com/gr
Pub/Café/Restaurant - The Cove - SCYC - Abersoch - LL53 7DP	Tel: + 44 (0) 1758-228296	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 away available	Ben & Vicki Doodson - Fully licenced restaurant and takeaway menu to suit everyones tastebuds	www.facebook.com/crustabe
Pub/Café/Restaurant - The Dining Room - Abersoch - LL53 7DY	Tel: +44 (0) 1758-740709 - Mob: +44 (0) 7772-301973 Take away available	Si and Jo Toft Si & Jo - A cosy bistro - friendly atmosphere & fantastic food - Booking essential	www.facebook.com/The-Dini
Pub/Café/Restaurant - Siop Fferm Abersoch a Caffi - Abersoch - LL53 7BG	Tel: + 44 (0) 1758 229337 Take away available	Farm shop & Café - Breakfast available between 7:00-14:00	www.facebook.com/abersoch
Pub/Café/Restaurant - Fresh Café Bar and Grill - Abersoch - LL53 7DS	Tel: + 44 (0) 1758-710033 Take away available	Heidi Mckinnell - 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 - Just Mary's - Unit 1, Lon Garmon, Abersoch LL53 7UG	Tel: +44 (0) 1758-712597 Take away available	Opened 30-Apr-21 - Small funky, family run cafe offering local British cuisine to middle eastern inspired dishes. OPEN EVERYDAY 10-5	www.facebook.com/JustMar
Pub/Café/Restaurant - Kin & Co - Lon Pen Cei LL53 7AP	Tel +44 (0) 1758-712568 Take away available	Coffee, Brunch, Dinner, Drinks. Offers freshly made local produce	www.facebook.com/kinandcc
Pub/Café/Restaurant - L0st Sheep Abersoch - 1 Lon Pont Morgan, Abersoch LL53 7AN	Tel: +44 (0) 1758-710005 - Mob: + 44 (0) 7985 663624 OPENED 10-Jul 21 previously Black Sheep and Coconut Cove/Coconut Kitchen	Led Leadbetter - Open from 10am to 11pm - Serving coffee/ brunch/pastries/ gourmet burgers / steaks / vegan and veggie offering / cocktails / award winning beers. Check FB for opening and bookings.	https://www.facebook.com/L
Pub/Café/Restaurant - Mañana - Abersoch - LL53 7AP	Tel: + 44 (0) 1758-713144 Take away available	Leigh & Chris Hookes - Mexican - A family run, family friendly restaurant and bar - BOOKINGS ONLY	www.facebook.com/Manana

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Pub/Café/Restaurant - The Little Tea Rooms @ Mickey's - Machroes Beach LL53 7EU	Tel +44 (0) 7515-373457 E: Yum@thelittletearooms.com Take away available (Dog Friendly)	Carron Wright & James Noon (from 2020) passionate about local sourcing, breakfast, lunch, pies, cakes and more	www.facebook.com/TheLittleTea
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/porthtocyn
Pub/Café/Restaurant - The Potted Lobster Abersoch - Abersoch - LL53 7DS	Tel: + 44 (0) 1758-713181 formerly Porters Cove / Sandpiper	Opening June 2021 - Serving fresh, local ingredients from the surrounding harbours and farms, we offer relaxed dining	www.facebook.com/thepottedlobster
Pub/Café/Restaurant - The SnackShack - Tyn y Mur Touring & Camping Park - Abersoch LL53 7UL	Tel:+ 44 (0) 07899-788788 Take away available	Matthew Hargrave & Ben Cunliffe - Breakfast, Salad Boxes, Loaded Fries, Burgers. Open daily: 9am-1pm / 3pm-7pm daily	www.facebook.com/TheSnackShack
Pub/Café/Restaurant - Spinnaker High Street, Abersoch	Tel: + 44 (0) 1758-712481 Take away	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/StTudwal
Pub/Café/Restaurant - Two islands ice-cream parlour - Abersoch - LL53 7DW	Take away available	Jack Pollitt & Laura Reynolds - Ice cream made on-site using Welsh dairy and honest, natural ingredients.	www.facebook.com/twoislands
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/TheVaynol
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 away 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 away available	Rob Middleton - Breakfast: 9-12; Lunch 12-3; Restaurant 6 onwards	www.facebook.com/zincabersoch
Pub/Café/Restaurant - Sun Inn - Llanengan (Robinsons) - LL53 7LG	Tel: +44 (0) 1758-712660 Take away available	Stephen 'Beaves' Williams - John Brynmor Hughes (Pent) and Viv - Gastropub & Bar & Grill	www.facebook.com/thesuninn
NEFYN			
Pub/Café/Restaurant - Bombay Joes Indian Cuisine & Wine Bar - 1 Pen y Bryn, Nefyn, Pwllheli LL53 6HD	Tel: + 44 (0) 1785-721166 Take away available	Indian & Thai Take-away - Booking advisable	www.facebook.com/BombayJoes
Pub/Café/Restaurant - Y Bryncynan Inn - Morfa Nefyn (Robinsons) - LL53 6AA	Tel: + 44 (0) 1785-720879 Take away available (Dog Friendly)	Heidi Bakewell - Great food under new management 2020	www.facebook.com/YBryncynan
Pub/Café/Restaurant - Cliffs Inn, Lon Bridin, Pwllheli LL53 6BY (Open Feb 2017)	Tel: + 44 (0) 1758-720356 Take away available (Dog Friendly)	Josh Brabbin GM; Jonathan (Block) & Jilly; Head Chef: Aaron Carter - Contemporary bar / restaurant providing outstanding pub style food, drink and service	www.facebook.com/TheCliffsInn
Pub/Café/Restaurant - Siop sgldion, Bryn Golau Morfa Nefyn - LL53 6BW	Tel: + 44 (0) 7585 604026 Take away available	Llinos Ann Jones - Local fish and chips! Made fresh! A warm welcome awaits!	www.facebook.com/siopsgldion
Pub/Café/Restaurant - Ty Coffi Insomnia - Nefyn - LL53 6HD	Tel: + 44 (0) 1785-720442 Take away available	Coffees and Takeaway	www.facebook.com/InsomniaNefyn
Pub/Café/Restaurant - Lion Hotel - Tudweiliog - LL53 8ND	Tel: + 44 (0) 1785-770244 Take away available	Hotel - well-equipped accommodation, wide selection of drinks and food to suit all tastes	www.facebook.com/LionTudweiliog
Pub/Café/Restaurant - Nanhoron Arms - Nefyn - LL53 6EA	Tel: + 44 (0) 1785-720203 Take away 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	Donna Tersch - excellent food	www.facebook.com/shipinn

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Name	Tel No	Contact	FB - Hyperlinks
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	Nick & Nerys Grimes - A Family Run Country House Hotel and Restaurant Great food - Booking advisable	www.facebook.com/woodlan
ABERDARON, CRICCIETH & SARN MELLTEYRN			
Pub/Café/Restaurant - Bakery - Becws Isllyn, Aberdaron LL53 8BE	Tel: +44 (0) 1758-760370 <i>delivery available</i>	A small bakery in Aberdaron, selling all kinds of fresh foods, hot & cold drinks.	www.facebook.com/Becws-ls
Pub/Café/Restaurant - Caffi Traeth Aberdaron/Aberdaron Beach Cafe - Aberdaron LL53 8BE	Tel: + 44 (0) 1758-760233 Take away available	Fresh Food / Ice Cream to Take Away	www.facebook.com/caffitraeth
Pub/Café/Restaurant - Crasu Coed Pizza - Coed y Llan, Rhoshirwaun, Aberdaron LL53 8HL	Tel: + 44 (0) 1758 719180 Take away available	Nia and Alun - Wood fired Pizza - See web site www.glampioceod.com/online-ordering for menu phone your order through	www.facebook.com/crasu.co
Pub/Café/Restaurant - Y Gegin Fawr, Aberdaron LL53 8BE	Tel: +44 (0) 1758-760370 open Easter to end October	Karen & Colin Wisbey. Breakfast & brunch, homemade cakes & scones, locally caught crab and lobster to eat in or take-away.	www.facebook.com/Y-Gegin
Pub/Café/Restaurant - Sblash - Caban Pysgod/Fish Bar - Aberdaron LL53 8BE	Tel: + 44 (0) 1758-760442 Take away available	Natalie Harrison - Fish and Chips offers a wide range of choice plus gluten free options.	www.facebook.com/SplashC
Pub/Café/Restaurant - The Ship Hotel - Aberdaron LL53 8BE	Tel: + 44 (0) 1758-760204 Take away 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 away 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-Eifion
Pub/Café/Restaurant - Cadwaladers (Criccieth) - Café & Ice creams - Castle	Tel: + 44 (0) 1766-522773 Take away available	Only the most delicious hot drinks and amazing ice cream treats are served in	www.facebook.com/Cadwala
Pub/Café/Restaurant - Dylan's - Seafood Restaurant - Maes y Mor, Criccieth - LL52 0HU	Tel: + 44 (0) 1766-522773 Take away available	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 - No 46 - 46 High Street, Criccieth LL52 0EY	Tel: + 44 (0) 1766-522252 Take away available	Family run independent Coffee Shop. Breakfast available 8:30-11:30am. Light snacks, lunch and home-made cakes - all freshly made.	www.facebook.com/Number46
Pub/Café/Restaurant - Poachers Restaurant - 66 - 68 High Street, Criccieth LL52 0HB	Tel: + 44 (0) 1766-522512 Take away available	The à la carte menu changes seasonally. Daily fish specials and superb vegetarian dishes.	www.facebook.com/poachers
LOCAL BUSINESSES			
Local Businesses - Garej Llanbedrog "Penny Petroleum" - Llanbedrog previously Modurdy Llanbedrog Service Station	Tel: +44 (0) 1758-740249	Petrol station · Convenience store	www.facebook.com/Garej-Llanbedrog
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/arwelparry
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-Heli
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-butchers
Local Businesses - Butcher - Spar, Y Maes, Pwllheli - LL53 7DY	Tel: +44 (0) 1758-612993	Good cuts and plenty of choice	www.facebook.com/SparPwllheli
Local Businesses - Butcher - Terry's Family Butcher - Abersoch - LL53 7DY	Tel: +44 (0) 1758-712110	Good cuts and plenty of choice	www.facebook.com/terrysffan
Butcher - Cigoedd Y Llain Glasfryn Park, Y Ffor - Pwllheli LL53 6PG	Tel: +44 (0) 1766 810012 Mob: +44 (0) 7964 738427 <i>delivery available</i>	Emlyn Roberts - Wholesale meat delivering quality meat (locally sourced) to companies & individuals	www.facebook.com/cigoeddy

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Name	Tel No	Contact	FB - Hyperlinks
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, Ffridd, 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) Henryrd, 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 - Coed y Fron, Mynytho LL53 7SG	Tel: +44 (0) 7495 758378 delivery available	Karen & Gordon Groom - 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	Roberts Elfed/Selwyn Jones was Eifion and Anwen Jones	www.facebook.com/spar.llan
Supermarket - Asda, Sand Street, Pwllheli LL53 5HY	Tel: +44 (0) 1758-701318		www.facebook.com/AsdaPw
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/SparPwll
Supermarket - Londis / Talafon, Lon Engan, Abersoch LL53 7DL	Tel: +44 (0) 1758-712511	Delivery/ pre order	www.facebook.com/talafonl
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 - SiopaGarej Morfa, Morfa Nefyn, Pwllheli LL53 6AP	Tel: +44 (0) 1758-720219	Liam Jones - convenience store and petrol station - hot food to take away	www.facebook.com/siopagar
Supermarket - Spar Aberdaron LL53 7EN	Tel: +44 (0) 1758-760234	Click and collect service / home delivery	www.facebook.com/SPAR-1

TAXIS

Taxi - Llanbedrog Taxi	Tel: +44 (0) 7812-082223	Geoff Jones - based in Llanbedrog	www.facebook.com/Llanbedr
Taxi - Tacsii 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	Cyriil 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 - Larkins - Pwllheli Taxis	Mob: +44 (0) 7903 253741	Myles Larkins - Pwllheli based - 8 seater minibus	www.facebook.com/myles.la
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	Ciwb Goff, 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	Harold - 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/Stanways-Taxi
Taxi - Tacsí Anwen Taxis	Tel: +44 (0) 7973 915811	Anwen - 21 Abererch Rd, Pwllheli LL53 5LR	www.facebook.com/anwenta
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/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 - Lleyrn Adventure Activities	Tel: +44 (0) 7751826714	Chris Thorne	
Activities - Airsoft Coed, Coed y Llan, Rhoshirwaun, Aberdaron LL53 8HL	Tel: +44 (0) 1758 719180 Mob: +44 (0) 7771 703140	Nia and Alun	www.facebook.com/airsoftco
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 "Hafaled" - 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.scubadivelyln.co.uk	
Activities - Scuba Diving - Tynrhos, Nanhoron, Pwllheli - Air and tri-mix fills	Tel: +44 (0) 1758-740712	Chris Green	
Activities - Abersoch Hydro (Abersoch Training and Activity Centre) - Main Beach - Learn to sail, RYA courses, paddle	Mobile: +44 (0) 7814-957289 and 07917-525540	Andy Roo & Danielle Johnson	Previously Abersoch Sailing School
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 "Hafaled" from Pwllheli Marina. Daily 2-12 hour 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			

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Name	Tel No	Contact	FB - Hyperlinks
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			
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-Bwlich, 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 - Oriel 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		