



Local Amenities

<u>Herons Way Filling Station</u> Open 8:30 am to 8:30 pm	At Llanrhidian Cross	Fresh bread baked on premises, newspapers, general store, off licence, Post office, Free ATM Lottery, DVD rental Logs for open fire
<u>Cilibion filling station</u>	1 mile along the B4271 from Llanrhidian Cross	Car repairs & MOT Logs for open fire
<u>Cilibion Sawmills</u>	1 mile along the B4271 from Llanrhidian Cross	Logs for open fire
<u>Dolphin inn</u>	180 yards from Hill House	Traditional public house selling sandwiches lunchtime and beer garden
<u>Welcome to town</u>	220 yards from Hill House	Pub Dining (Refurbished July 2015)
<u>The Greyhound</u>	Turn Right at Llanrhidian Cross along the along B4295 (3/4mile)	Traditional Public House Bar meals
<u>Weobley Castle</u>	Turn Right at Llanrhidian Cross along the along B4295 & take the right fork at the Greyhound (1.5 mile)	Castle is managed by Cadw Open to the public (No dogs allowed inside) Salt Marsh Lamb for sale
<u>Llanrhidian Caravan Park</u>	Turn left at Llanrhidian Cross along the B4295 towards Penclawdd (1 mile)	Bar, restaurant and children's play area.
<u>Penclawdd</u>	All of these businesses are on or just off the main road through Penclawdd. In order of appearance travelling from Llanrhidian.	
Royal Oak Public House	Beach Road	Bar meals
Howell's Butchers	11, Cae Folland	Traditional country butcher
Pharmacy	Sea View Terrace	
Roma Fish and Chip shop	Belle View	
Cariad Cafe	Belle View	
The Railway Inn	Belle View	Bar meals (Refurbished 2016)
Hair Dresser	Belle View	
Big Drop Surf Shop	Station Square	
Paprika Indian Take Away	Station Square	Indian take away
Tucker's Butchers	Station Road (Opposite CKs)	Traditional country butcher
CKs Supermarket	Station Road	Well stocked locally owned supermarket
Post Office	Inside CKs Supermarket	

Supermarkets and Out of Town Shopping Complex

Tesco Express (SA4 3EZ) at filling station in Gowerton (On route to Llanrhidian)

Tesco Extra and M&S (SA5 4BA) at Fforestfach, Just off route from M4

Tesco Extra and M&S (SA14 9UY) and Morrisons (SA14 9DR) at Trostre Retail Parks (route to Llanelli)

Sainsburys (SA4 4NW) and Asda (SA4 4BZ) in Gorseinon Asda in Llanelli (SA15 1BX)

Sainsburys (SA1 8JA) in Swansea

Tesco (SA1 3RN) and M&S (SA1 3BB) in forestfach, Swansea

Post codes are included in the above to aide those of you who use satellite navigation

Parking can be a problem at Forestfach (SA1 3RN & SA1 3BB)

At Trostre there is a large out of town shopping area with a range of shops and the normal fast food outlets. It's a pleasant drive around the estuary and you can look across to the North Gower coast and try and spot Hill House and other landmarks. A short drive further on is Llanelli which has a traditional covered market and the usual range of high street shops. Park in the town centre Asda supermarket car park. It's pay and display but the fee is redeemable if you make some purchases in the supermarket. Swansea has a large traditional covered market but parking can sometimes be difficult.

To get to Trostre and Llanelli retrace the route back to the M4 through Penclawdd and Gowerton and take the first exit off the first roundabout (after the low bridge) signposted Llanelli. Keep following the signs for Llanelli and after passing through three roundabouts you eventually arrive at Trostre.

Eating Out

Most of the pubs in Gower serve bar meals and the trade is very competitive. This means that the prices are generally lower than elsewhere, the quality is high and portions are usually generous.

The Greyhound - 01792 391027 - Their Sunday Lunch is certainly worth a try (1 mile from Hill House)

King Arthur Hotel - 01792 390775 - (Reynoldston)

Britannia Inn (Llanmadoc - 01792 386624)

Kings Head Hotel - 01792 386212 - (Llangennith)

Royal Oak Public House - 01792 850642 - (Penclawdd)

Railway Inn – 01792 850513 - (Penclawdd)

The Rake and Riddle – 01792 872886 - (Between Penclawdd and Gowerton)

Poundfald Public House - 01792 873428 - (Three Crosses)

etc

Restaurant, bar and fish and chip shop at the Llanrhidian Caravan Park (1 mile outside village)

Fish and chip shop, and Indian take away in Penclawdd, Gowerton, Gorseinon and Killay.

There are a number of tea shops, cafes, fast food outlets and restaurants at some of the more popular destinations such as Llangennith, Rhossili, Port Eynon, Oxwich, Caswell, Langland and Mumbles.

Medical and Dental Services

There are GP surgeries in Scurlage, Penclawdd and Gowerton.

Scurlage surgery (01792) 390 413

Penclawdd Surgery (01792) 850 311

Gowerton Medical Centre, 22 Mill Street, Gowerton (01792) 872404

Gowerton Dental Practice (01792) 873879

The nearest accident and emergency hospital is at Morriston. Follow the route back to junction 47 on the M4 and take the east bound carriageway signposted Cardiff. Come off at the next junction (Number 46, only a mile or so) and follow the A&E signs to the hospital (It's only a short distance from the roundabout).