



Local Amenities

Herons Way Filling Station Open 8:30 am to 8:30 pm

At Llanrhidian Cross

Fresh bread, newspapers, general store,
off licence, Post office, ATM & Lottery
Logs for open fire
Bar, Bar meals, restaurant
Take away service with Bar Meals
Can be busy if there is a function
(Wedding parties most Saturdays in
Spring and Summer)

North Gower Hotel

At Llanrhidian Cross On the
B4271 behind Herons Way
filling station

Crickton farm shop Open Friday, Saturday and Sunday

A few hundred yards along the
B4271 from the North Gower
Hotel

Fresh vegetables

Cilibion filling station

11/4 mile along the B4271 from
Llanrhidian Cross

Car repairs & MOT
Logs for open fire

Cilibion Sawmills

11/4 mile along the B4271 from
Llanrhidian Cross

Logs for open fire

Dolphin inn

180 yards from Hill House

Traditional public house selling sandwiches
lunchtime and beer garden

Welcome to town

220 yards from Hill House

Award winning restaurant

The Greyhound

Turn Right at Llanrhidian Cross
along the along B4295 (3/4mile)

Traditional Public House
Bar meals

Weobly Castle

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

Llanrhidian Caravan Park

Turn left at Llanrhidian Cross
along the B4295 towards
Penclawdd (1 mile)

Bar, Restaurant, fish and chip shop and
children's play area.

Penclawdd

All of these businesses are on or just off the main road through Penclawdd.
In order of appearance travelling from Llanrhidian. Apart from CK's they are
all on the right hand side of the road.

Royal Oak Public House
Howell's Butchers
Post Office
Pharmacy
Don's Fish and Chip Shop
JJ's Cafe
Hair Dresser
Penclawdd Tandoori
Tucker's Butchers
CKs Supermarket
Sea Garden Restaurant

Beach Road
11, Cae Folland
Sea View Terrace
Sea View Terrace
Belle View
Belle View
Belle View
Station Square
Station Road (Opposite CKs)
Station Road
Between Penclawdd &
Gowertown

Bar meals
Traditional country butcher

Indian restaurant and take away
Traditional country butcher

Chinese restaurant and take away service

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

Sainsburys (SA1 8JA), Texco (SA1 3RN) and M&S (SA1 3BB) in Swansea

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

The Enterprise Park and Forestfach are generally very busy and parking can be a problem.

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 generous.

North Gower Hotel - 01792 390042 (Bar meals can be ordered as take away)

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)

Poundffald 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, Indian and Chinese restaurants and 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 the Mumbles.

For that very special occasions try the Welcome to Town (Just around the corner from Hill House so it's easy for you to peruse the menu before you book or the Fairyhill Hotel between Reynoldston and Stembridge

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).