

Table 1

Café Stop	Distance (miles)	Route
Alpacas Farm	34.69	https://www.strava.com/routes/2891666928750005074
Alpacas Farm	31.68	https://www.strava.com/activities/5267736931
Belton Garden Centre, Grantham	40.82	https://www.strava.com/routes/10919879
Belton Garden Centre, Grantham	39.06	https://www.strava.com/routes/16218346
Biondi Bistro, Gunthorpe	39.70	https://www.strava.com/routes/3870777
Café Allez	32.20	https://ridewithgps.com/routes/36176747
Café Allez	34.89	https://www.strava.com/routes/2835533122432085518
Café Allez	35.38	https://www.strava.com/routes/2873853882756602148
Café Allez	34.65	https://www.strava.com/activities/5947531631
Caffe Velo Verde, Screveton	40.81	https://www.strava.com/routes/14399919
Caffe Velo Verde, Screveton	39.20	https://www.strava.com/routes/11435850
Caffe Velo Verde, Screveton	35.18	https://www.strava.com/routes/15885355
Caffe Velo Verde, Screveton	34.49	https://www.strava.com/routes/14863295
Caffe Velo Verde, Screveton	35.40	https://www.strava.com/routes/17514709
Cherry Lane Garden Centre, Bradmore	42.90	https://www.strava.com/routes/16486740
Chocks Away!, Tollerton	36.10	https://ridewithgps.com/routes/28378073
Chocks Away!, Tollerton	36.00	https://www.strava.com/routes/13652532
Coffee Shot, Stathern	34.73	https://www.strava.com/routes/10160736
Coffee Shot, Stathern	33.30	https://www.strava.com/activities/5758347253
Dickies Cow Shed, Plungar	39.78	https://www.strava.com/routes/11958505
Dickies Cow Shed, Plungar	39.78	https://www.strava.com/routes/11958505
Dickies Cow Shed, Plungar	36.01	https://www.strava.com/routes/11958542
Dove Cottage Tea Rooms, Plungar	36.69	https://www.strava.com/routes/7924745
Dove Cottage Tea Rooms, Plungar	36.11	https://www.strava.com/routes/5789844
Dove Cottage Tea Rooms, Plungar	36.49	https://www.strava.com/routes/17899785
Dove Cottage Tea Rooms, Plungar	34.96	https://www.strava.com/routes/24346363
Dove Cottage Tea Rooms, Plungar	39.86	https://www.strava.com/routes/2886565832006601712
Dove Cottage Tea Rooms, Plungar	36.13	https://www.strava.com/routes/2863834633587208604
Fulbeck Tea Rooms (The Tack Room), Fulbeck	41.25	https://www.strava.com/routes/4178418
Fulbeck Tea Rooms (The Tack Room), Fulbeck	40.09	https://www.strava.com/routes/10794650
Fulbeck Tea Rooms (The Tack Room), Fulbeck	39.41	https://www.strava.com/routes/15234833
Fulbeck Tea Rooms (The Tack Room), Fulbeck	39.30	https://www.strava.com/routes/13343673
Fulbeck Tea Rooms (The Tack Room), Fulbeck	38.62	https://www.strava.com/routes/6678165
Hollybeck Garden Centre, Southwell	44.41	https://www.strava.com/routes/3567680
Hollybeck Garden Centre, Southwell	36.62	https://www.strava.com/routes/12255908
Hollybeck Garden Centre, Southwell	36.60	https://www.strava.com/routes/4275272
Hollybeck Garden Centre, Southwell	38.39	https://www.strava.com/routes/17221453
Little Jacks Farm & Garden Centre, Bottesford	36.21	https://www.strava.com/routes/12420321
Little Jacks Farm & Garden Centre, Bottesford	33.18	https://www.strava.com/routes/4377383
Little Jacks Farm & Garden Centre, Bottesford	32.50	https://ridewithgps.com/routes/38033523
Moore's Garden Centre (Gillmoore's Café), Stanton	40.31	https://www.strava.com/routes/16072036
Moore's Garden Centre (Gillmoore's Café), Stanton	38.69	https://www.strava.com/routes/12067362
Moore's Garden Centre (Gillmoore's Café), Stanton	36.24	https://www.strava.com/routes/10738576
Moore's Garden Centre (Gillmoore's Café), Stanton	38.33	https://www.strava.com/routes/17236938
Newfields Dairy, Hockerton	37.71	https://www.strava.com/routes/8173343
Newfields Dairy, Hockerton	37.54	https://www.strava.com/routes/11179549

Newfields Dairy, Hockerton	37.04	https://www.strava.com/routes/12919201
Newfields Dairy, Hockerton	36.65	https://www.strava.com/routes/15459863
Old Forge Tea Rooms, Muston	38.24	https://www.strava.com/routes/14307539
Old Forge Tea Rooms, Muston	35.44	https://www.strava.com/routes/11275040
Old Wharf Tearoom, Hickling	40.23	https://www.strava.com/routes/11330980
Old Wharf Tearoom, Hickling	39.16	https://www.strava.com/routes/12585827
Old Wharf Tearoom, Hickling	39.13	https://www.strava.com/routes/12644472
Old Wharf Tearoom, Hickling	38.65	https://www.strava.com/routes/11752872
Old Wharf Tearoom, Hickling	38.40	https://www.strava.com/routes/11627364
Old Wharf Tearoom, Hickling	37.88	https://www.strava.com/routes/17124708
Old Wharf Tearoom, Hickling	37.30	https://ridewithgps.com/routes/28682348
Old Wharf Tearoom, Hickling	35.09	https://www.strava.com/routes/15455719
Old Wharf Tearoom, Hickling	39.07	https://www.strava.com/routes/17473031
Old Wharf Tearoom, Hickling	35.40	https://ridewithgps.com/routes/36024404
Old Wharf Tearoom, Hickling	36.90	https://www.strava.com/routes/2901788513789342804
On The Sands Café & Deli, Long Clawson	40.47	https://www.strava.com/routes/4221068
On The Sands Café & Deli, Long Clawson	39.28	https://www.strava.com/routes/4835102
On The Sands Café & Deli, Long Clawson	34.07	https://www.strava.com/routes/3947847
Pearson's Nursery & Tea Room, Collingham	34.86	https://www.strava.com/routes/12160189
Pearson's Nursery & Tea Room, Collingham	34.76	https://www.strava.com/routes/2605054
Pearson's Nursery & Tea Room, Collingham	40.90	https://ridewithgps.com/routes/37374268
Side House, Claypole	37.70	https://www.strava.com/routes/17121977
Syston Park Farm Shop (Fruit Farm), Grantham	41.64	https://www.strava.com/routes/13538029
Syston Park Farm Shop (Fruit Farm), Grantham	39.55	https://www.strava.com/routes/14059780
Syston Park Farm Shop (Fruit Farm), Grantham	38.75	https://www.strava.com/routes/10072175
The Fuel Tank at The Engine Yard, Belvoir	33.99	https://www.strava.com/routes/12521397
The Picture Café (Number Sixteen), Bingham	34.74	https://www.strava.com/routes/4026122
Timmermans Garden Centre, Woodborough	37.28	https://www.strava.com/routes/7493008

Café Stop	Café Web Site			
Alpacas Farm	https://visitalpacas.co.uk/			
Alpacas Farm	https://visitalpacas.co.uk/			
Belton Garden Centre, Grantham	http://www.beltongardencentre.co.uk/coffee-shop/			
Belton Garden Centre, Grantham	http://www.beltongardencentre.co.uk/coffee-shop/			
Biondi Bistro, Gunthorpe	https://www.godine.co.uk/biondi-bistro-gunthorpe			
Café Allez	https://cafeallez.uk/			
Café Allez	https://cafeallez.uk/			
Café Allez	https://cafeallez.uk/			
Café Allez	https://cafeallez.uk/			
Caffe Velo Verde, Screveton	https://caffeveloverde.wordpress.com/			
Caffe Velo Verde, Screveton	https://caffeveloverde.wordpress.com/			
Caffe Velo Verde, Screveton	https://caffeveloverde.wordpress.com/			
Caffe Velo Verde, Screveton	https://caffeveloverde.wordpress.com/			
Caffe Velo Verde, Screveton	https://caffeveloverde.wordpress.com/			
Cherry Lane Garden Centre, Bradmore	https://www.cherry-lane.co.uk/static/store-bradmore.html			
Chocks Away!, Tollerton	https://www.facebook.com/ChocksAwayCafe/			
Chocks Away!, Tollerton	https://www.facebook.com/ChocksAwayCafe/			
Coffee Shot, Stathern	https://www.coffee-shot.co.uk/			
Coffee Shot, Stathern	https://www.coffee-shot.co.uk/			
Dickies Cow Shed, Plungar	https://www.dickiesbutchers.co.uk/the-cow-shed			
Dickies Cow Shed, Plungar	https://www.dickiesbutchers.co.uk/the-cow-shed			
Dickies Cow Shed, Plungar	https://www.dickiesbutchers.co.uk/the-cow-shed			
Dove Cottage Tea Rooms, Plungar	http://www.dovecottage.org/tea-room-shop/			
Dove Cottage Tea Rooms, Plungar	http://www.dovecottage.org/tea-room-shop/			
Dove Cottage Tea Rooms, Plungar	http://www.dovecottage.org/tea-room-shop/			
Dove Cottage Tea Rooms, Plungar	http://www.dovecottage.org/tea-room-shop/			
Dove Cottage Tea Rooms, Plungar	http://www.dovecottage.org/tea-room-shop/			
Dove Cottage Tea Rooms, Plungar	http://www.dovecottage.org/tea-room-shop/			
Fulbeck Tea Rooms (The Tack Room), Fulbeck	http://www.cuttinglane.com/fulbecktearooms.htm			
Fulbeck Tea Rooms (The Tack Room), Fulbeck	http://www.cuttinglane.com/fulbecktearooms.htm			
Fulbeck Tea Rooms (The Tack Room), Fulbeck	http://www.cuttinglane.com/fulbecktearooms.htm			
Fulbeck Tea Rooms (The Tack Room), Fulbeck	http://www.cuttinglane.com/fulbecktearooms.htm			
Fulbeck Tea Rooms (The Tack Room), Fulbeck	http://www.cuttinglane.com/fulbecktearooms.htm			
Hollybeck Garden Centre, Southwell	http://www.hollybeck.co.uk/Content/TeaRoom/TopiaryTeaRoom.asp			
Hollybeck Garden Centre, Southwell	http://www.hollybeck.co.uk/Content/TeaRoom/TopiaryTeaRoom.asp			
Hollybeck Garden Centre, Southwell	http://www.hollybeck.co.uk/Content/TeaRoom/TopiaryTeaRoom.asp			
Hollybeck Garden Centre, Southwell	http://www.hollybeck.co.uk/Content/TeaRoom/TopiaryTeaRoom.asp			
Little Jacks Farm & Garden Centre, Bottesford	https://www.littlejacksfarm.co.uk/Cafe.html			
Little Jacks Farm & Garden Centre, Bottesford	https://www.littlejacksfarm.co.uk/Cafe.html			
Little Jacks Farm & Garden Centre, Bottesford	https://www.littlejacksfarm.co.uk/Cafe.html			
Moores Garden Centre (Gillmoore's Café), Stanton	http://www.mooresnurseriesandgardencentre.co.uk/gillmoores-cafe			
Moores Garden Centre (Gillmoore's Café), Stanton	http://www.mooresnurseriesandgardencentre.co.uk/gillmoores-cafe			
Moores Garden Centre (Gillmoore's Café), Stanton	http://www.mooresnurseriesandgardencentre.co.uk/gillmoores-cafe			
Moores Garden Centre (Gillmoore's Café), Stanton	http://www.mooresnurseriesandgardencentre.co.uk/gillmoores-cafe			
Newfields Dairy, Hockerton	http://newfieldicecream.com/			
Newfields Dairy, Hockerton	http://newfieldicecream.com/			

Newfields Dairy, Hockerton	http://newfieldicecream.com/		
Newfields Dairy, Hockerton	http://newfieldicecream.com/		
Old Forge Tea Rooms, Muston	https://www.google.com/search?q=old+forge+tea+rooms+muston&		
Old Forge Tea Rooms, Muston	https://www.google.com/search?q=old+forge+tea+rooms+muston&		
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
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Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
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Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/		
On The Sands Café & Deli, Long Clawson	http://www.onthesands.co.uk/		
On The Sands Café & Deli, Long Clawson	http://www.onthesands.co.uk/		
On The Sands Café & Deli, Long Clawson	http://www.onthesands.co.uk/		
Pearson's Nursery & Tea Room, Collingham	http://www.pearsonsnursery.co.uk/home.html		
Pearson's Nursery & Tea Room, Collingham	http://www.pearsonsnursery.co.uk/home.html		
Pearson's Nursery & Tea Room, Collingham	http://www.pearsonsnursery.co.uk/home.html		
Side House, Claypole	https://www.facebook.com/pages/category/Coffee		
Syston Park Farm Shop (Fruit Farm), Grantham	http://www.systonparkfarmshop.com/		
Syston Park Farm Shop (Fruit Farm), Grantham	http://www.systonparkfarmshop.com/		
Syston Park Farm Shop (Fruit Farm), Grantham	http://www.systonparkfarmshop.com/		
The Fuel Tank at The Engine Yard, Belvoir	https://www.engineyardbelvoir.com/store/the-fuel-tank/		
The Picture Café (Number Sixteen), Bingham	http://www.numbersixteenbingham.co.uk/		
Timmermans Garden Centre, Woodborough	http://www.timmermansgardencentre.com/menu		