

Table 1

Café Stop	Distance (miles)	Route
All Mine Cakes By The Lake, Maythorne	52.54	https://www.strava.com/routes/16749948
Alpine Lodge, Melton Mowbray	53.06	https://www.strava.com/routes/5736275
Alpine Lodge, Melton Mowbray	52.79	https://www.strava.com/routes/9061074
Alpine Lodge, Melton Mowbray	52.15	https://www.strava.com/routes/11262300
Alpine Lodge, Melton Mowbray	49.82	https://www.strava.com/routes/2753858
Belton Garden Centre, Grantham	51.21	https://www.strava.com/routes/4569750
Café Ventoux, Tugby	80.91	https://www.strava.com/routes/6070143
Café Ventoux, Tugby	76.97	https://www.strava.com/routes/4570117
Café Ventoux, Tugby	71.33	https://www.strava.com/routes/3525467
Cherry Lane Garden Centre, Bradmore	46.92	https://www.strava.com/routes/12132512
Cherry Lane Garden Centre, Bradmore	42.90	https://www.strava.com/routes/16486740
Clock House, Upton	51.27	https://www.strava.com/routes/12734117
Clock House, Upton	50.32	https://www.strava.com/routes/9351840
Clock House, Upton	49.14	https://www.strava.com/routes/13693560
Coffee Culture, North Hykeham	55.57	https://www.strava.com/routes/10044770
Coffee Shot, Stathern	57.74	https://www.strava.com/routes/11825232
Coffee Shot, Stathern	50.19	https://www.strava.com/routes/15464153
Country Kitchen, Byard's Leap	53.03	https://www.strava.com/routes/14440212
Country Kitchen, Byard's Leap	52.93	https://www.strava.com/routes/11230136
Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe	57.80	https://www.strava.com/routes/15059764
Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe	55.39	https://www.strava.com/routes/2835604493267851040
Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe	54.56	https://www.strava.com/routes/12779634
Four Seasons Garden Centre, Sleaford	49.52	https://www.strava.com/routes/7499910
Fulbeck Tea Rooms (The Tack Room), Fulbeck	53.51	https://www.strava.com/routes/4093026
Fulbeck Tea Rooms (The Tack Room), Fulbeck	51.56	https://www.strava.com/routes/7574586
Fulbeck Tea Rooms (The Tack Room), Fulbeck	50.33	https://www.strava.com/routes/4888519
Gates Garden Centre, Cold Overton	59.51	https://www.strava.com/routes/9450897
Giant Store, Doddington	55.06	https://www.strava.com/routes/13959855
Giant Store, Doddington	54.10	https://www.strava.com/routes/10346994

Giant Store, Doddington	52.15	https://www.strava.com/routes/15843596
Giant Store, Doddington	51.66	https://www.strava.com/routes/11080418
Giant Store, Doddington	60.77	https://www.strava.com/routes/17776880
Giant Store, Doddington	52.47	https://www.strava.com/routes/2832729849737317512
Green Hut Café, Ollerton	50.75	https://www.strava.com/routes/11112334
Harbour Cafe, Whitwell (Rutland Water)	74.33	https://www.strava.com/routes/11112334
Hollybeck Garden Centre, Southwell	44.41	https://www.strava.com/routes/3567680
Macy's Brasserie, Navenby	54.17	https://www.strava.com/routes/16337757
Macy's Brasserie, Navenby	53.56	https://www.strava.com/routes/16355857
Macy's Brasserie, Navenby	52.37	https://www.strava.com/routes/13543980
Macy's Brasserie, Navenby	52.24	https://www.strava.com/routes/10045095
March Hare, Corby Glen	65.20	https://www.strava.com/routes/15950555
March Hare, Corby Glen	64.73	https://www.strava.com/routes/15674259
March Hare, Corby Glen	51.61	https://www.strava.com/routes/17147174
Moore's Garden Centre (Gillmoore's Café), Stanton-on-the-Wolds	51.52	https://www.strava.com/routes/3946808
Moore's Garden Centre (Gillmoore's Café), Stanton-on-the-Wolds	50.00	https://www.strava.com/routes/11737494
Newfields Dairy, Hockerton	53.11	https://www.strava.com/routes/15472884
Newfields Dairy, Hockerton	51.90	https://www.strava.com/routes/12733737
Off The Beaten Path Café, Melton Mowbray	51.52	https://www.strava.com/routes/12676474
Old School Tea Room, Carburton, Worksop	56.51	https://www.strava.com/routes/10945254
Old Wharf Tearoom, Hickling	53.89	https://www.strava.com/routes/11331029
Old Wharf Tearoom, Hickling	51.66	https://www.strava.com/routes/14014279
Old Wharf Tearoom, Hickling	51.37	https://www.strava.com/routes/12307162
Old Wharf Tearoom, Hickling	47.42	https://www.strava.com/routes/11393353
Old Wharf Tearoom, Hickling	44.25	https://www.strava.com/routes/11684782
Potting Shed, Langham	56.56	https://www.strava.com/routes/11940317
Racehub, Six Hills	54.59	https://www.strava.com/routes/3154213
Racehub, Six Hills	53.32	https://www.strava.com/routes/15058665
Southwell Garden Centre, Southwell	49.56	https://www.strava.com/routes/15713543
Syston Park Farm Shop (Fruit Farm), Grantham	59.40	https://www.strava.com/routes/11678462

Syston Park Farm Shop (Fruit Farm), Grantham	54.45	https://www.strava.com/routes/5654161
Syston Park Farm Shop (Fruit Farm), Grantham	51.10	https://www.strava.com/routes/992300
Through the Gate Café (Bison Farm), Nether Broughton	50.21	https://www.strava.com/routes/20888272
Whisby Nature Park, Thorpe-on-the-Hill	56.62	https://www.strava.com/routes/17351854
Woodberry Teahouse, Farnsfield	56.13	https://www.strava.com/routes/16211492
Woodberry Teahouse, Farnsfield	51.72	https://www.strava.com/routes/10879976
Woodberry Teahouse, Farnsfield	49.62	https://www.strava.com/routes/16071498
Wymondham Windmill, Wymondham	57.57	https://www.strava.com/routes/4741366
Wymondham Windmill, Wymondham	56.16	https://www.strava.com/routes/14834778
Wymondham Windmill, Wymondham	55.36	https://www.strava.com/routes/2186190
Wymondham Windmill, Wymondham	55.08	https://www.strava.com/routes/14834800
Wymondham Windmill, Wymondham	49.66	https://www.strava.com/routes/6801471
Wymondham Windmill, Wymondham	52.50	https://www.strava.com/routes/2837352080106133152

Café Stop	Café Web Site	
All Mine Cakes By The Lake, Maythorne	https://www.allminecakes.co.uk/	
Alpine Lodge, Melton Mowbray	http://jandl.site/#home	
Alpine Lodge, Melton Mowbray	http://jandl.site/#home	
Alpine Lodge, Melton Mowbray	http://jandl.site/#home	
Alpine Lodge, Melton Mowbray	http://jandl.site/#home	
Belton Garden Centre, Grantham	http://www.beltongardencentre.co.uk/coffee-shop/	
Café Ventoux, Tugby	https://www.cafe-ventoux.cc/	
Café Ventoux, Tugby	https://www.cafe-ventoux.cc/	
Café Ventoux, Tugby	https://www.cafe-ventoux.cc/	
Cherry Lane Garden Centre, Bradmore	https://www.cherry-lane.co.uk/static/store-bradmore.html	
Cherry Lane Garden Centre, Bradmore	https://www.cherry-lane.co.uk/static/store-bradmore.html	
Clock House, Upton	http://clockhousecafe.co.uk/	
Clock House, Upton	http://clockhousecafe.co.uk/	
Clock House, Upton	http://clockhousecafe.co.uk/	
Coffee Culture, North Hykeham	https://www.facebook.com/Coffee-Culture-131475696865121/	
Coffee Shot, Stathern	https://www.coffee-shot.co.uk/	
Coffee Shot, Stathern	https://www.coffee-shot.co.uk/	
Country Kitchen, Byard's Leap	https://www.byards-leap-lodge.co.uk/country-kitchen/	
Country Kitchen, Byard's Leap	https://www.byards-leap-lodge.co.uk/country-kitchen/	
Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe	https://www.ferneleysicecream.co.uk/the-dairy-barn-café	
Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe	https://www.ferneleysicecream.co.uk/the-dairy-barn-café	
Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe	https://www.ferneleysicecream.co.uk/the-dairy-barn-café	
Four Seasons Garden Centre, Sleaford	https://www.pennells.co.uk/sleaford/-restaurant-tab	
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	
Gates Garden Centre, Cold Overton	https://www.gatesgardencentre.co.uk/restaurant/	
Giant Store, Doddington	http://www.giant-lincoln.co.uk/gb	
Giant Store, Doddington	http://www.giant-lincoln.co.uk/gb	

Giant Store, Doddington	http://www.giant-lincoln.co.uk/gb	
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Giant Store, Doddington	http://www.giant-lincoln.co.uk/gb	
Giant Store, Doddington	http://www.giant-lincoln.co.uk/gb	
Green Hut Café, Ollerton	https://www.facebook.com/ollertonroundabout/	
Harbour Cafe, Whitwell (Rutland Water)	https://whitwell-rutland.cylex-uk.co.uk/company/harbour-cafe-bar---restaurant-16173922.html	
Hollybeck Garden Centre, Southwell	http://www.hollybeck.co.uk/Content/TeaRoom/TopiaryTeaRoom.aspx	
Macy's Brasserie, Navenby	https://www.macysbrasserie.co.uk/	
Macy's Brasserie, Navenby	https://www.macysbrasserie.co.uk/	
Macy's Brasserie, Navenby	https://www.macysbrasserie.co.uk/	
Macy's Brasserie, Navenby	https://www.macysbrasserie.co.uk/	
March Hare, Corby Glen	https://themarchhare.eu/	
March Hare, Corby Glen	https://themarchhare.eu/	
March Hare, Corby Glen	https://themarchhare.eu/	
Moore's Garden Centre (Gillmoore's Café), Stanton-on-the-Wolds	http://www.moore'snurseriesandgardencentre.co.uk/gillmoore's-cafe/3756008	
Moore's Garden Centre (Gillmoore's Café), Stanton-on-the-Wolds	http://www.moore'snurseriesandgardencentre.co.uk/gillmoore's-cafe/3756008	
Newfields Dairy, Hockerton	http://newfieldicecream.com/	
Newfields Dairy, Hockerton	http://newfieldicecream.com/	
Off The Beaten Path Café, Melton Mowbray	http://www.offthebeatenpathcafe.co.uk/	
Old School Tea Room, Carburton, Worksop	https://www.tripadvisor.co.uk/Restaurant_Review-g504076-d2225144-Reviews-The_Old_School_Tea_Room-Worksop_Nottinghamshire_England.html	
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/	
Old Wharf Tearoom, Hickling	https://www.theoldwharf.co.uk/	
Potting Shed, Langham	http://www.rutlandvillage.co.uk/pottingshedcafe.html	
Racehub, Six Hills	https://www.racehub.uk/socialise/	
Racehub, Six Hills	https://www.racehub.uk/socialise/	
Southwell Garden Centre, Southwell	http://www.southwellgardencentre.co.uk/	
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/	
Through the Gate Café (Bison Farm), Nether Broughton	https://www.bisons.org/cafe	
Whisby Nature Park, Thorpe-on-the-Hill	http://www.naturalworldcentre.co.uk/whats-here/cafe/	
Woodberry Teahouse, Farnsfield	http://www.woodberryfarnsfield.com/	
Woodberry Teahouse, Farnsfield	http://www.woodberryfarnsfield.com/	
Woodberry Teahouse, Farnsfield	http://www.woodberryfarnsfield.com/	
Wymondham Windmill, Wymondham	http://wymondhamwindmill.co.uk/windmill-tearooms/	
Wymondham Windmill, Wymondham	http://wymondhamwindmill.co.uk/windmill-tearooms/	
Wymondham Windmill, Wymondham	http://wymondhamwindmill.co.uk/windmill-tearooms/	
Wymondham Windmill, Wymondham	http://wymondhamwindmill.co.uk/windmill-tearooms/	
Wymondham Windmill, Wymondham	http://wymondhamwindmill.co.uk/windmill-tearooms/	
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Cherry Lane Garden Centre, Bradmore		
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Country Kitchen, Byard's Leap		
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Dairy Barn Café (Ferneley's Ice Cream), Leesthorpe		
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Harbour Cafe, Whitwell (Rutland Water)		
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Potting Shed, Langham		
Racehub, Six Hills		
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Southwell Garden Centre, Southwell		
Syston Park Farm Shop (Fruit Farm), Grantham		

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Whisby Nature Park, Thorpe-on-the-Hill		
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