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{ F R O M }

## THE EDITOR



**THE SKINNY LATTE** you can keep. Likewise the wrap the size of pocket square, containing only salad and tiny bits of protein. Like most cyclists, I suppose, when I get off my bike and go into a café, I want carbohydrates. And, having spent a couple of hours or more burning calories, I want them right there, right then. Beans on toast maybe, or a piece of cake so large that gravity will help draw my fork towards it. That and strong coffee. Simple fare, generous portions.

It's not just about refuelling, of course. You want somewhere you can park your bike safely. You want service with a smile. And you want other cyclists around so that you feel welcome, and so you can have a chat even if you came in alone.

I guess some cyclists will want cycling paraphernalia in the café too. Or perhaps a bike shop or workshop attached? Not having been in such a café, I can't comment – except to say that if the atmosphere is cycling-friendly and the menu is still effective at offsetting a proper calorie deficit, it all sounds fine.

I was going to add 'location' as a prerequisite for a good café. The café must be reachable by your ride – ideally when you feel like stopping. And if you're riding off-road, the café does need to be pretty close. When you're riding on road, however, your catchment area for cafés is much larger. If the café is good, you'll choose to ride out to it. Why? Because it's there.

DAN JOYCE



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Benji Haworth, Paul Lloyd, iStockphoto.com



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