

# Reviews

# Gear up

COMPONENTS, KIT, AND MEDIA SELECTED  
AND REVIEWED BY BIKE JOURNALISTS AND CYCLING UK STAFF

## Put to the test

Is there a product that you think needs reviewing?

Write to: *Cycle*, PO Box 313, Scarborough, YO12 6WZ

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### Pros & cons

- + Low maintenance
- + Swapping between bikes/wheels
- Not suitable for drop bars



## Kindernay

# Kindernay VII

Wide-range 7-speed hub gear that can be swapped between different wheels

£1,030 [kindernay.com](http://kindernay.com)

When I cycled off-road back to the factory on the outskirts of Oslo, I discovered what the company founder Christian Antal and Knut Tore Ljosne of Norwegian-based Kindernay had experienced many times. The natural trails there feature rocks, wet tree roots, and loose branches – good mountain biking terrain but ideal for ripping off a rear derailleur. Their solution: Kindernay hub gears.

I tested their latest release, the Kindernay VII, on a Santa Cruz Chameleon carbon hardtail. For most of my recent bikepacking trips I have used a Kinesis Tripster AT gravel bike. With a

10-42 SRAM 11-speed cassette, that has a gear range of 420%. The Kindernay's range is about the same: 428%. With seven instead of 11 gears, the 28% gear intervals are much bigger on the Kindernay. It took a while to get used to this.

I tested the hub on a weekend bikepacking trip around the Oslofjord in south Norway, and even with a 32/18 drivetrain I was able to ride most uphill sections. Kindernay sell the hub with a 20t or 22t cog, which will improve its climbing ability. They also offer a 14-speed version with 13.9% intervals across a 543% range.

While longevity and low maintenance are advantages of

most internal gear hubs, I wasn't convinced by the weight penalty and twist shifter of the Rohloff Speedhub that I used on my brother's Tout Terrain Silkroad tourer. While it worked very well, I never warmed to the experience. Lack of interchangeability was another issue

The Kindernay hub addresses both concerns. It uses a SWAP hub shell (£130), in which the actual hub sits, so it can be transferred with little effort between wheels. A second thumb shifter (£400) makes it easy to transfer the hub between bikes.

The Kindernay VII fits 142×12mm, 148×12mm and 135×10mm axles, and is available with 28, 32, or 36 spoke holes. It's compatible with 6-bolt discs. The whole package (1,750g, of which the hub is 1,200g) includes hub, SWAP cage, shifter, and cog. It's available direct from Kindernay and from selected UK retailers. ●

**Markus Stitz**

## Other options



### ROHLOFF SPEEDHUB FROM £1,200

14-speed hub with 526% range, for rim and disc brakes, twist or electric shifter. Available in three colours, 32 or 36H, and to fit axles from 135mm to 197mm. [rohloff.de](http://rohloff.de)



### SHIMANO ALFINE 11 FROM £500

11-speed hub with 409% gearing range, thumbshifter or Di2. Only available for 135mm OLD frames and CenterLock disc brakes, in 32 or 36H. [bike.shimano.com](http://bike.shimano.com)

## Verdict

*Sometimes noisy but it offers an excellent riding experience and shifts smoothly even under high load. A great choice for a low-maintenance bikepacking, touring, commuting or cargo bike.*



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**Pros & cons**  
 + Makes excellent coffee  
 – Insecure filter storage  
 – No 'crema'

**AeroPress**

# Go Coffee Maker

Proper coffee on the go from a coffee maker compact enough for a pannier or frame bag

£31.99 [aeropress.co.uk](http://aeropress.co.uk)



where hot water is unavailable – I did not investigate. The fun bit starts with using the plunger, which presses trapped air against the brew to force it through the filter, leaving a 'plug' of grounds compressed against the filter.

It's a satisfying procedure, as is the subsequent act of ejecting the plug of grounds from the chamber once the filter cap has been removed. The 'espresso' now sitting in the beaker or mug is *strong* but can be diluted to something more like an Americano, while up to three espresso servings can be brewed at once by adding three scoops of coffee and filling to the appropriate chamber measure.

The one drawback to the process is the inevitable lack of the 'crema', the foam that forms on the top of a perfectly-brewed cup as the coffee passes through the filter. Ejecting the grounds and used filter keeps the AeroPress clean and ready for the next brew, – either hot or cold... ●

**Richard Hallett**

## Verdict

*A finely engineered and portable coffee maker with self-cleaning action, which makes excellent coffee. So good it's capable of serving as a coffee maker in the home.*

**F**or many touring and expedition cyclists, freshly-brewed ground coffee is a sufficiently important part of life in the saddle to warrant carrying the means to make it. Even credit-card cycle tourists may prefer a decent brew-up to a hotel sachet of instant coffee. Either way, the AeroPress Go fits the bill in a neatly engineered and very effective package.

Smaller than the original AeroPress, the Go is, at 120mm tall, nevertheless about 50% taller than a regular coffee mug – including the 90mm wide silicone lid and beaker. The kit includes a scoop, hinged stirrer, and clamshell storage carton for the paper filters, which fits under the lid

and unaccountably does not snap shut, allowing the filters to spill out unless you're careful.

Brewing up involves removing the plunger and perforated filter holder or 'cap' from opposite ends of the main barrel or 'chamber', which is printed with capacity measures for one, two or three espresso servings. Place a filter in the cap, secure it in place with an eighth-turn, place the chamber on the beaker or other receptacle, and add one scoop of ground coffee per cup of espresso before adding water.

Water can be hot – AeroPress recommends 80°C and a 10-second stir – or cold. A cold brew requires about a minute of stirring and may be just the thing

Other options

**GSI OUTDOORS COLLAPSIBLE JAVA DRIP £18.50**

Collapsible silicone cone holds a standard #2 or #4 filter and sits on mug or pot. [gsioutdoors.com](http://gsioutdoors.com)



**SUMATRA ONE CUP DRIP FILTER £11.99 FOR 40**

Pour-over coffee bag. Individually-packaged servings in filters. [thecoffeepod.co.uk](http://thecoffeepod.co.uk)

