



Pros & cons

- + Well made & serviceable
- + Good grip
- Pins kit costs extra

DMR

Flat4 pedals

All-purpose flat pedals aimed at enthusiasts

£60 dmbikes.com

Several years ago, after decades on clipless, I had a flat-pedal epiphany. After using them on my mountain bike, I put them on my road bike as well. Any efficiency losses seemed negligible for real-world, non-race riding. They were more comfortable. I could wear my flat-pedal MTB shoes, which are essentially trainers. So I kept using them. Roadie

clubmates were baffled.

The designers at DMR wouldn't be: the company's Flat4 pedal, which launched this year, is expressly aimed at "endurance riders, gravel riders, and roadies who prefer not to use clip-in pedals", as well as at commuters and e-cyclists looking for something nicer than the plastic cheapies their bike came with.

Like DMR's popular mountain bike pedals, the Flat4s have a slightly concave, sturdily made, die-cast aluminium body. They're serviceable: a rebuild kit of bearings, bushings and end caps is £18; you can even get replacement axles (£25/pair). And they have screw-in metal pins for grip.

How many pins? That's up to you. By default there are four pins each side, clustered around the axle. You can remove these if you don't want them. Or you can remove the polypropylene and rubber treads, which are screwed in, and replace them

with yet more pins. Extra pins (£15) come in a set with the tools you need to fit them – although not the T10 Torx you need to remove the treads.

I initially tried the pedals as they came. Grip was better than I thought it would be, and I'd be happy with the pedals like that on a town bike or tourer. As they were on my road bike, I also tried the £15 pins kit. The extra pins provided a more secure footing at higher cadences, in the wet and while pedalling out of the saddle. My feet have never slipped off these pedals.

With a platform that's 97×81mm, they're as long but not as wide as my mountain bike pedals. This didn't affect long-distance comfort or foot stability on road. While I wouldn't use them for technical mountain biking, riders with smaller feet (I'm a UK 8) might do so, and I'd be happy with them on gravel routes and easier trails.

You can retain the pedal reflectors even if you switch to all pins, making you (unlike most riders on clipless) road legal while cycling at night. They weigh 483g per pair. ●

Dan Joyce

Other options



NUKEPROOF NEUTRON EVO PEDALS £34.99

Bigger but lighter-weight (356g) mountain bike pedals with a body made from nylon-reinforced composite. These are what I was using on my road bike. nukeproof.com



MKS SYLVAN TOURING NEXT PEDALS £89.99

Traditional-style alloy touring/commuting pedals with sealed bearings. Smaller foot platform (94×63mm) but only 338g. Compatible with toe-clips and reflectors. mkspedal.com

Verdict

Nice, serviceable pedals you can use without clicky-clacky shoes. They're narrower than mountain bike flats, making it less likely you'll catch one on a pedally corner, and they come with reflectors.

