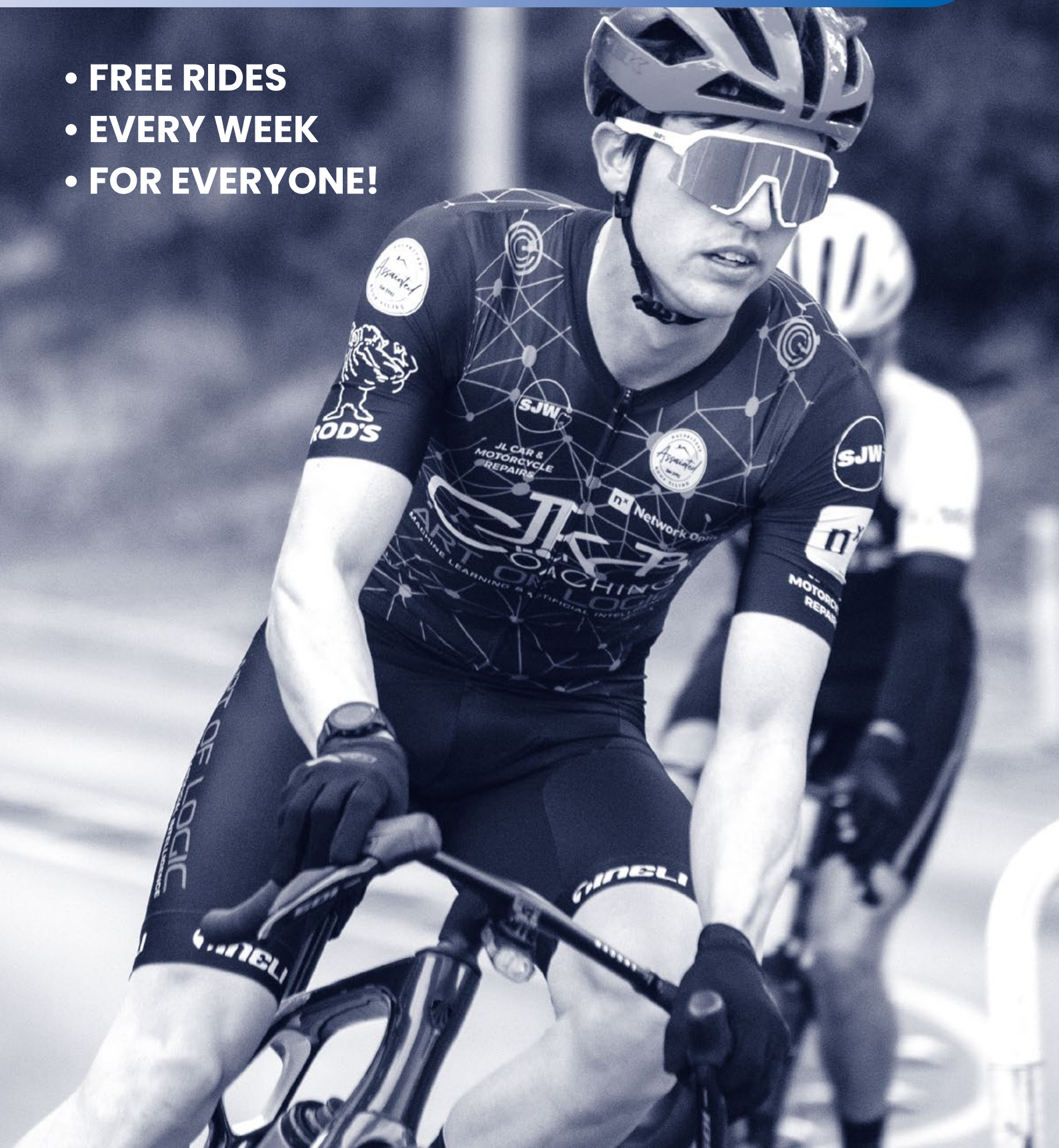


Bicycle SA

RidesPROGRAMME

SEPTEMBER–NOVEMBER 2025
ISSUE 95

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!



www.bikesa.asn.au



WELCOME

Each year, over 2,000 organised rides are delivered as part of Bicycle SA's free *Rides Programme*.

From Willunga to Gawler and Mt Gambier to the Eyre Peninsula all rides are delivered by our experienced rides leaders. Our *Rides Programme* is the most comprehensive in Australia – with an experience for everyone—and best of all they are FREE. These rides are ideal for those who are getting back on the bike after a few years off or those taking it up for the first time. Each of the rides are coded with a degree of difficulty so you know exactly what to expect. But if you're not quite sure, you can call any of our rides leaders and have a chat with them.

The Rides Programme is also available on our website, www.bikesa.asn.au

All are welcome, so get involved and go for a ride.

BECOME A BICYCLE SA MEMBER

Bicycle SA was established in 1982. Since that time the organisation has grown and is now recognised as South Australia's peak body for cyclists. Bicycle SA is a non government, not-for-profit volunteer based organisation, staffed by a group of dedicated professionals.

9 GREAT REASONS TO JOIN

1. Comprehensive personal accident insurance
2. Comprehensive public liability insurance
3. Discounted entry fee to all Bicycle SA events
4. Discounted registration fee to all Bicycle SA coaching and bike maintenance courses
5. Access to cycling information including updates through members only fortnightly e-news and Rides Programme
6. Exclusive offers and discounts from a wide range of Bike SA partners
7. WIN great prizes at Bicycle SA's recreational events
8. Assistance and friendly advice on all aspects of cycling
9. Free first interview and 10% discount from Andersons Solicitors on any legal matter.

BECOME A BICYCLE SA MEMBER

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover worldwide, 24 hours a day, 7 days a week!* Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia. Individual membership from \$90 with household and concession rates available.

CONTACT US TO JOIN NOW

*Conditions apply.

Visit www.bikesa.asn.au for full details.

BIKE SA

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

11a Croydon Road Keswick SA 5035

Office open 9am–5pm, Monday–Friday

Emergency Phone 0407 600 326

INFORMATION

The rides are free of charge (unless indicated otherwise) and available to the general public. For a punctual start, please arrive 15 minutes prior to the scheduled starting time. Riders are encouraged to join Bicycle SA after three rides. Only Bicycle SA members are eligible to lead and coordinate rides. The ride leaders can be contacted for additional rides information. Each ride has been coded for your convenience and it is suggested that you choose the ride to suit your ability. Children under 16 shall be accompanied by a responsible adult. The Rides Programme is subject to change without notice.

MOUNTAIN BIKE RIDE CODES

Class 1 (MTB Beginner) Limited off road experience. Obstacle free. Smooth fire tracks. Ride time 45 minutes. 10% gradient.

Class 2 (MTB Intermediate)

Fire Roads, 20–30km. Numerous obstacles, various rock jumps, drop offs, technical tracks.

Class 3 (MTB Experience)

Experienced riders, 30+km. Frequent single tracks, steep slopes, sand, drop offs, log jumps.

ON ROAD RIDE CODES

- | | |
|----------------|-------------------|
| 1 Up to 15km/h | A Flat |
| 2 15 to 18km/h | B A few hills |
| 3 18 to 20km/h | C Hilly and steep |
| 4 20 to 23km/h | D Challenging |
| 5 23 to 26km/h | |
| 6 26+km/h | |

WHAT TO TAKE ON A RIDE

- Puncture kit
- Rain jacket
- Spare tube
- Identification
- Pump
- Money
- Sun screen
- Lights at night
- Water
- Sun glasses

HOT WEATHER POLICY

Cancel non-fee paying rides, as listed in the *Rides Programme*, if the official forecast temperature on the day is 35°C or greater. Early morning and evening rides shall occur at the ride leaders and/or coordinators discretion. The hot weather policy does not apply to fee-paying events, which are managed within their own risk management protocols.

ADVERTISEMENTS

Bicycle SA takes no responsibility for any advertised ride/event/activity appearing in this programme that it has not organised.

RIDE GROUP COORDINATORS

30/30 Beach Streak

Daniel 0433 391 674

All Women's Bike Rides

Lanie 0406 452 117

Better Harts

Sharon 8723 0805
sharonholmes@ozemail.com.au

Bike Melrose

Kristen 0409 093 649

Border BUG

Marcus 0407 978 763

Cobwebs

cobwebsadelaide@yahoo.com.au

Cogs & Coffee

Jane 0402 102 608

'Cycle Salisbury'

Elaine 0422 393 997

GAD-BUG (Goolwa and District Bicycle User Group)

Geoff 0415 460 380

Gawler Wheelers

Ian 0448 111 384

Hills Ride

Rob 0428 990 059

Kangaroo Island BUG

Manfred
www.kangarooislandcycling.com

Mannum Peddle Wheelers

Terry 0427 319 004
www.facebook.com/groups/mannumpedalwheelers or
[mannumpedalwheelers@groups.facebook.com](https://www.facebook.com/mannumpedalwheelers)

Northern Off Road Riders

Mark 0491 034 167

Peninsula Pedallers

Raelene 0419 842 007

Poseurs d'Adelaide

Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479

Ride with Keith

Aaron 8232 7277

Saturday Express

Patsy 0439 332 533

Saturday Sojourn

Chris 0414 802 919

Tearaways

Jane 0402 102 608

Tuesday Traverse

Graham 0448 833 947
Judy 0401 000 641

Tuesday Treadlers

Tony 8388 4730

Unley BUG

Daniel 0437 323 379

Wednesday Wheelers

Mal 0407 870 470

TUE 2 SEP

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim
0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–55 km **3B–6B** Tony or Rob
0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. Ride up the freeway to Crafers, head west towards Belair National Park, a 10 minute WALK down steep switch back from Pony Ridge Rd. to Brownhill Creek. Coffee at Waite Institute then back to Good. Suitable for all bikes with some climbs.

50 km **3C** Jo 0432 429 922

Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Seaford to Grange, coffee at Grange jetty Café.

40 km **2B** Stuart 0428 184 553

WED 3 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com
30–80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred.

25–35 km **2A–2B** Elaine 0422 393 997

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.

20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride on paths.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)

0407 870 470 or 0429 487 976

THU 4 SEP

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

FRI 5 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50–70 km **4B** Geoff 0415 460 380

SAT 6 SEP

Bike Melrose

7:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.

20–110 km Kristen 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com

35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless setup please). Visit our website, norra.au the night before for any changes or updates. Be ready to roll at 9:00 am.

30–40 km **2B–3B** Mark 0491 034 167

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome.

10–20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.

20 km **2B** Lanie 0406 452 117

Para District Pedallers 'Cycle Salisbury' 12th Birthday Celebrations!

9:45 AM, Shelter Shed, Carisbrooke Park Reserve, Main North Rd. Salisbury Park. Cycle Salisbury Social Rides 12th Birthday Celebrations. Various rides all leaving from Shelter Shed to suit all abilities including (but not limited to): A fast paced and slower paced ride along Little Para River Trail; Mountain bike ride to Cobblers Creek to explore trails. Riders and their partners are then invited to join us for lunch (at own cost) in the beer garden of the Old Spot Hotel, Main North Rd, Salisbury Park (opposite Carisbrooke Park) from 12:00 pm.

5–25 km **1A–3B** Jim 0401 984 767

Cycle Salisbury' 12th Birthday Rides

9:45 AM, Shelter Shed, Carisbrooke Park Reserve, Main North Rd. Salisbury Park. Cycle Salisbury Social Rides 12th Birthday Celebrations! Please see the Para District Pedallers – 'Cycle Salisbury' 12th Birthday Rides information above for details.

Various ride leaders.

5–25 km **1A–3B MTB** Bryce 0432 732 540

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide. These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

11:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, SA Film Corporation, Glenside (outside front entrance). Café stop for afternoon tea.

40 km **3B** Patsy 0439 332 533

SUN 7 SEP

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479
60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Sunday Saunter - 'Cycle Salisbury'

9:00 AM, Outside Par 3 Café, Torrens Weir, War Memorial Drive, North Adelaide. Easy paced ride along Torrens Linear Park shared path and some roads to Henley Beach and return. Coffee en route. Suitable for any type of bike. Leader will be on a normal bike (not e-bike).

25–30 km **2A** Cam 0468 927 892

Kangaroo Island BUG

10:00 AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks and lunch. Contact for details: www.kangarooislandcycline.com

25–35 km

TUE 9 SEP

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim
0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, 9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–55 km **3B-6B** Tony or Rob
0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Mawson Lakes Railway Station, Mawson Lakes. The 9:30 am train from Adelaide gets to Mawson Lakes in time for a figure of eight loop along sealed pathways, mostly along the delightful Little Para River, bypassing Salisbury with surprisingly good coffee and deliciously fresh cakes at the Aqua Café in Elizabeth.

50 km **3B** Roz 0448 741 556

Tuesday Traverse

10:00 AM, Gawler Oval Train Station, Gawler. Mystery ride either linear or circular – you will have to be there to be surprised, you never know what to expect.

40 km **2B** Mick 0452 572 078

WED 10 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com

30–80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

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30 km **1B** Geoff 0415 460 380

Ride with Keith

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20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

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50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)
0407 870 470 or 0429 487 976

Learn to Ride Programme

4.00 PM–5.00 PM

Le Fèvre Community Stadium

541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4–12 years of age.

Contact: programs@bikesa.org.au

THU 11 SEP

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

FRI 12 SEP

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50–70 km **4B** Geoff 0415 460 380

SAT 13 SEP

Bike Melrose

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20–110 km Kristen 0409 093 649

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50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com

35 km **2B-4B** Terry or Wally
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Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

54 km **6A**

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8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Para Cruizers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Through Carisbrooke and various back streets to Cobblers Creek, Smith Rd. car park. Across Cobblers to Hillbank and the Jo Gapper Park lookout. Eventually descending through Freemont Park and across to St Georges for coffee. Suits gravel capable bikes. 330m ascending. 35 km **2B** Graham 0418 858 809

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.
15 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608

Richard 0419 033 140

50 km **4B** Jane 0402 102 608

Saturday Sojourn

11:00 AM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Drage Reserve, Briar Rd. Felixstow. Café stop for afternoon tea.
40 km **3B** Daryl 0411 474 096

SUN 14 SEP

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479
60-80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Salisbury Wheelers 'Cycle Salisbury'

10:00 AM, Lyndoch Rotunda, Barossa Valley Way, Lyndoch. Ride to Angaston and return. Coffee en route. (Option to ride from Gawler Central Railway Station, leaving 9:00 am sharp). 88km and 820VM Suit any bike.
50 km **4B** Ash 0416 719 785

TUE 16 SEP

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50-55 km **3B-6B** Tony or Rob
0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. North West exploration, a flatish paved ride, suitable for all bike types.
50 km **3B** Sven 0410 271 717

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Ride along Sturt Creek, around the back of the airport, the Linear Park and Henley Square for lunch - back to Inc for coffee.
40 km **2B** Sue 0411 029 628

WED 17 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlers
or mannumpeddlers.weebly.com
30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **2A-2B** Elaine 0422 393 997

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.
20-25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)
0407 870 470 or 0429 487 976

THU 18 SEP

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.
30 km **6A** Daniel 0433 391 674

FRI 19 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, 8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 - 70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50-70 km **4B** Geoff 0415 460 380

SAT 20 SEP

ADVERTISEMENT

Audax

**Lazy Langhorne
Saturday 20 September 2025
Start - OTR, Stepney
7:00 AM
211km**

Head south to Clarendon, out to Langhorne Creek via Meadows and Strathalbyn, then back via Birdwood, Gumeracha and Cudlee Creek.

It's a solid ride with 2523vm of climbing but worthwhile as there are great bakeries in Meadows, Strathalbyn and Mt Pleasant.
**Entry fee applies.
Angus Netting 0438 479 425
answim@gmail.com**

Bike Melrose

7:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-110 km Kristen 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheeler or mannumpeddlewheelers.weebly.com 35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Unley BUG

8:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Spring Equinox Gravel Ride! For those who've been wanting to get up into the hills and escape the city on some gravel roads, this is for you. It'll be a chilled pace with plenty of stops along the way. Note: this ride will involve a decent amount of climbing and all sorts of surface conditions. We recommend that you bring a bike with 35mm tyres as a minimum. 30–40 km **2C** Daniel 0437 323 379

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Brickworks Marketplace, cnr. South Rd. and Ashwin Pde. Torrensville. Single track ride up and down the River Torrens Linear Park. Ride direction decided on the day. Coffee/refreshments en route. Mountain bikes only (tubeless setup please). Visit our website, northernoffroadriders.com.au the night before for any changes or updates. Be ready to roll at 9:00 am. 30–40 km **2B–3B** Mark 0491 034 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr. Bridge Rd and South Tce. Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafall. Coffee en route MTB bikes please. 15 – 20 km **1A–2B MTB** Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Watershed Café car park, Salisbury Hwy. Mawson Lakes. Ride paths along South Rd. to Plant 4, return along Gawler Greenway. MTB/hybrid bikes. 35 km **2A** Elaine 0408 084 376

All Women's Bike Rides

9:30 AM, Cycle On! 2/19 Albany Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

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Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

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Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

11:00 AM, Forestville Reserve, Ethel St. Forestville (Unley Swimming Centre) An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Bob 0409 091 183

SUN 21 SEP

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479
60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A–4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

TUE 23 SEP

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50–55 km **3B–6B** Tony or Rob 0407 884 730 or 0448 682 578.

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. Jane's training ride, a few gentle climbs and one short, sharp huff, all over by a third of the way in. Coffee in Brighton. 50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride from the Torrens Weir to Waterfall Gully. 40 km **2B** Geoff 0407 793 231

WED 24 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheeler or mannumpeddlewheelers.weebly.com 30–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

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Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**) 0407 870 470 or 0429 487 976

Learn to Ride Programme

4.00 PM-5.00 PM

Le Fèvre Community Stadium

541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4-12 years of age.

Contact: programs@bikesa.org.au

THU 25 SEP

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

Fri 26 Sep

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 - 70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50-70 km **4B** Geoff 0415 460 380

SAT 27 SEP

Bike Melrose

7:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.

20-110 km Kristen 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group.

50-100 km Ian 0448 111 384

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7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Para Cruizers 'Cycle Salisbury'

9:00 AM, Car park next to Park Tce. Community Garden, 27 Park Tce. North Adelaide. Ride outer city parklands loop with coffee en route - suited to all bikes. 25 km **2A** Brian 0408 818 993

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.

15 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

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Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

11:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Café stop for afternoon tea. 40 km **3B** Karel 0449 854 454

SUN 28 SEP

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479
60-80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Car park, corner of Waterloo Cnr. Rd. and Davis St. Salisbury North. Beginners/Easy Ride along the bitumised path of the Little Para Trail. Looped ride where you do what you can. If its up to 5 km we look after you first... then we build up from there. 5-20 km **1-2A MTB** Jim 0401 984 767

Better Harts

Mt Gambier. Rides to various locations and varying distances are organised during the month on an ad hoc basis, depending on who is interested, available, and riders' ability. We ride at the speed of the slowest rider. Our aim to get people to start riding and help them connect with other riders. If interested, please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

TUE 30 SEP

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50-55 km **3B-6B** Tony or Rob 0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. Traverse through the leafy Eastern suburbs and return via Tonsley, a few hills and suitable for all bike types. 50 km **3B** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Port Elliott – meet at the Obelisk. The beautiful Encounter Bikeway area. 40 km **2B** Denis 0408 826 282

WED 1 OCT

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com 50–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 25–35 km **2A–2B** Elaine 0422 393 997

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling. The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling. Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**) 0407 870 470 or 0429 487 976

THU 2 OCT

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards. 30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required. 30 km **6A** Marcus 0407 978 763

FRI 3 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50–70 km **4B** Geoff 0415 460 380

SAT 4 OCT

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickledee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com 35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Bike Melrose

7:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page. 20–110 km Kristen 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50–100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road Cobbler Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only (tubeless setup please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 40–50 km **2B–3B** Mark 0491 034 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr. Bridge Rd and South Tce. Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route MTB bikes please. 15–20 km **1A–2B MTB** Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel, Commercial Rd. Salisbury. Ride local trails, coffee en route. MTB/hybrid bikes. 25–35 km **2A** Elaine 0408 084 376

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome. 10–20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

11:00 AM, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj. Glen Osmond Rd. Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day.

BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 5 OCT

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide grinders. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479
60-80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks and lunch. Contact for details:
www.kangarooislandcycling.com
25-35 km

TUE 7 OCT

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.
30 km **1A** Raelene or Jim
0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50-55 km **3B-6B** Tony or Rob
0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. Thinking it's time to venture southwards! The route will depend upon prevailing winds.
50 km **3B** Christine 0455 414 802

Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Ride the Southern Vales via Aldinga/Willunga/McLaren Flat.
40 km **2B** Rick 0417 816 372

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.
30 km **6A** Marcus 0407 978 763

WED 8 OCT

Mannum Puddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers or mannumpuddlewheelers.weebly.com
50-80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1B** Geoff 0415 460 380

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.
20-25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling. The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling. Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)
0407 870 470 or 0429 487 976

Learn to Ride Programme

3:00 PM - 4:00 PM

Le Fevre Community Stadium
541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4-12 years of age.

Contact: programs@bikesa.org.au

Unley BUG

6:00 PM, Unley Town Hall car park, Oxford Tce, Unley Spring Nights Bike Crawl! Save the date and get your appetite going! A slow travel low-stakes food and drink bike crawl in and around the city. Bring your bike, your lock, your appetite and a sense of fun. More details to follow.
20 km **1A** Daniel 0437 323 379

THU 9 OCT

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.
30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.
30 km **6A** Marcus 0407 978 763

FRI 10 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50-70 km **4B** Geoff 0415 460 380

Bike Maintenance Course

Bike Check & Puncture Repair
10:00 AM-12:00 PM
Woodcroft Library, 175 Bains Rd. Morphett Vale.

This practical session is ideal for anyone looking to gain confidence with simple bike maintenance.

The hands-on course includes:

- Pre-ride bike check;
- Puncture repair (tube and tubeless);
- Basic adjustments for comfort and safety;
- Tips for minor at-home or
- 'on-the-go' tweaks; and
- basic items to carry on your bike.

The workshop is open to anyone and their riding backgrounds.

Within a supportive environment you are able to ask questions, get hands-on experience while improving your bike maintenance skills.

Fee applies.

Contact: programs@bikesa.org.au

SAT 11 OCT

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options - 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-110 km Kristen 0409 093 649

Mannum Puddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers or mannumpuddlewheelers.weebly.com
35 km **2B-4B** Terry or Wally
0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group.
50-100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Para Cruizers 'Cycle Salisbury'

9:00 AM, Deadmans Pass car park, Gawler Tce. Gawler. The Barossa in spring! High St. to join the Barossa Trail to Lyndoch for coffee. Returning via the Barossa Trail and Cheek Ave. Then descending into Deadmans Pass along the South Para. Suits gravel capable bikes. 300m ascending.
32 km **2B** Graham 0418 858 809

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.
15 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608

Richard 0419 033 140

50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Goodwood Skate Park, west side of Railway Station, Goodwood. Café stop for afternoon tea.

40 km **3B** Karel 0449 854 454

SUN 12 OCT

Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 12 October 2025

6.30am Balhannah, Onkaparinga Valley Football Club, Onkaparinga Valley Way, Balhannah

The final event in the Grand/Mini Slam series of five on road personal challenge recreational rides for 2025. Choose between 100km or 200km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Youth and child rates available.

Enter online

Bicycle SA office 8168 9999

www.bikesa.asn.au

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A–4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Wheelers 'Cycle Salisbury'

9:00 AM, Hausler reserve (AKA Greentree Park) Kings Rd. Paralowie. Ride to Pt. Adelaide, then to North Adelaide and return to start. Coffee en route. Suit any bike.

55 km **4A** Ash 0416 719 785

TUE 14 OCT

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim

0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–55 km **3B–6B** Tony or Rob

0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug

20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. Dry Creek via Bikeway, then on to Port Adelaide along the Expressway for coffee, returning via the Greenway. Predominately sealed roads with some single track through wetlands but still suitable for all bike types.

50 km **3B** Justin 0466 104 900

Tuesday Traverse

10:00 AM, Copper Coast. Copper Coast rides.

40 km **2B** Mick 0452 572 078

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

WED 15 OCT

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers. weebly.com

50–80 km **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred.

25–35 km **2A–2B** Elaine 0422 393 997

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.

20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**) 0407 870 470 or 0429 487 976

THU 16 OCT

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

FRI 17 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50-70 km **4B** Geoff 0415 460 380

Gravel Grin Capers

9:00 AM, Meryle's Café, cnr. Herbert St. and Samuel St. Laura Meet for pre-ride refreshments. 10:00 am Gentle Ride – 2A Laura, north on the Southern Flinders Rail Trail and back roads to Stone Hut and return via scenic back roads and the Rail Trail: 24.2km; 171m climbing; 89% gravel. 10:00 am Regular Ride – 3B Laura to Beetaloo Ranges, Tank Hill, return. Mostly back roads finishing on the Southern Flinders Rail Trail: 52.4km; 604m climbing; 89% gravel. 10:00 am Challenging Ride – 4C Laura to Beetaloo Ranges, Tank Hill, Crystal Brook, Huddleston, Georgetown, return. Back roads: 108.3km; 1,063m climbing; 90% gravel. All rides finish at Little Blessings Brewing, Victoria St, Laura. stu.clement@yahoo.com Stu 0439 311 294

SAT 18 OCT

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options --- 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page. 20-110 km Kristen 0409 093 649

ADVERTISEMENT

fludax

**Copper Coast Wanderer
Saturday 18 October 2025
Start – Willaston
7:00 AM**

**100km/200km/304km/
406km/600km**

All rides commence together from Williamstown to Templers and Owen with all returning via Pinery and Mallala back to Williamstown.

Longer distances explore the Welsh mining towns of the Copper Coast including Maitland, Wallaroo and Bute.

**Entry fee applies
James Litt 0428 866 480
jamlitt@bigpond.net.au**

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50-100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Rd. Mainly off road ride along the Little Para, Dry Creek, Highbury Aqueduct and the Torrens Linear Park. Mountain bikes only (tubeless setup please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 40-65 km **2B-3B** Mark 0491 034 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr. Bridge Rd and South Tce. Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route MTB bikes please. 15-20 km **1A-2B MTB** Bryce 0432 732 540

Gravel Grin Capers

9:00 AM, Meryle's Café, cnr. Herbert St. and Samuel St. Laura Meet for pre-ride refreshments. 10:00 am Gentle Ride – 2A A loop from Laura to the east, Southern Flinders Rail Trail north then back roads to the east finishing from the south of Laura on the Southern Flinders Rail Trail: 26.5km; 148m climbing; 88% gravel. 10:00 am Regular Ride – 3B From Laura, north on the Southern Flinders Rail Trail to Stone Hut and Yandiah, then looping back south past Wirrabara to Stone Hut and the Rail Trail back to Laura: 61.2km; 446 climbing; 94% gravel. 10:00 am Challenging Ride – 4C From Laura east to Caltowie then north through Hornsdale to Tarcowie then west on Sweet Rd. linking up with Pine Creek Rd. to Stone Hut and back roads to Laura: 102.7km; 748m climbing; 96% gravel. All rides finish at Little Blessings Brewing, Victoria St. Laura. stu.clement@yahoo.com Stu 0439 311 294

Para District Pedallers 'Cycle Salisbury'

9:00 AM, South Tce. Pooraka, (meet at dog park). Ride Dry Creek Trail, O'Bahn Path and Linear Park to Highbury. Return via Hope Valley Reservoir then similar path. Coffee en route. Suit MTB/hybrid bikes. 30 km **2B** Elaine 0422 393 997

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling. Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

June 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Velo Precinct, Victoria Park Grandstand, Fullarton Rd. Rose Park. Note: 10:00 am start time.

An easy paced, sociable ride for both experienced and less experienced cyclists.

Leader and route determined on the day.

BYO or buy refreshments.

25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Hackey Apartments, next to Bridge by River Torrens and adjacent to Linear Park. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 19 OCT

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

60-80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

Gravel Grin Capers

9:00 AM, Meryle's Café, cnr. Herbert St. and Samuel St. Laura Meet for pre-ride refreshments. 10:00 am Gentle Ride – 2A From Laura, south on the Southern Flinders Rail Trail turning west towards the ranges and the lookout and back roads to Laura: 25.9km; 230m climbing; 92% gravel. 10:00 am Regular Ride – 3B From Laura south on the Southern Flinders Rail Trail and service road to Gladstone, Georgetown, then back roads to the southeast of Laura. Return: 70.7km; 490m climbing; 85% gravel. 10:00 am Challenging Ride – 4C From Laura southeast to Bundaleer Forest, then north to Jamestown, Hornsdale and Tarcowie. Thence to Yandiah, Wirrabara, Stone Hut and back to Laura: 129.3km; 1,075m climbing; 88% gravel. All rides finish at Little Blessings Brewing, Victoria St. Laura. stu.clement@yahoo.com Stu 0439 311 294

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Sunday Saunter 'Cycle Salisbury'

9:00 AM, Watershed Café car park, Salisbury Hwy. Mawson Lakes. Easy paced ride along bike paths and some roads to Pt. Adelaide/Semaphore and return. Coffee en route. Suitable for any type of bike. 25–30 km **2A** Cam 0468 927 892

MON 20 OCT

Gravel Grin Capers

10:00 AM, Stone Hut Bakery, Main North Rd. Stone Hut. Loop rides from Stone Hut Bakery. 10:00 am Gentle Ride – 2A From Stone Hut Bakery east to Mariette's Lookout then north to pick up the Southern Flinders Rail Trail to Wirrabara and on south to Stone Hut: 22.9 km; 180m climbing; 99% gravel. 10:00 am Regular Ride – 3B Shorter, fun ride from Stone Hut on back roads north to Wirrabara then to the Mawson Trail (Lynch Rd.) and back to Stone Hut: 28.5 km; 276m climbing; 93% gravel. stu.clement@yahoo.com Stu 0439 311 294

TUE 21 OCT

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50–55 km **3B–6B** Tony or Rob 0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. A tour of the southern suburbs, Hallett Cove via Glenelg then onto Reynella and via via Tonsley. 50 km **3B** Margie 0413 889 055

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery ride (may involve some train travel). 40 km **2B** Denise 0409 097 408

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required. 30 km **6A** Marcus 0407 978 763

WED 22 OCT

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com 50–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1B** Geoff 0415 460 380

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**) 0407 870 470 or 0429 487 976

Learn to Ride Programme

4.00 PM – 5.00 PM

Le Fevre Community Stadium

541 Victoria Rd. Osborne

Learn to Ride Programme for young people 4 – 12 years of age.

Contact: programs@bikesa.org.au

THU 23 OCT

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards. 30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required. 30 km **6A** Marcus 0407 978 763

FRI 24 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50–70 km **4B** Geoff 0415 460 380

SAT 25 OCT

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page. 20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com 35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50–100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Para Cruisers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride local trails to Barker Inlet with coffee at Bottle Tree Café. Suited to MTB/gravel bikes. 35 km **2B** Brian 0408 818 993

Bike Maintenance Course

Bike Check & Puncture Repair

9:00 AM – 11 AM

Bicycle SA 11a Croydon Rd Keswick

This practical session is ideal for anyone looking to gain confidence with simple bike maintenance.

The hands-on course includes:

- Pre-ride bike check;
- Puncture repair (tube and tubeless);
- Basic adjustments for comfort and safety;
- Tips for minor at-home or
- 'on-the-go' tweaks; and
- basic items to carry on your bike.

The workshop is open to anyone and their riding backgrounds.

Within a supportive environment you are able to ask questions, get hands-on experience while improving your bike maintenance skills.

Fee applies.

Contact: programs@bikesa.org.au

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albany Tce, Strathalbyn. All Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards. 15 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure.
Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. J

ane 0402 102 608

Richard 0419 033 140

50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Weigall Oval, cnr. Macarthur Ave. and Urrbrae Tce, Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day.

BYO or buy refreshments.

25 km **2A** Chris 0414 802 919

Bike Maintenance Course

Brakes, Chains & Gears

12:30 PM – 5:30 PM

Bicycle SA, 11A Croydon Rd. Keswick

This fun and practical session is designed for riders who want to build on their basic bike knowledge and gain confidence in tackling more intermediate maintenance tasks.

Whether you are a commuter, weekend rider, or trail adventurer, this workshop will assist you to better understand your bike and keep it running smoothly.

What you will learn:

- Brakes – Replace and deglaze brake pads in disc brakes;
- Chain – How to fit a chain;
- Gears – Rear derailleur adjustment;
- Essentials – Items to carry when riding (tools, spares, etc.)

The workshop is open to anyone and their riding backgrounds.

Within a supportive environment you are able to ask questions, get hands-on experience while improving your bike maintenance skills.

Fee applies.

Contact: programs@bikesa.org.au

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea.

40 km **3B** Bob 0409 091 183

SUN 26 OCT

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa.

Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A–4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Area, Carisbrooke Park, Main North Rd. Salisbury Park. Beginners/ Easy Ride along the bitumised path of the Little Para Trail. Looped ride where you do what you can. If its up to 5 km we look after you first ... then we build up from there.

5–20 km **1A–2A MTB** Jim 0401 984 767

Better Harts

Mt Gambier. Rides to various locations and varying distances are organised during the month on an ad hoc basis, depending on who is interested, available, and riders' ability. We ride at the speed of the slowest rider. Our aim to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

TUE 28 OCT

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim

0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–55 km **3B–6B** Tony or Rob

0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug

20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Mawson Lakes Railway Station, Mawson Lakes. North Eastern suburbs loop with a few unsealed tracks, MTB or gravel bikes recommended. The 9:30 am train from Adelaide is the train to catch.

50 km **3C** Don 0428 566 745

Tuesday Traverse

10:00 AM, Port Dock, Port Adelaide. Port Dock to Bowden via Salisbury – coffee at Bowden.

40 km **2B** Stuart 0428 184 553

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

WED 29 OCT

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com

50–80 km **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1B** Geoff 0415 460 380

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.

20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)

0407 870 470 or 0429 487 976

THU 30 OCT

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

FRI 31 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50–70 km **4B** Geoff 0415 460 380

SAT 1 NOV

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.

20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com

35 km **2B–4B** Terry or Wally

0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50–100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless setup please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 30–40 km **2B–3B** Mark 0491 034 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr. Bridge Rd and South Tce. Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route MTB bikes please. 15–20 km **1A–2B MTB** Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride to Tapa Martinhi Yala Shared Use Path, Port Expressway Path and Outer Harbor Greenway to Fort Largs Eatery for coffee. Return via similar route. 40 km **3A** Elaine 0422 393 997

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome. 10–20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

9:30 AM, Cycle On! 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling. Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling. Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Café stop for afternoon tea. 40 km **3B** Jeff 0407 191 958

SUN 2 NOV

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376 Andrew 0419 817 749 Doug 0419 813 479 60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A–4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks and lunch. Contact for details: www.kangarooislandcycling.com 25–35 km

TUE 4 NOV

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50–55 km **3B–6B** Tony or Rob 0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Hallett Cove Railway Station, Hallett Cove. A scenic tour along the Moana coastline. 50 km **3B** Julie 0403 431 063

Tuesday Traverse

10:00 AM, Bairsds. Melbourne cup ride and lunch. 40 km **2C** Jude 0401 000 641

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required. 30 km **6A** Marcus 0407 978 763

WED 5 NOV

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com 50–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 25–35 km **2A–2B** Elaine 0422 393 997

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Return to Ride Course

City of Burnside

Wednesday 5 November 2025

9:30 AM-11:30 AM

Newland Park Tennis Courts, 6 Newland Rd. Burnside.

The course is ideal for women looking to regain confidence after a break from cycling.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**) 0407 870 470 or 0429 487 976

Learn to Ride Programme

4.00 PM-5.00 PM

Le Fevre Community Stadium

541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4 – 12 years of age.

Contact: programs@bikesa.org.au

THU 6 NOV

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

FRI 7 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50-70 km **4B** Geoff 0415 460 380

SAT 8 NOV

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page. 20-110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlewheelers or mannumpeddlewheelers.weebly.com

35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50-100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Para Cruizers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Through Carisbrooke and back streets to Cobblers Creek, Smith Rd. There is then a 1.6m, 107mtr. Ascent via the gravel section of the Babbler Track to Golden Grove. Descending through the Dry Creek paths to Mawson Lakes. Coffee in Salisbury. Suits gravel capable bikes. 300m ascending. 35 km **2C** Graham 0418 858 809

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards. 15 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure.

Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

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Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608

Richard 0419 033 140

50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj. Glen Osmond Rd. Adelaide.

An easy paced, sociable ride for both experienced and less experienced cyclists.

Leader and route determined on the day. BYO or buy refreshments.

25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Goodwood Skate Park, west side of Railway Station, Goodwood. Café stop for afternoon tea.

40 km **3B** Karel 0449 854 454

SUN 9 NOV

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

60-80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

TUE 11 NOV

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim

0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50-55 km **3B-6B** Tony or Rob

0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park, west side of Goodwood Railway Station, Goodwood. A Remembrance Day ride, a tour of the suburbs with few, if any hills. Suitable for all types of bikes.

50 km **3B** Peter 0411 848 511

Tuesday Traverse

10:00 AM, Dune Park Oval, off Cameron Rd, near Mt Barker. Littlehampton tunnels, ride to Balhannah.
40 km **2B** Mick 0452 572 078

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.
30 km **6A** Marcus 0407 978 763

WED 12 NOV

Mannum Paddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com
50–80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1B** Geoff 0415 460 380

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.
20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling. Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)
0407 870 470 or 0429 487 976

THU 13 NOV

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.
30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.
30 km **6A** Marcus 0407 978 763

FRI 14 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50–70 km **4B** Geoff 0415 460 380

SAT 15 NOV

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.
20–110 km Kristen 0409 093 649

Mannum Paddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com
35 km **2B–4B** Terry or Wally
0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.
50–100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Spotlight, cnr. South & Kegworth Rds. Melrose Park, 5039. (meet in Kegworth Reserve behind Spotlight. With several track and trail options, the route will be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless setup please). Visit our website, nor.au the night before for any changes or updates. Be ready to roll at 9:00 am.
35–50 km **2B–3B** Mark 0491 034 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr. Bridge Rd and South Tce. Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route MTB bikes please.
15–20 km **1A–2B** MTB Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Stebonheath Park, Davoren Rd. Andrews Farm. (meet near toilet block). Ride to Lewiston Wetlands, refreshments at Gawler River Brewery. MTB/hybrid bikes.
35 km **2A** Elaine 0408 084 376

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albany Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.
20 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists.

Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Victoria Park Wetlands, by the bottom end, South Tce. side and East Tce. Adelaide. Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

SUN 16 NOV

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
Peter 0407 182 376

Andrew 0419 817 749
Doug –0419 813 479
60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1A–4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

40–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Return to Ride Course City of Burnside

Sunday 16 November 2025

9:30 AM – 11:30 AM

Newland Park Tennis Courts, 6 Newland Rd. Burnside.

The course is ideal for women looking to regain confidence after a break from cycling.

Contact: inclusion@bikesa.org.au

TUE 18 NOV

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim
0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–55 km **3B–6B** Tony or Rob
0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug

20 km **3B** Monica 0415 042 468

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Torrens Weir to Adelaide via Cobbler Creek, Coffee at the finish, The Guardsman, Adelaide Railway Station.

40 km **2B** Stuart 0428 184 553

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

WED 19 NOV

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpeddlwheelers
or mannumpeddlewheelers.weebly.com
50–80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred.

25–35 km **2A–2B** Elaine 0422 393 997

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.

20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50 km – 70km, and 400 – 1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (**3C**) or Christine (3B)
0407 870 470 or 0429 487 976

Learn to Ride Programme

4.00 PM – 5.00 PM

Le Fevre Community Stadium
541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4–12 years of age.

Contact: programs@bikesa.org.au

THU 20 NOV

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

FRI 21 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50–70 km **4B** Geoff 0415 460 380

SAT 22 NOV

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.

20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpeddlwheelers
or mannumpeddlewheelers.weebly.com

35 km **2B–4B** Terry or Wally

0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

Para Cruizers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Ride local trails to Oaken for coffee. Suited to MTB/gravel bikes.

40 km **2B** Brian 0408 818 993

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.

15 km **2B** Lanie 0406 452 117

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Weigall Oval, cnr. Macarthur Ave. and Urrbrae Tce. Plympton. => An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day.

BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea.

40 km **3B** Bob 0409 091 183

SUN 23 NOV

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479
60–80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1A–4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Ride Her Way Community Rides

City of Burnside

9:00 AM, for 9:15 AM departure. George Bolton Swimming Centre, Greenhill Rd. and Howard Tce. Hazelwood Park.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute of bikeways and road riding in the Burnside area.

Contact: inclusion@bikesa.org.au

TUE 25 NOV

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.

30 km **1A** Raelene or Jim
0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50–55 km **3B–6B** Tony or Rob
0407 884 730 or 0448 682 578

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery ride.
40 km **2B** Jeff 0407 191 958

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.
30 km **6A** Marcus 0407 978 763

WED 26 NOV

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com
50–80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1B** Geoff 0415 460 380

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.
20–25 km **3A** Aaron 8232 7277

Ride Her Way Community Rides

Onkaparinga

9:00 AM, for 9:15 AM departure. McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

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The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute path ride.

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (**3C**) or Christine (**3B**)
0407 870 470 or 0429 487 976

THU 27 NOV

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.

30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.
30 km **6A** Marcus 0407 978 763

Bicycle South Australia Incorporated

Annual General Meeting

6:00 PM Thursday 27 November 2025
Hilton Hotel
264 South Rd Hilton SA

FRI 28 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50–70 km **4B** Geoff 0415 460 380

SAT 29 NOV

Bike Melrose

6:30 AM, Bike Melrose Trailhead, Nott St, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.
20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com
35 km **2B–4B** Terry or Wally
0427 319 004 or 0428 592 282

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.
50–100 km Ian 0448 111 384

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, The Junction Shopping Centre, Valley View, SA 5039 (meet in car park). Mainly off road ride along the tracks of Dry Creek, Anstays Hill and Torrens Linear Park. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless setup please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am.
40-60 km **2B-3B** Mark 0491 034 167

Ride Her Way Community Rides

City of Adelaide

9:45 AM, for 10:00 AM departure. Victoria Park Grandstand, Wakefield Rd. Adelaide.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bikeways and parklands.

Contact: inclusion@bikesa.org.au

Ride Her Way Community Rides

Salisbury

9:45 AM, for 10:00 AM departure. Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

These rides are led by women for women, and ideal for beginners or those returning to cycling.

The rides progressively build confidence and skills, foster social connections in a supportive environment, encourage fitness, and participation in cycling.

Experienced ride leaders will guide and support you in your 90 minute ride through bike paths and trails.

Contact: inclusion@bikesa.org.au

Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.

Jane 0402 102 608

Richard 0419 033 140

50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Unley Soldiers Memorial Gdns. Cnr. Thomas St. and Unley Rd. Unley. An easy paced, sociable ride for both experienced and less experienced cyclists.

Leader and route determined on the day. BYO or buy refreshments.

25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Goodwood Skate Park, west side of Railway Station, Goodwood. Café stop for afternoon tea.

40 km **3B** Jeff 0407 191 958

SUN 30 NOV

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

60-80 km **4C** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A-4B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

40 km **6B** Marcus 0407 978 763

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Greentree Park (Hausler Reserve), Kings Rd. Paralowie (adjacent Little Para Trail). Beginners/Easy Ride along the bitumised path of the Little Para Trail. Looped ride where you do what you can. If its up to 5 km we look after you first ... then we build up from there.
5-20 km **1A-2A MTB** Jim 0401 984 767

COMING EVENTS DECEMBER

WED 3 DEC

Learn to Ride Programme

4.00 PM - 5.00 PM

Le Fevre Community Stadium
541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4 - 12 years of age.

Contact: programs@bikesa.org.au

WED 17 DEC

Learn to Ride Programme

4.00 PM-5.00 PM

Le Fevre Community Stadium
541 Victoria Rd. Osborne.

Learn to Ride Programme for young people 4-12 years of age.

Contact: programs@bikesa.org.au



