

Bicycle SA

RidesPROGRAMME

MARCH-MAY 2025
ISSUE 93

- 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.

BICYCLE SA – COVID-19 NOTICE

Our *Rides Programme* is a state-wide free ride programme delivered by our Ride Leaders. We have advised Ride groups that, at their discretion, they may cancel their rides while COVID-19 restrictions apply. We all have a responsibility for each other's health and safety by continuing to practice and encourage recommended hygiene protocols and social distancing.

Please note: Although this information is correct at the time of publishing, it may change at any time. The latest developments are available at the following website:

www.health.gov.au/www.sahealth.sa.gov.au/COVID2019

or call the Coronavirus Health Information Line on 1800 020 080.

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.

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.

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 | |

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.

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

BoatS Ride
Stu 0493 543 503

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.kangerooislandcycling.com

Mannum Peddle Wheelers
Terry 0427 319 004
www.facebook.com/groups/mannumpedalwheelers
or mannumpedalwheelers@groups.facebook.com

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

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



SAT 1 MAR

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

Audax

Southern Ramble
Saturday 1 March 2025
Start - Darlington (Hungry Jacks)

7:00 AM
101km/202km
Unsupported
Flagstaff Hill, Chandlers Hill, Strathalbyn, Goolwa, (gravel).
Goolwa, Inman Valley (sealed) and return through Myponga, Willunga (gravel).
Entry fee applies
Shayne Husson 0420 988 408
shayne.husson@gmail.com

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/mannumpedalwheelmannumpeddlewheelers.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

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 enroute. 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. Andrew's Farm (next to toilets). Ride local trails, coffee en route. MTB, hybrid bikes.
35 km **2B** 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

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, The Velo Precinct, Victoria Park (at the Grandstand) Café stop for afternoon tea.
40 km **3B** Peter 0414 719 296

SUN 2 MAR

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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 afterwards for coffee.
30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Wheelers - 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride mainly bikeways to Gawler and return. Coffee in Gawler. Suit any bike.
50 km **4A** Ash 0416 719 785

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 4 MAR

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. Bring money for coffee afterwards.
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 - <https://unleybugl.wixsite.com/ubug>
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. A tour of the western and southern suburbs with coffee at Brighton.
50 km **3B** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. It's a mystery ride with maybe some lefts and rights and maybe some ups and downs.
40 km **2B** Denise 0409 097 408

WED 5 MAR

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 mannumpedalwheelers.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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 6 MAR

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 7 MAR

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 MAR

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/mannumpedalwheelmannumpeddlewheelers.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

8:50 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 set up please). Visit nor.rrau 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

Para Cruisers - 'Cycle Salisbury'

9:00 AM, Vater St and Kidman Rd, Dry Creek. On bike tracks and green ways to Bowden, Pt. Adelaide and back to Dry Creek. Coffee at Llaw, Pt. Adelaide. Suitable MTB, hybrid and e-bikes. 32 km **2A** Cam 0468 927 892

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

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, Marshmellow 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, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Trevor 0434 961 488

SUN 9 MAR

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. 60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 afterwards for coffee. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

TUE 11 MAR

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. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

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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 Council or 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 - <https://unleybug1.wixsite.com/ubug> 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Belair Railway Station, Belair. A quick pedal through the National Park before heading back to Goodwood. Note: Finish is different from the start. Catch the 9:31 am train from Adelaide or 9:40 am from Goodwood to arrive at Belair at 10:10 am. 50 km **3B** Jo 0432 429 922

Tuesday Traverse

10:00 AM, Mawson Lakes Railway Station, platform, Mawson Lakes. Ride to Wynn Vale Dam via Dry Creek trail, return to CBC, via O-Bahn/River Torrens - this is a linear route. 40 km **2B** Mick 0452 572 078

WED 12 MAR

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 mannumpedalwheelers.weebly.com 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

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8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 13 MAR

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 14 MAR

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 MAR

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

Audax

Opperman All Day Trial Saturday 15 March 2025 Start - Mt Lofty

7.30 AM

360km in 24 hours.

Unsupported

FOADT medallion available for all finishers.

Teams of 3, 4 or 5 bikes.

Each team chooses its own start point and course.

A minimum of 360km must be ridden in 24 hours from 7.30 am Saturday morning. All riders finish at the same point...

Entry fee applies

James Litt 0428 066 480

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/mannumpedalwheelmannumpeddlewheelers.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

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 enroute. MTB bikes please. 15-20 km **1A-2B** MTB Bryce 0432 732 540

Para District Pedallers - 'Cycle Salisbury'

9:00 AM, Hausler Reserve (AKA Greentree Park), Kings Rd. Paralowie. Ride Little Para Trail and Tapa Martinthi Yala Shared Use Path to Bottle 30 km **2A** 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

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, Victoria Park Wetlands (bottom end, South Tce. car park), Adelaide. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 16 MAR

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. 60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 Bicycles

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 afterwards for coffee. 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 H/way, Greenfields. Easy paced ride along bike paths and some roads to Port Adelaide/Semaphore and return. Coffee en route. Suitable for any type of bike. 25-30 km **3A** Nigel 0431 838 735

TUE 18 MAR

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. Bring money for coffee afterwards. 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 - <https://unleybug1.wixsite.com/ubug> 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Seaford Railway Station, Seaford. Aiding and beyond with magical coastal views. Catch 9:05 am express to Woodlands or Flinders line at 9:30 am and change at Woodlands to Seaford train. 50 km **3B** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Kangarilla. Meet at Kangarilla Oval (Yaroona) 9:30 am OR straight to the farm if you know the way. Adventure ride in the beautiful tracks to Prospect Hill, stopping at Tree Tops for coffee and then on to Meadows. Back to the farm via Rocky Creek and lunch provided at the farm. Best suited for competent riders with mountain or hybrid bikes. Please contact Fiona if you are coming. 40 km **2B** Fiona 8383 7199

WED 19 MAR

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/mannumpedalwheelersormannumpeddlewheelers.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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 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 **1A-2A** 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 20 MAR

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 21 MAR

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 MAR

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/mannumpeddlwheelmannumpeddlwheelers.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**

Unley BUG

8:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Autumn Equinox Adventure 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 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

8:50 AM, Brickworks Marketplace, cnr South Rd and Ashwin Pde. (Meet in the car park by the car wash) 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 set up please). Visit v 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

Para Cruizers - 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Parafield Gardens. Ride local trails heading south towards Barker Inlet - coffee at Bottle Tree Café. Suitable for MTB/gravel bikes.
35 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

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

Saturday Sojourn

10:00 AM, Weigall Oval, cnr Macarthur Ave and Urbrae 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, Alexander Ave (Petrol Station) Rose Park. Café stop for afternoon tea.
40 km **3B** Karel 0449 854 454

SUN 23 MAR

Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 23 March 2025

8.00am Mid Hills Netball Club, Onkaparinga Valley Rd Woodside

The second event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2025. Choose between 50km or 100km, 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

Members registration for the series of 5 rides and save!
Group (series only), youth and child rates available.

Enter online or further details and/or entry forms available from:
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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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

11:00 AM, Corner of Blue Fin Rd. and Proper Bay Rd. Pt. Lincoln. Community ride to Tulka - Cancer Research Fundraiser Choice of road or trail ride. Food and drinks available for purchase at Tulka. Ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm arrangements.
15 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

TUE 25 MAR

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. Bring money for coffee afterwards.
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 - <https://unleybug1.wixsite.com/ubug>
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. Uraidla Café via Norton Summit, yikes!
50 km **3C** Peter 0411 848 511

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Lunch at Henley Square via Surt River Linear Park, Torrens Linear Park and the beach with coffee at INC Somerton.
40 km **2B** Sue 0411 029 628

WED 26 MAR

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

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8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 27 MAR

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 28 MAR

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 MAR

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

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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/mannumpedlewheelers
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

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

SUN 30 MAR

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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 afterwards for coffee.
30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Explorers - 'Cycle Salisbury'

9:00 AM, Park in Mawson Lakes Interchange car park. Meet at the bottom of pedestrian/cycling ramp leading up to Elder Smith Rd. Beginners/Easy ride along the bitumised path of the Dry Creek 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. Suit any bike.
5-10 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 1 APR

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. Bring money for coffee afterwards.
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 - <https://unleybugl.wixsite.com/ubug>
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. A tour of the western suburbs, April Fools welcome.
50 km **3B** Christine 0455 414 802

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Torrens Linear Park to Athelstone and return to the city.
40 km **2B** Ian 0401 770 003

WED 2 APR

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/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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
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 **1A-2A** 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 3 APR

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 4 APR

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 5 APR

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

7:30 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/mannumpeddlwheelmannumpeddlwheelers.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

8:50 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 set up please). Visit 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/Madbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee enroute. MTB bikes please.
15-20 km **1A-2B** MTB Bryce 0432 732 540

Para District Pedallers - 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive North Adelaide (western side of train line near tennis courts). Ride Torrens Linear Park to est Beach and return. Coffee en route. MTB, hybrid bikes.
35 km **2B** 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

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, 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 6 APR

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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

Burnside BUG

9:00 AM, Burnside Council car park, Portrush Rd, Tusmore. Introducing Burnside BUG's family ride, exploring the new cycling routes in the Burnside area. The ride will take about 2 hours and will finish at a local coffee shop.
Malcolm 0418 898 490

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 afterwards for coffee.
30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Wheelers - 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride mainly bikeways to Port Adelaide and North Adelaide. Coffee en route. Suit any bike.
50 km **4A** Ash 0416 719 785

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 8 APR

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. Bring money for coffee afterwards.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkapinga 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 - https://unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. Two hills. Waterfall Gully and Brownhill Creek, perhaps even a koala.
50 km **3C** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Point Turton. Monday - Thursday, Point Turton. Details to come.
40 km **2B** Graham 0448 833 947

WED 9 APR

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
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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or 3C Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 10 APR

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 11 APR

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 12 APR

ADVERTISEMENT

fludax

Corkscrew Climber

Saturday 12 April 2025

Start - Bike Contour, Hutt St, Adelaide.

7.00 AM

153km/204km

Unsupported

Starting at Bike Contour head up Gorge Rd, up Corkscrew Rd, then several other climbs in a fairly tough ride.

Entry fee applies

Nicholas Frank 0481 831 379

nic.frank@hotmail.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

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/mannumpeddlwheelmannumpeddlwheelers.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, Baymor Reserve, North East Rd. Modybur. Trail beside O-Bahn to Tea Tree Plaza, on to Anstey Hill Gate 5 and Newmans old nursery ruin, return. Coffee at Nev's Café. Suitable MTB, hybrid and e-bikes.
20 km **2B** Cam 0468 927 892

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

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.
Note: Change of start time to 11.00 am.
25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 13 APR

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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 afterwards for coffee.
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 and some roads to Henley Beach and return. Coffee en route. Suitable for any type of bike.
25-30 km **3A** Nigel 0431 838 735

TUE 15 APR

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. Bring money for coffee afterwards.
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 - <https://unleybugl.wixsite.com/ubug>
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. Heading North East with a few off road tracks. Road bikes NOT recommended.
50 km **3C** Don 0428 566 745

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery ride.
40 km **2B** Paul 0418 519 491

WED 16 APR

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/mannumpeddlwheelerers 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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 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 **1A-2A** 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 17 APR

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 18 APR

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 19 APR

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

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/mannumpeddlwheelerers 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

8:50 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 River Torrens Linear Park. Mountain bikes only (tubeless set up please). Visit norrau 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 enroute. MTB bikes please. 15-20 km **1A-2B** MTB Bryce 0432 732 540

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

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, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Trevor 0434 961 488

SUN 20 APR

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. 60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 afterwards for coffee. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

TUE 22 APR

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. Bring money for coffee afterwards. 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 - <https://unleybug1.wixsite.com/ubug> 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. A magical mystery adventure around Adelaide. 50 km **3B** Sven 0410 271 717

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. A loop ride with lunch somewhere in the Eastern suburbs, so some medium level inclines. 40 km **2B** Trevor 0434 961 488

WED 23 APR

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/mannumpeddlwheelerers 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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.

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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.

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

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 24 APR

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 25 APR

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 26 APR

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

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.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, Bowden Park Tennis Courts, Park Tce, North Adelaide. Ride Torrens Linear Park to West Beach along to Brighton and return via Marino Rocks and Westside Bikeways. Suitable for all bike types.

35 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

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, Wigley Reserve, Adelphi Tce. Glenelg. 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, Alexander Ave (Petrol Station) Rose Park. Café stop for afternoon tea.

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

SUN 27 APR

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.

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

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 afterwards for coffee.

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

Salisbury Explorers - 'Cycle Salisbury'

9:00 AM, Park in Mawson Lakes Interchange car park. Meet at the bottom of pedestrian/cycling ramp leading up to Elder Smith Rd. Beginners/Easy ride along the bitumised path of the Dry Creek 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. Suit any bike.

5-10 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 29 APR

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. Bring money for coffee afterwards.

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 - <https://unleybugl.wixsite.com/ubug>

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

Tuesday Tearaways

10:00 AM, Skate Park western side of Greenwood Railway Station. Ride to Outer Harbor via pathways, maybe a bit longer than 50 km.

50 km **3B** Neil 0458 584 484

Tuesday Traverse

10:00 AM, Port Dock, Pt. Adelaide. Salisbury area and return to Bowden for coffee.

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

WED 30 APR

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.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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.

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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 1 MAY

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 2 MAY

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 3 MAY

2025 Outback Odyssey

Saturday 3-16 May 2025

900 km Mountain Bike Odyssey through the Australian Outback from Adelaide to Blinman in the upper Flinders Ranges

Full Mawson: Saturday 3 May - Sunday 16 May (16 days)

Shorter Options:

Mini Mawson One: 3-7 May (5 days)

Mini Mawson Two: 7-12 May (6 days)

Mini Mawson Three: 12-16 May (7 days)

Each day in our epic journey is an adventure and experience of a lifetime!

There will be a one night's stay in Wilpena, with time to explore this world famous region and maybe taking the time for a plane flight to appreciate its magnificence.

Although some days will stretch you to the limit, the campsite with its hot showers, massage and the Handle Bar, together with the catered-for meals and camaraderie will make it all worthwhile!

Places are strictly limited and the chance to explore the iconic Flinders Ranges is a once in a lifetime and life changing experience.

Entry Fee applies.

Enter online or further details and/or entry forms available from:

Bicycle SA office 8168 9999

office@bikesa.asn.au

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

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 Pickleme Grandmother's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers
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 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

8:50 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 set up please). Visit 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/Mudbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee enroute. 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. Andrew's Farm (next to toilets). Ride to Lewiston Wetlands, coffee at Gawler River Brewing. MTB, hybrid bikes.
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

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, Marshmellow 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, Brighton Railway Station, Brighton. Café stop for afternoon tea.
40 km **3B** Jeff 0407 191 958

SUN 4 MAY

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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 Raelene Mason (0419 842 007) to confirm start time and location. Bring money afterwards for coffee.
30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Wheelers - 'Cycle Salisbury'

9:00 AM, Bowden Park, Tennis Courts, Park Tce. North Adelaide. Route to be advised. Coffee en route. Suit any bike.
40-50 km **4A** Ash 0416 719 785

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 6 MAY

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 Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
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 - <https://unley.bugl.wixsite.com/ubug>
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Hallett Cove Railway Station, Hallett Cove. To Moana and along the coast for amazing views.
50 km **3B** Julie 0403 431 063

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Ride up the hill and around Field River Gorge/Sheidow and Trott Park with a kilometre of gravel. Coffee at Seacliff.
40 km **2C** Jeff 0407 191 958

WED 7 MAY

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 mannumpeddlwheeler.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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
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 **1A-2A** 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 8 MAY

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 9 MAY

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 10 MAY

ADVERTISEMENT

fludax

Lofty Loop

Saturday 10-11 May 2025

Start - Cleland Cottage, Mt Lofty.

6.00 AM

100km/156km/201km/303km/407km/

604km/1017km

Unsupported

A series of rides up to 1000km, comprising loops out of the Cleland cottage at Mt Lofty.

Accommodation and support options are available at Cleland cottage.

Entry fee applies

David Fairweather 0401 528 569

div.fir@bigpond.net.au

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

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 Pickleme Grandmam's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheeler or mannumpeddlwheeler.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 we 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 Tee 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 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, Salisbury Water Wheel, 81 Commercial Rd, Salisbury. Follow the Para Trail to the Old Spot then across Cobblers Creek. Then through the Paddocks Reserve and back via Mawson Lakes. Coffee at Baker Boy. Suitable for MTB and hybrid bikes.
30 km **2B** Cam 0468 927 892

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

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, Hackney 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 11 MAY

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.
60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 Raelene Mason (0419 842 007) to confirm start time and location. Bring money afterwards for coffee.
30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

TUE 13 MAY

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 Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
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 - <https://unleybugl.wixsite.com/ubug> 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Brighton Railway Station, western side. To Hallett Cove and then Sea to Vines to Reynella. 50 km **3C** Margie 0413 889 055

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Cobbler Creek - return to the Weir. 40 km **2B** Stuart 0428 184 553

WED 14 MAY

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/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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 755

THUR 15 MAY

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 16 MAY

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 17 MAY

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

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 Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedlewheelers 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 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

8:50 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 set up please). Visit 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 enroute. MTB bikes please. 15-20 km **1A-2B** MTB Bryce 0432 732 540

Para District Pedallers - 'Cycle Salisbury'

9:00 AM, Mawson Interchange car park, Mawson Lakes. Dry Creek trail and City/Levels bikeway to Lightview, returning by Dry Creek trail. Coffee en route. 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

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, Weigall Oval, cnr. Macarthur Ave. and Urbrae 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 18 MAY

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. 60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 Raelene Mason (0419 842 007) to confirm start time and location. Bring money afterwards for coffee. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

TUE 20 MAY

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 Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 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 - <https://unleybugl.wixsite.com/ubug> 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. A cruise to Norton Summit via the city and eastern suburbs. 50 km **3C** Justin 0466 104 900

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride which could be a circular or linear route anywhere.

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

WED 21 MAY

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/mannumpedalwheelers 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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.

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 **1A-2A** 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 22 MAY

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 23 MAY

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 24 MAY

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

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/mannumpedalwheelmannumpedlewheelers.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 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, Hausler Reserve, Kings Rd. Parafield Gardens. Ride local trails in Salisbury/Elizabeth areas with coffee at St Georges, Philip Highway. Suitable for MTB/gravel bikes. 30 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

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, Alexander Ave (Petrol Station) Rose Park. Café stop for afternoon tea. 40 km **3B** Karel 0449 854 454

SUN 25 MAY

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. 60-80 km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

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 Raelene Mason (0419 842 007) to confirm start time and location. Bring money afterwards for coffee. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Salisbury Explorers - 'Cycle Salisbury'

9:00 AM, Park in Mawson Lakes Interchange car park. Meet at the bottom of pedestrian/cycling ramp leading up to Elder Smith Rd. Beginners/Easy ride along the bitumised path of the Dry Creek 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. Suit any bike. 5-10 km **1A-2A** MTB Jim 0401 984 767

Sunday Saunter - 'Cycle Salisbury'

9:00 AM, Watershed Café car park, Salisbury H/way, Greenfields. Easy paced rides along bike paths and some roads to Adelaide and return. Coffee en route. Suit any time of bike. 25-30 km **3A** Nigel 0431 838 735

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 27 MAY

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 Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 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 - <https://unleybug1.wixsite.com/ubug> 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park western side of Goodwood Railway Station. Up to Blackwood Railway Station and return via Jubilee Rd. and Shepherds Hill Rd. 50 km **3C** Karel 0449 854 454

Tuesday Traverse

10:00 AM, Gawler Oval Railway Station, Gawler. Ride around the Gawler area. 40 km **2B** Stuart 0428 184 553

WED 28 MAY

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/mannumpedallwheelers or mannumpedallwheelers.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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade C usually about 50km, stopping somewhere enroute for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and different places. Contact Mal 0407 870 470 for the 3C ride or Christine 0429 487 976 for the 3B ride for more details. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Clayton 0447 821 175

THUR 29 MAY

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 30 MAY

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 31 MAY

ADVERTISEMENT

fludax

Wattle Park Meander
Saturday 31 May 2025
Start - Wattle Park Bakery
7.00 AM

133km
Unsupported

Montecute to Lenswood, then Birdwood, we take The Bird in The Hand Rd to Harrogate, turning south towards Nairne, Mt Barker and Flaxley, before heading home through the hills.

With vm2269 there's a bit of legwork to do.

Entry fee applies
Gerard Keating 0417 721 890
gerard.keating@icloud.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

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/mannumpedallwheelers. mannumpedallwheelers.weebly.com 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

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Saturday Sojourn

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Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Trevor 0434 961 488

COMING EVENTS

Recreational Bike Series of 5 rides

Sunday 1 June 2025

8.00am Queen Victoria Jubilee Park, Williamstown

The third event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2025. Choose between 60km or 120km, 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

Enter online or further details and/or entry forms available from:

Bicycle SA office 8168 9999
www.bikesa.asn.au

