

Bicycle SA

RidesPROGRAMME

JUNE-AUGUST 2025
ISSUE 94

- 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

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



SUN 1 JUN

Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 1 June 2025

8.00am Williamstown, Queen
Victoria Jubilee Park, Springton Rd.
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

Youth and child rates available.

Enter online

Bicycle SA office 8168 9999

www.bikesa.asn.au

Poseurs d'Adelaide

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

60-80 km **4C**

Peter 0407 182 376

Andrew 0419 817 749 or

Doug 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.

40-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

Kangaroo Island BUG

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

Contact for details:

www.kangarooslandcycline.com

25-35 km

TUE 3 JUN

Tuesday Treadlers

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

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

0407 884 730 or 0448 682 578

Unley Community Centre Ride

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

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

Tuesday Tearaways

10:00 AM, Noarlunga Railway Station, Noarlunga. Start at Noarlunga, finish at Goodwood via Aberfoyle Park, Happy Valley Reservoir and Glenthorne Park. Some dirt about 518m climbing. The train leaves Adelaide at 9.11 am but is an Express so Goodwood trainers will have to catch the 9.04 am or the 9.10 am Flinders line and swap at Woodlands.

50 km **3C** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Belair Railway Station, Belair.

Mystery ride through the hills.

40 km **2B** Sue 0402 880 655

WED 4 JUN

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpeddlwheelers

or mannumpeddlwheelers.weebly.com

30- 80 km **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-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 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine

0429 487 976 for the 3B ride.

50 km **3B** or **3C**

Mal **(3C)** 0407 870 470 or

Christine **(3B)** 0429 487 976

THU 5 JUN

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 6 JUN

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 7 JUN

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpeddlwheelers

or mannumpeddlwheelers.weebly.com

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

0427 319 004 or 0428 592 282

Bike Melrose

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

20-110 km Kristen 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed - if predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride - the ride will be cancelled. 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 Facebook. 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

50 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-2BMTB** Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Watershed Café car park, Salisbury H/way. Mawson Lakes. Ride along South Rd. paths to Plant 4 for coffee. Return via Gawler Greenway. MTB/hybrid bikes preferred.

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, Forestville Reserve, Ethel Street, 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 8 JUN

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

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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 10 JUN

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

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. A flat ride after last week's climbing to a mystery destination.
50 km **3A** Karel 0449 854 454

Tuesday Traverse

10:00 AM, Common Grounds Café, St Clair. Mystery adventure on a variety of surfaces to entertain you
40 km **2B** Mick 0452 572 078

WED 11 JUN

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com
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50 km **3B** or **3C**
Mal (**3C**) 0407 870 470 or
Christine (**3B**) 0429 487 976

THU 12 JUN

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.
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FRI 13 JUN

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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 our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am.
30–40 km **2B–3B** Mark 0491 034 167

Para Cruizers 'Cycle Salisbury'

9:00 AM, South Terrace, Pooraka Dog Park. Up Dry Creek trail to Baymore Reserve. Follow cycle trail beside O-Bahn to Torrens Linear Park and on to Walkerville. Home along Galway Ave and Levels Bikeway. Coffee at Walkerville. Suitable for MTB and hybrid bikes.
28 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, 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 15 JUN

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 0407 182 376
Andrew 0419 817 749 or
Doug 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, Watershed Café car park, Salisbury H/way, Greenfields. Easy paced ride along bike paths and some roads to Pt Adelaide/Semaphore and return. Coffee en route. Suitable for any type of bike.

25-30 km **2A** Graham 0418 858 809

TUE 17 JUN

Tuesday Treadlers

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

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

Unley Community Centre Ride

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

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. Skyline! Some dirt tracks on ridge line and a couple of serious climbs to get there. The view and downward to coffee compensates. MTB, gravel or hybrid bikes recommended.

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride.

40 km **2B** Paul 0418 519 491

WED 18 JUN

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/mannumpeddlwheels
or mannumpeddlwheels.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 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine

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

THU 19 JUN

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 20 JUN

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 21 JUN

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

ADVERTISEMENT

Audax

Mid Winter Classic
Saturday 21 June 2025
Start - Norwood

7.30 AM
157km/202km
Unsupported

A ride on one of the shortest days of the year.

Entry fee applies.

Shane Husson 0420 988 408
shaynehusson@gmail.com

Bike Melrose

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

20-110 km Kristen 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed - If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride - the ride will be cancelled. 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 Facebook. 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. Winter Solstice 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 that you bring a bike with 35mm tyres as a minimum.

30 40 km **2C** Daniel 0437 323 379

Peninsula Pedallers

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

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

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-2BMTB** Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Haisler Reserve (AKA Greentree Park) Kings Rd. Paralowie. Ride the Tapa Martinhi Yala Shared Use Bikeway, Port Expressway and Outer Harbour Greenway to Fort Largs Eatery for coffee. Return via similar route.

40 km **3A** Elaine 0422 393 997

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

SUN 22 JUN

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 0407 182 376
Andrew 0419 817 749 or
Doug 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 24 JUN

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, West side of Brighton Railway Station, Brighton. To Hallett Cove then Patrick Jonker to Sea to Vines, return via Reynella and back to Darlington by PJ.
50 km **3B** Margie 0413 889 055

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Memorial Drive, North Adelaide, Linear Park, Modbury, return to the city via the Dry Creek Trail.
40 km **2B** Paul 0402 560 127

WED 25 JUN

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com
30–80 km **4B** Terry or Wally 0
427 319 004 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 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C**
Mal **(3C)** 0407 870 470 or
Christine **(3B)** 0429 487 976

THU 26 JUN

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 27 JUN

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 28 JUN

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 Picklelee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com
35 km **2B–4B** Terry or Wally
0427 319 004 or 0428 592 282

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed – if predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. 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 Facebook. 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, Brickworks Marketplace, South Rd and Ashwin Pde. Torrensville. Meet between Zamboro Café and the chimney. Single track ride up and down the River Torrens. Ride direction decided on the day. Coffee and refreshments en route. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am.
30–40 km **2B–3B** Mark 0491 034 167

Para Cruizers 'Cycle Salisbury'

9:00 AM, Dead Man Pass, Gawler Tce. Gawler Ride local trails through Gawler, coffee afterwards at Café Nova – some steep inclines – most suited to gravel/MTBs.
25 km **2C** 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, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj Glen Osmond Rd, Adelaide An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Goodwood Skate Park, west side of Railway Station, Goodwood. Café stop for afternoon tea.
40 km **3B** Jeff 0407 191 958

SUN 29 JUN

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.
68–80 km **4C**
Peter 0407 182 376
Andrew 0419 817 749 or
Doug 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, Car park, cnr. of Waterloo Corner Rd. and Davis St. Salisbury North. Beginners/Easy Ride along the Bitumised path of the Little Para Trail. Looped ride where you do what you can. If its up to 5km we look after you first ... then we build up from there.
5-20 km **1A-2AMTB** 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 JUL

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Seaford Railway Station, Seaford. To McLaren Flat then Aldinga before returning to Seaford. See train details for the 3rd of June.
50 km **3B** Justin 0466 104 900

Tuesday Traverse

10:00 AM, Coromandel Railway Station, Blackwood. Ride to the city.
40 km **2B** Candy 0427 885 393

WED 2 JUL

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

THU 3 JUL

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 JUL

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 JUL

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed – if predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. 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 Facebook. 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. Andrews Farm, meet near toilets. Ride along Smith Creek to Blakeview, return via Craigmore. Coffee St. George. MTB/hybrid bikes preferred.
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

11:00 AM, Unley Soldiers Memorial Gdns, Cnr Thomas St and Unley Rd, Unley. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, 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 6 JUL

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 0407 182 376
Andrew 0419 817 749 or
Doug 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

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.kangarooislandcyclingline.com
25–35 km

TUE 8 JUL

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. Direction decided by prevailing winds of the day, western suburbs probably. 50 km **3B** Christine 0455 414 802

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Meandering route to Carisbrooke Reserve for lunch – train or ride option for your return. 40 km **2B** Mick 0452 572 078

WED 9 JUL

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlers
or mannumpeddlers.wixsite.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 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C**
Mal **(3C)** 0407 870 470 or
Christine **(3B)** 0429 487 976

THU 10 JUL

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 JUL

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 JUL

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed – if predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce, and Anzac Facebook. 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 Cobble Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 40–50 km **2B–3B** Mark 0491 034 167

Para Cruisers 'Cycle Salisbury'

9:00 AM, South Tce. Pooraka Dog Park. Up Dry Creek Trail. Follow cycle trail running parallel to McIntyre Rd, through Para Hills and Rains Drive Reserve. Coffee at Baker Boy. Suitable for MTB and hybrid bikes. 26 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, Weigall Oval, Cnr. Macarthur Ave and Urrbrae Tce, Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 13 JUL

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 0407 182 376
Andrew 0419 817 749 or
Doug 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 15 JUL

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Mawson Interchange, Mawson Lakes. North-Eastern suburbs loop with a few offroad tracks. MTBs, gravel or hybrid bikes recommended. Train leaves Adelaide at 9.38 am. 50 km **3C** Don 0428 566 745

Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Seaford to Grange. 40 km **2B** Stuart 0428 184 553

WED 16 JUL

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/mannumpeddlwheels or mannumpeddlwheels.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 **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 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C**
Mal (**3C**) 0407 870 470 or
Christine (**3B**) 0429 487 976

THU 17 JUL

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 JUL

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 JUL

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed – if predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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, Mt Torrens Oval, Mt Torrens. Ride along the Army Gillett Bikeway to Birdwood, then to Woodside and return to Mt Torrens Hotel for coffee/lunch. Suit any bike. 37 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, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 20 JUL

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 0407 182 376
Andrew 0419 817 749 or
Doug 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 Saunte 'Cycle Salisbury'

9:00 AM, Barossa Trail car park, near the Wheatsheaf Hotel, Sunnysdale Ave, Gawler East. Easy paced ride along the Barossa Trail to Lyndoch Bakery for coffee and return. Suit any type of bike. 25–30 km **2B** Graham 0418 858 809

TUE 22 JUL

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Gawler Railway Station, Gawler. Ride will start and finish at railway station. A scenic loop of Gawler and surrounds. Train leaves Adelaide at 9.08 am. 50 km **3B** Stu 0439 311 294

Tuesday Traverse

10:00 AM, Hallett Cove Beach Railway Station, Hallett Cove. Hallett Cove Beach Railway Station – ride around Happy Valley Reservoir. 40 km **2B** Jeff 0407 191 958

WED 23 JUL

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com 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 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (**3C**) 0407 870 470 or Christine (**3B**) 0429 487 976

THU 24 JUL

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 JUL

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 JUL

ADVERTISEMENT

fludax

Barossa Hills Ramble
Saturday 26 July 2025
Start – Modbury
7.00 AM

110km/152km/209km
Unsupported
Climb the Adelaide Hills via Houghton, Inglewood, Kersbrook and Williamstown to the picturesque Barossa Valley towns of Lyndoch, Tanunda and Angaston before returning via Sedan, Palmer, Birdwood, Gumeracha and Tea Tree Gully.

Entry fee applies.
James Litt 0428 066 480
jamlitt@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

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). Hot weather policy has changed – If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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 Torrens Linear Park. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 40–65 km **2B–3B** Mark 0491 034 167

Para Cruizers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Local trails to Montague Farm, coffee enroute at Baker Boys Montague Farm – most suited to gravel/MTBs. 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 Expresso 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 Expresso 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, Velo Precinct, Victoria Park Grandstand, Fullarton 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

SUN 27 JUL

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 0407 182 376 Andrew 0419 817 749 or Doug 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, Shelter Area, Carisbrooke Park, Main North Rd. Salisbury Park. Beginners/ Easy Ride along the Bitumised path of the Little Para Trail. Looped ride where you do what you can. If its up to 5km we look after you first ... then we build up from there.
5–20 km **1A–2A MTB** Jim 0401 984 767

Better Harts

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

TUE 29 JUL

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. Again we venture to the north eastern suburbs Daniel's way, a few climbs but no dirt.
50 km **3B** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Torrens Weir to Tea Tree Plaza.
40 km **2B** Geoff 0407 793 231

WED 30 JUL

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/mannumpeddlwheels or mannumpeddlwheels.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 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C**
Mal (**3C**) 0407 870 470 or Christine (**3B**) 0429 487 976

THU 31 JUL

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 1 AUG

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 2 AUG

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed – If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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. Andrews Farm, meet near toilets. Ride trails to and around Lewiston, coffee at Gawler River Brewery. Hybrid/MTB bikes preferred.
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, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj Glen Osmond Rd, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 3 AUG

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 0407 182 376
Andrew 0419 817 749 or Doug 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

Kangaroo Island BUG

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

TUE 5 AUG

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Seaford Railway Station, Seaford. To McLaren Flat and surrounds.
50 km **3B** Julie 0403 431 063

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride up to Athelstone and lunch at Thorndon Park.
40 km **2C** Ian 0401 770 003

WED 6 AUG

Mannum Peddle Wheelers

7:30 AM, Mid–Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlers
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 **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 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine
0429 487 976 for the 3B ride.
50 km **3B** or **3C**
Mal (**3C**) 0407 870 470 or
Christine (**3B**) 0429 487 976

THU 7 AUG

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 8 AUG

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 9 AUG

ADVERTISEMENT

Audax

30th Anniversary Ride
Saturday 9 August 2025
Start – Gawler Railway Station
7.00 AM
66km/107km/200km
Unsupported
Follow the wheel tracks of the first ever Audax SA ride on this 200km ride to the beautiful township of Clare and back.
Entry fee applies.
James Litt 0428 066 408
jamlitt@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

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). Hot weather policy has changed – If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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 our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am.
30–40 km **2B–3B** Mark 0491 034 167

Para Cruizers ‘Cycle Salisbury’

9:00 AM, Baymore Reserve, North East Rd. Follow trail beside O–Bahn to Torrens Linear Park, up 5th Creek to Foxfield and Black Hill, and return. Coffee at Lochiel Park Golf Club. 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, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea.
40 km **3B** Trevor 0434 961 488

SUN 10 AUG

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 0407 182 376
Andrew 0419 817 749 or
Doug 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 12 AUG

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. To Grandview Ave for a grand view then just to keep the legs moving a quick hike up to Hallett Cove Railway Station.
50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Smithfield Railway Station, Smithfield. Almond Blossom Ride – meet at Smithfield Railway Station and head towards Virginia Garden Centre for lunch.
40 km **2B** Mick 0452 572 078

WED 13 AUG

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

THU 14 AUG

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 15 AUG

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 16 AUG

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Hot weather policy has changed – If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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, Watershed Museum, Commercial Rd, Saisbury. Ride along railway track to Munno Para, return along dirt mound on Main North Rd. and Craigmore. Coffee St. George. MTB/hybrid bikes preferred.
35 km **2B** Elaine 0408 084 376

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, Forestville Reserve, Ethel Street, 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, Goodwood Skate Park, west side of Railway Station, Goodwood. Café stop for afternoon tea.
40 km **3B** Bob 0409 091 183

SUN 17 AUG

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 60-80 km **4C**
Peter 0407 182 376
Andrew 0419 817 749 or
Doug 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, Watershed Café car park, Salisbury H/way, Greenfields. Easy paced ride along bike paths and some roads to Bowden and return. Coffee en route. Suit any type of bike. 25–30 km **2A** Graham 0418 858 809

TUE 19 AUG

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. A serene ride alongside the Little Para. 50 km **3B** Richard 0419 033 140

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery ride through the hills. 40 km **2B** Denise 0409 097 408

WED 20 AUG

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com 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 IB 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 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (**3C**) 0407 870 470 or Christine (**3B**) 0429 487 976

THU 21 AUG

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 22 AUG

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 23 AUG

ADVERTISEMENT

Fludax

Burra Explorer

Saturday 23 August 2025

Start – Gawler/Williamstown

7.00 AM

50km/109km/142km/205km/303km

Unsupported

A series of routes starting in Gawler and riding through South Australia's inner northern regions.

Entry fee applies.

Scott McCann 0487 864 693

mccann1012004@yahoo.com.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

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). Hot weather policy has changed – If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group. 50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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, Spotlight Corner South and Kegworth Rd, Melrose Park 5039. Meet in Kegworth Reserve, behind Spotlight. Off road ride, passing through O'Halloran Hill and Happy Valley reservoir trails. Some single track. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Check our website, norr.au the night before for any changes. Be ready to roll at 9:00 am. 35–50 km **2B–3B** Mark 0491 034 167

Para Cruisers 'Cycle Salisbury'

9:00 AM, Bethany Reserve, 324 Bethany Rd. Bethany. Ride to Angaston for coffee at Sunrise Bakery, returning via Nuriootpa and Tanunda – some slow climbs – most suited to gravel/MTBs. 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 Expresso 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 Expresso 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 Urrbrae Tce, Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, SA Film Corporation (Clock Tower), Glenside (outside front entrance). Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 24 AUG

Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 24 August 2025

8.00am Echunga Memorial Institute, Echunga

The 4th event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2025. Choose between 75km or 150km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Youth and child rates available.

Enter online

Bicycle SA office 8168 9999

office@bikesa.asn.au

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 0407 182 376
Andrew 0419 817 749 or
Doug 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 26 AUG

Tuesday Treadlers

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

Unley Community Centre Ride

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

Tuesday Tearaways

10:00 AM, Skate Park south side of Goodwood Railway Station, Goodwood. Ride to Hallett Cove then Patrick Yonker Bikeway to Tonsley for coffee before returning to Goodwood.
50 km **3B** Neil 0458 584 484

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Happy Valley, Flagstaff Hill, Marion – some mild hilly bits!
40 km **2B** Julie 8298 6985

WED 27 AUG

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

THU 28 AUG

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 29 AUG

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 30 AUG

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). Hot weather policy has changed – If predicted temperature by BOM is greater than 35°C but not going to reach that temperature during the ride, start time will be moved forward to 6:30 am for a 6:45 am start. If the temperature is forecast to exceed 35°C during the ride – the ride will be cancelled. Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Facebook. 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

11:00 AM, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj Glen Osmond Rd, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 31 AUG

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

Better Harts

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

