

Bicycle SA

# RidesPROGRAMME

MARCH-MAY 2026  
ISSUE 97

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!



[www.bikesa.org.au](http://www.bikesa.org.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.org.au](http://www.bikesa.org.au)

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

## BECOME A BICYCLE SA MEMBER

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

### 9 GREAT REASONS TO JOIN

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

### BECOME A BICYCLE SA MEMBER

There has never been a better time to become a member of Bicycle SA. Membership now includes weeklong 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.org.au](http://www.bikesa.org.au) for full details.



## BICYCLE SA

Phone + 61 8 8168 9999

[www.bikesa.org.au](http://www.bikesa.org.au)

[office@bikesa.org.au](mailto:office@bikesa.org.au)

11a Croydon Road Keswick SA 5035

Office open 9am–5pm, Monday–Friday

Emergency Phone 0433 701 785

## INFORMATION

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

### MOUNTAIN BIKE RIDE CODES

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

**Class 2 (MTB Intermediate)** Fire Roads, 20–30km. Numerous obstacles, various rock jumps, drop offs, technical tracks.

**Class 3 (MTB Experience)** Experienced riders, 30+km. Frequent single tracks, steep slopes, sand, drop offs, log jumps.

### ON ROAD RIDE CODES

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

### WHAT TO TAKE ON A RIDE

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

### HOT WEATHER POLICY

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

### ADVERTISEMENTS

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

## RIDE GROUP COORDINATORS

### Bike Melrose

Kristen 0409 093 649

### Border BUG

Marcus 0407 978 763

### Charge Up The Hill

Ian 0407 393 928

### Cobwebs

[cobwebsadelaide@yahoo.com.au](mailto: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

### Gravel Grin Capers

Stu [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com)

### Hills Ride

Rob 0428 990 059

### Kangaroo Island BUG

Graeme  
[www.kangarooislandcycline.com.au](http://www.kangarooislandcycline.com.au)

### Mannum Peddle Wheelers

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

## SUN 1 MAR

### Poseurs d'Adelaide

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

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Tea Tree Gully Ride Her Way Community Ride

8:30 AM (90 minute ride). Baymor Reserve, North East Rd, Modbury. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

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

### Salisbury Wheelers 'Cycle Salisbury'

9:00 AM, Glen Osmond Mines, Gill St, Glen Osmond. Ride Crafers Bikeway. Coffee at Mt Lofty Summit. Hilly, demanding, quick descent; 26km 600m. Designed for road bikes (all bitumen) and bikes suitable for bigger hills. Special weather policy.  
26 km **4C** Cam 0468 927 892

## TUE 3 MAR

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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](http://unleybug1.wixsite.com/ubug)  
20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Seaford Railway Station, Seaford. Seaford railway station to McLaren Flat, McLaren Vale, Willunga, Aldinga and back to Seaford. This route follows the women's TDU stage.  
50 km **3B** Neil 0458 584 484

### Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Mystery ride  
40 km **2B** Sue 0402 880 655

### Border BUG

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

## WED 4 MAR

### Mannum Peddle Wheelers

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

### Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**)  
0407 870 470 or 0400 009 640

## THU 5 MAR

### Border BUG

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

## FRI 6 MAR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 7 MAR

### Bike Melrose

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

### Mannum Peddle Wheelers

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

### Gawler Wheelers

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

## Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, which is near Adelphi Tce. and Anzac Hwy. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 200 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](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Peninsula Pedallers

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

## Northern Off Road Riders

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

## Dry Creek Trailers 'Cycle Salisbury'

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

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Opposite North Adelaide Railway Station, War Memorial Drive (western side). Ride Westside bike track, Reece Jennings path, back along Torrens Linear Park. Coffee en route. Suit any type of bike. 30 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

## Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Sojourn

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

## Saturday Express

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

## SUN 8 MAR

### Poseurs d'Adelaide

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Border BUG

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

### Hills Ride

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

## Peninsula Pedallers

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

## Sunday Saunter 'Cycle Salisbury'

9:00 AM, Outside Par 3 Café, Torrens Weir, War Memorial Drive, North Adelaide. Easy paced ride along Torrens Linear Park and some roads to Henley Beach and return via Westside Bikeway. Coffee en route. Suitable for any type of bike. Leader will be on a normal bike (not e-bike). 25–30 km **3A** Cam 0468 927 892

## TUE 10 MAR

### Peninsula Pedallers

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

### Tuesday Treaders

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 0407 884 730

### 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](http://unleybug1.wixsite.com/ubug) 20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Goodwood skate park on western side of the railway station. Six eastern suburbs, from Goodwood to Stoneyfell, then Athelston returning to Goodwood via Torrens Linear Park. 50 km **3B** Jo 0432 429 922

### Tuesday Traverse

10:00 AM, Kangarilla Oval, Kangarilla. Kangarilla Oval – 9.30 am. Fiona will meet us and take us back to her home for a ride and lunch. 40 km **2B** Fiona 8383 7199

## Border BUG

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

## WED 11 MAR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpeddlwheeler](http://www.facebook.com/groups/mannumpeddlwheeler) or [mannumpeddlwheeler.weebly.com](http://mannumpeddlwheeler.weebly.com) 30–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

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8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

### Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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### Ride with Keith

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## Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## THU 12 MAR

### Border BUG

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

## FRI 13 MAR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 14 MAR

### Bike Melrose

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

### Mannum Peddle Wheelers

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

## Gawler Wheelers

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Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday.  
For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group  
50-100 km Ian 0448 111 384

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

### Cobwebs

**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

### Gravel Grin Capers

9:00 AM, Mt Pleasant Bakery and Café, 126 Melrose St, Mt Pleasant. From Mt Pleasant back roads to Glen Devon Rd McBeans Range Rd to east of Springton, back to Mt Crawford Forest, climb Mt Pleasant, loop around the old Cromer MTB area, Cromer Shed, up to Starkey Rd Altmann Rd back to Lucky Hit Rd to Zaltrons and back roads, to Mt Pleasant.  
[stu.clement@yahoo.com](mailto:stu.clement@yahoo.com)  
54 km **2C** Stu 0405 702 483

## Para Cruizers 'Cycle Salisbury'

9:00 AM, South Terrace, Pooraka Dog Park, Pooraka. 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 Lights View. Suitable for MTB and hybrid bikes.  
28 km **2B** Cam 0468 927 892

### Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Sojourn

10:00 AM, Weigall Oval, cnr. Macarthur Ave. and Urrbrae Tce, Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day.  
BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

### Saturday Express

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

## SUN 15 MAR

### Poseurs d'Adelaide

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## Ride for Her

Bonython Park, Adelaide  
Ride for Her is a family-friendly cycling event that celebrates community, purpose and the joy of riding together. With routes designed for all levels of riding abilities, there's something for everyone, no matter if you are a first-time rider or an experienced cyclist. You can also choose to support ovarian cancer research through **Tour de Cure** and the **Flinders Foundation**, with optional fundraising available for those who'd like to make their ride go even further.  
Join us for a memorable day on the bike, complete with a vibrant event village, food, entertainment and plenty of good energy.  
Ride options:

- **2km-10km River Ride – 9:45 AM**
  - Ride along the River Torrens. Perfect for the whole family and the little ones.
  - Ride 2km or the full 10km and return to Bonython Park.
- **15km-30km River Ride – 9:30 AM**
  - This scenic ride along Adelaide's iconic river corridor offers a flexible distance between 15km and 30km before returning to Bonython Park.
- **40km Beach Ride – 9:15 AM**
  - The Beach Ride follows the Outer Harbour Greenways corridor from Bowden to Port Adelaide, joining the coast near Semaphore, through Grange and Henley Beach to the River Torrens and return to Bonython Park.
- **50km Hills Ride – 8:45 AM**
  - The Hills Ride is for those who thrive on a challenge.
  - The Hill Ride features around 800m of climbing through the beautiful Adelaide Hills and returning to Bonython Park through the Eastern Suburbs.
- **55km Harbour Ride – 9:00 AM**
  - The Harbour Ride is perfect for those looking for an endurance test!
  - The route follows the same Outer Harbour Greenways corridor from the city as the Beach Ride.
  - A refreshment stop at Port Adelaide, Birkenhead to Outer Harbour, Semaphore, Grange, Henley Beach, Torrens Linear Park, and back to Bonython Park.

Enter online or further details available from:  
**Bicycle SA office 8168 9999**  
[www.bikesa.org.au](http://www.bikesa.org.au)

### Border BUG

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

### Hills Ride

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



## Peninsula Pedallers

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

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

## Charge Up the Hill

9:30 AM, Norwood Memorial Gardens Rotunda (at the Charge Up the Hill Banner) and/or Sfizio Cucina Café, cnr. The Parade and Osmond Tce, Norwood. Charge Up the Hill - City to Hills e-bike event. Registrations open 8:35 am until 9:15 am, with the ride commencing at 9:30 am. The actual route for the event is about 25km and allowing for a range of fitness levels, takes about 90 minutes. The group will be followed by a back-up vehicle and there will be limited charging options at the Fair. BUT you will need to provide a charger that fits your bike. Participants are encouraged to enjoy the Fair and then make their way home via the route in reverse or the Old Freeway (Crafrers Bikeway). Participants on e-MTBs may choose to descend back into the city via the range of MTB routes through Cleland. Route details and further information available at - re-Charge Upthehill facebook page. Contact careuraidla@gmail.com  
Contact bourneic@gmail.com  
45-50 km **2C** Ian 0407 393 928

## Kangaroo Island BUG

10:00 AM, To be advised. 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. Graeme 0438 830 351 or www.kangarooislandcycline.com.au  
25-35 km

## TUE 17 MAR

### Peninsula Pedallers

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

### Tuesday Treadlers

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

## 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 Don's not so hilly ride, not! A lovely meander through the north eastern suburbs with some off road so pack the MTB or gravel bike. The train leaves Adelaide at 9.37am.  
50 km **3C** Don 0428 566 745

## Tuesday Traverse

10:00 AM, Mannum (Arnold Park by the ferry). Mannum to Youngusband.  
40 km **2B** Candy 0427 885 393

## Border BUG

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

## WED 18 MAR

### Mannum Peddle Wheelers

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

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: inclusion@bikesa.org.au

## 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**)  
0407 870 470 or 0400 009 640

## THU 19 MAR

### Border BUG

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

## FRI 20 MAR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 21 MAR

### Bike Melrose

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

ADVERTISEMENT

### Audax

#### Southern Ramble

Saturday 21 March 2026

Start - Darlington

7.00 AM 103km/201km Unsupported

Start at Hungry Jacks, Darlington. If you want to park for the day, options are Tonsley Railway Station or Flinders University Ring Rd.

Starting out up Flagstaff Hill then on to Chandlers Hill. Making use of plenty of gravel out to Strathalbyn and onto Goolwa. Continue on sealed roads through Victor Harbor, back to the gravel through Inman Valley for return through Myponga and Willunga.

Entry fee applies.

Shayne Husson 0420 988 408

shayne.husson@gmail.com

### Mannum Peddle Wheelers

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

## Gawler Wheelers

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

## Cobwebs

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

## Unley BUG

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

## Peninsula Pedallers

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

## Northern Off Road Riders

8:45 AM, Brickworks Marketplace, cnr. South Rd. and Ashwin Pde. Torrensville. Meet between Zambrero Café. Single track ride up and down the Torrens Linear Park. Ride direction decided on the day. Coffee/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

## Dry Creek Trailers 'Cycle Salisbury'

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

## Para District Pedallers - 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Ride Edinburgh paths to Petheron Rd, return via the SOB, Tapa Martinhi Yala Shared Use Path and Little Para trail. Coffee en route. Suit any type of bike. 38 km **3A** Elaine 0422 393 997

## Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Sojourn

10:00 AM, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj. Glen Osmond Rd. Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Choose your own leader. Café stop for afternoon tea. Patsy 0439 332 53340 km **3B**

## SUN 22 MAR

### Poseurs d' Adelaide

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

## GAD-BUG (Goolwa & District Bicycle User Group)

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

## Tea Tree Gully Ride Her Way Community Ride

8:30 AM (90 minute ride) Baymor Reserve, North East Rd, Modbury. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: inclusion@bikesa.org.au

## Border BUG

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

## Hills Ride

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

## Peninsula Pedallers

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

## TUE 24 MAR

### Peninsula Pedallers

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

### Tuesday Treadlers

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

## 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, Goodwood skate park on western side of the railway station. A run south, Hallett Cove, Flinders Uni then beachwards. 50 km **3B** Margie 0413 889 055

## Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Circuit of the southern suburbs – reservoir, Aberfoyle Park, Woodcroft, Reynella. 40 km **2B** Denise 0409 097 408

## Border BUG

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

## WED 25 MAR

### Mannum Peddle Wheelers

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

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
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- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: inclusion@bikesa.org.au

## 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0 400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## THU 26 MAR

### Border BUG

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

## FRI 27 MAR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 28 MAR

### Bike Melrose

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

## Mannum Peddle Wheelers

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

## Gawler Wheelers

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

## Cobwebs

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

## Gravel Grin Capers

9:00 AM, Signature Coffee Co. Happy Valley Reservoir, Chandlers Hill Rd. From the Happy Valley Reservoir Reserve to the north boundary, over Main South Rd to Glenthorne National Park, Patrick Jonker Veloway, off into O'Halloran Hill MTB Park, south to pick up the Southern Expressway trail, Christie Creek, Bains Creek, Pimpala Rd to Tangari Regional Park, north back to the Happy Valley Reservoir Reserve.  
[stu.clement@yahoo.com](mailto:stu.clement@yahoo.com)  
44 km **2C** Stu 0405 702 483

## Para Cruisers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Parafield Gardens. Ride local trails to Carisbrooke then coffee at St George's Philip Highway and return via Kaurna Park and Springbank Lake. Suitable for MTB gravel bikes.  
35 km **2A** Brian 0408 818 993

## Cogs & Coffee

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

## Saturday Sojourn

10:00 AM, Weigall Oval, cnr. Macarthur Ave. and Urrbrae Tce, Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

## Saturday Express

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

## SUN 29 MAR

### Grand/Mini Slam

**Recreational Bike Series of 5 rides Sunday 29 March 2026**  
**8.00am Mt Torrens Centenary Park, Oval Rd, Mt Torrens**

The second event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2026. Choose between 50km or 100km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

**On road support**  
**Members registration for the series of 5 rides and save!**  
**Group (series only), youth and child rates available.**  
**Enter online or further details available from:**  
**Bicycle SA office 8168 9999**  
**[www.bikesa.org.au](http://www.bikesa.org.au)**

### Poseurs d' Adelaide

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

## Salisbury Explorers 'Cycle Salisbury'

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

## TUE 31 MAR

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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](http://unleybug1.wixsite.com/ubug) 20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Goodwood skate park on western side of the railway station. Inner southern suburbs including up towards Hallett Cove. 50 km **3B** Daniel 0418 879 989

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride down to the western suburbs with lunch at the Henley Oval - coffee back at the city. 40 km **2B** Rick 0417 816 372

### Border BUG

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

## WED 1 APR

### Mannum Peddle Wheelers

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

### Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details. 50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## THU 2 APR

### Border BUG

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

## FRI 3 APR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 4 APR

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpeddlers](http://www.facebook.com/groups/mannumpeddlers) 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 Wheeler rides are included in the Bicycle SA Rides Programme. Rider safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday.

For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

### Cobwebs

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

### Peninsula Pedallers

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

### Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road Cobbler Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only (tubeless set up please). Visit our website, [norr.au](http://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 District Pedallers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Ride along train line to Munno Para, along Main North Rd. Mound and Craigmore. Coffee St George. MTB/hybrid bikes. 30 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

### Cogs & Coffee

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

## Saturday Express

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

## SUN 5 APR

### Poseurs d'Adelaide

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

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

### Salisbury Wheelers 'Cycle Salisbury'

9:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride Sturt River and Patrick Jonker Veloway. Coffee on the way. Hilly, quicker pace. 48km 400m. Designed for road bikes (all bitumen) and bikes suitable for bigger hills. Special weather policy. 48 km **4C** Cam 0468 927 892

## TUE 7 APR

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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](http://unleybugl.wixsite.com/ubug) 20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Skate park on western side of Goodwood Railway Station. Salisbury wetlands to find another blue billed duck, then onto the Port and home via the Greenway. 50 km **3B** Jane 0402 102 608

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride via Ferryden, St Clair onto Fort Largs for lunch and see where we end up but not the direct way. 40 km **2B** Mick 0452 572 078

### Border BUG

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

## WED 8 APR

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpeddlers](http://www.facebook.com/groups/mannumpeddlers) or [mannumpeddlers.weebly.com](http://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 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

### Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details. 50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## FRI 10 APR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 11 APR

ADVERTISEMENT

### Audax

#### The Fearsome Rides

Saturday 11 April 2026  
Start - Cafe Biga, Hutt St, Adelaide  
7.00 AM  
152km/200km/300km  
Unsupported

A selection of rides heading north on the Expressway, coming home via the Adelaide Hills.

The ride include some solid climbing.

Entry fee applies.

Simon Macklin 0419 543 820  
[samnjo@mac.com](mailto:samnjo@mac.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 Wheeler rides are included in the Bicycle SA Rides Programme. Rider safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday.

For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

### Mannum Peddle Wheelers

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

## Cobwebs

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

## Peninsula Pedallers

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

Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

## Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route.

MTB bikes please.

15-20 km **1A-2B** MTB ryce 0432 732 540

## Gravel Grin Capers

9:00 AM, Victory Hotel, 2256 Main South Rd Sellicks Beach. From the Victory Hotel, south on Old Sellick's Hill Rd Reservoir Rd and Sampson Rd. to Myponga Beach, back to Forktree Rd then Causeway Rd and James Track to Myponga, Pages Flat Rd and Old Sellick's Hill back to the Hotel. stu.clement@yahoo.com 46 km **2C** Stu 0405 702 483

## Para Cruizers 'Cycle Salisbury'

9:00 AM, South Terrace, Pooraka Dog Park, Pooraka. Up Dry Creek trail. Follow cycle trail running parallel to McIntyre Rd. Through Para Hills and Rains Drive Reserve. Coffee at Baker Boy. Home via Dry Creek trail. Suitable for MTB and hybrid bikes. e-bikes welcome. 26 km **2B** Cam 0468 927 892

## 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. Note: later start time of 11 am. 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 12 APR

### Poseurs d'Adelaide

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

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Tea Tree Gully Ride Her Way Community Ride

8:30 AM (90 minute ride) Baymor Reserve, North East Rd, Modbury. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: inclusion@bikesa.org.au

### Border BUG

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

### Hills Ride

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

## Peninsula Pedallers

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

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

## Kangaroo Island BUG

10:00 AM, To be advised. 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 Graeme 0438 830 351 or www.kangarooislandcyclyne.com.au 25-35 km

## TUE 14 APR

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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, Festival Theatre side of the walkway to Adelaide Oval behind the railway station. North, north/ eastern suburbs and foothills 50 km **3B** Peter 0411 848 511

### 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 15 APR

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com 50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 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

### Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: inclusion@bikesa.org.au

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## FRI 17 APR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 18 APR

ADVERTISEMENT

*Audax*

### Kaurna Country Climber

Saturday 18 April 2026  
Start – Fix Café, Torrens St, College Park  
7:30 AM  
148km/204km  
Unsupported

From Fix Café, Torrens St, College Park, head up Payneham then Gorge Rd towards Corkscrew Rd, then several other climbs.

Entry fee applies.  
For more information please email the ride organiser.  
Nic Frank: nic\_frank@hotmail.com

### Bike Melrose

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

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

## Mannum Peddle Wheelers

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

## Cobwebs

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

## Peninsula Pedallers

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

## Northern Off Road Riders

8:45 AM, 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 trails. 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

## Dry Creek Trailers 'Cycle Salisbury'

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

## Gravel Grin Capers

9:00 AM, Visitors' Centre car park, John/Julius St, Tanunda. From Tanunda to Presser Rd and back roads to Greenock and using back roads to Kapunda and return to Tanunda via the Heysen Trail and back roads.  
stu.clement@yahoo.com  
61 km **2C** Stu 0405 702 483

## Para District Pedaller 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride the Tapa Martinhi Yala Shared use Path, Port Expressway and Outer Harbor Greenway to Fort Largs for refreshments. Home via similar route. Suit any bike.  
45 km **3A** Elaine 0422 393 997

## Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Sojourn

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

## Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Choose your own leader. Café stop for afternoon tea.  
Patsy 0439 332 533 40 km **3B**

## SUN 19 APR

### Poseurs d'Adelaide

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

### Sunday Saunter 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive (Western side adjacent tennis courts). Easy paced ride following Outer Harbor Greenway to Pt. Adelaide then pathway to Semaphore and return. Coffee at Semaphore.  
Suitable for any type of bike. Leader will be riding a non e-bike.  
25-30 km **2A** Nigel 0431 838 735

## TUE 21 APR

### Peninsula Pedallers

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

## Tuesday Treadlers

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

## 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](http://unleybugl.wixsite.com/ubug)  
20 km **3B** Monica 0415 042 468

## Tuesday Tearaways

10:00 AM, Goodwood skate park on western side of the railway station A pacey bikeways circumnavigation of city and airport with coffee at Glenelg.  
50 km **3B** Roz 0448 741 556

## Tuesday Traverse

10:00 AM, Port Dock train Station, Port Adelaide. Head to Mawson Lakes onto Carisbrooke Reserve and see where we go from there.  
40 km **2B** Mick 0452 572 078

## WED 22 APR

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpeddlers](http://www.facebook.com/groups/mannumpeddlers) or [mannumpeddlers.weebly.com](http://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 km-70 km to Victor Harbor area. Options from 1B to 4B.  
30 km **1B** Geoff 0415 460 380

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## FRI 24 APR

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 25 APR

### Bike Melrose

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

### 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 Wheeler rides are included in the Bicycle SA Rides Programme. Rider safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group  
50-00 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](http://www.facebook.com/groups/mannumpeddlers)  
35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

### Cobwebs

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

### Peninsula Pedallers

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

### Para Cruizers 'Cycle Salisbury'

9:30 AM, Bethany Reserve, 324 Bethany Rd. Bethany. Please note start time of 9:30 am. Ride trails and quiet roads to Angaston with return via Nuriootpa and Tanunda - coffee en route - suitable for MTB/gravel bikes. Some long slow climbs.  
35 km **2B** Brian 0408 818 993

### Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Victoria Park Wetlands, South Tce, (end of East Tce) Adelaide. Café stop for afternoon tea.  
40 km **3B** Patsy 0439 332 533

## SUN 26 APR

### Poseurs d'Adelaide

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## Tea Tree Gully Ride Her Way Community Ride

8:30 AM (90 minute ride) Baymor Reserve, North East Rd, Modbury. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

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## Border BUG

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

## Hills Ride

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

## Peninsula Pedallers

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

## Salisbury Explorers 'Cycle Salisbury'

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

## TUE 28 APR

### Peninsula Pedallers

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

### Tuesday Treaders

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 0407 884 730

### 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](http://unleybugl.wixsite.com/ubug)  
20 km **3B** Monica 0415 042 468

## Tuesday Tearaways

10:00 AM, Noarlunga Railway Station, Noarlunga. Ride along Piggott Range Road and onto Aberfoyle Park before returning to Goodwood RS. Note starting and finishing point is different.  
An express train leaves Adelaide at 9.11, people leaving from Goodwood need to catch the 9.04 am Flinders line and swap at Woodlands Park.  
50 km **3B** Robyn 0401 364 019

## Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride.  
40 km **2B** Paul 0418 519 491

## WED 29 APR

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers) or [mannumpeddlwheelers.weebly.com](http://mannumpeddlwheelers.weebly.com)  
50-80 km **4B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.  
30 km **1B** Geoff 0415 460 380

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20-25 km **3A** Aaron 8232 7277

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50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**)  
0407 870 470 or 0400 009 640

## FRIDAY

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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 MAY

ADVERTISEMENT

### Audax

#### Lofty Loops

**Saturday 2 May 2026**  
**Start - Cleland Cottage, Mt Lofty**  
**7:00 AM**  
**50km/100km/156km/201km**  
**6:30 AM**  
**407km/604km/1017km**  
**Unsupported**

All routes are multiple loops from the central base at Cleland Cottage, Mt Lofty. Cleland Cottage can accommodate up to 10 people. Accommodation and support options are available to be selected when riders register.

Audax will provide linen, towels, bedding and pillows for the double rooms. Riders in the bunkroom will need to provide their own linen. Priority will be given to the longer distances and/or interstate riders when allocating beds at the cottage.

**Event specific refund and cancellation policies apply. Entry fee applies.**

**David Fairweather 0401 528 563**  
**[divfw@bigpond.com](mailto:divfw@bigpond.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

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## 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/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers)  
35 km **2B-4B** Terry or Wally  
0427 319 004 or 0428 592 282

## Cobwebs

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

## Peninsula Pedallers

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

Coffee afterwards at Boston Bean. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

## Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless 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

## Dry Creek Trailers 'Cycle Salisbury'

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

## 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

## Para District Pedallers 'Cycle Salisbury'

9:30 AM, Greenock Centenary Park, Martin St, Greenock. Note: No later than start time of 9:30 am. Ride gravel roads to Freeling and return. Coffee at Freeling.  
Optional lunch at Greenock Hotel on return. Some steep climbs.  
Suit MTB/gravel bikes.  
27 km **2C** Elaine 0408 084 376

## 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** Andrew 0434 182 071

## SUN 3 MAY

### Poseurs d'Adelaide

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

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Border BUG

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

### Gravel Grin Capers

9:00 AM, Pik a Pie Bakery, 24 Mawson Rd, Meadows. From Meadows south taking back roads and forest tracks to Kuitpo Forest HQ, Heysen Trail to Kyeema, Burma Rd towards Mt Compass then Mt Magnificent and Milligan Roads to Prospect Hill and back roads to Bull Creek Rd and back to Meadows.  
stu.clement@yahoo.com  
57 km **2C** Stu 0405 702 483

### Hills Ride

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

### Peninsula Pedallers

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

### Salisbury Wheelers 'Cycle Salisbury'

9:00 AM, Hallett Cove Railway Station car park, Perry Barr Rd, Hallett Cove. Ride Sea to Vines Bikeway. Coffee at McLaren Vale. Hilly, quicker pace. 60km 650m. Designed for road bikes (all bitumen) and bikes suitable for bigger hills.  
Special weather policy.  
60 km **4C** Cam 0468 927 892

## TUE 5 MAY

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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](http://unleybug1.wixsite.com/ubug)  
20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Hallett Cove Railway Station. A trip to Moana to admire our magic coastline, the train leaves Adelaide at 9.26 am and Goodwood at 9.34 am  
50 km **3B** Julie 0403 431 063

### Tuesday Traverse

10:00 AM, Clare Caravan Park, Clare. Three days riding in the Clare Valley.  
40 km **2C** Denise 0409 097 408

## WED 6 MAY

### Mannum Peddle Wheelers

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

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

## 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## FRI 8 MAY

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 9 MAY

### Flinders Escape

9–17 May 2026

The Flinders Escape is an outback adventure exploring South Australia's iconic Flinders Ranges; a unique and awe-inspiring landscape that has to be seen to be fully appreciated in all its glory. With 600 million years of secrets waiting to be shared, the Flinders is one of our most popular destinations to explore. From the 9–17 May this 9 day tour starts and finishes in Port Augusta and showcases some of South Australia's most rewarding experiences along the way like staying 2 nights at Wilpena Resort exploring Wilpena Pound or a panoramic view by helicopter flight over the area. This is shaping up to be another sell-out experience. Do not miss your opportunity to ride through one of the most famous regions of SA. Enter online or further details available from:

**Bicycle SA office 8168 9999**  
[www.bikesa.org.au](http://www.bikesa.org.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 Wheeler rides are included in the Bicycle SA Rides Programme. Rider safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50–100 km Ian 0448 111 384

### Mannum Peddle Wheelers

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

### Cobwebs

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

### Peninsula Pedallers

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

### Para Cruizers 'Cycle Salisbury'

9:00 AM, South Terrace, Pooraka (near toilet block at children's playground). Ride Levels Bikeway to Walkerville, then to City via Linear Park and return via Gawler Greenway. Coffee en route. Suitable for all bikes. 35 km **2A** Brian 0408 818 993

### Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608, Richard 0419 033 140 50 km **4B** Jane 0402 102 608

### Saturday Sojourn

11:00 AM, Wigley Reserve, Adelphi Tce, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

### Saturday Express

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

## SUN 10 MAY

### Poseurs d'Adelaide

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Tea Tree Gully Ride Her Way Community Ride

8:30 AM (90 minute ride) Baymor Reserve, North East Rd, Modbury. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

## TUE 12 MAY

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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](http://unleybug1.wixsite.com/ubug) 20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Goodwood skate park on western side of the railway station. A trip to Mawson Lakes 50 km **3B** Karel 0449 854 454

### Tuesday Traverse

10:00 AM, Lonsdale Railway Station, Lonsdale. Around Happy Valley Reservoir – back to Oaklands Railway Station. 40 km **2B** Jeff 0407 191 958

## WED 13 MAY

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 50–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details.  
50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## FRI 15 MAY

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 16 MAY

### Bike Melrose

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

### 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 Wheeler rides are included in the Bicycle SA Rides Programme. Rider safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00 pm Friday.

For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group  
50-100 km Ian 0448 111 384

### Mannum Peddle Wheelers

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

### Cobwebs

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

### Peninsula Pedallers

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

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

Northern Off Road Riders

8:45 AM, Spotlight, cnr. South and Kegworth Rd. Melrose Park. Meet in Kegworth Reserve. With several track and trail options, the route will be decided on the day along with coffee and refreshment stop.

Mountain bikes only (tubeless set up please).

Visit our website, [norr.au](http://norr.au) the night before for any changes or updates. Be ready to roll at 9:00 am.

35-60 km **2B-3B** Mark 0491 034 167

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route.

MTB bikes please.

15-20 km **1A-2B** MTB Bryce 0432 732 540

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Stebonheath Park car park, Davoren Rd, Andrews Farm. Ride to Lewiston Wetlands. Refreshments Gawler River Brewing. Suit MTB/hybrid bikes.  
35-40 km **2A** Elaine 0422 393 997

### Peninsula Pedallers

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

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

### Cogs & Coffee

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

Jane 0402 102 608, Richard 0419 033 140

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

### Saturday Sojourn

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

BYO or buy refreshments.

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

### Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea.

40 km **3B** Trevor 0434 961 488

## SUN 17 MAY

### Poseurs d'Adelaide

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

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

### GAD-BUG (Goolwa & District Bicycle User Group)

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

### Border BUG

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

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

### Hills Ride

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

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

### Kangaroo Island BUG

10:00 AM, To be advised. 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 Graeme 0438 830 351 or [www.kangarooislandcycline.com.au](http://www.kangarooislandcycline.com.au)  
25-35 km

## TUE 19 MAY

### Peninsula Pedallers

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

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

### Tuesday Treadlers

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

50-55 km **3B-6B** Tony 0407 884 730

## 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](http://unleybugl.wixsite.com/ubug) 20 km **3B** Monica 0415 042 468

## Tuesday Tearaways

10:00 AM, Goodwood skate park on western side of the railway station. Eastern 'burbs including Brown Hill Creek 50 km **3B** Christine 0455 414 802

## Tuesday Traverse

10:00 AM, Hallett Cove Railway Station, Hallett Cove. Ride towards CBC via a circuitous route to Brownhill Creek for lunch then see where we stop for coffee. 40 km **2B** Mick 0452 572 078

## WED 20 MAY

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlwheeler.weebly.com](http://mannumpeddlwheeler.weebly.com) 50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 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

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides: Build confidence and skills progressively

- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

**Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)**

### 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 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details. 50 km 3B or 3C Mal (3C) or Peter (3B) 0407 870 470 or 0400 009 640

## FRI 22 MAY

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 23 MAY

### Bike Melrose

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

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

### Mannum Peddle Wheelers

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

### Cobwebs

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

### Peninsula Pedallers

8:30 AM, Corner of Windsors 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

### Gravel Grin Capers

9:00 AM, Signature Coffee Co. Happy Valley Reservoir, Chandlers Hill Rd. From Happy Valley Reservoir Reserve to Tangari Regional Park, Pimpala Rd, Bains Creek, Christie Creek, southern Expressway Trail to Majors Rd then into O'Halloran Hill MTB Park, under the southern Expressway to Patrick Jonker Veloway, Glenthorne National Park, Happy Valley Reservoir Reserve back to the start. [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) 36 km **2C** Stu 0405 702 483

### Para Cruisers 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd. Salisbury. Follow the Para Trail to the Old Spot then across Cobblers Creek. Then through the Paddocks Reserve and back via Mawson Lakes. Coffee at Baker Boy. Suitable for MTB and hybrid bikes. 27 km **2B** Cam 0468 927 892

### Cogs & Coffee

10:00 AM, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

### Saturday Sojourn

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

### Saturday Express

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

## SUN 24 MAY

### Poseurs d'Adelaide

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

## GAD-BUG (Goolwa & District Bicycle User Group)

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

## Tea Tree Gully Ride Her Way Community Ride

8:30 AM (90 minute ride) Baymor Reserve, North East Rd, Modbury. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

- Build confidence and skills progressively
- Foster social connections in a supportive environment
- Encourage fitness and participation in cycling
- Are guided by experienced Ride Leaders who support learning at every pace.

Contact: [inclusion@bikesa.org.au](mailto:inclusion@bikesa.org.au)

## Border BUG

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

## Hills Ride

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

## Peninsula Pedallers

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

## Salisbury Explorers 'Cycle Salisbury'

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

## Sunday Saunter 'Cycle Salisbury'

9:00 AM, Watershed Café car park, Salisbury H/Way, Greenfields. Easy paced ride following Gawler to Adelaide Greenway to Adelaide and return via The Levels Bikeway to Mawson Lakes. One short steep climb from Torrens Linear Park to North East Rd on the return leg. Coffee at a location to be decided on the day. Suitable for any type of bike. Leader will be riding a non e-bike. 30-40 km **3A** Nigel 0431 838 735

## TUE 26 MAY

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### 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](http://unleybugl.wixsite.com/ubug) 20 km **3B** Monica 0415 042 468

### Tuesday Tearaways

10:00 AM, Goodwood skate park on western side of the railway station. To be advised closer to date 50 km **3B** Richard 0419 033 140

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride. 40 km **2B** Stuart 0428 184 553

## WED 27 MAY

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. [www.facebook.com/groups/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers) or [mannumpeddlwheelers.weebly.com](http://mannumpeddlwheelers.weebly.com) 50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

## Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride) McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale. Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50 km, stopping somewhere en route for lunch. There is an alternative easier 3B ride starting at different places. Contact Mal 0407 870 470 for the 3C ride or Peter 0400 009 640 for the 3B ride, for more details. 50 km **3B** or **3C** Mal (**3C**) or Peter (**3B**) 0407 870 470 or 0400 009 640

## FRI 29 MAY

### GAD-BUG (Goolwa & District Bicycle User Group)

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

## SAT 30 MAY

ADVERTISEMENT

### Audax

### Wattle Park Meander

Saturday 30 May 2026  
Start - Wattle Park Bakery  
7:00 AM  
133km  
Unsupported

Heading up Montecute to Lenswood, then Birdwood, we take Bird in the Hand to Harrogate, turning south towards Nairn, Mt Barker and Flaxley, before heading home through the hills. With Vm2269 there's a bit of legwork to do.

Entry fee applies.

Gerard Keating 0417 721 890  
[gerard.keating@icloud.com](mailto:gerard.keating@icloud.com)

## Bike Melrose

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

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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/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers) 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

## Cobwebs

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

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

## Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please).

Visit our website, [norr.au](http://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

## 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, Brighton Railway Station, Brighton. Café stop for afternoon tea.  
40 km **3B** Andrew 0434 182 071

## SUN 31 MAY

### Grand/Mini Slam

#### Recreational Bike Series of 5 rides

**Sunday 31 May 2026**  
**8.00am Meadows Memorial Hall, Mawson Rd, Meadows**

The third event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2026. Choose between 60km or 120km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

**On road support**  
**Enter online or further details available from:**  
**Bicycle SA office 8168 9999**  
**[www.bikesa.org.au](http://www.bikesa.org.au)**

#### Poseurs d'Adelaide

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

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

#### GAD-BUG (Goolwa & District Bicycle User Group)

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

Usually coffee afterwards.  
30 km **1A-4B** Geoff 0415 460 380

#### Border BUG

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

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

#### Hills Ride

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

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

#### Peninsula Pedallers

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

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

