

Bicycle SA

RidesPROGRAMME

SEPTEMBER–NOVEMBER 2022
ISSUE 83

- **FREE RIDES**
- **EVERY WEEK**
- **FOR EVERYONE!**



www.bikesa.asn.au



WELCOME

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

From Willunga to Gawler and Mt Gambier to the Eyre Peninsula all rides are delivered by our experienced rides leaders. Our *Rides Programme* is the most comprehensive in Australia – with an experience for everyone – and best of all they are FREE.

These rides are ideal for those who are getting back on the bike after a few years off or those taking it up for the first time. Each of the rides are coded with a degree of difficulty so you know exactly what to expect. But if you're not quite sure, you can call any of our rides leaders and have a chat with them.

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

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

BICYCLE SA – COVID-19 NOTICE

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

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

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

or call the Coronavirus Health Information Line on 1800 020 0080.

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 our members only quarterly Cycle Magazine and Rides Programme
6. Up to 10% discounts from supporting bicycle and outdoor stores – see contact list of stores
7. WIN great prizes at Bicycle SA's recreational events
8. Assistance and friendly advice on all aspects of cycling
9. Free first interview and 10% discount from Andersons Solicitors on any legal matter.

BECOME A BICYCLE SA MEMBER

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover worldwide, 24 hours a day, 7 days a week* Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia. Individual membership from \$80 with household and concession rates available.

CONTACT US TO JOIN NOW.

* Conditions apply.

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

INFORMATION

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

ON ROAD RIDE CODES

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

MOUNTAIN BIKE RIDE CODES

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

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

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

WHAT TO TAKE ON A RIDE

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

HOT WEATHER POLICY

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

ADVERTISEMENTS

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

RIDE GROUP COORDINATORS

30/30 Beach Streak

Daniel 0433 391 674

All Women's Bike Rides

Lanie 0406 452 117

Better Harts

Sharon 8723 0805
sharonholmes@ozemail.com.au

Bike Melrose

Kristen 0409 093 649

Border BUG

Marcus 0407 978 763

Cobwebs

cobwebsadelaide@yahoo.com.au

Cogs & Coffee

Jane 0402 102 608

'Cycle Salisbury'

Elaine 0422 393 997

GAD-BUG (Goolwa and District Bicycle

User Group)

Geoff 0415 460 380

Gawler Wheelers

Ian 0448 111 384

Getonyabike

Michele 0438 010 220

Hills Ride

Rob 0428 990 059

Kangaroo Island BUG

Manfred
www.kangerooislandcycling.com

Mannum Peddle Wheelers

Terry 0427 319 004
www.facebook.com/groups/mannumpeddlwheelers
or mannumpeddlwheelers@groups.facebook.com

Mishmash Cycling

Michele 0438 010 220

Night Espresso

Rob 8299 0230

Northern Off Road Riders

Mark 0490 340 167

Northside Cycling Group

Gary 8255 1979

Peninsula Pedallers

Raelene 8682 3196

Poseurs d'Adelaide

Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

Ride with Keith

Andy 8232 7277

Riverland Riders

Ruth 0427 752 815

Saturday Express

Patsy 8379 6477

Saturday Sojourn

Chris 0414 802 919

Tearaways

Jane 0402 102 608

Tuesday Traverse

Graham 0448 833 947

Judy 0401 000 641

Tuesday Treadlers

Tony 8388 4730

Unley BUG

Daniel 0437 323 379

Wednesday Wheelers

Mal 0407 870 470

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

11a Croydon Road Keswick SA 5035

Office open 9am–5pm Monday–Thursday

Emergency Phone 0427 771 821



THU 1 SEP

30/30 Beach Streak

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

FRI 2 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 3 SEP

ADVERTISEMENT

fludax

Hilly Hills Challenge

Saturday 3 September 2022

7:00 AM

Start – McDonalds, Kings Park

201km/303km

Unsupported

With 200km and 300km options this is a serious ride, good for your enjoyment or fitness training.

Glen Thompson 0429 168 232

gthomps5@adam.com.au

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An Intermediate (5B and 6B) and Challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only) 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 4:00pm 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 Boat Ramp. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandmother's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook: Mannum Peddle Wheelers
35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km-35 km. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride.
40-50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Cafe, 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 Bici Cafe 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

Para District Pedallers – 'Cycle Salisbury'

10:00 AM, Shelter Shed, Carisbrooke Park Reserve, Main North Rd, Salisbury Park. CYCLE SALISBURY SOCIAL RIDES 9TH BIRTHDAY CELEBRATIONS!
Various rides all leaving from shelter shed to suit all abilities including (but not limited to) a fast paced and slower paced ride along Little Para and/or Dry Creek Trails; mountain bike ride to Cobblers Creek to explore trails. Riders and their partners are then invited to join us for lunch (at own cost) in the beer garden of the Old Spot Hotel, Main North Rd, Salisbury Park (opposite Carisbrooke Park) from 12.00 pm.
5-25 km **1A-3C** Jim 0401 984 767

Saturday Express

1:00 PM, Henley Square, Henley Beach. Cafe stop for afternoon tea.
40 km **3B** Peter 0414 719 296

Saturday Sojourn

1:00 PM, 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

SUN 4 SEP

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** 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, Mount Barker. Flaxley Rd. car park opposite high school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Cafe.
30 km **4B** Raelene 0419 842 007

MON 5 SEP

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
30 km **5A** Gary 8255 1979

TUE 6 SEP

Getonyabike

9:00 AM, Woodside BMX track, Station Rd, Woodside. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45-11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes.
1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month.
50-55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. To be decided on the day.
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Grange Railway Station, Grange. Mystery Ride.
40 km **2B** Mary 0408 826 282

Night Espresso

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a cafe.
40 km **4A** Rob 8299 0230

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a cafe.
40 km Rob 8299 0230

WED 7 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers
30-37 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 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, Water Wheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **2A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 8 SEP

30/30 Beach Streak

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

FRI 9 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 10 SEP

ADVERTISEMENT

Audax

Ranges Rambles out of Birdwood – Gravel II Saturday 10 September 2022 7:00 AM

Start – Birdwood Museum 57km/100km/150km/201km/300km/400km/602km/1000km Unsupported

Second chance to ride in company, on quiet scenic dirt roads, and achieve the Audax gravel season awards. Eight gravel routes to choose from, 50 km, 100 km, 150 km, 200 km, 300 km, 400 km, 600 km and 1000 km.

John Mills 0448 248 974
millsyok@gmail.com

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An Intermediate (5B and 6B) and Challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00pm 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 Boat Ramp. 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: Mannum Peddle Wheelers 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km–35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride. 40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Northern Off Road Riders

8:50 AM, Spotlight, Cnr. South and Kegworth Rd, Melrose Park. Meet in car park behind Spotlight. Off road ride, passing through O'Halloran Hill and the Coast to Vines Trail. Some single track. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am. 35–40 km **2B-3B** Mark 0490 340 167

Para Cruisers – 'Cycle Salisbury'

9:00 AM, Pooraka Triangle Dog Park, South Tce, Pooraka. Up Dry Creek trail to Baymore Reserve, follow cycle trail beside O Bahn to Torrens Linear Park. Coffee at Nest, Walkerville. Home along Galway Ave and Levels Bike Way. Suitable for MTB and hybrid bikes. 28 km **2B** Cam 0468 927 892

All Women's Bike Rides

9:00 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards. 15 km **2B** Lanie 0406 452 117

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Café 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

Saturday Sojourn

1:00 PM, 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

SUN 11 SEP

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUX

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, Heywood Park, Addiscombe Place, Unley Park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Steve 0401 603 596

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café. 30 km **4B** Raelene 0419 842 007

Semaphore Sojourn – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (western side of railway line) Ride along Outer Harbor Greenway, bike paths and some roads to Semaphore then Port Adelaide for coffee/refreshments before returning to start via same route. Suitable for all types of bikes. 25–30 km **2A-4A** Ash 0416 719 785

MON 12 SEP

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 13 SEP

Getonyabike

9:00 AM, Woodside BMX track, Station Rd, Woodside. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45–11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1–32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50–55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. A jaunt up Norton Summit to visit Tom and welcome Spring. 40–50 km **3C** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Alberton Railway Station, Alberton. Mystery Ride. 40 km **2B** Magda 0417 802 723

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 14 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers 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 or 45 km–70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.

50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 15 SEP

30/30 Beach Streak

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

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

FRI 16 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 17 SEP

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An Intermediate (5B and 6B) and Challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00pm 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 Boat Ramp. 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: Mannum Peddle Wheelers 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km – 35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride. 40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

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 Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please. 15–20 km **2B MTB** Bryce 0432 732 540

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Baymore Reserve car park, North East Rd, Modbury. Easy ride along North Eastern paths. Coffee en route. Mountain/hybrid bikes preferred. 25–30 km **2B** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Cafe 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, Conygham St, Glenside. (Dog Park). Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, 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

SUN 18 SEP

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** 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, Birdwood. Main street near school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Joe 0429 694 022

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café. 30 km **4B** Raelene 0419 842 007

Kangaroo Island BUG

10:00 AM, Kingscote circuit. 25–35 km **3B** Jenni 0429 877 146

MON 19 SEP

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 20 SEP

Getonyabike

9:00 AM, Woodside BMX track, Station Rd, Woodside. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 – 11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1–32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Baihannah Oval, Onkaparinga Valley Rd, Baihannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50–55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Hallett Cove Railway Station, Hallett Cove. Riding around Hallett Cove Reservoir, O'Halloran Hill Recreation Reserve. MTB or Hybrid bike. 40–50 km **3B** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Head to Outer Harbor. 40 km **2B** Mick 0452 572 078

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 21 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers 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 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, Water Wheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25–35 km **2A–2B** Des 0408 086 545

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
30 km **5A** Gary 8255 1979

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** Andy 8233 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 22 SEP

30/30 Beach Streak

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

FRI 23 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 24 SEP

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An Intermediate (5B and 6B) and Challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel Join us for a chat. All welcome. Please visit the Facebook page prior to coming, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook by 4:00pm 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 Boat Ramp. 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: Mannum Peddle Wheelers
35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km – 35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride.
40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am.
30–40 km **2B–3B** Mark 0490 340 167

Para Cruizers – ‘Cycle Salisbury’

9:00 AM, Hausler Reserve (AKA Greentree Park), Kings Rd, Paralowie. Ride local trails to Barker Inlet, then to Mawson Lakes and Salisbury with coffee en route and return to Hausler Reserve. Suitable for all bikes.
30 km **2A** Brian 0408 818 993

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Cafe 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, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea.
40 km **3B** Daryl 0411 474 096

Saturday Sojourn

1:00 PM, SA Sea Rescue Ops Centre, cnr Coast Park Trail and Barcoo Rd, West Beach. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 25 SEP

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** 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, Burnside, Beaumont Common, south side. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café.
30 km **4B** Raelene 0419 842 007

Salisbury Explorers – ‘Cycle Salisbury’

9:00 AM, Car park, corner of Waterloo Cnr. Rd and Davis St, Salisbury North. Beginners/Easy ride along the Bitumised path of the Little Para Trail.
5–10 km **1A–2A** MTB Jim 0401 984 767

Better Harts

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

MON 26 SEP

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
30 km **5A** Gary 8255 1979

TUE 27 SEP

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45–11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes.
1–32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Baihannah Oval, Onkaparinga Valley Rd, Baihannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month.
50–55 km **3B–6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. To Hallett Cove along coast to Westside Bikeway.
40–50 km **3B** Eric 0402 356 796

Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Mystery Ride.
40 km **2B** Rick 0417 816 372

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8299 0230

WED 28 SEP

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers
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 or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 29 SEP

30/30 Beach Streak

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

FRI 30 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 1 OCT

Bike Melrose

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

Gawler Wheelers

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

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Boat Ramp. 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: Mannum Peddle Wheelers
35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km-35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride.
40-50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

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 Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please.
15-20 km **2B MTB** Bryce 0432 732 540

Para District Pedallers - 'Cycle Salisbury'

9:00 AM, Greentree Park (Hausler Reserve), Kings Rd, Paralowie (adjacent Little Para Trail). Exploration of tracks around Paralowie, Burton and Salisbury North. Mountain/Hybrid bikes only.
25 km **2B** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Cafe, 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 Bici Cafe 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, Japanese Gardens Himeji Garden, 18 South Tce and Glen Osmond Rd, Adelaide. Cafe stop for afternoon tea.
40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Velo Precinct, Grandstand, 140 Fullarton Rd, Victoria Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO and buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 2 OCT

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** 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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Cafe.
30 km **4B** Raelene 0419 842 007

MON 3 OCT

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
30 km **5A** Gary 8255 1979

TUE 4 OCT

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 -11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes.
1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month.
50-55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wikisite.com/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Woodville Railway Station, Woodville. Outer Harbour and off road tracks - MTB or Hybrids
40-50 km **3B** Tracey 0435 392 554

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Train track to Semaphore, along the beach to Glenelg, back to the city on the Western Bikeway.
40 km **2B** Eric 0402 356 796

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a cafe.
40 km **4A** Rob 8299 0230

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a cafe.
40 km Rob 8299 0230

WED 5 OCT

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: Mannum Peddle Wheelers.
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 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, Water Wheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25–35 km **2A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 6 OCT

30/30 Beach Streak

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

Border BUG

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

FRI 7 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 8 OCT

Bike Melrose

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

ADVERTISEMENT

fludax

Flinders Escape (Out of Carrieton)

Saturday 8 October 2022

7:00 AM

Start – Carrieton
50km/100km/150km/217km/219km/
300km/400km

Unsupported

Seven sealed routes to choose from, up in the beautiful Flinders Ranges. Take in the changing views and moods, as you ride these ‘out and return’ expeditions out of little Carrieton. Don’t do a Burke!

John Mills 0448 248 974

millsyok@gmail.com

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Boat Ramp. 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: Mannum Peddle Wheelers 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km–35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please ‘phone Michele to be added to the email list for weekly ride. 40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road Cobble Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am. 45–50 km **2B-3B** Mark 0490 340 167

Para Cruizers – ‘Cycle Salisbury’

9:00 AM, Pooraka Triangle Dog Park, South Tce, Pooraka. Up Dry Creek trail. Follow cycle trail running parallel to McIntyre Rd, through Para Hills and Rains Drive Reserve. Coffee at Food Barr, Mawson Lakes. Home via Dry Creek trail. Suitable for MTB and hybrid bikes. 26 km **2B** Cam 0468 927 892

All Women’s Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Cafe, 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 Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Unley Oval, cnr Langham Tce and Frederick St, Unley. Note: 10am start. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. Note: 10am start. 25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 9 OCT

Poseurs d’Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** 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, Meadows oval car park, Mawson Rd, Meadows. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Cath 0413 332 866

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno’s Café. 30 km **4B** Raelene 0419 842 007

MON 10 OCT

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 11 OCT

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don’t need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won’t fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45–11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1–32 km **1A** Michele 0438 010 220

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9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50–55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Drage Reserve, Briar Rd, Felixstow. To NE suburbs, some gravel tracks and climbs – MTB or Hybrid. 40–50 km **3C** Don 0428 566 745

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Meet at the Stirling Oval. Back roads of Stirling and Crafers. Lots of hills so a very tough ride for push bikes which are not recommended. Electric bikes preferred. Some dirt tracks too so hybrids are best. Coffee in Stirling at the end of the ride.

40 km **2B** Jo 0432 429 922

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km **Rob** 8299 0230

WED 12 OCT

Mannum Peddle Wheelers

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

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

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

Northside Cycling Group

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30 km **5A** Gary 8255 1979

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

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50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points.

Ring Clayton if you wish to join the ride or visit Clusters Cycles Facebook page for further information.

Clayton 0447 821 175

THU 13 OCT

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 14 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 15 OCT

Bike Melrose

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

20-110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Boat Ramp. 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: Mannum Peddle Wheelers

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

Gawler Wheelers

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

50-100 km Ian 0448 111 384

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.

35-50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km-35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride.

40-50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

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 Dry Creek Trail, extending to the O Bahn/Moabury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please.

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

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, (western side near tennis courts). Ride along Torrens Linear Park to West Beach, along foreshore to Glenelg and return via Westside Bikeway. Coffee en route. Suit any bike.

30 km **2A** Elaine 0422 393 997

All Women's Bike Rides

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

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

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Cafe 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, Pioneer Memorial, Moseley Square, Jetty Rd, 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, St Andrews Hospital, South Tce, Adelaide (main entrance). Café stop for afternoon tea.

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

SUN 16 OCT

Grand Slam

Recreational Bike Series of 5 rides

Sunday 16 October

8.00am Balhannah Football Club

Onkaparinga Valley Rd Balhannah

The fifth (and final) event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2022. Choose between 100km or 200km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Enter online or further details and/or

entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au

rides@bikesa.asn.au

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.

30 km **2B** 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, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Paul 0403 779 411

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café.

30 km **4B** Raelene 0419 842 007

Semaphore Sojourn – 'Cycle Salisbury'

9:00 AM, Car park, corner Waterloo Cnr. Rd. and Davis St, Salisbury North. Ride to Port Adelaide via Tapa Martinhi Yala Shared Use Path and Port Bikeway for coffee then return via same route. Suitable for all types of bikes.

40 km **2A-4A** Ash 0416 719 785

MON 17 OCT

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.

30 km **5A** Gary 8255 1979

TUE 18 OCT

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 -11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes.

1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month.
50–55 km **3B–6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **5A** Monica 0415 042 468

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery Ride.
40 km **2B** Sue 0411 029 628

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8299 0230

WED 19 OCT

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers
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 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, Water Wheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25–35 km **2A–2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 20 OCT

30/30 Beach Streak

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

Border BUG

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

FRI 21 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 22 OCT

Bike Melrose

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

ADVERTISEMENT

fludax

Copper Coast Wanderer

Saturday 22 October 2022

7:00 AM

Start – Willaston
100km/200km/304km/406km/600km
Unsupported

All rides commence together from Willaston to Templers and Owen, with all returning via Pinery and Mallala back to Willaston. Longer distances explore the Welsh mining towns of the Copper Coast including Maitland, Wallaroo and Bute.

Scott McCann 0487 864 693
mccann012004@yahoo.com.au

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Boat Ramp. 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: Mannum Peddle Wheelers
35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km–35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please phone Michele to be added to the email list for weekly ride.
40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Northern Off Road Riders

8:50 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Rd. Mainly off road ride to Café Va Bene, via the Little Para, Dry Creek and the Torrens Linear trails. Mountain bikes only. Be ready to roll at 9:00 am.
45–65 km **2B–3B** Mark 0490 340 167

Bicycle Maintenance Course

Intermediate Bike Maintenance – Course #1 (Gears and Brakes)

9:00 AM – 1:00pm PM

Saturday 22 October 2022

Bicycle SA Office, 11a Croydon Rd Keswick

The next step after Basic Bike Care, this course will provide you with the skills and knowledge needed to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike. The class sizes are limited to 8 participants to maximise learning and the course structured to include content relevant to both road and mountain bike enthusiasts, as well as everyday riders.

Please book into both parts of the course on the dates suitable for you.

Fee applies

Early bookings essential (maximum 8 registrants per course)

Bicycle SA Office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Para Cruisers – ‘Cycle Salisbury’

9:00 AM, BMX Club/Skate Park, car park, cnr. Bridge Rd and South Tce, Pooraka. Ride to Walkerville, then to Plant 4 Wadden for coffee and return via Gawler Greenway, some small inclines. Suitable for all bikes.
45 km **2B** Brian 0408 818 993

All Women's Bike Rides

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

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea.
40 km **3B** Don 0428 566 745

SUN 23 OCT

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** 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, Hahndorf Fruit & Veg car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café.
30 km **4B** Raelene 0419 842 007

MON 24 OCT

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 25 OCT

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 -11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkapingara Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50-55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery Ride. 40 km **2B** Peter 0426 194 910

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 26 OCT

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers 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 or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 27 OCT

30/30 Beach Stroke

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

Border BUG

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

FRI 28 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 29 OCT

Bike Melrose

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

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Boat Ramp. 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: Mannum Peddle Wheelers 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km-35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please phone Michele to be added to the email list for weekly ride. 40-50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Saturday Sojourn

10:00 AM, Marshmallow Pk, 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, Henley Square, Henley Beach. Café stop for afternoon tea. 40 km **3B** Peter 0414 719 296

SUN 30 OCT

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** 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, Mount Compass. Car park behind IGA. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Steve 0401 603 596

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Cafe. 30 km **4B** Raelene 0419 842 007

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. 5-10 km **1A-2A** MTB Jim 0401 984 767

Better Harts

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

Kangaroo Island BUG

Kangaroo Island. For details of the various rides, start times, and locations please visit our website: www.kangarooislandcycling.com

MON 31 OCT

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 1 NOV

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 -11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50–55 km **3B–6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Decide on the day. 40–50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Lockleys – at the Bairds. Southern suburbs, lunch at Seacliff, back along the beach to the Bairds for the Melbourne Cup together. 40 km **2B** Jude 0401 000 641

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a café. 40 km **4A** Rob 8299 0230

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km **Rob** 8299 0230

WED 2 NOV

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers. 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 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, Water Wheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25–35 km **2A–2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 3 NOV

30/30 Beach Streak

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

Border BUG

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

FRI 4 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 5 NOV

Bike Melrose

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

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Boat Ramp. 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: Mannum Peddle Wheelers. 35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km–35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride. 40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am. 30–40 km **2B–3B** Mark 0490 340 167

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 Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please. 15–20 km **2B MTB** Bryce 0432 732 540

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Suit any bike. 25 km **2B** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 6 NOV

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** 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, Lobethal bakery car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Joe 0429 694 022

La Grande Gita

Sunday 6 November 2022

9am, Tanunda, Barossa Valley
The Adelaide Italian Festival ride returns

A fabulous weekend to celebrate the heritage of 'Vino Italiano' in the Barossa and retro cycling – bring your classic Vintage ride and Vintage wear.

A ride for everyone with three routes to choose from – Grande, Mezzo and Piccolo. A mix of quiet roads, cycle trail and fabulous gravel.

Further details and/or entry forms available from:

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café.

30 km **4B** Raelene 0419 842 007

MON 7 NOV

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 8 NOV

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 – 11ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Trailers

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 or leisurely. Usually a different start location on the first Tuesday of each month. 50-55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Drage Reserve, Briar Rd, Felixstow. NE Suburbs, some ups and downs. 40-50 km **3B** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Moana Caravan Park, Moana. Southern Vales meander. 40 km **2C** Peter 0418 844 963

Bicycle Maintenance Course

(Ladies Only)

Basic Bike Care
5:30 PM – 8:00 PM

Tuesday 8 November 2022

Bicycle SA Office, 11a Croydon Rd Keswick

This basic 3 hour course is designed specifically for those just starting out or who haven't got the bike out of the shed for a while. Learn how to clean and lubricate the major mechanical working parts of a bike and get the inside story on repairing punctures!

Fee applies

Early bookings essential (maximum 8

registrants per course)

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km Rob 8299 0230

WED 9 NOV

Mannum Peddle Wheelers

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

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 or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 10 NOV

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 11 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 12 NOV

Bike Melrose

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

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Boat Ramp. 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: Mannum Peddle Wheelers

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

Gawler Wheelers

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km-35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride. 40-50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Bicycle Maintenance Course

Intermediate Bike Maintenance – Course

#2 (Drive Train and Bearing Systems)

9:00 AM – 1:00pm PM

Saturday 12 November 2022

Bicycle SA Office, 11a Croydon Rd Keswick

In Course #2 of the Intermediate Bike Maintenance Course you will learn to:

- Assess the wear in a bicycle drive train system including the chain, cassette and chain rings
- Replace the parts in a bicycle drive train system including the chain, cassette and chain rings
- Check a bicycle's bearing systems including headset, bottom bracket and wheel hubs
- Adjust the headset

It is essential to complete the Intermediate Bike Maintenance Session #1 (Gears and Bikes) before undertaking this Course #2.

Fee applies

Early bookings essential (maximum 8

registrants per course)

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Para Cruisers – 'Cycle Salisbury'

9:00 AM, Bici Café, 259 Hutt St, Adelaide. Commercial Rd, Salisbury. Follow the Para Trail to the Old Spot then across Cobblers Creek. From here we ride through the Paddocks Reserve and back via Mawson Lakes. Coffee at Food Barr, Mawson Lakes. Suitable for MTB and hybrid bikes. 35 km **2B** Cam 0468 927 892

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

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

SUN 13 NOV

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** 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, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café. 30 km **4B** Raelene 0419 842 007

Semaphore Sojourn – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (western side of railway line) Ride along Outer Harbor Greenway, bike paths and some roads to Semaphore then on to Outer Harbor and return. Coffee/refreshments en route. Suitable for all types of bikes. 40 km **2A-4A** Ash 0416 719 785

MON 14 NOV

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 15 NOV

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45–11ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes. 1–32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50–55 km **3B-6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybug.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. A trip to McLaren Vale returning to Seaford to catch the train home. Coffee at Bracegirdles in the Vale. 40–50 km **3B** Keith 0498 464 635

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Foothills 40 km **2B** Ian 0401 770 003

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 16 NOV

Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook: Mannum Peddle Wheelers 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 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, Water Wheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25–35 km **2A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 17 NOV

30/30 Beach Streak

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

Border BUG

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

FRI 18 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 19 NOV

Bike Melrose

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

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Boat Ramp. 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: Mannum Peddle Wheelers 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Gawler Wheelers

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km–35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride. 40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Northern Off Road Riders

8:50 AM, Brickworks Marketplace, cnr. South Rd and Ashwin Pde, Torrensville. Meet in the car park by the car wash. Single track ride up and down the Torrens Linear Park. Coffee/refreshments on the coast. Mountain bikes only. Be ready to roll at 9:00 am. 30 km **2B-3B** Mark 0490 340 167

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 Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please. 15–20 km **2B** MTB Bryce 0432 732 540

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Gawler Railway Station, Twentythird St, Gawler. Ride along paths, trails and roads in and around Gawler. Coffee en route. Suit hybrid/MTB. 35–40 km **2B** Elaine 0422 393 997

All Women's Bike Rides

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

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

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Cafe 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, Torrens Linear Park, Hackney Bridge (opposite 'Old' Hackney Hotel), Hackney Rd, Hackney. Café stop for afternoon tea.

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

SUN 20 NOV

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.

30 km **2B** 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

Gear Up Girl SA

Sunday 20 November 2022

9:00 AM, Bonython Park, Adelaide.

A community bike ride specifically for women.

Choose between a 15 km River Ride, a 40 km Beach Ride or the 55 km Outer Harbour option.

Wear the exclusive Gear Up Girl SA Jersey.

Meet up with your girlfriends for a relaxing bike ride and have lots of fun!

Further details and/or entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au/gearupgirl
office@bikesa.asn.au

Hills Ride

9:00 AM, Balhannah oval. North end car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café.

30 km **4B** Raelene 0419 842 007

MON 21 NOV

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

TUE 22 NOV

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45 – 11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes.

1–32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. 50–55 km **3B–6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Magical mystery tour of the Western 'burbs.

40–50 km **3B** Christine 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Journey through the inner South Western suburbs to Unley Oval for lunch and return to North Adelaide for coffee.

40 km **2B** Trevor 0434 961 488

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km Rob 8299 0230

WED 23 NOV

Mannum Peddle Wheelers

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

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 or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.

50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 24 NOV

Bicycle SA

Annual General Meeting
Thursday 24 November 2022
6:00 PM

West Adelaide Football Club

Hisense Stadium

57 Milner St Richmond

Bicycle SA office 8168 9999

www.bikesa.asn.au

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 25 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 km **3B** Geoff 0415 460 380

SAT 26 NOV

Bike Melrose

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

20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Boat Ramp. 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: Mannum Peddle Wheelers

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

Gawler Wheelers

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

Riverland Riders

7:30 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.

35–50 km **6B** Ruth 0427 752 815

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 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**

Mishmash Cycling

8:30 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie/gravel ride, alternate weeks. Meet at 8:15 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 50 km leisurely road ride or 30 km–35 km gravel. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please 'phone Michele to be added to the email list for weekly ride.

40–50 km **3B** Michele 0438 010 220

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 0419 842 007

Para Cruizers – 'Cycle Salisbury'

9:00 AM, Hausler Reserve (AKA) Greentree Park), Kings Rd, Paralowie. Ride local trails to Springbank Lakes, Kaurua Wetlands, Carisbrooke, coffee en route and return to Hausler Reserve. Suitable for hybrid/MTBs.

30 km **2A** Brian 0408 818 993

Cogs & Coffee

10:00 AM, Bici Café, 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 Bici Café is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Unley Soldiers Memorial Gardens Cnr. Thomas St and Unley Rd, Unley. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

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

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea.

40 km **3B** Don 0428 566 745

SUN 27 NOV

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, 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 **5B** 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 3B. Riders choose when to turn back. Usually coffee afterwards.

30 km **2B** 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, Mylor oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Steve 0401 603 596

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. 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 Del Giorno's Café.

30 km **4B** Raelene 0419 842 007

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.

5–10 km **1A–2A** MTB Jim 0401 984 767

Better Harts

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

Kangaroo Island BUG

Kangaroo Island. For details of the rides, and start locations please visit our website: www.kangarooislandcycling.com

MON 28 NOV

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.

30 km **5A** Gary 8255 1979

TUE 29 NOV

Getonyabike

9:00 AM, Mt Torrens Oval GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. Coffee at Mt Torrens Hotel 10:45–11 ish after the ride. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook to stay up with weekly changes.

1–32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

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

Tuesday Treadlers

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

50–55 km **3B–6B** Tony 8388 4730 or 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, with coffee along the way. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. To be decided on the day.

40–50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Semaphore Ride.

40 km **2B** Angela 0418 852 659

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km Rob 8299 0230

WED 30 NOV

Mannum Peddle Wheelers

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

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 or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.

30 km **5A** Gary 8255 1979

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** Andy 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. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.

50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

Clayton 0447 821 175

La Grande Gita

Sunday 6 November

Come and enjoy the very best of the beautiful Barossa Valley with La Grande Gita, a road and/or gravel celebration of all the best the valley has to offer. With ride options for all ages and abilities laid out to capture the region's spectacular vistas and with stops at wineries along the way to sample sumptuous food and drinks, this is a deliciously unique ride experience. Add in the option to embrace the historic theme with prizes for the best vintage clothes and bikes and you'll see why participants raved about La Grande Gita on its debut last year.

Learn more at www.bikesa.asn.au/event/road-rides/la-grande-gita

