

Bicycle SA

RidesPROGRAMME

DECEMBER-FEBRUARY 2023
ISSUE 84



- 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

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

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

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office@bikesa.asn.au

11a Croydon Road Keswick SA 5035

Office open 9am–5pm Monday–Thursday

Emergency Phone 0427 771 821



THU 1 DEC

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 2 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

50 km **3B** Geoff 0415 460 380

SAT 3 DEC

Bike Melrose

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

20-110 km Kristen 0409 093 649

Mannum Peddle Wheelers

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

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am.

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

50 – 100 km Ian 0448 111 384

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim
0419 842 007 or 0448 412 992

Unley BUG

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

15-20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

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

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

Cogs & Coffee

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

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

Dry Creek Trailers – 'Cycle Salisbury'

10:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Salisbury Christmas Parade. Help us promote Cycling and the Cycle Salisbury Social rides programme by joining us for a short/slow ride enjoying the day and the crowds. Dress yourself and your bike up – Christmas theme. We will continue to ride to coffee venue after the parade. Suit any bike.

3 + 10 km **1A** MTB Bryce 0432 732 540

Para District Pedallers – 'Cycle Salisbury'

10:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Parade number TBA. Salisbury Christmas Parade. Help us promote Cycling and the Cycle Salisbury Social rides programme by joining us for a short/slow ride enjoying the day and the crowds. Dress yourself and your bike up – Christmas theme. We will continue to ride to coffee venue after the parade. Suit any type of bike.

3 + 10 km **1A** Jim 0401 984 767

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, Henley Square, Henley Beach. Café stop for afternoon tea.

40 km **3B** Peter 0414 719 296

SUN 4 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

30 km **2B** Geoff 0415 460 380

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

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. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).

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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.

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

Kangaroo Island BUG

10:00 AM, We usually meet once a month. Start location and ride details to be advised. Further details: www.kangarooislandcycline.com

25-35 km

MON 5 DEC

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 DEC

Peninsula Pedallers

9:00 AM, Arteyera Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Brighton Railway Station, west side. Hallett Cove then Patrick Jonker Bikeway to Reynella.

40-50 km **3C** Margie 0413 889 055

Tuesday Traverse

10:00 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Ride Amy Gillett Bikeway to Mt Torrens via Springwood Rd.

40 km **2B** Rick 0417 816 372

Border BUG

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

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

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 7 DEC

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

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

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 DEC

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 9 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 10 DEC

Bike Melrose

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

Mannum Peddle Wheelers

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

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim
0419 842 007 or 0448 412 992

Para Cruisers - 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd, Salisbury (toilets available). Follow railway track north. Then follow Smith Creek through Elizabeth to Craigmore and return via dirt trail to have coffee at St Georges Bakery, Philip Highway. Suitable for MTB and hybrid bikes.
35 km **2B** Cam 0468 927 892

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

Cogs & Coffee

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

Saturday Sojourn

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

Saturday Express

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

SUN 11 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

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, Joe's house for Christmas ride. Contact Joe for address. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).
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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Semaphore Sojourn - 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide (Western side of rail). Ride along Outer Harbor Greenway, bike paths and some roads to Semaphore 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 DEC

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 DEC

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Drage Reserve, Briar Rd, Felixstow. North-eastern suburbs, some climbing (it is a Don ride!) Gravel and MTB recommended.
40-50 km **3C** Don 0428 566 745

Tuesday Traverse

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

Border BUG

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

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 DEC

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 DEC

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 16 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 17 DEC

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yaho.com.au
54 km **6A**

Dry Creek Trailers – 'Cycle Salisbury'

8:00 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

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 or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Ampol Foodary Nuriootpa, 174 Murray St, (Junction of the Sturt Highway and B19). Mainly off road ride on the Mawson / Heysen trails from Nuriootpa to Kapunda and return. Coffee stop in Kapunda. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am.
40-60 km **2B-3B** Mark 0490 340 167

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Hausler Reserve (AKA Greentree Park) Kings Rd, Paralowie. Ted's Memorial Ride. Ride LP Trail, Tapa Martinhi Yala Shared Use Path and back roads to Doncho's Café, Virginia Nursery for coffee/refreshments, then return by similar route. Suit any bike.
38 km **2A-3A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Sojourn

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

SUN 18 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

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, Mt Torrens. Main street adjacent fodder store. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).
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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

MON 19 DEC

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 DEC

Peninsula Pedallers

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

Tuesday 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Christmas celebration – easy ride followed by a Christmas lunch at a venue to be decided.
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride out to the eastern suburbs along the Linear Park – lunch at Thorndon Park.
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 21 DEC

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **1B** Geoff 0415 460 380

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Cluster Cycles facebook page for further information.
Clayton 0447 821 175

THU 22 DEC

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 23 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 24 DEC

Mannum Peddle Wheelers

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

Gawler Wheelers

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

50-100 km Ian 0448 111 384

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim 0419 842 007 or 0448 412 992

Para Cruizers - 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd, Salisbury (toilets available). Ride to Mawson Lakes then to Montague Farm via local trails with coffee en route, then return to the start. Suitable for hybrid/MTB.
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, Parco Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.
Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Sojourn

10:00 AM, Marshmallow Park, 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

SUN 25 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

MON 26 DEC

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 DEC

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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/lubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Decide on the day for those needing to work off the excesses of Christmas.
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride 'on the day'.
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 cafe.
40 km Rob 8299 0230

WED 28 DEC

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. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers mannumpedlewheelers.weebly.com
30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 DEC

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 30 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 31 DEC

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim 0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am. 30-40 km **2B-3B** Mark 0490 340 167

Cogs & Coffee

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

Saturday Sojourn

10:00 AM, Forestville Reserve, Ethel St, Forestville (Unley Swimming Centre). An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 1 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 30 km **2B** Geoff 0415 460 380

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

MON 2 JAN

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 3 JAN

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. A cruise up to Morialta to look for koalas. 40-50 km **3B** Christine 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride. 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. 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 4 JAN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 30 km **1B** Geoff 0415 460 380

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 5 JAN

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 6 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 50 km **3B** Geoff 0415 460 380

SAT 7 JAN

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Dry Creek Trailers – ‘Cycle Salisbury’

8:00 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

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 or Jim
0419 842 007 or 0448 412 992

Para District Pedallers – ‘Cycle Salisbury’

9:00 AM, Beevacres Hall car park, Pittwater Crescent, Windsors Gardens, next to Linear Park Trail. Ride along the Linear Park to the end of the Trail at Athelstone and return. Some climbs. Suit any type of bike.
20–25 km **2B–3B** Jim 0401 984 767

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome.
15–20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Sojourn

10:00 AM, Wigley Reserve, Adelphi Tce, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 8 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

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, Mt Barker. Flaxley Road car park opposite High School. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).
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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month. Start location and ride details to be advised. Further details:
www.kangarooislandcycling.com
25–35 km

MON 9 JAN

Northside Cycling Group

9:30 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 10 JAN

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. A ride to Somerton Park then north along the coast and home via the Torrens.
40–50 km **3B** Robyn 0401 364 019

Tuesday Traverse

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

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 11 JAN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 12 JAN

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 13 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 14 JAN

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

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

Para Cruizers – ‘Cycle Salisbury’

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. Torrens Linear Park bike path to the coast. Coffee at Moseley Square, Glenelg. Mike Turtur bike path back to the start. Suitable for all bikes.
30 km **2B** Cam 0468 927 892

All Women’s Bike Rides

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

Cogs & Coffee

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

Saturday Sojourn

10:00 AM, Unley Soldiers Memorial Gdns, Cnr Thomas St and Unley Rd, Unley. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Japanese Gardens, Himeji Garden, 18 South Tce, Adelaide. Café stop for afternoon tea.
40 km **3B** Hal 0427 084 097

SUN 15 JAN

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

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, Blackwood Station (east side). MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).
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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Semaphore Sojourn – ‘Cycle Salisbury’

9:00 AM, Car park, corner of Waterloo Cnr Rd and Dvis St, Salisbury North. Ride to Pt Adelaide via Tapa Martinhi Yala Shared Use Path and Port Bikeway for coffee and then return via same route. Suitable for all types of bikes.
40 km **2A–4A** Ash 0416 719 785

MON 16 JAN

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 17 JAN

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. The Semaphore loop, a nice ride along the seafront.
40–50 km **3B** Daniel 0418 879 989

Tuesday Traverse

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

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 **6B** Rob 8299 0230

WED 18 JAN

Mannum Peddle Wheelers

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

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **1B** Geoff 0415 460 380

Para Pedallers – ‘Cycle Salisbury’

8:30 AM, Waterwheel 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 19 JAN

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 20 JAN

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 21 JAN

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they’ll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Dry Creek Trailers – ‘Cycle Salisbury’

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15–20 km **2B MTB** Bryce 0432 732 540

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 or Jim 0419 842 007 or 0448 412 992

Para District Pedallers – ‘Cycle Salisbury’

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Ride to Mawson Lakes, then on to City Levels Bikeway to Lightsview for coffee/refreshments, then return via similar route. Suit any bike. 35 km **2B** Elaine 0422 393 997

All Women’s Bike Rides

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

Cogs & Coffee

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

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

Saturday Sojourn

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

SUN 22 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 30 km **2B** Geoff 0415 460 380

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

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, Woodside swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible). 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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

MON 23 JAN

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 24 JAN

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride. 40 km **2B** Geoff 0407 793 231

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 25 JAN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 26 JAN

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 27 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 50 km **3B** Geoff 0415 460 380

SAT 28 JAN

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they’ll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am.

30-40 km **2B-3B** Mark 0490 340 167

Para Cruizers – ‘Cycle Salisbury’

9:00 AM, Dead Man Pass, Gawler Tce, Gawler. Ride local trails through Gawler, coffee en route, some steep inclines. Suitable for hybrid/MTB bikes.

20-25 km **2C** Brian 0408 818 993

All Women’s Bike Rides

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

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

Cogs & Coffee

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

Jane 0402 102 608

Richard 0419 033 140

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

Saturday Sojourn

10:00 AM, SA Sea Rescue Ops. Centre, cnr. Coast Park Trail and Barcoo Rd, Glenelg North. 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 29 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

30 km **2B** Geoff 0415 460 380

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

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. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).

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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.

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

Salisbury Explorers – ‘Cycle Salisbury’

9:00 AM, Car park, corner of Waterloo Cnr. Rd. and Davis St, Salisbury North. Beginners/Easy Ride along the Bitumised path of the Little Para Trail. Suitable for all bikes.

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

MON 30 JAN

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 31 JAN

Peninsula Pedallers

9:00 AM, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Hallett Cove Railway Station. Exploring the McLaren Flat area.

40-50 km **3B** Julie 0403 431 063

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery 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. he 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 1 FEB

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

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

Para Pedallers – ‘Cycle Salisbury’

8:30 AM, Waterwheel 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 2 FEB

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 3 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

50 km **3B** Geoff 0415 460 380

SAT 4 FEB

Bike Melrose

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

20-110 km Kristen 0409 093 649

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpedalwheelers
mannumpeddlewheelers.weebly.com
35 km **2B-4B** Terry or Wally
0427 319 004 or 0428 592 282

Gawler Wheelers

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

50-100 km Ian 0448 111 384

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they’ll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

54 km **6A**

Dry Creek Trailers – ‘Cycle Salisbury’

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15-20 km **2B MTB** Bryce 0432 732 540

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

Para District Pedallers – ‘Cycle Salisbury’

9:00 AM, North East corner of Watershed car park, Salisbury Highway, Greenfields. Easy ride along the Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred. 20-25 km **1B-2B** Jim 0401 984 767

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome. 15-20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Sojourn

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

Saturday Express

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

SUN 5 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 30 km **2B** Geoff 0415 460 380

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

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. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible). 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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month. Start location and ride details to be advised. Further details: www.kangarooislandcycline.com 25-35 km

MON 6 FEB

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 7 FEB

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. A trip to who knows where? 40-50 km **3B** Justin 0466 104 900

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride. 40 km **2B** Mick 0452 572 078

Border BUG

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

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 8 FEB

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 9 FEB

30/30 Beach Streak

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

Border BUG

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

FRI 10 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am. 50 km **3B** Geoff 0415 460 380

SAT 11 FEB

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, 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 or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

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

Para Cruizers – 'Cycle Salisbury'

9:00 AM, Baymore Reserve, North East Rd, Modbury. Follow trail beside O Bahn to Torrens Linear Park, up 4th Creek to Morialta and return. Coffee at Lochiel Park Golf Club. Suitable for MTB and hybrid bikes.
28 km **2B** Cam 0468 927 892

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 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

Cogs & Coffee

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

Saturday Sojourn

10:00 AM, Wigley Reserve, Adelphi Tce, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 12 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

Bicycle Maintenance Course

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

9:00 AM-1:30 PM

Sunday 12 February 2023

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

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, Littlehampton. Anembo Park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).
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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Semaphore Sojourn – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide (Western side of rail). 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.
25-30 km **2A-4A** Ash 0416 719 785

MON 13 FEB

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 14 FEB

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Brighton Railway Station, west side. Hallett Cove to Happy Valley and down Flagstaff Hill bikeway.
40-50 km **3C** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Wander through the leafy green areas of Colonel Light Gardens.
40 km **2B** Denise 0409 097 408

Border BUG

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

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 15 FEB

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **1B** Geoff 0415 460 380

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel 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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 16 FEB

30/30 Beach Streak

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

Border BUG

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

FRI 17 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
50 km **3B** Geoff 0415 460 380

SAT 18 FEB

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

50–100 km Ian 0448 111 384

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

Dry Creek Trailers – 'Cycle Salisbury'

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.

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

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 or Jim 0419 842 007 or 0448 412 992

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Mt Torrens Oval, Oval Rd, Mt Torrens. Ride along Amy Gillett Bikeway to Oakbank and return. Coffee/refreshments at Mt Torrens Hotel. Suit any type of bike.

33 km **3B** Elaine 0422 393 997

All Women's Bike Rides

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

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

Cogs & Coffee

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

Jane 0402 102 608

Richard 0419 033 140

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

Saturday Sojourn

10:00 AM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

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

Saturday Express

1:00 PM, Torrens Linear Park, Hackney Bridge (opposite the old Hackney Hotel). Café stop for afternoon tea.

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

SUN 19 FEB

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

30 km **2B** Geoff 0415 460 380

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

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, Lyndoch. Barossa Valley Hwy. car park opposite Sunrise Bakery. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).

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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.

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

MON 20 FEB

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 21 FEB

Peninsula Pedallers

9:00 AM, Artyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene (0419 842 007) to confirm start time and location. Bring money for coffee afterwards.

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Drage Reserve, Briar Rd, Felixstow. NE suburbs loop back to the city.

40–50 km **3C** Daniel 0418 879 989

Tuesday Traverse

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

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

Basic Bike Care

5:30 PM – 8:30 PM

Tuesday 21 February 2023

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 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 22 FEB

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpedlewheelers

mannumpedlewheelers.weebly.com

50–80 km **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

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 but usually at a different place. Contact Mal 0407 870 470 for the 3C ride or Malcolm 276 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. 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 23 FEB

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 24 FEB

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.

50 km **3B** Geoff 0415 460 380

SAT 25 FEB

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

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 60 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, 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 Beach.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Northern Off Road Riders

8:45 AM, Shepherds Hill Recreation Park, Ayliffes Rd, St Marys. Meet in car park. Mainly off road ride along tracks and trails in the local area. Some single track and about 500m climbing. 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 km **2B-3B** Mark 0490 340 167

Bicycle Maintenance Course

Intermediate Bike Maintenance – Course

#2 (Drive Train and Bearing Systems)

9:00 AM-1:30 PM

Saturday 25 February 2023

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 Session #2.

Fee applies

Early bookings essential

(maximum 8 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Para Cruisers – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, Wor Memorial Drive, North Adelaide. Ride to Pt Adelaide on to West Beach and return via Linear Park, coffee en route – some small inclines on return. Suitable for all bikes.
38 km **2B** Brian 0408 818 993

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Sojourn

10:00 AM, Unley Oval, cnr. Langham Tce and Frederick St, 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 26 FEB

ZEN ENERGY

ZEN ENERGY Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 26 February 2023

8.00am Mt Torrens Centenary Park, Mt Torrens

The first event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2023. Choose between 40km or 80km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

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

Enter online or further details and/or

entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au

rides@bikesa.asn.au

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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. If the temperature is 32°C or above the start time will be 7:30 am.
30 km **2B** Geoff 0415 460 380

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

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. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If Adelaide forecast is 34°C or if total fire ban is declared then the ride is cancelled (or contact leader to see if early short ride is possible).
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 Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Marina Hotel.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Salisbury Explorers – 'Cycle Salisbury'

9:00 AM, Shelter Area, Carisbrooke Park, Main North Rd, Salisbury Park. Beginners/Easy Ride along the Bitumised path of the Little Para Trail. Suitable for all bikes.
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 27 FEB

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 28 FEB

Peninsula Pedallers

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast 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 **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Magical mystery tour
40-50 km **3B** Keith 0498 464 635

Tuesday Traverse

10:00 AM, Woodside Swimming Pool, Woodside. Amy's Bikeway along some back roads.
40 km **2B** Mary 0408 826 282

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

COMING EVENTS

ZEN ENERGY

ZEN ENERGY Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 26 March

8.00am Woodside, Mid Hills Netball Club, Woodside

The second event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2023. Choose between 50km or 100km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

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

Enter online or further details and/or entry forms available from
Bicycle SA office 8168 9999
www.bikesa.asn.au
rides@bikesa.asn.au

ANOTHER AWESOME EVENT PROUDLY BROUGHT TO YOU BY



ZENENERGY

GRAND SLAM CHALLENGE SERIES

2023

#1
FEB

MOUNT TORRENS
(40KM/80KM) 26 FEBRUARY

#2
MAR

WOODSIDE
(50KM/100KM) 26 MARCH

#3
JUN

YANKALILLA
(60KM/120KM) 4 JUNE

#4
AUG

WILLIAMSTOWN
(75KM/150KM) 27 AUGUST

#5
SEP

ECHUNGA
(100KM/200KM) 24 SEPTEMBER



bikesa.asn.au/grand-slam-series