

Bicycle SA

RidesPROGRAMME

MARCH-MAY 2023
ISSUE 85



- 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. Exclusive offers and discounts from a wide range of Bike SA partners
7. WIN great prizes at Bicycle SA's recreational events
8. Assistance and friendly advice on all aspects of cycling
9. Free first interview and 10% discount from Andersons Solicitors on any legal matter.

BECOME A BICYCLE SA MEMBER

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover worldwide, 24 hours a day, 7 days a week! Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia. Individual membership from \$90 with household and concession rates available.

CONTACT US TO JOIN NOW.

* Conditions apply.

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

INFORMATION

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

ON ROAD RIDE CODES

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

MOUNTAIN BIKE RIDE CODES

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

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

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

WHAT TO TAKE ON A RIDE

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

HOT WEATHER POLICY

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

ADVERTISEMENTS

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

RIDE GROUP COORDINATORS

30/30 Beach Streak

Daniel 0433 391 674

All Women's Bike Rides

Lanie 0406 452 117

Better Harts

Sharon 8723 0805
sharonholmes@ozemail.com.au

Bike Melrose

Kristen 0409 093 649

Border BUG

Marcus 0407 978 763

Cobwebs

cobwebsadelaide@yahoo.com.au

Cogs & Coffee

Jane 0402 102 608

'Cycle Salisbury'

Elaine 0422 393 997

GAD-BUG (Goolwa and District Bicycle User Group)

Geoff 0415 460 380

Gawler Wheelers

Ian 0448 111 384

Hills Ride

Rob 0428 990 059

Kangaroo Island BUG

Manfred
www.kangerooislandcycling.com

Mannum Peddle Wheelers

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

Night Espresso

Rob 8299 0230

Northern Off Road Riders

Mark 0490 340 167

Northside Cycling Group

Gary 8255 1979

Peninsula Pedallers

Raelene 0419 842 007

Poseurs d'Adelaide

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

Ride with Keith

Andy 8232 7277

Riverland Riders

Ruth 0427 752 815

Saturday Express

Patsy 8379 6477

Saturday Sojourn

Chris 0414 802 919

Tearaways

Jane 0402 102 608

Tuesday Traverse

Graham 0448 833 947
Judy 0401 000 641

Tuesday Treadlers

Tony 8388 4730

Unley BUG

Daniel 0437 323 379

Wednesday Wheelers

Mal 0407 870 470

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

11a Croydon Road Keswick SA 5035

Office open 9am–5pm Monday–Thursday

Emergency Phone 0407 600 326



WED 1 MAR

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks car park). 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 **1A-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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 2 MAR

30/30 Beach Streak

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

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 MAR

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

SAT 4 MAR

ADVERTISEMENT

fludax

Corkscrew Climber

Saturday 4 March 2023

7:00 AM

Start – Rundle St, Adelaide

240km

Unsupported

Starting at the Schnit House, 260 Rundle St Adelaide, climb the Corkscrew then several other climbs in a fairly tough 204km ride Entry fee applies

Glen Thompson 0429 168 232

gthomps5@adam.com.au

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the 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/mannumpedalwheels or 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Shelter Shed, Carisbrooke Park Reserve, Main North Rd, Salisbury Park. Ride along the Little Para River Trail to the Tapa Martinhi Yala Shared Use Path and return. Coffee at Pt Wakefield Rd. Suit any bike.
25 km **2A** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, 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. Please be on time – the ride starts at 1:00 pm sharp. Café stop for afternoon tea.
40 km **3B** Bob 0409 091 183

SUN 5 MAR

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.
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, Mawson Lakes. Railway station car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C**
Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giono's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks and lunch. Contact for details:
www.kangarooislandcyclyne.com
25-35 km **3B**

MON 6 MAR

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 MAR

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 Treaders

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
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 a 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 cruise through the Salisbury wetlands then on to the Port for coffee.
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Riding around the southern suburbs.
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. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a cafe.
40 km **4A** Rob 8299 0230

Night Espresso

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

WED 8 MAR

Mannum Peddle Wheelers

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

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8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 9 MAR

30/30 Beach Streak

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

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 MAR

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

SAT 11 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at car park. Mostly 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 setup please). Be ready to roll at 9:00 am.
30–40 km **2B–3B** Mark 0490 340 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield en route. MTB please.
15–20 km **1A–3B MTB** Bryce 0432 732 540

Para Cruizers 'Cycle Salisbury'

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

All Women's Bike Rides

9:30 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, 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, In the Park, opposite the Old Hackney Hotel, Hackney. Please bring a spare tube. Café stop for afternoon tea.
40 km **3B** Peter 0414 719 296

SUN 12 MAR

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

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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, Norton Summit, Joe's house. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Joe 0429 694 022

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Gorno's Cafe.
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 Outer Harbor and return. Coffee/refreshments en route. Suitable for all types of bikes.
40 km **2A–4A** Ash 0416 719 785

MON 13 MAR

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 MAR

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, Baihannah Oval, Onkaparinga Valley Rd, Baihannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast or leisurely. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
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, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Unley Oval by the toilet block – NW corner. Off road to Cleland, a very sharp ascent but can be walked. Road bikes not recommended.
40–50 km **3C** Richard 0433 537 762

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Around the suburbs.
40 km **2B** Peter 0418 844 963

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 MAR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside, and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedlewheelers
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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks car park). 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 **1A-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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 16 MAR

30/30 Beach Streak

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

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 MAR

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

SAT 18 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

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Fleche Opperman All Day Trial Saturday 18 March 2023

7:30 AM

Start – Mt Lofty

360km

Unsupported

360km in 24 hours.

FOADT Medallion available to all finishers. Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course.

A minimum of 360km must be ridden in 24 hours from 7:30 am Saturday morning.

All rides finish at the same point.

Entry fee applies

David Fairweather 0401 528 563
div.fw@bigpond.net.au

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fludax

Fleche Opperman All Day Trial Saturday 18 March 2023

7:30 AM

Start – Mt Lofty

180km

Unsupported

180km in 24 hours. (Maximum 14 hours ride time)

Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course. A minimum 180km must be ridden in 24 hours from 7:30 am Saturday morning. All rides finish at the same point.

Entry fee applies

David Fairweather 0401 528 563
div.fw@bigpond.net.au

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 District Pedallers 'Cycle Salisbury'

9:00 AM, Dead Man's Pass Reserve, Gawler Tce, Gawler East. Ride along paths, trails and roads in and around Gawler/Willaston/Roseworthy. Coffee en route. Suit any type of bike.
35-40 km **2A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

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

ADVERTISEMENT

Sa Rogaining

Saturday 18 March 2023

10:00 AM

Timed event from 10:00 am to

2.00 pm in Stirling.

Further details:

sarogaining.com.au

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, Conygham St, (opposite the Dog Park). Café stop for afternoon tea at the 'Rezz' Athelstone.
40 km **3B** Patsy 0439 332 533

SUN 19 MAR

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giorno's Cafe.
30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

MON 20 MAR

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 MAR

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. Ride Coordinator to confirm.
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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. An adventure into the North Eastern suburbs led by Daniel if he's not fishing!
40-50 km **3B** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Northern suburbs to Oakden, the Dry Creek Rail, lunch at Pooraka Oval, returning via Mawson Lakes – coffee at Plant 4.
40 km **2B** Paul 0402 560 127

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 MAR

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com
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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km – 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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 23 MAR

30/30 Beach Streak

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

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 MAR

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

SAT 25 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

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

8:50 AM, Mawson Lakes 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 setup please). Be ready to roll at 9:00 am.
45–65 km **2B–3B** Mark 0490 340 167

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield en route. MTB please.
15–20 km **1A–3B MTB** Bryce 0432 732 540

Para Cruizers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie. Ride local trails to Springbank Lakes, Kaurana Wetlands, Carisbrooke – coffee en route. Best suited to hybrid/MTB bikes.
35 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

Saturday Express

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

SUN 26 MAR

ZEN ENERGY

ZEN ENERGY Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 26 March 2023

8.00am Woodside Netball Club, Onkaparinga Valley Rd Woodside

The second event in the Zen Energy 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!

Youth and child rates available.

Enter online

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.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.
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. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giorno's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

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

Better Harts

Mr 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 MAR

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 MAR

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. Ride Coordinator to confirm.

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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. McLaren Vale odyssey returning via Seaford, options to train or ride back. 40-50 km **3B** Keith 0498 464 635

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Using Sturt Creek and old and new tram lines with some twists and turns.

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 29 MAR

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 30 MAR

30/30 Beach Streak

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

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 31 MAR

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

SAT 1 APR

Bike Melrose

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

ADVERTISEMENT

fludax

Vines, Ports and Rivers

Saturday 1 April 2023

7:00 AM

Start - Willaston

200/300/400/600km

Unsupported

A new ride covering the Barossa Valley, Clare Valley, Pt Wakefield, Pt River and the River Murray.

Entry fee applies

Scott McCann 0487 864 693

mccann1012004@yahoo.com.au

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the 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 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 District Pedallers 'Cycle Salisbury'

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

All Women's Bike Rides

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

Cogs & Coffee

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

SUN 2 APR

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.
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. 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 Del Giorno's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks, and lunch. Contact for details:
www.kangarooislandcycline.com
25-35 km **3B**

MON 3 APR

Northside Cycling Group

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

TUE 4 APR

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. Ride Coordinator to confirm.
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, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wikisite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Peter's first adventure as a ride leader, a mystery ride.
40–50 km **3B** Peter 0411 848 511

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. 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 5 APR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks car park). 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 **1A–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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 6 APR

30/30 Beach Streak

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

FRI 7 APR

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

SAT 8 APR

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

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

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

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield en route. MTB please.
15–20 km **1A–3B** MTB Bryce 0432 732 540

Para Cruizers 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd, Salisbury. Follow railway track north. Then follow Smith Creek through Elizabeth to Craigmore and return via dirt trail to have coffee at St Georges Bakery, Phillip 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 Espresso and Wine Bar, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.
Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Japanese Gardens, Himeji Garden 18 South Tce/Glen Osmond Rd, South Tce. Ride out to the northern area. Café stop for afternoon tea.
40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Weigall Oval, cnr Macarthur Ave and Urrbrae Tce, Plympton Note: 1:00 pm start. 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 9 APR

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.
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, Adelaide Railway Station, meet outside Intercontinental Hotel. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Gorno's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

MON 10 APR

Northside Cycling Group

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

TUE 11 APR

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. Ride Coordinator to confirm. 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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wikisite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. An Autumn cruise up Norton Summit before Winter sets in. 40-50 km **3C** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Reserve at the end of The Strand, Pt. Elliot. Mystery ride – beach views. 40 km **2B** Mary 0408 826 282

Night Espresso

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

WED 12 APR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside, and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlwheelers or 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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to the Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

Northside Cycling Group

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

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20-25 km **3A** Andy 8232 7277

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time but at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 13 APR

30/30 Beach Streak

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

FRI 14 APR

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

SAT 15 APR

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). 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 District Pedallers 'Cycle Salisbury'

9:00 AM, BMX car park, South Tce, Pooraka. Ride along Levels bikeway and Torrens Linear Park to North Adelaide then Prospect. Coffee en route. Suit any type of bike. 30 km **2A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, 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

ADVERTISEMENT

SA Rogaining

Saturday 15 April 2023
10:00 AM

Timed event from 10.00 am to
2.00 pm in the Southern Vales.

Further details:
sarogaining.com.au

Saturday Express

1:00 PM, Velo Café (at front) Victoria Park. A flat ride to Mawson Lakes. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Note: 1:00 pm start. 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 16 APR

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. 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, Echunga Oval. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giorno's Cafe. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Semaphore Sojourn 'Cycle Salisbury'

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

MON 17 APR

Northside Cycling Group

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

TUE 18 APR

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. Ride Coordinator to confirm.
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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Daniel's magical mystery tour of his home turf in the NE suburbs.
40–50 km **3B** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery ride.
40 km **2B** Jeff 0407 191 958

Night Espresso

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

WED 19 APR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks car park). 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 **1A–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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Bicycle Maintenance Course

Basic Bike Care

Wednesday 19 April 2023

5:30 PM–8:30 PM

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

Peninsula Pedallers

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

THU 20 APR

30/30 Beach Streak

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

FRI 21 APR

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

SAT 22 APR

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). 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
50 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

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

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield en route. MTB please.
15–20 km **1A–3B** MTB Bryce 0432 732 540

Para Cruizers 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. Ride outer city loop via parklands – coffee en route. Suitable for all bikes.
27 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 Express

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

Saturday Sojourn

1:00 PM, 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

Dirty Weekend

Saturday/Sunday 22 – 23 April 2023

Fox Creek Mountain Bike Park,

Adelaide Hills

2.00 PM Saturday to 2:00 PM Sunday 24/12/6 hour cross country endurance challenge.

Experience some of the best MTB tracks in Australia during the Dirty Weekend and be prepared to get down and dirty!

Entry fee applies.

Enter online

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

SUN 23 APR

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.
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, Tanunda Oval, Elizabeth St side. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Steve 0401 603 596

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giono's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

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

MON 24 APR

Northside Cycling Group

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

TUE 25 APR

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. Ride Coordinator to confirm.
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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. David's 'now you see me now you don't ride', an adventure in keeping up with the pocket rocket.
40-50 km **3B** David 0413 489 927

Tuesday Traverse

10:00 AM, Outside Plant 4, 5 3rd St. Bowden. Riding to Mawson Lakes.
40 km **2B** Mick 0452 572 078

Night Espresso

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

WED 26 APR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in warmer months (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Ring Clayton if you wish to join the ride or visit Clusters Cycles facebook page for further information. Ring Clayton (0407 821 175) Clayton 0447 821 175

THU 27 APR

30/30 Beach Streak

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

FRI 28 APR

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

SAT 29 APR

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). 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

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 Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Please be on time, the ride starts at 1.00 pm sharp. Café stop for afternoon tea.
40 km **3B** Bob 0409 091 183

Saturday Sojourn

1:00 PM, Forestville Reserve, Ethel Street, Forestville (Unley Swimming Centre). An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 30 APR

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.
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 Park Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Paul 0403 779 411

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giono's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

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 1 MAY

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 2 MAY

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. Ride Coordinator to confirm.
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, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Brighton Railway Station, west side. Southern Vales Odyssey.
40–50 km **3B** Margie 0413 889 055

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Head to Tonsley.
40 km **2B** Trevor 0434 961 488

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. Introducing the Night Espresso rides. 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 3 MAY

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks car park). 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 **1A–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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 4 MAY

30/30 Beach Streak

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

FRI 5 MAY

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

SAT 6 MAY

ADVERTISEMENT

Audax

Lofty Loops – Day 1

Saturday 6 May 2023

Start – Crafers

6.00 AM

402/607/1024km

7.00 AM

159/201/306km

A series of rides up to 1000km, comprising loops out of Crafers (24 hour service station).

Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.au

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). 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**

2023 Outback Odyssey

Saturday 6–21 May 2023

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

FULL MAWSON:

Saturday 6–Sunday 21 May (16 days)

SHORTER OPTIONS:

Mini Mawson One: 6–10 May (5 days)

Mini Mawson Two: 10–15 May (6 days)

Mini Mawson Three: 15–21 May (7 days)

Each day in our epic journey is an adventure and experience of a lifetime! There will be a one night's stay in Wilpena, with time to explore this world famous region and maybe taking the time for a plane flight to appreciate its magnificence.

Although some days will stretch you to the limit, the campsite with its hot showers, massage and the Handle Bar, together with the catered-for meals and camaraderie will make it all worthwhile! Places are strictly limited and the chance to explore the iconic Flinders Ranges is a once in a lifetime and life changing experience.

Entry Fee applies

Enter online

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

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

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at 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 setup please). Be ready to roll at 9:00 am.
30–40 km **2B–3B** Mark 0490 340 167

Para District Pedallers 'Cycle Salisbury'

9:00 AM, NE corner of Watershed car park, Salisbury Highway. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred.
25 km **2A** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

1:00 PM, St Andrews Hospital, South Tce, Adelaide. A hilly ride to Brownhill Rd. Café stop at Mitcham.
40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 7 MAY

ADVERTISEMENT

Audax

Lofty Loops – Day 2

Sunday 6 May 2023

Start – Crafers

7.00 AM

152/202/301/423km

A series of rides up to 1000km, comprising loops out of Crafers (24 hour service station).

Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.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.
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, Beaumont Common, south side. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giorno's Cafe. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

Kangaroo Island BUG

10:00 AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks and lunch. Contact for details: www.kangarooislandcycline.com 25–35 km **3B**

MON 8 MAY

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 9 MAY

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. Ride Coordinator to confirm. 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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Red Berry Expresso, 2 Léstrange St, Glenside. David's adventure to wherever. 40–50 km **3B** David 0413 489 927

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Out to the north east. 40 km **2B** Geoff 0407 793 231

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 10 MAY

Mannum Peddle Wheelers

7:30 AM, Mid–Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid–week ride starting from the historic township of Mannum, exploring the surrounding countryside, and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers or 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. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Geoff 0415 460 380

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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 11 MAY

30/30 Beach Stroke

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

FRI 12 MAY

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

SAT 13 MAY

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in additional 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

Dry Creek Trailers ‘Cycle Salisbury’

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O–Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield en route. MTB please. 15–20 km **1A–3B MTB** Bryce 0432 732 540

Para Cruizers ‘Cycle Salisbury’

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd, Salisbury. Trails and paths to Montague Farm, Pooraka, Mawson Lakes, returning via Little Para Trail. Coffee at the Water Shed. MTB and hybrid bikes preferred. 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 Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. A ride around the reservoir to the Duck Pond. Café stop for afternoon tea. 40 km **3B** Daryl 0411 474 096

Saturday Sojourn

1:00 PM, SA Sea Rescue Ops. Centre, cnr Coast Park Trail and Barcoo Rd, 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

SUN 14 MAY

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. 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 Rd. Car park opposite high school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giorno's Cafe. 30 km **4B** Raelene or Jim 0419 842 007 or 0448 412 992

MON 15 MAY

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 16 MAY

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. Ride Coordinator to confirm.

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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

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

Tuesday Tearaways

10:00 AM, Noarlunga Railway Station, Noarlunga. Along the ridge at Piggott Range, through Aberfoyle Park, finishing at a railway station for those who want to hitch a ride back to Goodwood.

40–50 km **3C** Robyn 0401 364 019

Tuesday Traverse

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

40 km **2B** Peter 0426 194 910

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 17 MAY

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpeddlers or mannumpeddlewheelers.weebly.com

50–80 km **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area.

Options from 1B to 4B.

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks car park). 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 **1A–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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.

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

Peninsula Pedallers

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

THU 18 MAY

30/30 Beach Break

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

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

FRI 19 MAY

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.

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

SAT 20 MAY

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 Grandmother's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpeddlers or mannumpeddlewheelers.weebly.com

35 km **2B–4B** Terry or Wally

0427 319 004 or 0428 592 282

Bike Melrose

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

20–110 km Kristen 0409 093 649

Gawler Wheelers

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

8:50 AM, Spotlight, Cnr. South and Kegworth Rd, Melrose Park. Off road ride, passing through O'Halloran Hill and the Coast to Vines trail. Some single track. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only. (tubeless setup please). Be ready to roll at 9:00 am.

35–40 km **2B–3B** Mark 0490 340 167

Para District Pedallers 'Cycle Salisbury'

9:00 AM, OTR Vater St, Green Fields. Ride along Gawler Greenway to North Adelaide, then Outer Harbor Greenway to Pt Adelaide, returning via Pt Bikeway and Tapa Martinhi Yala Shared Use Path. Coffee en route. Suit any bike.

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

All Women's Bike Rides

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

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

Cogs & Coffee

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

Jane 0402 102 608

Richard 0419 033 140

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

Saturday Express

1:00 PM, SA Film Corporation (Clock Tower), Glenside (outside front entrance). A flat and interesting ride. Café stop for afternoon tea.

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

Saturday Sojourn

1:00 PM, Velo Precinct, Victoria Park Grandstand, 140 Fullarton Rd, Rose Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

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

SUN 21 MAY

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.

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, Adelaide Railway Station Meet outside Intercontinental Hotel. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. Coffee afterwards at Del Giorno's Cafe.

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

MON 22 MAY

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 23 MAY

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. Ride Coordinator to confirm.

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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Mystery suburb sojourn.
40–50 km **3C** Christine 0402 102 608

Tuesday Traverse

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

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 24 MAY

Mannum Peddle Wheelers

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

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

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

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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

THU 25 MAY

30/30 Beach Streak

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

FRI 26 MAY

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

SAT 27 MAY

ADVERTISEMENT

fludax

Paris or Bust – Third Chance
Saturday 27 May 2023

Start – Walkerville

7.00 AM

200/300/400/600km

Four days – four distances each day. A chance to get a qualifier for Paris-Brest-Paris 2023.

Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.au

Mannum Peddle Wheelers

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). 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

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield en route. MTB please.
15–20 km **1A–3B** MTB Bryce 0432 732 540

Para Cruizers 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, Park Tce, North Adelaide (near tennis courts). Ride Linear Park to West Beach on to Pt Adelaide and return via Outer Harbor Greenway – coffee en route. Suitable for all bike types.
40 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 Express

1:00 PM, Brighton Railway Station, Brighton. Along the beach to see the sea. Café stop for afternoon tea.
40 km **3B** Jeff 0407 191 958

Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 28 MAY

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.
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

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 Del Giorno's Cafe.
30 km **4B** Raelene or Jim
0419 842 007 or 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

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

Better Harts

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

MON 29 MAY

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 30 MAY

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 Treaders

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

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, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

Tuesday Tearaways

10:00 AM, Drage Reserve, Briar Ave, Felixstow. A typical Don undulating ride, which translated, means some serious climbs.

40-50 km **3C** Don 0428 566 745

Tuesday Traverse

10:00 AM, St Clair Railway Station, Woodville. Outer Harbor Greenway side of track - Mick's meandering mystery ride. 40 km **2B** Mick 0452 572 078

Night Espresso

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

WED 31 MAY

Mannum Peddle Wheelers

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

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

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

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 at a different place and route. Contact Mal 0407 870 470 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Mal 0407 870 470

Peninsula Pedallers

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

COMING EVENTS

ZEN ENERGY

ZEN ENERGY Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 4 June 2023

8:00am Yankalilla Football Club Memorial Park, off South Rd, Yankalilla

The third event in the Zen Energy Grand/Mini Slam series of on road personal challenge recreational rides for 2023. Choose between 60km or 120km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Youth and child rates available.

Fee Applies

Enter online

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

Bicycle Maintenance Course

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

Saturday 17 June 2023

9:00 AM - 1:30 PM

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 10 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.

Early bookings essential (maximum 10 registrants per course)

Fee applies

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

Bicycle Maintenance Course

Basic Bike Care

Monday 19 June 2023

5:30 PM - 8:30 PM

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!

Early bookings essential (maximum 8 registrants per course)

Fee applies

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

BIKE SA'S GRAND SLAM CHALLENGE SERIES PUTS A SMILE ON YOUR DIAL.

JOIN US FOR GRAND SLAM 2023

#1. MOUNT TORRENS
26 FEBRUARY
40KM/80KM

#2. WOODSIDE
26 MARCH
50KM/100KM

#3. YANKALILLA
4 JUNE
60KM/120KM

#4. WILLIAMSTOWN
27 AUGUST
75KM/150KM

#5. ECHUNGA
24 SEPTEMBER
100KM/200KM