

Bicycle SA

RidesPROGRAMME

JUNE-AUGUST 2023
ISSUE 86

- 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

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

Southern Cycling Fun Rides

Ash 0416 575 222

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



FRI 2 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Geoff 0415 460 380

SAT 3 JUN

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Welcome to the inaugural Southern Cycling Fun Rides. Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale. 60–85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

8:30 AM, 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. Meet at the train station car park under Elder Smith Rd. Mainly off road ride to Cafe' Va Bene, via the Little Para, Dry Creek and the Torrens Linear Park. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am. 45–65 km **2B-3B** Mark 0490 340 167

Dry Creek Trailers – 'Cycle Salisbury'

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

Para District Pedallers – 'Cycle Salisbury'

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

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome. 10–20 km **2A** Daniel 0437 323 379

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

Saturday Sojourn

10:00 AM, 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

ADVERTISEMENT

SA Rogaining

Saturday 3–4 June 2023

Timed event from 12:00 pm Saturday to 12:00 pm Sunday in NE Carrieton, mid north SA.

Further details: sarogaining.com.au

Saturday Express

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

SUN 4 JUN

ZEN ENERGY

ZEN ENERGY

Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 4 June 2023

8.00am Yankaililla Football Club,

Yankaililla

The third event in the 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.

Enter online

Bicycle SA office 8168 9999

www.bikesa.asn.au

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, 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

Kangaroo Island BUG

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

TUE 6 JUN

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. 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-2A** Elaine 0422 393 997

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–60 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 unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Brighton Railway Station (west side). A bit of a climb to Happy Valley Reservoir and onto Flagstaff Hill, a nice downward cruise back. Hybrids or MTB please.

40–50 km **3B** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. A good steady uphill ride to Waterfall Gully then all downhill back home.

40 km **2B** Angela 0418 844 963

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

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

WED 7 JUN

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/mannumpeddlawheelers or mannumpeddlawheelers.weebly.com 30–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

20–25 km **3A** Aaron 8232 7277

Wednesday Wheelers

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

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

Peninsula Pedallers

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

THU 8 JUN

30/30 Beach Streak

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

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

FRI 9 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

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

SAT 10 JUN

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

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpeddlers

mannumpeddlers.weebly.com

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

Riverland Riders

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

35–50 km **6B** Ruth 0427 752 815

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange). Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.

60–85 km **4C** Ash 0416 575 222

Cobwebs

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

54 km **6A**

Peninsula Pedallers

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

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

Para Cruisers – 'Cycle Salisbury'

9:00 AM, South Tce, Pooraka Dog Park. Up Dry Creek trail to Baymore Reserve, follow cycle trail beside O-Bahn up to Tea Tree Plaza Interchange, then to Newman's old nursery ruin, back to bakery, return. Suitable for MTB and hybrid bikes.

30 km **2B** Cam 0468 927 982

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

Para District Pedallers – 'Cycle Salisbury'

9:30 AM, Greenock Centenary Park, Martin St, Greenock. Ride along quiet back roads to Freeing for coffee and return. Route may vary depending on weather. MTB/hybrid bikes only.

25–30 km **2B** Elaine 0422 393 997

Cogs & Coffee

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

Jane 0402 102 608

Richard 0419 033 140

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

Saturday Sojourn

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

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

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Café stop for afternoon tea.

40 km **3B** Jeff 0407 191 958

SUN 11 JUN

Poseurs d'Adelaide

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.

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

Border BUG

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

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

Hills Ride

9:00 AM, Unley. 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

TUE 13 JUN

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–60 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, Goodwood Railway Station at Skatepark. Daniel's adventure into his home territory, North Eastern suburbs which means some hills.

40–50 km **3C** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Northern suburbs

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 cafe.

40 km Rob 8299 0230

WED 14 JUN

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)

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

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

Ride with Keith

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

20–25 km **3A** Aaron 8232 7277

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 15 JUN

30/30 Beach Streak

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

FRI 16 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Geoff 0415 460 380

SAT 17 JUN

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60-85 km **4C** Ash 0416 575 222

Cobwebs

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

Unley BUG

8:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Winter Solstice Gravel Ride! For those who've been wanting to get up into the hills and escape the city on some gravel roads, this is for you. It'll be a chilled pace with plenty of stops along the way. Note: This ride will involve a decent amount of climbing and all sorts of surface conditions. We recommend you bring a bike with 35mm.
40-50 km **2C** Daniel 0437 323 379

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

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

Saturday 17 June 2023

9:00 AM – 1:30pm PM Saturday
Bicycle SA Office, 11a Croydon Rd, Adelaide

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

Dry Creek Trailers – ‘Cycle Salisbury’

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

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, Velo – Victoria Park, (out front of grandstand) Café stop for afternoon tea.
40 km **3B** Peter 0414 719 296

SUN 18 JUN

Poseurs d'Adelaide

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

60-80 km **4C** Peter, Andrew or Doug

0407 182 376 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.

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

Border BUG

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

Hills Ride

9:00 AM, Meadows oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Cath 0413 332 866

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene 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, North Adelaide Railway Station, War Memorial Drive, North Adelaide. Ride along Outer Harbor Greenway, bike paths and some roads to Semaphore and return. Coffee/refreshments enroute. Suitable for all types of bikes.
35 km **3A** Ash 0416 719 785

MON 19 JUN

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

TUE 20 JUN

Para Pedallers – ‘Cycle Salisbury’

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **2A** Elaine 0422 393 997

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50-60 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, Red Berry Espresso, 2 L'Estrange St, Glenside. A David adventure going here, there and everywhere.
40-50 km **3B** David 0413 489 927

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Torrens Linear Park to Athelstone – lunch at Thorndon Park Reserve.
40 km **2B** Ian 0401 770 003

Night Espresso

7:30 AM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8299 0230

WED 21 JUN

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/mannumpeddlwheeler or mannumpeddlwheeler.weebly.com
30–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 22 JUN

30/30 Beach Streak

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

FRI 23 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Geoff 0415 460 380

SAT 24 JUN

ADVERTISEMENT

fludax

Midwinter Classic

Saturday 24 June 2023

Start – Norwood

7:00 AM

202km

Unsupported

A 200km ride on one of the shortest days of the year.

Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.au

Bike Melrose

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

20–110 km Kristen 0409 093 649

Gawler Wheelers

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.

Suitable for CX and Mountain bikes.

Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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

For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60–85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

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

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

Para Cruizers – 'Cycle Salisbury'

9:00 AM, Dead Man's Pass, Gawler Tce, Gawler. Ride to Lyndoch for coffee and return to Dead Man's Pass – some climbs. Suited to all bikes.

40 km **2B** Brian 0408 818 993

All Women's Bike Rides

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

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

Cogs & Coffee

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

Jane 0402 102 608

Richard 0419 033 140

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

Saturday Sojourn

10:00 AM, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), and Glen Osmond Rd, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

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

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow.

Café stop for afternoon tea.

40 km **3B** Daryl 0411 474 096

SUN 25 JUN

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.

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

Border BUG

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

Hills Ride

9:00 AM, Birdwood. Main street opposite school. 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

Salisbury Explorers – 'Cycle Salisbury'

9:00 AM, Car park, corner 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

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

TUE 27 JUN

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–60 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, Goodwood Railway Station at Skatepark. Jo's ride into the north east, different to Daniel's ride but still some climbing.

40–50 km **3B** Jo 0432 429 922

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Ride along the drains, creeks and railway lines of the southern and western suburbs.

40 km **2B** Denise 0409 097 408

Night Espresso

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

WED 28 JUN

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 29 JUN

30/30 Beach Streak

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

FRI 30 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 JUL

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St, Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme.
Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.
Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60-85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

8:30 AM, 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 Markets, cnr. South Rd and Ashwin Pde. 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.
30-40 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 the Dry Creek Trail, extending to the O-Bahn/ Modbury as well as Mawson Lakes/Globe Derby/Paradfield. Coffee enroute. MTB bikes please.
15-20 km **1A-2B** MTB Bryce 0432 732 540

Para District Pedallers - 'Cycle Salisbury'

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

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop - either along the way or to finish - is very likely! All ages and abilities welcome.
10-20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Sojourn

10:00 AM, Velo Precinct, Victoria Park Grandstand, Fullarton Rd, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Saturday Express

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

SUN 2 JUL

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon l9, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Hahndorf. Fruit & Veg car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene 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

TUE 4 JUL

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50-60 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, Drage Reserve, Briar Ave. Felixstow. A typical Don ride, he'll claim a few ascents but it will be a few hills! Mountain bikes or Hybrids preferred.
40-50 km **3C** Don 0428 566 745

Tuesday Traverse

10:00 AM, Gawler Central Railway Station, Gawler. Ride on Jack Bobridge Bikeway to Jacobs Creek vineyard via Sandy Creek, Lyndoch, Rowland Flat. Return by the same route to Gawler to catch the train to CBC.
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

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

WED 5 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – ‘Cycle Salisbury’

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25–35 km **2A** Elaine 0422 393 997

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 6 JULY

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 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 JUL

Bike Melrose

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

Gawler Wheelers

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

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

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

Southern Cycling Fun Rides
7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange). Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale. 60–85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

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

Para Cruisers – ‘Cycle Salisbury’

9:00 AM, South Tce, Pooraka Dog Park. Up Dry Creek trail running parallel to McIntyre Rd. Through Para Hills and Rains Drive Reserve. Coffee at Food Barr, Mawson Lakes. Home via Dry Creek trail. Suitable for MTB and hybrid bikes. 26 km **2B** Cam 0468 927 982

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

Saturday Sojourn

1:00 PM, Weigall Oval, cnr. Macarthur Ave and Urrbrae Tce, Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 9 JUL

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUG

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene 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

TUE 11 JUL

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50–60 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 045 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. An odyssey through the western suburbs. 40–50 km **3B** Christine 0410 170 485

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 12 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 13 JULY

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 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 JUL

Bike Melrose

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

Gawler Wheelers

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

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50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60–85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

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

Dry Creek Trailers – ‘Cycle Salisbury’

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

Para District Pedallers – ‘Cycle Salisbury’

9:00 AM, OTR Vater St, Green Fields. Ride Gawler Greenway to North Adelaide and return. Coffee enroute. Suit any bike.
30 km **2A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, 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, Hackney Hotel, Hackney Rd. (by the bridge) Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 16 JUL

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Belair Railway station, Belair. 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

Semaphore Sojourn – ‘Cycle Salisbury’

9:00 AM, Car park, corner Waterloo Corner and Davis St, Salisbury North. Ride to Port Adelaide via Tapa Martinthi Yala Shared Use Path and Port River Bikeway for coffee then return via same route. Suitable for all types of bikes.
40 km **3A** Ash 0416 719 785

TUE 18 JUL

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50–60 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, Goodwood Railway Station at Skatepark. A surprise ride, decide on the day depending upon weather conditions.
40–50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Pt Adelaide Dock (the location of the former markets) Mystery Ride.
40 km **2B** Magda 0417 802 723

Night Espresso

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

WED 19 JUL

Mannum Peddle Wheelers

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

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

Para Pedallers – ‘Cycle Salisbury’

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25–35 km **2A** Elaine 0422 393 997

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 20 JULY

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 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 JUL

ADVERTISEMENT

Audax

Centenary of the BRM 400

Saturday 22 July 2023

6:00 AM

Start – to be advised

400km

Unsupported

Centenary of the BRM 400.

Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.au

Bike Melrose

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

20–110 km Kristen 0409 093 649

Gawler Wheelers

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.

Suitable for CX and Mountain bikes.

Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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

For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

Mannum Paddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpedalwheelers

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

Riverland Riders

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

35–50 km **6B** Ruth 0427 752 815

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.

60–85 km **4C** Ash 0416 575 222

Cobwebs

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

54 km **6A**

Peninsula Pedallers

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

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

Para Cruisers – 'Cycle Salisbury'

9:00 AM, Waterwheel, Commercial Rd, Salisbury. Ride local trails – Salisbury and Elizabeth. Coffee enroute. Best suited to MTB or Hybrid 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 Express

1:00 PM, Brighton Railway Station, Brighton. Café stop for afternoon tea.

40 km **3B** Jeff 0407 191 958

Saturday Sojourn

1:00 PM, Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj. Glen Osmond Rd, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

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

SUN 23 JUL

Poseurs d'Adelaide

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

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

GAD–BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.

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

Border BUG

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

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

Hills Ride

9:00 AM, Mt Torrens. Main street near fodder store. 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

TUE 25 JUL

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50–60 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, Drage Reserve, Briar Ave, Felixstow. An adventure along Torrens Linear Park to Newmans Ruins and onto Inglewood. Some climbing and about 3.5 km of gravel. Hybrids or MTBs please.

40–50 km **3B** Peter 0414 848 511

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 26 JUL

Mannum Paddle 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 mannumpedlewheelers.weebly.com
50–80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD–BUG (Goolwa & District Bicycle User Group)

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

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

Ride with Keith

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

20–25 km **3A** Aaron 8232 7277

Wednesday Wheelers

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

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

Peninsula Pedallers

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

THU 27 JULY

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 JUL

GAD–BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 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 JUL

ADVERTISEMENT

Audax

Barossa & Hills Ramble

Saturday 29 July 2023

7:00 AM

Start – Modbury

110/152/209km

Unsupported

Climb the Adelaide Hills to Williamstown and return via Springton, Birdwood, Gumeracha and Tea Tree Gully.

Entry fee applies

James Litt 0428 066 480

jameslitt@bigpond.net.au

Bike Melrose

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

20–110 km Kristen 0409 093 649

Gawler Wheelers

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.

Suitable for CX and Mountain bikes.

Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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

For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60-85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

8:30 AM, 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, Shepherds Hill Recreation Park, Ayliffes Rd, St Marys. Meet in car park. Mainly off road ride along tracks and trails in the local area. Some single track and about 500m climbing. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Be ready to roll at 9:00 am.
30-50 km **2B-3B** Mark 0490 340 167

Cogs & Coffee

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

Saturday Express

1:00 PM, SA Film Corporation (clock tower) Glenside (outside front entrance). Café stop for afternoon tea.
40 km **3B** Peter 0414 719 296

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 30 JUL

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Bicycle Maintenance Course Intermediate Bike Maintenance – Course #2 (Drive Train and Bearing Systems) Sunday 30 July 2023

9:00 AM – 1:30pm PM

Bicycle SA Office, 11a Croydon Rd Keswick
In Course #2 of the Intermediate Bike Maintenance Course you will learn to:

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

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

**Early bookings essential
(maximum 10 registrants per course)**

Fee applies

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Border BUG

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

Hills Ride

9:00 AM, 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

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

Better Harts

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

TUE 1 AUG

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50-60 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, Goodwood Railway Station at Skatepark. Seacombe Gardens for a wonderful view of the coast then up to Hallett Cove Railway Station for more great views.
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. North then west.
40 km **2B** Peter 0418 519 491

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 cafe.
40 km Rob 8299 0230

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

WED 2 AUG

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **2A** Elaine 0422 393 997

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 3 AUG

30/30 Beach Streak

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

FRI 4 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Geoff 0415 460 380

SAT 5 AUG

Bike Melrose

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

Gawler Wheelers

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.

Suitable for CX and Mountain bikes. Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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

For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60–85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

8:30 AM, 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 the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee enroute. MTB bikes please.
15–20 km **1A–2B** MTB Bryce 0432 732 540

Para District Pedallers – 'Cycle Salisbury'

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

Unley BUG

9:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop – either along the way or to finish – is very likely! All ages and abilities welcome.
10–20 km **2A** Daniel 0437 323 379

All Women's Bike Rides

9:30 AM, Cycle On! 2/19 Albryn 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, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea.
40 km **3B** Daryl 0411 474 096

Saturday Sojourn

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

ADVERTISEMENT

Sa! Rogaining

Saturday 5 – 6 August 2023
Timed event from 12:00 pm Saturday to 12:00 pm Sunday in
Oraparinna, Flinders Ranges
sarogaining.com.au

SUN 6 AUG

Poseurs d'Adelaide

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

GAD–BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Mile End Railway Station, Mile End. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Cath 0413 332 866

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene 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

Kangaroo Island BUG

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

TUE 8 AUG

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50–60 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). A southern adventure up hill and down dale.
40–50 km **3B** Marg 0413 889 055

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Head south–west to Unley Oval for lunch – back to the Torrens Weir for coffee.
40 km **2C** Trevor 0434 961 488

Night Espresso

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

WED 9 AUG

Mannum Peddle Wheelers

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

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

GAD–BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 10 AUG

30/30 Beach Streak

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

FRI 11 AUG

GAD–BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Geoff 0415 460 380

SAT 12 AUG

Bike Melrose

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

Gawler Wheelers

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.

Suitable for CX and Mountain bikes.

Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60-85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

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

Para Cruizers – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, Park Tce, North Adelaide. Torrens Linear Park to the coast. Coffee at Mosely Square, Glenelg. Mike Turtur bike path back to the start.
30 km **2A** Cam 0468 927 982

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

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

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

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

Saturday Express

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

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

SUN 13 AUG

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

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

Sunday 13 August 2023

9:00 AM – 1:30pm PM Saturday
Bicycle SA Office, 11a Croydon Rd, Adelaide

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

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

TUE 15 AUG

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50-60 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, Top of Hallett Cove Railway Station, at car park. A wander to Willunga.
40-50 km **3C** Julie 0410 343 063

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Northern suburbs to Dry Creek.
40 km **2B** Paul 0402 560 127

Night Espresso

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

WED 16 AUG

Mannum Peddle Wheelers

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

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

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8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **2A** Elaine 0422 393 997

Ride with Keith

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

Wednesday Wheelers

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

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THU 17 AUG

30/30 Beach Streak

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

FRI 18 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 19 AUG

ADVERTISEMENT

Audax

Burra Explorer

Saturday 19 August 2023

7:00 AM

Start – Gawler/Willaston

50/109/142/205/303km

Unsupported

Burra Explorer 300

Point Pass Experiment 200

Eudunda Bliss 50

Templers Delight 50

Scott McCann 0487 864 693

mccann1012004@yahoo.com.au

Bike Melrose

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

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

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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.

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For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50–100 km Ian 0448 111 384

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7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange). Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60–85 km **4C** Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

8:30 AM, 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 the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee enroute. MTB bikes please.
15–20 km **1A–2B** MTB Bryce 0432 732 540

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Mawson Lakes Railway Station car park. Ride along Dry Creek Trail and Levels bikeway to Lightview then return via Walkley Heights and back onto Dry Creek Trail. MTB/hybrid bikes preferred.
30 km **2B** Elaine 0422 393 997

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albryn 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, Victoria Park Wetlands (bottom end of Park) The ride is in two parts: Part 1 is today and Part 2 will be next Saturday 26 August 2023. Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

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 20 AUG

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Echunga oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene 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

TUE 22 AUG

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.
50–60 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
30 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Wetlands at Victoria Park. Up the Freeway to Crofers for a well deserved coffee.
40–50 km **3C** Patsy 0143 933 533

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Ride to the Happy Valley Reservoir – no road bikes.
40 km **2B** Sue 0402 880 655

Night Espresso

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

WED 23 AUG

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

THU 24 AUG

30/30 Beach Streak

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

FRI 25 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Geoff 0415 460 380

SAT 26 AUG

Bike Melrose

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

Gawler Wheelers

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

Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km.

Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). An intermediate (5B and 6B) and challenging (6C and 6D) gravel ride is offered on the last Saturday of the month in addition to road rides.

Suitable for CX and Mountain bikes.

Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome.

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

For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group.

50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.

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

Riverland Riders

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

Southern Cycling Fun Rides

7:30 AM, Water Station, Coast to Vines Trail (adjacent to Old Reynella Bus Interchange) Come and join the Southern Cycling Fun Rides group riding the Coast to Vines Trail and Southern Wine Region. We ride four different loops. Coffee/refreshment stop at the Tin Shed Cafe, McLaren Vale.
60-85 km 4C Ash 0416 575 222

Cobwebs

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

Peninsula Pedallers

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

Para Cruizers – 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie. Ride local trails – coffee enroute. Best suited to MTB or Hybrid bikes.
35 km 2A Brian 0408 819 993

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, Victoria Park Wetlands (bottom end of Park) Part 2 and which complements the 19 August ride. Café stop for afternoon tea.

40 km 3B Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km 2A Chris 0414 802 919

SUN 27 AUG

ZEN ENERGY

ZEN ENERGY

Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 27 August 2023

8:00am Queen Victoria Jubilee Park, Williamstown

The fourth event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2023. Choose between 75km or 150km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Youth and child rates available.

Enter online

Bicycle SA office 8168 9999

www.bikesa.asn.au

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.

30 km 2B Geoff 0415 460 380

Border BUG

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

40 km 6B Marcus 0407 978 763

Hills Ride

9:00 AM, Birdwood. Main street opposite school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km 2C Joe 0429 694 022

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene 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 5km, we look after you first... then we build up from there.
5-20 km 1A-2A MTB Jim 0401 984 767

Better Harts

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

TUE 29 AUG

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, leisurely, or somewhere in between. Usually a different start location on the first Tuesday of each month, Ride Coordinator to confirm.

50-60 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, Seaford Railway Station, Seaford. Hallett Cove Beach to Brighton and back to Goodwood Railway Station via the Linear Park.
Note: Ride will finish at Goodwood.
40-50 km 3C Keith 0498 464 635

Tuesday Traverse

10:00 AM, Gawler Central Railway Station, Gawler. Ride to Alberton or Bowden Railway Stations (to be decided on the day) via Stuart O'Grady Bikeway, Gawler Greenway.
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 30 AUG

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

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

COMING EVENTS – SEPTEMBER

Bicycle Maintenance Course

Intermediate Bike Maintenance – Course #2 (Drive Train and Bearing Systems)
Sunday 10 September 2023

9:00 AM – 1:30pm PM

Bicycle SA Office, 11a Croydon Rd Keswick

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

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

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

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

Wednesday 13 September 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

THE FOREST FAIRIES PROVIDED ENTERTAINMENT AT THE 2023 DIRTY WEEKEND AT FOX CREEK BIKE PARK. THEIR DISCO MUSIC KEPT THE RIDERS FIRED UP THROUGHOUT THE WHOLE 24 HOURS IN THE FOREST.

