

Bicycle SA

RidesPROGRAMME

DECEMBER 2025–FEBRUARY 2026
ISSUE 96

- **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.

BECOME A BICYCLE SA MEMBER

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

9 GREAT REASONS TO JOIN

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

BECOME A BICYCLE SA MEMBER

There has never been a better time to become a member of Bicycle SA. Membership now includes 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.

BIKE SA

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–Friday

Emergency Phone 0407 600 326

INFORMATION

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

MOUNTAIN BIKE RIDE CODES

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

Class 2 (MTB Intermediate)

Fire Roads, 20–30km. Numerous obstacles, various rock jumps, drop offs, technical tracks.

Class 3 (MTB Experience)

Experienced riders, 30+km. Frequent single tracks, steep slopes, sand, drop offs, log jumps.

ON ROAD RIDE CODES

- | | |
|-----------------------|--------------------------|
| 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 | |

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

Northern Off Road Riders

Mark 0491 034 167

Peninsula Pedallers

Raelene 0419 842 007

Poseurs d'Adelaide

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

Ride with Keith

Aaron 8232 7277

Saturday Express

Patsy 0439 332 533

Saturday Sojourn

Chris 0414 802 919

Tearaways

Jane 0402 102 608

Tuesday Traverse

Graham 0448 833 947
Judy 0401 000 641

Tuesday Treadlers

Tony 8388 4730

Unley BUG

Daniel 0437 323 379

Wednesday Wheelers

Mal 0407 870 470

TUE 2 DEC

Peninsula Pedallers

9:00 AM, Corner of Windsor Ave and Proper Bay Rd, Pt Lincoln. Short Christmas ride, coffee afterwards at Coffee Bean. Then to lunch at Marina Hotel. 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. 30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Grassy strip dividing Alexandra Ave. close to Fullarton Rd. (There is parking in surrounding streets). A cruisey eastern suburbs ride with a coffee stop at enchanting Waterfall Gully. 50 km **3B** Roz 0448 741 556

Tuesday Traverse

10:00 AM, Belair Railway Station, Belair. Hills ride (but which way?) ride to CBD and beyond. 40 km **2B** Mick 0452 572 078

Border BUG

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

WED 3 DEC

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

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

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

Learn How to Ride Programme

4:00-5:00 PM, Le Fevre Community Stadium

541 Victoria Rd. Osborne

Learn how to ride a bike independently for children 4-12 years or age.

Get off those trainer wheels.

Contact: programs@bikesa.org.au

THU 4 DEC

Bike Maintenance

Bike Check and Puncture Repair

10:00 AM Woodcroft Library,

175 Bains Rd. Morphett Vale.

10:00 am-12.00 midday

Join Bike SA for our Bike Check and Puncture Repair Maintenance Course.

This practical session is ideal for anyone looking to gain confidence with simple bike upkeep.

The hands-on course covers:

- Pre-ride bike check
- Puncture repair (tube and tubeless)
- Basic adjustments for comfort and Safety
- Tips for minor at-home or on-the-go minor tweaks

• Basic things to carry on your Bike
The workshop is open to all people and riding backgrounds. No pressure, just a supportive environment where you can ask questions, get hands-on experience, and improve your bike maintenance skills.

Please book via bikesa.org.au website.

Contact: programs@bikesa.org.au

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 5 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50-70 km **4B** Geoff 0415 460 380

SAT 6 DEC

Bike Melrose

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

20-110 km Kristen 0409 093 649

ADVERTISEMENT

Audax

The Leg Buster

Saturday 6 December

Start – OTR 17 King William Rd. Hyde Park.

7:00 AM

135km

Unsupported

This leg buster is a new iteration of Luke Cutting's original Fleurieu Leg Buster.

Entry fee applies.

Scott McCann 0487 864 693

mccann1012004@yahoo.com.au

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Stebonheath Park, Davoren Rd. Andrew's Farm (meet near toilet block). Ride east up Smith Creek to Blakeview, past gliding club for a lap around the bushland. Return via Craigmore and train line. Coffee St. George's. Suit MTB/gravel bike. 30 km **2B** Elaine 0408 084 376

Peninsula Pedallers

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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

**George Bolton Swimming Centre,
Greenhill Rd. & Howard Tce. Hazelwood
Park.**

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

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

City of Adelaide Ride Her Way Community Ride

**9:45 AM, for 10:00 AM departure.
(90 minute ride)**

**Victoria Park Grandstand, Wakefield
Rd. Adelaide.**

Bikeways and parklands

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Contact: inclusion@bikesa.org.au

Cogs & Coffee

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

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

Saturday Sojourn

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

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

Saturday Express

1:00 PM, SA Film Corporation (clock tower outside front entrance). Briefing at 12.45 pm. Café stop for afternoon tea.

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

SUN 7 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A–4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

**George Bolton Swimming Centre,
Greenhill Rd. & Howard Tce. Hazelwood
Park.**

Bikeways and roads of Burnside.

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Contact: inclusion@bikesa.org.au

City of Tea Tree Gully Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

**Civic Park, 995 North East Rd. Modbury.
Bike paths.**

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- Encourage fitness and participation in cycling
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Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled.

45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

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

Salisbury Wheelers 'Cycle Salisbury'

9:00 AM, Hallett Cove Railway Station car park, Perry Barr Rd. Hallett Cove. Ride to McLaren Vale and return. Coffee en route. Suit any bike (615m elevation).
57 km **3B** Ash 0416 719 785

TUE 9 DEC

Peninsula Pedallers

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

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

Tuesday Treadlers

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

50–55 km **3B–6B** Tony 0407 884 730

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Mawson Interchange, Mawson Lakes. North eastern suburbs loop with some unsealed tracks. MTB or gravel bikes recommended. The train leaves Adelaide at 9.38 am.

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

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery ride.

40 km **2B** Jeff 0407 191 958

Border BUG

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

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

WED 10 DEC

Mannum Peddle Wheelers

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

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

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20–25 km **3A** Aaron 8232 7277

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(90 minute ride)**

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50 km **3B** or **3C** Mal (3C) or Christine (3B)
0407 870 470 or 0429 487 976

THU 11 DEC

30/30 Beach Streak

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

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

Border BUG

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

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

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SAT 13 DEC

Bike Melrose

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Mannum Peddle Wheelers

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Northern Off Road Riders

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

Para Cruizers 'Cycle Salisbury'

9:00 AM, On The Run, Vater St. Dry Creek. Port River Expressway to the Dock 2 precinct across the new Dock 1 bridge to the Lipson Café. Returning via the three bridges to the Expressway. 35 km **2A** Graham 0418 858 809

Peninsula Pedallers

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

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Bike SA Ride Her Way & Cycle Salisbury Community Ride (women only)

10:00 AM, Salisbury Aquatic Centre car park, Waterloo Cnr. Rd. Salisbury North. Introducing a women's only community ride ride. Low level safe, guided route designed for female cyclists of all abilities. No pressure – just ride at your own pace! 12-15 km **1A-2A** Samantha 0413 215 951

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

Kangaroo Island BUG

10:00 AM, Flinders Chase National Park, Rocky River Campground (overnight camping in FCNP – book online). 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.au 25-35 km

Saturday Sojourn

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

Saturday Express

1:00 PM, Drage Reserve, Briar Rd. Felixstow. Briefing at 12.45 pm. Café stop for afternoon tea. 40 km **3B** Daryl 0411 474 096

SUN 14 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Sunday Saunter 'Cycle Salisbury'

9:00 AM, Outside Par 3 Café, Torrens Weir, War Memorial Drive, North Adelaide. Easy paced ride along Torrens Linear Park shared path and some roads to Henley Beach and return via Westside Bikeway. Coffee en route. Suitable for any type of bike. The Ride Leader will be riding a normal bike (not e-bike). 25-30 km **2A** Cam 0468 927 892

TUE 16 DEC

Peninsula Pedallers

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. Christmas lunch ride at a beachside pub, details closer to the date. 50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Short ride – Christmas lunch. 40 km **2B** Julie 8298 6985

Border BUG

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

WED 17 DEC

Mannum Peddle Wheelers

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

GAD–BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

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

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

Learn How to Ride Programme

4:00 PM – 5:00 PM, Le Fevre

Community Stadium

541 Victoria Rd. Osborne

Learn how to ride a bike independently for children 4–12 years or age.

Get off those trainer wheels.

Contact: programs@bikesa.org.au

THU 18 DEC

30/30 Beach Streak

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

Border BUG

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

FRI 19 DEC

GAD–BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50–70 km **4B** Geoff 0415 460 380

SAT 20 DEC

ADVERTISEMENT

fludax

Summer Solstice Sojourn

Saturday 20 December 2025

Start – The 24 Hour Bakery (cnr. Osmond Tce. and The Parade, Norwood)

6:00 AM

150km/200km/400km

Unsupported

The Summer Solstice Sojourn, with its 14½ sunlight is the perfect time to explore the Fleurieu Peninsula, the south coast and the open country of the Eastern Lofty Ranges.

Entry fee applies.

Marcus Antony Micheaux
0403 657 900

mitch32415927@gmail.com

Bike Melrose

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

Mannum Peddle Wheelers

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

Unley BUG

7:00 AM, Unley Town Hall car park, Oxford Tce, Unley. Summer Solstice Adventure Ride! For those who've been wanting to get up into the hills and escape the city on some gravel roads, this is for you. It'll be a chilled pace with plenty of stops along the way. Note: This ride involves a decent amount of climbing and all sorts of surface conditions. We recommend that you bring a bike with 35mm tyres as a minimum.
30–40 km **2C** Daniel 0437 323 379

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

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB bikes please.
15–20 km **1A–2B** MTB Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride to Riverlea Park via Waterloo Cnr. and Buckland Park. Coffee en route. Suit MTB/gravel bike.
38 km **2A** Elaine 0422 393 997

Peninsula Pedallers

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

City of Tea Tree Gully Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

Civic Park, 995 North East Rd. Modbury. Bike paths.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Cogs & Coffee

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

Saturday Sojourn

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

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Briefing at 12.45 pm. Christmas party ride today!
40 km **3B** Jeff 0407 191 958

SUN 21 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled.
45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

TUE 23 DEC

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. Six eastern suburbs in one ride.
50 km **3B** Jo 0432 429 922

Tuesday Traverse

10:00 AM, Gawler Oval Railway Station, Gawler. Gawler 3 Rivers and Dead Man's Pass from Gawler Oval Railway Station.
40 km **2B** Stuart 0428 184 553

Border BUG

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

WED 24 DEC

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

FRI 26 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50-70 km **4B** Geoff 0415 460 380

SAT 27 DEC

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Northern Off Road Riders

8:45 AM, Brickworks Marketplace, cnr. South Rd. and Ashwin Pde. (Meet between Zambrero Café and the chimney). Single track ride up and down the Linear Park. Ride direction decided on the day. Coffee and refreshments en route. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am.
30-40 km **2B-3B** Mark 0491 034 167

Para Cruizers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd. Salisbury. Local trails through Mawson Lakes, Ingle Farm and surrounding areas – coffee at Baker Boys Montague Farm. Suitable for MTB/hybrid bikes. E-bikes welcome.
35 km **2B** Brian 0408 818 993

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

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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

City of Adelaide Ride Her Way Community Ride

**9:45 AM, for 10:00 AM departure
(90 minute ride)**

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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Contact: inclusion@bikesa.org.au

Bike SA Ride Her Way & Cycle Salisbury Community Ride (women only)

10:00 AM, Salisbury Aquatic Centre car park, Waterloo Cnr. Rd. Salisbury North. Low level safe, guided route designed for female cyclists of all abilities. No pressure – just ride at your own pace!

40 km **1A–2A** Samantha 0413 215 951

Cogs & Coffee

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

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

Saturday Sojourn

10:00 AM, Weigall Oval, cnr. Macarthur Ave. and Urrbrae Tce. Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.

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

Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Briefing at 12:45 pm. Café stop for afternoon tea.

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

SUN 28 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A–4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled.

45–50 km **2C** Rob 0428 990 059

Salisbury Explorers 'Cycle Salisbury'

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

5–20 km **1A–2A MTB** Jim 0401 984 767

TUE 30 DEC

Peninsula Pedallers

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

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

Tuesday Treadlers

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

50–55 km **3B–6B** Tony 0407 884 730

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

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

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. A leisurely ride to Port Adelaide.

50 km **3B** Robyn 0401 364 019

Tuesday Traverse

10:00 AM, Balhannah Oval, Onkaparinga Valley Rd. Balhannah. Ride the length of Amy Gillett Bikeway to Mt. Torrens and beyond (maybe to Birdwood?) Woodside for coffee.

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

Border BUG

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

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

WED 31 DEC

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Onkaparinga Ride Her Way Community Ride

**9:00 AM, for 9:15 AM departure.
(90 minute ride)**

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (3C) or Christine (3B)
0407 870 470 or 0429 487 976

FRI 2 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50–70 km **4B** Geoff 0415 460 380

SAT 3 JAN

Bike Melrose

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

20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

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

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

Gawler Wheelers

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

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB bikes please.
15-20 km **1A-2B** MTB Bryce 0432 732 540

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Ride along train line to Munno Para, along mound on Main North Rd. Return via Craigmore. Coffee St George's. MTB/gravel/hybrid bikes.
30 km **2B** Elaine 0408 084 376

Peninsula Pedallers

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

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 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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure.
(90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Cogs & Coffee

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

Saturday Sojourn

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

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Briefing at 12.45 pm. Café stop for afternoon tea.
40 km **3B** Karel 0449 854 454

SUN 4 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.
30 km **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00 -11:00 am ride)
George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

City of Tea Tree Gully Ride Her Way Community Ride

9:00 AM (9:00 am – 11:00 am ride)

Civic Park, 995 North East Rd. Modbury.

Bike paths.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled.
45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Kangaroo Island BUG

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

TUE 6 JAN

Peninsula Pedallers

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. Mawson Lakes via Outer Harbour Greenway and Dry Creek pathways. Coffee at Mawson Lakes before returning via Levels-City Bikeway to Goodwood.
50 km **3B** Neil 0458 584 484

Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Seaford back to Seaford via Willunga and Morphett Vale.
40 km **2B** Stuart 0428 184 553

Border BUG

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

WED 7 JAN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

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

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure.

(90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

THU 8 JAN

30/30 Beach Streak

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

Border BUG

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

FRI 9 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50–70 km **4B** Geoff 0415 460 380

SAT 10 JAN

Bike Melrose

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

ADVERTISEMENT

Audax

The Immortal

Start – Bridgewater

Saturday 10 January 2025

7.00 AM

123km/203km/262km

Unsupported

Rides styled to give distance and climbing just a little less than the Alpine Classic and ACE250. There is also a 123km ride. The ride goes around a couple of hills of Adelaide.

Entry fee applies.

Scott McCann 0487 864 693

mccann1012004@yahoo.com.au

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers 35 km **2B–4B** Terry or Wally 0427 319 004 or 0428 552 282

Gawler Wheelers

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

Cobwebs

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

Northern Off Road Riders

8:45 AM, Little Para Golf Club, 62 Martins Rd. Paralowie (meet at bottom car park). Mainly off road Cobbler Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 40–50 km **2B–3B** Mark 0491 034 167

Para Cruizers 'Cycle Salisbury'

9:00 AM, South Tce, Pooraka (near dog park) Dry Creek Trail to Baymoure Reserve. Follow the O-Bahn cycle trail to the Torrens Linear ark to Walkerville. Then Galway Ave. and the Levels Bikeway. Coffee at Cam's Flower Shop. 27 km **2B** Graham 0418 858 809

Peninsula Pedallers

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

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Bike SA Ride Her Way & Cycle Salisbury Community Ride (women only)

10:00 AM, Salisbury Aquatic Centre car park, Waterloo Cnr. Rd. Salisbury North. Low level safe, guided route designed for female cyclists of all abilities. No pressure – just ride at your own pace! 40 km **1A–2A** Samantha 0413 215 951

Cogs & Coffee

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

Saturday Sojourn

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

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Briefing at 12.45 pm. Ride up to Athelstone. Choose your own Ride Leader today. Contact Patsy for information. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 11 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A–4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Salisbury Wheelers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride to Pt. Adelaide, then North Adelaide, then back to the start. Coffee en route. Suit any bike. 50 km **3A** Ash 0416 719 785

TUE 13 JAN

Peninsula Pedallers

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

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

Tuesday Treadlers

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

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug

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

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. North eastern suburbs with some climbing but all sealed roads.

50 km **3B** Daniel 0418 879 989

Tuesday Traverse

10:00 AM, Car park at Moana Caravan Park, Moana. Sea to Vines and area.

40 km **2B** Jude 0401 000 641

Border BUG

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

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

WED 14 JAN

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure.
(90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.

50 km **3B** or **3C** Mal (3C) or Christine (3B)
0407 870 470 or 0429 487 976

THU 15 JAN

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 16 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50-70 km **4B** Geoff 0415 460 380

SAT 17 JAN

Bike Melrose

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

20-110 km Kristen 0409 093 649

ADVERTISEMENT

Audax

Mini Alpine

Saturday 17 January 2026

Start – The 24 Hour Bakery
(cnr. Osmond Tce. and The Parade, Norwood).

7.00 AM

100km

Unsupported

Head up to the Adelaide Hills via Greenhill Rd. Mt Lofty, down Crafrers Bikeway, Cross Rd. up New Belair Rd. Sheoak Rd. Belair National Park, Upper Sturt, Pole and Ironbank Rds. Sturt Valley Rd. Crafrers, Piccadilly Rd. Uraidla (parish Hill and Basket Range Rds. back to Mt Lofty and final descent to the Wattle Park Bakery (top of Kensington Rd.) via Mt Osmond.

Entry fee applies.

James Litt 0428 066 480

jamliitt@bigpond.net.au

Mannum Peddle Wheelers

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

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

Gawler Wheelers

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

50-100 km Ian 0448 111 384

Cobwebs

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

54 km **6A**

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB bikes please.

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd. Paralowie. Ride the Tapa Martinthi Yala Shared use Path, Port Expressway path and Outer Harbour Greenway to Fort Largs Eatery for coffee. Return by similar path. Suit any bike.

30 km **3A** Elaine 0422 393 997

Peninsula Pedallers

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

30 km **1A** Raelene or Jim

0419 842 007 or 0448 412 992

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure.
(90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Cogs & Coffee

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

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

Saturday Sojourn

11:00 AM, Unley Soldiers Memorial Gdns. cnr. Thomas St. and Unley Rd. Unley. 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, Skate Park, south side Goodwood Railway Station, Goodwood. Briefing at 12.45 pm. Café stop for afternoon tea. 40 km **3B** Karel 0449 854 454

SUN 18 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

City of Tea Tree Gully Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

Civic Park, 995 North East Rd. Modbury.

Bike paths.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Sunday Saunter 'Cycle Salisbury'

9:00 AM, Watershed Cafe car park, Salisbury Hwy. Mawson Lakes. Easy paced ride along bike paths and some roads to Pt. Adelaide/Semaphore and return. Coffee en route. Suitable for any type of bike. 25-30 km **2A** Cam 0468 927 892

TUE 20 JAN

Peninsula Pedallers

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Seaford Railway Station, Seaford. McLaren Flat and surrounds. 50 km **3B** Julie 0403 431 063

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Fort Largs for lunch (but not as you would expect). 40 km **2B** Mick 0452 572 078

Border BUG

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

WED 21 JAN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

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

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400- 1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

THU 22 JAN

30/30 Beach Streak

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

Border BUG

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

FRI 23 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50-70 km **4B** Geoff 0415 460 380

SAT 24 JAN

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Northern Off Road Riders

8:45 AM, Mawson Lakes. (meet at the train station car park under Elder Smith Rd). Mawson Lakes. Mainly off road ride along the Little Para, Dry Creek, Highbury Aqueduct and the Linear Park trails. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am. 40-65 km **2B-3B** Mark 0491 034 167

Para Cruizers 'Cycle Salisbury'

9:00 AM, Dead Man's Pass, Gawler Reserve. Local trails through Gawler and Hewett with coffee on return. Suitable for MTB/Hybrid bikes. E-bikes welcome – some steep hills. 25 km **2C** Brian 0408 818 993

Peninsula Pedallers

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

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

City of Adelaide Ride Her Way Community Ride

9:45 AM for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Bike SA Ride Her Way & Cycle Salisbury Community Ride (women only)

10:00 AM, Salisbury Aquatic Centre car park, Waterloo Cnr. Rd. Salisbury North. Low level safe, guided route designed for female cyclists of all abilities. No pressure – just ride at your own pace! 40 km **1A-2A** Samantha 0413 215 951

Cogs & Coffee

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

Saturday Sojourn

11:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, St Andrews Hospital, South Tce. (front entrance) Briefing at 12.45 pm. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 25 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

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

TUE 27 JAN

Peninsula Pedallers

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. A bit of Hallett Cove and Patrick Yonker Bikeway with not too many hill climbs. 50 km **3B** Margie 0413 889 055

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Brownhill Creek. 40 km **2B** Geoff 0407 793 231

Border BUG

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

WED 28 JAN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

THU 29 JAN

30/30 Beach Streak

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

Border BUG

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

FRI 30 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50–70 km **4B** Geoff 0415 460 380

SAT 31 JAN

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Peninsula Pedallers

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

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

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** Chris 0414 802 608

Saturday Sojourn

11:00 AM, Weigall Oval, cnr. Macarthur Ave. and Urrbrae Tce. Plympton. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 619

Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Briefing at 12.45 pm. Café stop for afternoon tea. 40 km **3B** Trevor 0434 961 488

SUN 1 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A–4B** Geoff 0415 460 380

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

City of Tea Tree Gully Ride Her Way Community Ride

9:00 AM (9:00–11:00 am ride)

Civic Park, 995 North East Rd. Modbury. Bike paths.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Kangaroo Island BUG

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

TUE 3 FEB

Peninsula Pedallers

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Mile End Railway Station, Mile End. The beautiful Little Para and surrounds with a surprise 'de tour' 50 km **3B** Richard 0419 033 140

Tuesday Traverse

10:00 AM, Goodwood Railway Station, Goodwood. Cool, leafy, shady suburbs of Adelaide. 40 km **2C** Denise 0409 097 408

Border BUG

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

WED 4 FEB

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

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

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

THU 5 FEB

30/30 Beach Streak

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

Border BUG

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

FRI 6 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50-70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50-70 km **4B** Geoff 0415 460 380

SAT 7 FEB

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Madbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB bikes please. 15-20 km **1A-2B** MTB Bryce 0432 732 540

Northern Off Road Riders

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Watershed Café car park, Salisbury Hwy, Mawson Lakes. Ride to Barker inlet, follow South Rd. paths to Plant 4 for coffee. Return via Gawler Greenway. MTB/gravel/hybrid bike. 30 km **2A** Elaine 0408 084 376

Peninsula Pedallers

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

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 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

City of Adelaide Ride Her Way Community Ride

9.45 AM, for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Cogs & Coffee

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

Saturday Sojourn

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

Saturday Express

1:00 PM, Skate Park, south side Goodwood Railway Station, Goodwood. Briefing at 12.45 pm. Choose your own Ride Leader today. Contact Patsy Waxman for information. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 8 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00 am – 11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

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

TUE 10 FEB

Peninsula Pedallers

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

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

Tuesday Treadlers

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

50–55 km **3B–6B** Tony 0407 884 730

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Oaklands wetlands toilet block. (Take train to Marion then turn right northwards at Railway). To Christies Beach with Coffee at Becks Bakery, then on to Seafood to catch train back to Goodwood. 50 km **3B** Karel 0449 854 454

Tuesday Traverse

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

Border BUG

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

WED 11 FEB

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

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Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

THU 12 FEB

30/30 Beach Streak

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

Border BUG

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

FRI 13 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50–70 km **4B** Geoff 0415 460 380

SAT 14 FEB

Bike Melrose

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

ADVERTISEMENT

Audax

The Bakery Run

Saturday 14 February 2026

Start – Café Biga, Hutt St. Adelaide.

7.00 AM

150km

Unsupported

A ride taking you to the Adelaide Hills bakeries, starting with Clarendon, heading to McLaren Vale and Meadows before heading home.

Entry fee applies.

James Litt 0428 066 480

jamlitt@bigpond.net.au

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Para Cruizers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd. Salisbury. Railway trail to Mawson Lakes. Through Pooraka and Para Hills to Cobblers Creek. Coffee at St Georges. 35 km **2B** Graham 0418 858 809

Peninsula Pedallers

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

City of Tea Tree Gully Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

Civic Park, 995 North East Rd. Modbury. Bike paths.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

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

City of Adelaide Ride Her Way Community Ride

9:45 AM for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Bike SA Ride Her Way & Cycle Salisbury Community Ride (women only)

10:00 AM, Salisbury Aquatic Centre car park, Waterloo Cnr. Rd. Salisbury North. Low level safe, guided route designed for female cyclists of all abilities. No pressure – just ride at your own pace! 40 km **1A-2A** Samantha 0413 215 951

Cogs & Coffee

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

Saturday Sojourn

11:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Briefing at 12.45 pm. Café stop for afternoon tea. 40 km **3B** Jeff 0407 191 958

SUN 15 FEB

Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 15 February 2026

8.00am Gumeracha Football Club, 47 Albert St, Gumeracha

The first event in the Grand/Mini Slam series of five on road personal challenge recreational rides for 2026.

Choose between 40km or 80km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Group (series only), youth and child rates available.

Enter online or further details and/or entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00-11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled. 45-50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

30 km **4B** Raelene or Jim

0419 842 007 or 0448 412 992

Sunday Saunter 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station (western side adjacent to tennis courts). Easy paced ride along Outer Harbour Greenway to Pt. Adelaide then pathway to Semaphore and return. Coffee en route. Suitable for any type of bike. The Ride Leader will be riding a normal bike (not e-bike). 25-30 km **2A** Cam 0468 927 892

TUE 17 FEB

Peninsula Pedallers

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. A magical mystery tour to suit the weather conditions on the day. 50 km **3B** Christine 0455 414 802

Tuesday Traverse

10:00 AM, Mawson Lakes Railway Station, Mawson Lakes. Ride roundabout way to Carisbrook Reserve for lunch and see where we get to for coffee (train return option). 40 km **2B** Mick 0452 572 078

Border BUG

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

WED 18 FEB

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

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

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50-70km, and 400-1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride. 50 km **3B** or **3C** Mal (3C) or Christine (3B) 0407 870 470 or 0429 487 976

THU 19 FEB

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 20 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50–70 km **4B** Geoff 0415 460 380

SAT 21 FEB

Bike Melrose

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

20–110 km Kristen 0409 093 649

Mannum Peddle Wheelers

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

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

Gawler Wheelers

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

50–100 km Ian 0448 111 384

Cobwebs

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

54 km **6A**

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along the Dry Creek Trail, extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB bikes please.

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

Northern Off Road Riders

8:45 AM, Spotlight, cnr. South and Kegworth Rd. Melrose Park, 5039 (meet in Kegworth Reserve behind Spotlight). With several track and trail options, the route will be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Visit our website, norr.au the night before for any changes or updates. Be ready to roll at 9:00 am.

35–50 km **2B–3B** Mark 0491 034 167

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd. Salisbury. Ride to Lightsview via Dry Creek trail and Levels bikeway to Lumi Lane for Coffee. Return via Dry Creek trail. Suit MTB/Hybrid/gravel bike.

37 km **2B** Elaine 0422 393 997

Peninsula Pedallers

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

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

Salisbury Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure. (90 minute ride)

Salisbury Aquatic Centre, Happy Home Drive, Salisbury North.

Bikeways and dirt trails

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure. (90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Cogs & Coffee

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

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

Saturday Sojourn

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

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

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Briefing at 12:45 pm.

Choose your own Ride Leader today. Contact Patsy Waxman for information. Café stop for afternoon tea.

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

SUN 22 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 4B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1A–4B** Geoff 0415 460 380

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C, 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

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

City of Burnside Ride Her Way Community Ride

9:00 AM (9:00am – 11:00 am ride)

George Bolton Swimming Centre, Greenhill Rd. & Howard Tce. Hazelwood Park.

Bikeways and roads of Burnside.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Hills Ride

9:00 AM, Please contact Ride Leader. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If the Adelaide forecast is over 33°C the ride is cancelled.

45–50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

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

Salisbury Explorers 'Cycle Salisbury'

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

5–20 km **1A–2A** MTB Jim 0401 984 767

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 24 FEB

Peninsula Pedallers

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

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

Tuesday Treadlers

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

Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybugl.wixsite.com/ubug
20 km **3B** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Skate Park on western side of Goodwood Railway Station, Goodwood. Oops this one got missed so it will be decided on the day.
50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Along Sturt Creek, behind the airport Linear Park – lunch at Henley Beach – back to seafront to INC.
40 km **2B** Sue 0411 029 628

Border BUG

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

WED 25 FEB

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Onkaparinga Ride Her Way Community Ride

9:00 AM, for 9:15 AM departure.
(90 minute ride)

McLaren Vale Visitor Centre, 796 Main Rd. McLaren Vale.

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs. Grade 3C, usually about 50–70km, and 400–1000m climbs, stopping somewhere en route for lunch. Contact Mal 0407 870 470 for the 3C ride. There is an easier 3B ride starting at a different place, same time, contact Christine 0429 487 976 for the 3B ride.
50 km **3B** or **3C** Mal (3C) or Christine (3B)
0407 870 470 or 0429 487 976

THU 26 FEB

30/30 Beach Streak

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

Border BUG

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

FRI 27 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50–70 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50–70 km **4B** Geoff 0415 460 380

SAT 28 FEB

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

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

Para Cruizers 'Cycle Salisbury'

9:00 AM, South Tce, Pooraka (near dog park) Ride to Walkerville via Levels City Bikeway on to Linear Park Bikeway through Adelaide with return via Gawler Greenway. Suitable for all bike types. Coffee en route.
35 km **2B** Brian 0408 818 993

Peninsula Pedallers

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

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

City of Adelaide Ride Her Way Community Ride

9:45 AM, for 10:00 AM departure.
(90 minute ride)

Victoria Park Grandstand, Wakefield Rd. Adelaide.

Bikeways and parklands

Free and led by women for women, the Ride Her Way Community Rides are ideal for beginners or those returning to cycling. These rides:

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

Contact: inclusion@bikesa.org.au

Bike SA Ride Her Way & Cycle Salisbury Community Ride (women only)

10:00 AM, Salisbury Aquatic Centre car park, Waterloo Cnr. Rd. Salisbury North. Low level safe, guided route designed for female cyclists of all abilities. No pressure – just ride at your own pace!
40 km **1A–2A** Samantha 0413 215 951

Cogs & Coffee

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

Saturday Sojourn

11:00 AM, 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, SA Film Corporation (clock tower outside front entrance). Briefing at 12.45 pm. Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

COMING EVENTS

Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 29 March 2026

8.00am Mt Torrens Football Club, Oval Rd. Mt Torrens

The second event in the Grand/Mini Slam series of five on road personal challenge recreational rides for 2026.

Choose between 50km or 100km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Group (series only), youth and child rates available.

Enter online or further details and/or entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au

