

# RidesPROGRAMME

## Information

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

## On Road Ride Codes

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

## Mountain Bike Ride Codes

**Class 1 (MTB Beginner)** Limited off road experience. Obstacle free. Smooth fire tracks. Ride time 45 minutes. 10% gradient.  
**Class 2 (MTB Intermediate)** Fire Roads, 20–30km. Numerous obstacles, various rock jumps, drop offs, technical tracks.  
**Class 3 (MTB Experience)** Experienced riders, 30+km. Frequent single tracks, steep slopes, sand, drop offs, log jumps.

## What to Take on a Ride

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

## 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.

## 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**  
Richard 0417 341 462

**Border BUG**  
Marcus 0407 978 763

**Broken Gadgets**  
Stu stu.clement@yahoo.com

**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)**  
Gavin 0468 909 397

**Gawler Wheelers**  
Paul 0431 866 586

**Getonyabike**  
Michele 0438 010 220

**Hills Ride**  
Rob 0428 990 059

**Kangaroo Island BUG**  
Manfred 8553 0383

**Keep On Riding**  
Tony 0407 884 730

**Mannum Peddle Wheelers**  
Terry 0427 319 004  
www.facebook.com/groups/  
mannumpedalwheelers or  
mannumpedalwheelers@groups.facebook.com

**Mishmash**  
Michele 0438 010 220

**Night Espresso**  
Rob 8299 0230

**Northern Off Road Riders**  
Mark 0490 340 167

**Northside Cycling Group**  
Gary 8255 1979

**Peninsula Pedallers**  
Raelene 8682 3196

**Poseurs d'Adelaide**  
Peter 0407 182 376  
Andrew 0419 817 749  
Doug 0419 813 479

**Ride with Keith**  
Andy 8232 7277

**Riverland Riders**  
Ruth 0427 752 815

**Saturday Express**  
Patsy 8379 6477

**Saturday Sojourn**  
Chris 0414 802 919

**Tuesday Traverse**  
Rick 0417 816 372

**Tuesday Treadlers**  
Tony 8388 4730

**Unley BUG**  
David 0411 268 582

**Wednesday Wheelers**  
Max 0405 191 995

## Advertisements

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

## 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.**

### 10 great reasons to join

1. Comprehensive personal accident insurance
2. Comprehensive public liability insurance
3. Discounted entry fee to all Bicycle SA events
4. Discounted registration fee to all Bicycle SA coaching and bike maintenance courses
5. Access to cycling information including our members only quarterly *Cycle! Magazine* and *Rides Programme*
6. Up to 10% discounts from supporting bicycle and outdoor stores – see contact list of stores
7. WIN great prizes at Bicycle SA's recreational events
8. Assistance and friendly advice on all aspects of cycling
9. Reduced subscription rates for *Bicycling Australia*
10. Free first interview and 10% discount from Andersons Solicitors on any legal matter.

### Become a Bicycle SA Member

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover worldwide, 24 hours a day, 7 days a week!\*

Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia. Individual membership from \$80 with household and concession rates available.

### Contact us to join now.

\* Conditions apply. Visit [www.bikesa.asn.au](http://www.bikesa.asn.au) for full details.

# 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](http://www.bikesa.asn.au)**

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

## BICYCLE SA

Phone + 61 8 8168 9999

[www.bikesa.asn.au](http://www.bikesa.asn.au)

[office@bikesa.asn.au](mailto:office@bikesa.asn.au)

11a Croydon Road

Keswick SA 5035

Office open 9am-5pm

Monday-Sunday

Emergency Phone

0409 950 884

## SUN 1 DEC

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

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

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.

30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome.

Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details.

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

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.

40 km **4B** Jim 0448 412 992

### Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.

25-35 km Manfred 8553 0383

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose facebook page.

Richard 0417 341 462

## MON 2 DEC

### Northside Cycling Group

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

30 km **5A** Gary 8255 1979

## TUE 3 DEC

### Getonyabike

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

0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!

30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.

50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Port Adelaide Shopping Centre (Near Drakes Supermarket). Mystery ride. BYO lunch.

40 km **2B** Magda 0417 802 723

### Border BUG

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

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

### Night Espresso

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a café

40 km **4A** Rob 8299 0230

### Night Espresso

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

40 km Rob 8299 0230

## WED 4 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 face book.

[www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)

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

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.

30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred.

25-30 km **1A** to **2A** Elaine 0422 393 997

### Ride with Keith

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

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

### Northside Cycling Group

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

30 km **5A** Gary 8255 1979

### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details.

50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au).

Clayton 0447 821 175

## THU 5 DEC

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.

40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 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 DEC

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.

50 km **3B** Gavin 0468 909 397

## SAT 7 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, 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.

20-55 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 face book.

[www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)

35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.

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

## 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park cnr. Bridge Rd. and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15 km MTB Class **1** Bryce 0432 732 540

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. MTB/Hybrid bikes preferred. 22 km MTB **1-3A** Jim 0401 984 767

## Unley BUG

9:00 AM, Unley Civic Centre, 181 Unley Rd, Unley. (meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Cafe, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check ([david.sutton@live.com.au](mailto:david.sutton@live.com.au)) Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug) **1A** David 0411 268 582

## All Women's Bike Rides

9:30 AM, Cycle On' 27/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. Introducing the Cogs & Coffee ride group, who meet for a morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Express

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

## Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Loop around the airport to Glenelg and return via the Westside Bikeway. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 8 DEC

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (On western side near tennis/basketball courts). Easy paced ride along outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/ refreshments before returning via same route. Suitable for all types of bikes. 25-30 km **2A-4A** Nigel 0431 838 735

## Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## Peninsula Pedallers

Port Lincoln. A special Christmas ride/ lunch. Suitable for any type of bike. Further information, [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au)

## MON 9 DEC

### Northside Cycling Group

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

## TUE 10 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

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9:30 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, Adelaide. Eastern suburbs ride. Coffee at Hutt Street. BYO lunch. 40 km **2B** Jo 0432 429 922

### Border BUG

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

### Night Espresso

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

## WED 11 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 face book. [www.facebook.com/groups/mannumpeddlers](http://www.facebook.com/groups/mannumpeddlers) or [mannumpeddlers.weebly.com](http://mannumpeddlers.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middlewheeler/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

### Ride with Keith

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### Northside Cycling Group

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

### Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km 3B or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 12 DEC

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 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 DEC

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **3B** Gavin 0468 909 397

## SAT 14 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, 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.  
20-55 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 face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit  
www.facebook.com/groups/210163156066987  
www.adelaidecyclists.com  
For cycling routes in Gawler and surrounds, visit  
gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide  
50-100 km **Paul** 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Northern Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes please. Ready to roll at 9:00 am.  
30 km **2B** to **3B** Mark 0491 034 167

### Para Cruisers 'Cycle Salisbury'

9:00 AM, South Tce, Pooraka, adjacent to toilet block at the Bridge Rd. end. Ride to Pt. Adelaide via Levels Bikeway, North Adelaide and Outer Harbour Greenway and return. Coffee at Pt. Adelaide. Suitable for all types of bikes.  
45 km **2A** to **3A** Des 0408 086 545

### All Women's Bike Rides

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

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

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

### Saturday Sojourn

1:00 PM, Pt. Adelaide – Lighthouse, McLaren Parade, Pt. Adelaide. Ride a leisurely loop to Outer Harbour and return. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Steve 0405 479 344

## SUN 15 DEC

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.  
60-80 km **5B** Peter, Andrew or Doug  
0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page.  
Richard 0417 341 462

## MON 16 DEC

### Northside Cycling Group

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

## TUE 17 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Drage Reserve, Briar Road. Felixstow. Mystery ride. Some hills. BYO lunch.  
40 km **2B** Don 0428 566 745

### Border BUG

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

### Night Espresso

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

## WED 18 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 face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
30-80 km **4B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred.  
25-30 km **1A** to **2A** Elaine 0422 393 997

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details.  
50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au  
Clayton 0447 821 175

## THU 19 DEC

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 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 DEC

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **Kristen** 0409 093 397

## SAT 21 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, 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.  
20-55 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 face book.  
www.facebook.com/groups/mannumpedawheelers or mannumpedawheelers.weebly.com  
35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

## Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

## 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987 www.adelaidecyclists.com For cycling routes in Gawler and surrounds, visit gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide 50-100 km Paul 0431 866 586

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au  
54 km 6A

## Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park cnr. Bridge Rd. and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km MTB Class **1** Bryce 0432 732 540

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Ride along bitumen paths and roads for Christmas morning tea at Angle Vale and return. Suit any type of bike.  
32 km **2A-3A** Elaine 0422 393 997

## All Women's Bike Rides

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

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Conyngam St, Glenside. Christmas party. Venue to be advised closer to the time..  
40 km **3B** Patsy 0439 332 533

## Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through a mix of suburbs and parklands adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Helen 0428 511 724

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly.  
Contact Stu Clement at stu.clement@yahoo.com for details.

## SUN 22 DEC

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.  
60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome.  
Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page.  
Richard 0417 341 462

## MON 23 DEC

### Northside Cycling Group

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

## TUE 24 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive North Adelaide. Shortish Christmas ride. BYO lunch.  
25 km **2B** Peter 0418 844 963

### Border BUG

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

### Night Espresso

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

## WED 25 DEC

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

## Northside Cycling Group

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

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au  
Clayton 0447 821 175

## THU 26 DEC

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 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 DEC

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **3B** Gavin 0468 909 397

## SAT 28 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, 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.  
20-55 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 face book.  
www.facebook.com/groups/mannumpedawheelers or mannumpedawheelers.weebly.com  
35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

## 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Northern Off Road Riders

8:50 AM, Jenkins Reserve, Saints Road, Salisbury Park. Meet in car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes please. Ready to roll at 9:00 am. 30 km **2B** to **3B** Mark 0491 034 167

## All Women's Bike Rides

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

## Para Cruisers 'Cycle Salisbury'

9:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 25-30 km **2A** to **3A** Julian 0434 262 842

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Velo Café, Victoria Park, 140 Fullarton Rd, Rose Park. Café stop for afternoon tea. 40 km **3B** Rosalind 0448 741 556

## Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Tour through the eastern and south eastern suburbs. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2B** Chris 0414 802 199

# SUN 29 DEC

## Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

## 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

## Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

## Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

## Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Salisbury Explorers 'Cycle Salisbury'

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

## Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

# MON 30 DEC

## Northside Cycling Group

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

# TUE 31 DEC

## Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

## Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

## Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

## Tuesday Traverse

10:00 AM, Marion Railway Station (Rick's Place). Shorter flat ride to finish the year. BYO lunch. 30 km **2B** Rick 0417 816 372

## Border BUG

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

## Night Espresso

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

# WED 1 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 face book. [www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlers.weebly.com](http://mannumpeddlers.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

## GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

## Ride with Keith

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

## Northside Cycling Group

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

## Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km **3B** or **3C** Max 0405 191 955

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

# THU 2 JAN

## Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

## 30/30 Beach Streak

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

## Border BUG

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

# FRI 3 JAN

## GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 50 km **3B** Gavin 0468 909 397

# SAT 4 JAN

## Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 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 face book. [www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlers.weebly.com](http://mannumpeddlers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

## Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

## 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park cnr. Bridge Rd. and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15 km MTB Class **1** Bryce 0432 732 540

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie (next to Little Para River Trail). Easy ride along the Little Para Trail and hopefully the new Northern Connector pathway to the Stuart O'Grady Bikeway and return. Coffee afterwards. Suit any type of bike. 25 km MTB **1-3A** Jim 0401 984 767

## Unley BUG

9:00 AM, Unley Civic Centre, 181 Unley Rd, Unley. (meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Cafe, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (david.sutton@live.com.au) Further details see unleybug1.wixsite.com/ubug **1A** David 0411 268 582

## All Women's Bike Rides

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

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Express

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

## Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride around the airport on the way to Grange and return through the coastal suburbs. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 199

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at stu.clement@yahoo.com for details.

## SUN 5 JAN

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised. 25-35 km Manfred 8553 0383

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## MON 6 JAN

### Northside Cycling Group

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

## TUE 7 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Brownhill Creek and return. Coffee in Hutt Street. BYO lunch. 40 km **2B** Robyn 0401 364 019

### Border BUG

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

### Night Espresso

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

### Night Espresso

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

## WED 8 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 face book. www.facebook.com/groups/mannumpedlewheelers or mannumpeddlewheelers.weebly.com 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

## Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 25-30 km **1A** to **2A** Elaine 0422 393 997

## Ride with Keith

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

## Northside Cycling Group

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

## Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km **3B** or **3C** Max 0405 191 955

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

## THU 9 JAN

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 10 JAN

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 50 km **3B** Gavin 0468 909 397



## SAT 11 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 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 face book. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987 www.adelaidecyclists.com For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Northern Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes please. Ready to roll at 9:00 am. 30 km **2B** to **3B** Mark 0491 034 167

### All Women's Bike Rides

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

### Para Cruizers 'Cycle Salisbury'

9:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Ride to Suart O'Grady bikeway via Edinburgh, follow back to Pt Wakefield, returning via Kaurna Park Wetland, Burton, and the Little Para Linea Park. Coffee at Coff-Tea Caf . 35 km **2B** to **3B** Des 0408 086 545

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Ride along the Amy Gillett Bikeway. Caf  stop for afternoon tea. 40 km **3B** Hal 0427 084 097

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through a mix of suburbs and parklands adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Helen 0428 511 724

## SUN 12 JAN

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards 40 km **4B** Jim 0448 412 992

### Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (On western side near tennis/basketball courts). Easy paced ride along outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/refreshments before returning via same route. Suitable for all types of bikes. 25-30 km **2A-4A** Jim 0401 984 767

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## MON 13 JAN

### Northside Cycling Group

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

## TUE 14 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, Adelaide. Tour the North Western suburbs with lunch in Grange area. BYO lunch. 40 km **2B** Trevor 0434 961 488

### Border BUG

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

### Night Espresso

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

## WED 15 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 face book. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

## THU 16 JAN

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 17 JAN

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 50 km **3B** Gavin 0468 909 397

## SAT 18 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 km Kristen 0409 093 649

## Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpeddlwheeler](http://www.facebook.com/groups/mannumpeddlwheeler) or [mannumpeddlwheeler.weebly.com](http://mannumpeddlwheeler.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

## Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

## 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park cnr. Bridge Rd. and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15 km MTB Class **1** Bryce 0432 732 540

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Ride to St Kilda via bitumen paths and roads. Coffee at St Kilda then return via same route. Suit any type of bike. 26 km **2A-3A** Elaine 0422 393 997

## All Women's Bike Rides

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

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Express

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

## Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride along the coast? Or inland? Maybe both. Come along and find out. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Joan 0412 181 643

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 19 JAN

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## Peninsula Pedallers

Port Lincoln. Stamford Hill – TDU training ride. Road bikes, please. Raelene 0419 842 007

## MON 20 JAN

### Northside Cycling Group

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

## TUE 21 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, Wr Memorial Drive, North Adelaide. Mystery ride. BYO lunch. 40 km **2B** Liz 8296 5769

### Border BUG

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

### Night Espresso

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

## WED 22 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 face book. [www.facebook.com/groups/mannumpeddlwheeler](http://www.facebook.com/groups/mannumpeddlwheeler) or [mannumpeddlwheeler.weebly.com](http://mannumpeddlwheeler.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

## GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

## Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 25-30 km **1A** to **2A** Elaine 0422 393 997

## Ride with Keith

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

## Northside Cycling Group

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

## Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km **3B** or **3C** Max 0405 191 955

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 23 JAN

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border Bug

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

## FRI 24 JAN

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **3B** Gavin 0468 909 397

## SAT 25 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 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 face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit  
www.facebook.com/groups/210163156066987  
www.adelaidecyclists.com For cycling routes in Gawler and surrounds, visit  
gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide  
50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Northern Off Road Riders

8:00 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Road. 50km, Walkerville and return ride. Along the Dry Creek Trail and Torrens Linear track. Coffee stop in Walkerville. Mountain/hybrid bikes please. We leave at 8:00 am prompt.  
50 km **2B** to **3B** Mark 0491 034 167

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

## Para Cruizers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred.  
25-30 km **1A** to **3A** Bryce 0432 732 540

### All Women's Bike Rides

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

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

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

## SUN 26 JAN

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.  
60-80 km **5B** Peter, Andrew or Doug  
0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome.  
Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie next to Little Para River Trail. Beginners/easy ride along the path of the Little Para Trail.  
5-10 km MTB **1-2A** Jim 0401 984 767

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page.  
Richard 0417 341 462

## MON 27 JAN

### Northside Cycling Group

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

## TUE 28 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Brighton Railway Station (Beach side). Mystery ride. BYO lunch.  
40 km **2B** Sue 0402 880 655

## Bicycle Maintenance Course

### Basic Bike Care

**5:30 PM-8:30 PM**

**Tuesday 28 January 2020**

**Bicycle SA Office**

**11a Croydon Rd, Keswick**

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

### Fee applies

**Early bookings essential**

**(maximum 10 registrants per course)**

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

### Border BUG

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

### Night Espresso

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

## WED 29 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 face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
30-80 km **4B** Terry or Wally  
0427 319 004 or 0428 592 282

## GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details.  
50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au  
Clayton 0447 821 175

## THU 30 JAN

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 31 JAN

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **3B** Gavin 0468 909 397



## SAT 1 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 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 face book. [www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

### Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park cnr. Bridge Rd. and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15 km MTB Class 1 Bryce 0432 732 540

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. 3B and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Shelter Shed, Carisbrook Park Reserve, Main North Rd, Salisbury Park. Easy ride along local paths and trails around Salisbury and surrounding areas. Coffee en route. MTB/Hybrid bikes preferred. 20-30 km MTB **1-3A** Julian 0434 262 842

### Unley BUG

9:00 AM, Unley Civic Centre, 181 Unley Rd, Unley. (meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Cafe, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check ([david.sutton@live.com.au](mailto:david.sutton@live.com.au)) Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug) **1A** David 0411 268 582

### All Women's Bike Rides

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

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens 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 **1** Jane 0402 102 608

### Saturday Express

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

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through a mix of suburbs and parklands adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments. 25 km **1** Helen 0428 511 724

### Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 2 FEB

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

## Advanced Bike Maintenance Course

9:00 AM-4:00 PM  
Sunday 2, 9 and 16 February 2020  
Bicycle SA office

11a Croydon Rd, Keswick  
The first session in a series of 3 successive Sunday workshops

The Advanced Bike Maintenance course, with extensive practical experience, is specifically suited to riders who can confidently undertake the regular tuning and cleaning tasks required to keep their bikes running but are seeking an in depth knowledge of their bikes' anatomy so that they can remove, repair, adjust and replace each of the major mechanical working components themselves.

This programme is structured to include content relating to both road and MTB enthusiasts and covers workshop specifics for both bike designs, so whether your passion lies on the black stuff or the dirt you will get the instruction and the answers you are looking for!

### Fee applies

Registration covers the three successive Sunday sessions. Free workshop manual valued at \$40 provided to all participants. Bicycle SA office 8168 9999 [office@bikesa.asn.au](mailto:office@bikesa.asn.au) [www.bikesa.asn.au](http://www.bikesa.asn.au)

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised. 25-35 km Manfred 8553 0383

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## MON 3 FEB

### Northside Cycling Group

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

## TUE 4 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Moana Caravan Park. Mystery ride. BYO lunch. 40 km **2B** Judy 0401 000 641

### Border BUG

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

### Night Espresso

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

### Night Espresso

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

## WED 5 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 face book. [www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd. Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 25-30 km **1A** to **2A** Elaine 0422 393 997

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 6 FEB

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 7 FEB

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 50 km **3B** Gavin 0468 909 397

## SAT 8 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 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 Younghuband 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 face book. [www.facebook.com/groups/mannumpedalwheeler](http://www.facebook.com/groups/mannumpedalwheeler) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Northern Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes please. Ready to roll at 9:00 am. 30 km **2B** to **3B** Mark 0491 034 167

### All Women's Bike Rides

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

### Para Cruizers 'Cycle Salisbury'

9:30 AM, Williamstown cnr. Queen St. and Memorial Drive. Ride to Lyndoch for coffee and return. Gravel and bitumen roads, MTB/Hybrid bikes preferred. 30 km **2B** to **3B** Des 0408 086 545

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, SA Film Corporation, Fullarton Rd, Glenside. Café stop for afternoon tea. 40 km **3B** Hal 0427 084 097

### Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Ride to Glenelg following the railway line and Sturt Creek Linear Park and return along the Mike Turtur Bikeway. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## SUN 9 FEB

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

## Advanced Bike Maintenance Course

9:00 AM-4:00 PM

Sunday 9 and 16 February 2020

Bicycle SA office

11a Croydon Rd, Keswick

The second 2020 session in a series of 3

successful Sunday workshops

The Advanced Bike Maintenance course, with extensive practical experience, is specifically suited to riders who can confidently undertake the regular tuning and cleaning tasks required to keep their bikes running but are seeking an in depth knowledge of their bikes' anatomy so that they can remove, repair, adjust and replace each of the major mechanical working components themselves.

This programme is structured to include content relating to both road and MTB enthusiasts and covers workshop specifics for both bike designs, so whether your passion lies on the black stuff or the dirt you will get the instruction and the answers you are looking for!

Fee applies

Free workshop manual valued at \$40 provided to all participants.

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome.

Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details.

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

### Peninsula Pedallers

9:00 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## MON 10 FEB

### Northside Cycling Group

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

## TUE 11 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Brighton Railway Station (Beach side) Ride Brighton to Grange and return. BYO lunch. 40 km **2B** Denise 0409 097 408

### Border BUG

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

### Night Espresso

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

## WED 12 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 face book. [www.facebook.com/groups/mannumpedalwheeler](http://www.facebook.com/groups/mannumpedalwheeler) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282



## GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **1B** Gavin 0468 909 397

## Ride with Keith

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

## Northside Cycling Group

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

## Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details.  
50 km **3B** or **3C** Max 0405 191 955

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au  
Clayton 0447 821 175

## THU 13 FEB

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 14 FEB

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **3B** Gavin 0468 909 397

## SAT 15 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, 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.  
20-55 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 face book.  
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlwheelers.weebly.com  
35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987 www.adelaidecyclists.com For cycling routes in Gawler and surrounds, visit gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide  
50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park cnr. Bridge Rd. and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km MTB Class **1** Bryce 0432 732 540

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.  
40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

## Bicycle Maintenance Course

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

9:00 AM-1:00pm PM  
Saturday 15 February 2020  
Bicycle SA Office

#### 11a Croydon Rd, Keswick

The next step after Basic Bike Care, this course will provide you with the skills and knowledge needed to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike. The class sizes are limited to 10 participants to maximise learning and the course structured to include content relevant to both road and mountain bike enthusiasts, as well as everyday riders. Please book into Session 1 and 2 of the course on the dates suitable for you.

#### Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Car park of BMX Club/Skate Park, cnr. Bridge Rd. and South Tce, Pooraka. Bitumen ride along City-Levels Bikeway and Linear Trail to North Adelaide for coffee and return. Suit any type of bike.  
25 km **2A-3A** Elaine 0422 393 997

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Velo Café, Victoria Park, 140 Fullarton Rd, Rose Park. Café stop for afternoon tea.  
40 km **3B** Rosalind 0448 741 556

### Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly.  
Contact Stu Clement at stu.clement@yahoo.com for details.

## SUN 16 FEB

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **2B** Gavin 0468 909 397

### Posours d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.  
60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

## Advanced Bike Maintenance Course

9:00 AM – 4:00 PM

Sunday 16 February 2020

Bicycle SA office

11a Croydon Rd, Keswick

The third 2020 session in a series of 3 successive Sunday workshops

The Advanced Bike Maintenance course, with extensive practical experience, is specifically suited to riders who can confidently undertake the regular tuning and cleaning tasks required to keep their bikes running but are seeking an in depth knowledge of their bikes' anatomy so that they can remove, repair, adjust and replace each of the major mechanical working components themselves.

This programme is structured to include content relating to both road and MTB enthusiasts and covers workshop specifics for both bike designs, so whether your passion lies on the black stuff or the dirt you will get the instruction and the answers you are looking for!

#### Fee applies

Free workshop manual valued at \$40 provided to all participants.

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome.  
Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page.  
Richard 0417 341 462

### Peninsula Pedallers

Port Lincoln. Peter Clarkson Memorial Ride. Road bikes, please.  
Greg 0418 837 129

## MON 17 FEB

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

## TUE 18 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedalers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Gentle ride to Semaphore to celebrate summer. BYO lunch. 40 km **2B** Jane 0402 102 608

### Border BUG

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

### Night Espresso

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

## WED 19 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 face book. [www.facebook.com/groups/mannumpeddlwheeler](http://www.facebook.com/groups/mannumpeddlwheeler) or [mannumpeddlwheeler.weebly.com](http://mannumpeddlwheeler.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **1B** Gavin 0468 909 397

### Para Pedalers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 25-30 km **1A** to **2A** Elaine 0422 393 997

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details. 50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedalers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedalers.com.au](http://www.peninsulapedalers.com.au) Clayton 0447 821 175

## THU 20 FEB

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 21 FEB

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 50 km **3B** Gavin 0468 909 397

## SAT 22 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, 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. 20-55 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 face book. [www.facebook.com/groups/mannumpeddlwheeler](http://www.facebook.com/groups/mannumpeddlwheeler) or [mannumpeddlwheeler.weebly.com](http://mannumpeddlwheeler.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

### Peninsula Pedalers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Northern Off Road Riders

8:50 AM, Brick Works Markets, cnr South Rd and Ashwin Parade. Meet in the car park by the car wash. Off road ride along the Torrens Linear trail to Glenelg and return. Coffee stop along the way. Mountain/hybrid bikes please. Ready to roll at 9:00 am. 30 km 2B to 3B Mark 0491 034 167

### Para Cruisers 'Cycle Salisbury'

9:00 AM, Coff-Tea Café, Commercial Rd, Salisbury. (Please park in side streets nearby). Ride along Diment/Mill Rds and Stuart O'Grady Bikeway to Pethererton Rd, and return via Andrews Rd, and bikeway between DSTO/RAAF Base. Coffee on return. 40 km **1A** to **3A** Nigel 0431 838 735

### All Women's Bike Rides

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

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

### Saturday Express

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

### Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride along the coast? Or inland? Maybe both. Come along and find out. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Joan 0412 181 643

## SUN 23 FEB

### Grand/Mini Slam

Recreational Bike Series of 5 rides  
Sunday 23 February 2020  
8:00 AM Centenary Park Oval, Oval Rd, Mt Torrens

The first event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2020. Choose between 40 km or 80 km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

### On road support

Enter online or further details and/or entry forms available from:  
Bicycle SA office 8168 9999  
[www.bikesa.asn.au](http://www.bikesa.asn.au)  
[rides@bikesa.asn.au](mailto:rides@bikesa.asn.au)

### Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### 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. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter, Andrew or Doug 0407 182 376 0419 817 749 or 0419 813 479

### Hills Ride

9:00 AM, Our weekly Sunday rides start at different locations throughout the Adelaide Hills region, usually grade 2C and the distance is about 50 km. We stop somewhere en route for coffee/lunch. New riders welcome. Ride cancelled if forecast is over 35°C. Please contact the Ride Coordinator for further details. 50 km **2C** Rob 0428 990 059

### Peninsula Pedalers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992



## Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Shed, Carisbrook Park Reserve, Main North Rd, Salisbury Park. Beginners/easy ride along the path of the Little Para Trail.  
5-10 km **MTB 1-2A** Julian 0434 262 842

## Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information, Bike Melrose facebook page. Richard 0417 341 462

## 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 is to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

## MON 24 FEB

### Northside Cycling Group

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

## TUE 25 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gilllett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 0419 842 007

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Glenelg Town Hall, Moseley Square, Glenelg. Ride to Semaphore then back along the coast. Coffee at Orange Spot. BYO lunch.  
40 km **2B** Ann 0438 558 941

### Border BUG

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

### Night Espresso

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

## WED 26 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 face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 8276 9469 for more details.  
50 km **3B** or **3C** Max 0405 191 955

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

## THU 27 FEB

### Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride of 40-50km. Mostly quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

### 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 28 FEB

### GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. The ride will commence at 7:30 am if the BOM forecast for Victor Harbor is 32°C or greater.  
50 km **3B** Gavin 0468 909 397

## SAT 29 FEB

### 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 face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### 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. 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). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987 www.adelaidecyclists.com For cycling routes in Gawler and surrounds, visit gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide 50-100 km Paul 0431 866 586

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a long-standing group road ride to Outer Harbour and return. Generally we have 70 to 100+ riders riding each Saturday in 6+ organised sub-groups. Riders meet for coffee and a chat afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

## Northern Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes please. Ready to roll at 9:00 am.  
30 km **2B** to **4B** Mark 0491 034 167

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

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

## Saturday Sojourn

1:00 PM, Pt. Adelaide – Lighthouse, McLaren Parade, Pt. Adelaide. Ride around the LeFevre Peninsula, checking out the big ships and the pleasure craft. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Steve 0405 479 344

## COMING EVENTS

### MARCH

## Coast to Coast

**Sunday 15 March 2020**  
**Glenelg to Victor Harbor**  
**Start/time/distance options:**  
**Glenelg – 120km – 7.30am start**  
**Stirling – 95 km – 8.00am start**  
**Meadows – 65km – 8.00am start**  
**Mini Coast to Coast – 10km/20km 10.00am start**  
One of the biggest and most beautiful rides you'll get your wheels into...  
**Bicycle SA office +61 8168 9999**  
**office@bikesa.asn.au**  
**www.bikesa.asn.au/coast2coast**  
**www.bikesa.asn.au**

## Grand/Mini Slam

**Recreational Bike Series of 5 rides**  
**Sunday 29 March 2020**  
**8:00 AM Willunga Recreational Park, Main Rd, Willunga**  
The second event in the Grand/Mini Slam series of on road personal challenge Recreational rides for 2020. Choose between 50 km or 100 km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.  
**On road support**  
**Enter online or further details and/or entry forms available from:**  
**Bicycle SA office 8168 9999**  
**www.bikesa.asn.au**  
**rides@bikesa.asn.au**