

Bicycle SA

RidesPROGRAMME

JUNE-AUGUST 2019
ISSUE 70

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!



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

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
Peter 0418 820 921

Gawler Wheelers
Paul 0431 866 586

Getonyabike
Michele 0438 010 220

Hills Ride
Rob 0428 990 059

Kangaroo Island BUG
Manfred 8553 0383

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

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

Salisbury Off Road Riders
Mark 0490 340 167

Saturday Express
Patsy 8379 6477

Saturday Sojourn
Chris 0414 802 919

Tuesday Traverse
Rick 0417 816 372

Tuesday Treadlers
Tony 8388 4730

Wednesday Wheelers
Steve 0401 603 596

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 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

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

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

53 Carrington St

Adelaide 5000

Office open 9am-5pm

Monday-Sunday

Emergency Phone

0409 950 884

SAT 1 JUN

ADVERTISEMENT

Audax

Copper Coast Wanderer

Saturday 1 June 2019

7:00 AM

Start – Kingston Park

100km/200km/ 304km/406km/600km

Unsupported

All rides commence together from Willaston to Templers and Owen, with all returning via Pinery and Mallala back to Willaston. Longer distances explore the Welsh mining towns of the Copper Coast including Maitland, Wallaroo and Bute.

Entry fee applies

Ben Del Fabbro 0414 835 668

benlifab@gmail.com

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpeddlers or www.peddlewheelers.weebly.com 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 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, 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). Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred. 20 km **MTB 1-3B** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, 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. Café stop for afternoon tea. 40 km **3B** Don 0428 566 745

Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Meander through the south western suburbs to Brighton and return. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 2 JUN

Grand/Mini Slam

Recreational Bike Series of 5 rides Sunday 2 June 2019

8.00am

Yankaililla Football Club, Memorial Park, off South Rd, Yankaililla

The third event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2019. Choose between 60km or 120km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Enter online or further details and/or

entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C 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 0407 182 376 Andrew 0419 817 749 or Doug 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Mt Barker. Car park opposite high school on Flaxley Road. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 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

4:00 PM, Paradise Square, Melrose. Mountain bike ride. Richard 0417 341 462

MON 3 JUN

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 JUN

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, Blackwood Railway Station, Blackwood. Weather permitting. A hills ride. BYO lunch. 40 km **2C** Sue 0402 880 655

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 JUN

Mannum Peddle Wheelers

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

www.facebook.com/groups/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)

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

Options from **1B** to **4B**.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

9:00 AM, Beefacres car park, Pittwater Drive, Windsor Gardens. Ride along Linear Path to Athelstone then on to Mercato for coffee, before returning to the start point. Suit any type of bike.

34 km **1B** to **3B** 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 Steve or Malcolm for more details.
50 km **3B** or **3C** Steve or Malcolm
0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or
www.peninsulapedallers.com.au.
Clayton 0447 821 175

THU 6 JUN

30/30 Beach Streak

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

FRI 7 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 8 JUN

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page.
20-55 km Kristen 0419 093 649

Gawler Wheelers

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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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedlewheelers or www.peddlewheelers.weebly.com
35 km **2B-3B** Terry or Wally
0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
53 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, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Jim 0448 412 992

Salisbury Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. (Meet at bottom car park). promptly at. Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt.
30 km **2B-3B** Mark 0490 340 167

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

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, 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. Ride a loop around the city, through the parklands and inner suburbs. An easy paced, sociable ride. BYO or buy refreshments.
25 km **2A** David 0400 612 004

SUN 9 JUN

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Border BUG

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

Hills Ride

9:00 AM, Echunga. Main street to the adjacent church. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Paul 0403 779 411

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride.
Richard 0417 341 462

MON 10 JUN

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

Saturday Express

10:00 AM, Crafers Hotel, Crafers. A mountain bike ride around off road tracks between Crafers and Mylor which will take 3 hours. All levels of riding as there are smooth and single tracks. Lunch at Mylor or BYO and coffee after the ride. Please contact Patsy for further information.
Patsy 0439 332 533

TUE 11 JUN

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, 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. Weather permitting. Mystery ride. BYO lunch.
40 km **2B** Graham & Judy
0448 833 947 or 0401 000 641

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 JUN

Mannum Peddle Wheelers

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

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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 Steve or Malcolm for more details.
50 km **3B** or **3C** Steve or Malcolm
0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2-3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or
www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 13 JUN

30/30 Beach Streak

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

FRI 14 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 15 JUN

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page.
20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers or
www.peddlewheelers.weebly.com
35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
53 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along bitumen paths and trails around Salisbury and surrounding areas. Coffee en route. Suit any type of bike.
30 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, Velo Café, Victoria Park, 140 Fullarton Rd, Rose Park. Café stop for afternoon tea.
40 km **3B** Steve 0417 806 702

Saturday Sojourn

1:00 PM, Victoria Square, 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 16 JUN

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Harrogate. Mail Road tennis courts. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Neil 0429 201 144

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

4:00 PM, Paradise Square, Melrose. Mountain bike ride.
Richard 0417 341 462

Peninsula Pedallers

Pt Lincoln National Park, Pt Lincoln. Ride the trails in Lincoln National Park. Please contact ride leader for start time. A mountain bike ride.
Jim 0448 412 992

MON 17 JUN

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 JUN

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, Torrens Weir, War Memorial Drive, North Adelaide. Weather permitting. A lovely trip to the beach, not sure which. BYO lunch.
40 km **2B** Jane 0402 102 608

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 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred.
20-30 km **1A** to **3A** 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 Steve or Malcolm for more details.
50 km **3B** or **3C** Steve or Malcolm
0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or
www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 20 JUN

30/30 Beach Streak

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

FRI 21 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 22 JUN

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

ADVERTISEMENT

Audax

Midwinter Classic
Saturday 22 June 2019
7:30 AM

Start - Hutt St, Adelaide
200km
Unsupported

What better way to spend the Saturday closest to the year's shortest day than a ride through the Adelaide Hills to keep warm.

Entry fee applies

Matthew Walden 0421 1984 080
matthewjameswalden@gmail.com

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlers
or www.peddlewheelers.weebly.com
35 km **2B-3B** Terry or Wally
0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
53 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

Salisbury Off Road Riders

8:50 AM, Jenkins Reserve (car park) Saints Road, Salisbury Park. (Meet at bottom car park), promptly at. Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt.
30 km **2B-3B** Mark 0490 340 167

Bicycle Maintenance Course

Intermediate Bike Maintenance Session #2

Drive Train and Bearing Systems
9:00 AM - 1:00pm PM
Saturday 22 June 2019
Bicycle SA Office
53 Carrington St, Adelaide

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

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

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

Fee applies
Early bookings essential
(maximum 10 registrants per course)
Bicycle office 8168 9999
office@bikesa.asn.au
www.bikesa.asn.au

Para Cogs'n' Coffee 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local rails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred
25-30 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, Brighton Railway Station, Brighton. Café stop for afternoon tea.
40 km **3B** Jeff 0407 191 958

SUN 23 JUN

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, St Kilda. Adventure park car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Steve 0401 603 596

Peninsula Pedallers

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

Dirty Days

Mountain Bike Series - Event 1
9:30 AM Sunday 23 June 2019
Location to be confirmed

Fun in the forest for family and friends, supported rides for beginners to experienced mountain bikers. Build mountain bike confidence, discover new trails, or simply build your bike fitness over a series four events.

- On-site mechanic
- Sausage sizzle

Entry fee applies
Enter online or for further information:
Bicycle SA office 8168 9999
www.bikesa.asn.au
geoffrey@bikesa.asn.au

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride.
Richard 0417 341 462

MON 24 JUN

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 JUN

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, War Memorial Drive, North Adelaide. Weather permitting. Tour the South Western suburbs. Lunch at Tonsley. BYO lunch.
40 km **2B** Trevor 0434 961 488

Night Espresso

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

WED 26 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** 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 Steve or Malcolm for more details.
50 km **3B** or **3C** Steve or Malcolm
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Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or
www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 27 JUN

30/30 Beach Streak

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

FRI 28 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 29 JUN

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page.
20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. Join us for a chat. All welcome. For ride options and the latest news visit
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www.adelaidecyclists.com
For cycling routes in Gawler and surrounds, visit
gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide
50 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com
35 km **2B-3B** Terry or Wally
0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
53 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

Salisbury Off Road Riders

8:00 AM, Little Para Golf course, 62 Martins Rd, Paralowie. (Meet at bottom car park). Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please.
50 km **2B-3B** Mark 0490 340 167

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, Glenelg Town Hall, Mosely Square, Glenelg. 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 30 JUN

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Oaklands Park. Oakland Estate car park off Oaklands Road. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Judith 8298 3131

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride.
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 to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

MON 1 JUL

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 2 JUL

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, Torrens Weir, War Memorial Drive, North Adelaide. Weather permitting. Ride to Panorama via South Western suburbs then onto Glenelg and back to the city for coffee at Troppo's in Whitmore Square. BYO lunch.
40 km **2B** Peter 0418 844 963

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 3 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

9:30 AM, Mounmt Torrens Oval, Oval Rd, Mount Torrens. Ride along Amy Gillett Bikeway to Oakbank and return. Coffee en route. Suitable for all types of bikes.
34 km **1A** to **3B** Elaine 0422 393 997

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 Steve or Malcolm for more details.
50 km **3B** or **3C** Steve or Malcolm
0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 4 JUL

30/30 Beach Streak

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

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

FRI 5 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 6 JUL

ADVERTISEMENT

Audax

Barossa and Hills Ramble
Saturday 6 July 2019

7:00 AM
Start - Modbury
110km/152km
Unsupported

Climb the Adelaide Hills via Houghton, Inglewood, Kersbrook and Williamstown to the picturesque Barossa Valley towns of Lyndoch, Tanunda and Angaston before returning via Sedan, Palmer, Birdwood, Gumeracha, and Tea Tree Gully.

Entry fee applies
James Litt 0428 066 480
jamlitt@bigpond.net.au

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandmother's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, NE corner of Watershed car park, Salisbury Highway, Greenfields. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred. 20 km **MTB 1-3A** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

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

SUN 7 JUL

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Lyndoch. Barossa Valley Way. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Joe 0429 694 022

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride.
Richard 0417 341 462

MON 8 JUL

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 9 JUL

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, 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, Drage Reserve, Briar Road. Felixstowe. Weather permitting. Ride the North Western Suburbs. Some undulations. Hybrid or mountain bikes preferred. BYO lunch. 40 km **2B** Don 0428 566 745

Night Espresso

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

WED 10 JUL

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** 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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 11 JUL

30/30 Beach Streak

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

FRI 12 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 13 JUL

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 km **6A**

Mishmarsh 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

Salisbury Off Road Riders

8:50 AM, Jenkins Reserve (car park) Saints Road, Salisbury Park. Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt. 30 km **2B-3B** Mark 0490 340 167

Para Cogs'n' Coffee 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Ride mainly on trails but some footpaths to Montague Farm, Mawson Lakes and return. Coffee stop at Mawson Lakes. MTB/hybrid bikes preferred. 25-30 km **1A** to **3A** Des 0408 086 545

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. Café stop for afternoon tea. 40 km **3B** Darryl 0411 474 096

SUN 14 JUL

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, 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Balhannah. North end of oval. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride. Richard 0417 341 462

MON 15 JUL

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 16 JUL

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, 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, Brighton Railway Station (Beach Side). Weather permitting. Ride a mixture of beach and suburbs. BYO lunch. 40 km **2B** Jeff 04087 191 958

Night Espresso

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

WED 17 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 20-30 km **1A** to **3A** 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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.penninsulapedallers.com.au Clayton 0447 821 175

THU 18 JUL

30/30 Beach Streak

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

FRI 19 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 20 JUL

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers
 or www.peddlewheelers.weebly.com
 35 km **2B-3B** Terry or Wally
 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
 53 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Car park of BMX Club/Skate Park, cnr. Bridge Rd and South Tce, Pooraka. Easy ride along bitumen paths and trails from Pooraka to North Adelaide and return. Coffee en route. Suit any type of bike.
 30 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, Henley Square, Henley Beach. Café stop for afternoon tea.
 40 km **3B** Peter 0414 719 296

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

SUN 21 JUL

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Nairne. Millies bakery car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
 50 km **2C** Bruce 0417 895 249

Peninsula Pedallers

9:00 AM, Mountain bike ride in the Koppio/Stokes District. Mountain bikes please.
 Dave 0427 201 956

Peninsula Pedallers

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

Dirty Days

Mountain Bike Series - Event 2

9:30 AM Sunday 21 July 2019

Location to be confirmed

Fun in the forest for family and friends, supported rides for beginners to experienced mountain bikers.

Build mountain bike confidence, discover new trails, or simply build your bike fitness over a series four events.

- On-site mechanic

- Sausage sizzle

Entry fee applies

Enter online or for further information:

Bicycle SA office 8168 9999

www.bikesa.asn.au

geoffrey@bikesa.asn.au

Bike Melrose

4:00 PM, Paradise Square, Melrose.

Mountain bike ride.

Richard 0417 341 462

ADVERTISEMENT

MTB Orienteering

Sunday 21 July 2019

Kuipito Forest

Further details:

sa.orienteeing.asn.au

MON 22 JUL

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 23 JUL

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). Weather permitting. Ride to Henley Beach Square for lunch then back to Brighton for coffee. Weather depending as to coastal or inland route. BYO lunch.
 40 km **2B** Sue 0411 029 628

Bicycle Maintenance Course

Basic Bike Care

5:30 PM - 8:30 PM

Tuesday 23 July 2019

Bicycle SA Office

53 Carrington St, Adelaide

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

Night Espresso

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

WED 24 JUL

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpedalwheelers

mannumpeddlewheelers.weebly.com

30-80 km **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km -70 km to Victor Harbor area. Options from 1B to 4B.
 30 km **1B** 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 Steve or Malcolm for more details.
 50 km **3B** or **3C** Steve or Malcolm
 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or
www.peninsulapedallers.com.au
 Clayton 0447 821 175

THU 25 JUL

30/30 Beach Streak

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

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

FRI 26 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 27 JUL

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 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

Salisbury Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. (Meet at bottom car park), promptly at. Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt. 30 km **2B-3B** Mark 0490 340 167

Para Cogs'n' Coffee 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local rails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred 25-30 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, Film Studios (by clock tower), 226 Fullarton Rd, Glenside. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

SUN 28 JUL

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Oaklands Park. Oakland Estate car park off Oaklands Road. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Paul 0403 779 411

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, Shelter Area, Carisbrooke Park, Main North Rd, Salisbury Park. Beginners/easy ride along the path of the Little Para Trail. 5-10 km **MTB 1-2A** Jim 0401 984 767

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride. 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 to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

MON 29 JUL

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 30 JUL

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, Willunga Rose Gardens. Willunga. Weather Permitting. Ride up Willunga Hill along Range Road and down Wickham Hill to McLaren Flat for lunch. Back to Willunga for coffee. BYO lunch. 40 km **2C** Ann 0438 558 941

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 31 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

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. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.penisulapedallers.com.au Clayton 0447 821 175

THU 1 AUG

30/30 Beach Streak

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

FRI 2 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 3 AUG

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com 35 km 2B -3B Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cynget Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 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, Arterey 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. Mountain/hybrid bikes preferred. 20 km **MTB 1-3A** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, 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, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Bob 0409 091 183

Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Loop 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 802 919

ADVERTISEMENT

Audax

Burra Explorer
Saturday 3 August 2019
7:00 AM

Start - Gawler/Willaston
50km/109km/151km/200km/310km
Unsupported

Join us on this challenging ride Bathroom, kitchen, limited beds. Please contact me by Thursday before the ride for start time and place. Interstate and international riders come to do this one. **Entry fee applies**
Matthew Rawnsley 0427 379 640
longdistance1200@hotmail.com

SUN 4 AUG

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Advanced Bike Maintenance Course

9:00AM - 4:00PM

Sunday 4, 11, 18 August 2019

Bicycle SA office

53 Carrington St, Adelaide

The final 2019 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 \$40.00 provided to all participants.

Bicycle SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Border BUG

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

Hills Ride

9:00 AM, Houghton. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Steve 0401 603 596

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride. Richard 0417 341 462

MON 5 AUG

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 6 AUG

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, Arterey 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). Weather permitting. Ride up Hallett Cove bikeway and meander back. BYO lunch. 40 km **2C** Denise 0409 097 408

Night Espresso

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

Night Espresso

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

WED 7 AUG

Mannum Peddle Wheelers

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

www.facebook.com/groups/mannumpedalwheelers 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)

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

Para Pedallers 'Cycle Salisbury'

9:30 AM, Car park behind BOSA Soccer Club, Devenport Tce, Prospect. Ride to Port Adelaide via Bowden and outer Harbour Greenway and return. Coffee in Port Adelaide. Suitable for all types of bikes. 30 km **2A** to **3A** Elaine 0422 393 997

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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 8 AUG

30/30 Beach Streak

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

FRI 9 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 10 AUG

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedallwheeler or www.peddlewheelers.weebly.com 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 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, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

Salisbury Off Road Riders

8:50 AM, Railway Station (car park) under Elder Smith Road, Salisbury Park. Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt. 30 km **2B-3B** Mark 0490 340 167

Para Cogs'n' Coffee 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Ride mainly on trails but some footpaths to Montague Farm, Mawson Lakes and return. Coffee stop at Mawson Lakes. MTB/hybrid bikes preferred. 25-30 km **1A** 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

12:00 Noon, Balhannah Oval, Balhannah. Please note early start (12:00 Noon) Ride the Amy Gillett Bikeway with coffee afterwards. 40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Take a tour through the eastern and south eastern suburbs. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 11 AUG

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Beaumont. Beaumont common S/E corner car park MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Neil 0429 201 144

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride. Richard 0417 341 462

MON 12 AUG

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 13 AUG

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, 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, War Memorial Drive, North Adelaide. Weather permitting. Ride to North East suburbs along the river to Athelstone. Lunch at Thorndon Park Reservoir. Some hills. Coffee at Stephens Terrace Bakery. BYO lunch. 40 km **2B** Ian 0401 770 003

Night Espresso

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

WED 14 AUG

Mannum Peddle Wheelers

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** 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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 15 AUG

30/30 Beach Streak

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

FRI 16 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 17 AUG

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com
35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
53 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

Bicycle Maintenance Course

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

9:00 AM – 1:00pm PM

Saturday 17 August 2019

Bicycle SA Office

53 Carrington St, Adelaide

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

Please book into both parts of the course on the dates suitable for you.

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, Southern end of Stuart O'Grady Bikeway, Calvengrove Rd, Waterloo Corner. Easy ride along Stuart O'Grady Bikeway and bitumen paths to Blakeview for coffee 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, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea. 40 km **3B** Don 0428 566 745

SUN 18 AUG

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, McLaren Vale. Field Street car park behind Coles. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Judith 8298 3131

Peninsula Pedallers

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

Dirty Days

Mountain Bike Series – Event 3

9:30 AM Sunday 18 August 2019

Location to be confirmed

Fun in the forest for family and friends, supported rides for beginners to experienced mountain bikers.

Build mountain bike confidence, discover new trails, or simply build your bike fitness over a series four events.

- On-site mechanic

- Sausage sizzle

Entry fee applies

Enter online or for further information:

Bicycle SA office 8168 9999

www.bikesa.asn.au

geoffrey@bikesa.asn.341 462

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride. Richard 0417

MON 19 AUG

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 20 AUG

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, Alberton Railway Station, Alberton. Weather permitting. Mystery ride. BYO lunch. 40 km **2B** Magda 0417 802 723

Night Espresso

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

WED 21 AUG

Mannum Peddle Wheelers

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 20-30 km **1A** to **3A** 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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 22 AUG

30/30 Beach Streak

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

FRI 23 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 24 AUG

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information: Bike Melrose facebook page. 20-55 km Kristen 0419 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. Join us for a chat. All welcome. For ride options and the latest news visit

www.facebook.com/groups/210163156066987

www.adelaidcyclists.com

For cycling routes in Gawler and surrounds, visit

gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide
50 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook. www.facebook.com/groups/mannumpedalwheelers or www.peddlewheelers.weebly.com 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride! 53 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

Salisbury Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. (Meet at bottom car park). promptly at. Mainly off road ride along tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt. 30 km **2B-3B** Mark 0490 340 167

Para Cogs'n' Coffee 'Cycle Salisbury'

9:00 AM, Waterwheel Museum, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local rails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred 25-30 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, Adam St, West Hindmarsh. Cafe stop for afternoon tea. 40 km **3B** Stuart 0467 299 259

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

SUN 25 AUG

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, 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Lobethal. Bakery car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Joe 0429 694 022

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, Little Para Trail next to Hauser Reserve, Paralowie. Beginners/easy ride along the Bitumised path of the Little Para Trail.

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. Mountain bike ride. 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 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

ADVERTISEMENT

MTB Orienteering

25 August 2019
Belair National Park
Further details:
sa.orienteering.asn.au

MON 26 AUG

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 27 AUG

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, Woodside Oval Onkaparinga Valley Rd, Woodside. Weather permitting. Ride the Amy Gillett Bikeway & associated roads (including good dirt roads). BYO lunch. 40 km **2B** Mary and Denis 0408 826 282

Night Espresso

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

WED 28 AUG

Mannum Peddle Wheelers

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** 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 Steve or Malcolm for more details. 50 km **3B** or **3C** Steve or Malcolm 0401 603 596 or 8276 9469

Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. Join us for a 2 - 3 hour mountain bike ride. Good lights (and MTB bike) necessary. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 29 AUG

30/30 Beach Streak

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

FRI 30 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with r to confirm. 50 km **3B** Peter 0418 820 921

SAT 31 AUG

ADVERTISEMENT

Audax

Hilly Hills Challenge
Saturday 31 August 2019
7:00 AM
Start - McDonalds Kings Park,
cnr. Goodwood Rd, Cross Rd
201km/303km
Unsupported

With 200km and 300km options, this is a serious ride, good for your enjoyment or fitness training.

Entry fee applies
Glen Thompson 08 8271 3500
gthompson5@adam.com.au
Register: online registration
via Audax Portal

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, southern car park (next to Gawler Council Administrative Building). Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. For some longer rides this can be brought forward half an hour. 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 after the ride. 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 to 100 km Paul 0431 866 586

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlers
 or www.peddlewheelers.weebly.com
 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. We ride to Outer Harbour and return (53km return) with generally between 70 to 100+ people. Our ride has seven plus sub-groups to allow for differing rider speeds, with safe riding and courtesy to other road users being key behaviours expected of participants. Most riders enjoy a chat and coffee at the Watermark Hotel after the ride. One of these groups is an all-female group who ride at an average of 27kph and is for women who already ride but are looking for a structured group ride. If you're interested in riding safely in an organised group ride then come along on any Saturday, introduce yourself to any rider (you'll easily recognise our group as almost all riders will be wearing yellow Cobwebs jerseys). They will in turn introduce you to one of the ride leaders who'll then introduce you to the appropriate sub-group leader for your first ride. All are welcome, so get involved and come for a ride!
 53 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, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
 40 km **4B** Jim 0448 412 992

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, Film Studios (by clock tower), 226 Fullarton Rd, Glenside. Café stop for afternoon tea.
 40 km **3B** Rosalind 0448 741 556

Saturday Sojourn

1:00 PM, Marshmallow Park, Glen Osmond Rd, South Parklands, Adelaide. Spend some time exploring some of the suburbs adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments.
 25 km **2A** Helen 0428 511 724

COMING EVENTS

September

Bicycle Maintenance Course

Intermediate Bike Maintenance – Session #2
Drive Train and Bearing Systems
9:00 AM-1:00pm PM
Saturday 14 September 2019
Bicycle SA Office

53 Carrington St, Adelaide

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

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

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

Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Bicycle Maintenance Course

Basic Bike Care
5:30 PM-8:30 PM
Tuesday 17 September 2019

Bicycle SA Office
53 Carrington St, Adelaide

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

September

2019 Annual Tour

Lower Eyre Peninsula
21-29 September 2019

The 2019 Annual Tour ventures west to South Australia's Eyre Peninsula region of diverse landscapes, wild coastlines, unique flora and fauna, great hospitality and arguably some of Australia's best seafood.

With a maximum of 200 riders you can spend each day with a small group of like-minded cyclists and relax each evening in the company of new friends.

If you have tried the big rides, come and discover that 'Small is Beautiful'.

Entry fee applies

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

Bicycle SA office 8168 9999

www.bikesa.asn.au/annualtour office@bikesa.asn.au

