

Bicycle SA

RidesPROGRAMME

JUNE-AUGUST 2021
ISSUE 78

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!

www.bikesa.asn.au



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
Kristen 0409 093 649

Border BUG
Marcus 0407 978 763

Broken Gadgets
Stu stu.clement@yahoo.com

Cobwebs
cobwebsadelaide@yahoo.com.au

Cogs & Coffee
Jane 0402 102 608

'Cycle Salisbury'
Elaine 0422 393 997

GAD-BUG (Goolwa and District Bicycle User Group)
Gavin 0468 909 397

Gawler Wheelers
Ian 0448 111 384

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 Cycling
Michele 0438 010 220

Night Espresso
Rob 8299 0230

Northern Off Road Riders
Mark 0490 340 167

Northside Cycling Group
Gary 8255 1979

Peninsula Pedallers
Raelene 8682 3196

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

Ride with Keith
Andy 8232 7277

Riverland Riders
Ruth 0427 752 815

Saturday Express
Patsy 8379 6477

Saturday Sojourn
Chris 0414 802 919

Tuesday Traverse
Graham 0448 833 947
Judy 0401 000 641

Tuesday Treadlers
Tony 8388 4730

Unley BUG
David 0411 268 582

Wednesday Wheelers
Max 0405 191 995

Advertisements

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

BECOME A BICYCLE SA MEMBER

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

10 great reasons to join

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

Become a Bicycle SA Member

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

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

Contact us to join now.

* Conditions apply. Visit www.bikesa.asn.au for full details.

BICYCLE SA – COVID-19 NOTICE

Our *Rides Programme* is a state-wide free ride programme delivered by our Ride Leaders. We have advised Ride groups that, at their discretion, they may cancel their rides while COVID-19 restrictions apply. We all have a responsibility for each other's health and safety by continuing to practice and encourage recommended hygiene protocols and social distancing.

Please note: Although this information is correct at the time of publishing, it may change at any time. The latest developments are available at the following websites:

www.health.gov.au www.sahealth.sa.gov.au/COVID2019
or call the Coronavirus Health Information Line on 1800 020 0080.

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

11a Croydon Road
Keswick SA 5035

Office open 9am-5pm
Monday-Friday

Emergency Phone
0409 950 884

TUE 1 JUN

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David: david.sutton@live.com.au). Further details see unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Artheyrea 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Belair Railway Station, Belair. Hills ride. No road bikes. BYO lunch. 40 km **2B** 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 2 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 3 JUN

30/30 Beach Streak

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

FRI 4 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 5 JUN

ADVERTISEMENT

Audax

Breakneck Run

Saturday 5 June 2021

7:00 AM

Start – Willaston

211km

Unsupported

Starting in Gawler, ride through Wasleys, Tarlee and Kapunda as a warm up before heading into Angaston to tackle Break Neck Hill, drop down Sedan hill and back up Angus Valley road making 2000vm before heading back to Gawler.

Entry fee applies

Scott McCann 0487 864 693

mccann1012004@yahoo.com.au

Mannum Peddle Wheelers

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

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km lan 0448 111 384

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Cycle Unley Heritage Tour

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

Para District Pedallers – ‘Cycle Salisbury’

9:00 AM, North East corner of Watershed car park, Salisbury Highway, Greenfields. Easy ride along the Wetland trails. Tapa Martinthi Yala Shared Bike Path and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred. 20-25 km **1A-3A** MTB 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane – 0402 102 608 Richard – 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Japanese Gardens, Himeji Garden, 18 South Tc & Glen Osmond Rd, Adelaide. Café stop for afternoon tea. 40 km **3B** Krishna 0423 671 814 Saturday Sojourn 1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 6 JUN

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Belair National Park, 1st car park in from entrance. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Cath 0413 332 866

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. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

ADVERTISEMENT

MTB Orienteering

Sunday 6 June 2021

Cobblers Creek

Further details: www.sa.orienteeing.asn.au

MON 7 JUN

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 8 JUN

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see unleybug1.wixsite.com/bug 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Noarlunga Railway Station, Noarlunga. Ride around McLaren Vale, Moana area. Coffee at Beck's Bakery, Port Noarlunga. BYO lunch. 40 km **2B** Peter 0418 844 963

Night Espresso

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

WED 9 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 10 JUN

30/30 Beach Streak

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

FRI 11 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 12 JUN

Mannum Peddle Wheelers

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

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Brick Works Markets, cnr. South Rd and Ashwin Pde. Meet in car park by the car wash. Single track ride up and down the Torrens Linear Park. Coffee/refreshments on the coast. Mountain bikes only. Be ready to roll at 9:00am. 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

Para Cruisers – 'Cycle Salisbury'

9:30 AM, Bethany Reserve Bethany Rd, Bethany, (toilets available) Ride tour of the Barossa, including Angaston, Penrice, Nuriootpa and Tanunda. Includes coffee at Barossa Co-op Tanunda and visit Barossa Chocolate Factory. All types of bikes suitable. 35 km **2B** Des 0408 086 545

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe 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, Wigley Reserve, Adelphi Tce, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 13 JUN

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Mount Compass. Wetlands car park. Nangkita Rd, Mt Compass. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649 Mon 14 Jun

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 15 JUN

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Mawson Lakes then return via Northern Connector Trail. 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 16 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 17 JUN

30/30 Beach Streak

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

FRI 18 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 19 JUN

Mannum Peddle Wheelers

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

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km
lan 0448 111 384

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel.
cobwebsadelaide@yahoo.com.au
54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride.
40-60 km **3B** 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 Salisburys’

9:00 AM, (Hausler Reserve) Kings Rd, Paralowie, (adjacent Little Para Trail). All bitumen ride along paths and quiet back streets to Virginia Nursery for coffee. Return via Penfield and SOB/Tapa. Suit any type of bike.
35 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe 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, Conygham St, Glenside (near Dog Park). Come and enjoy the 31st birthday party of the Saturday Express. Ride to a hotel for coffee.
40 km **3B** Patsy 0439 332 533

Saturday Sojourn

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

Broken Gadgets

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

SUN 20 JUN

ADVERTISEMENT

Audax

Midwinter Classic
Sunday 20 June 2021
7:00 AM
Start – Walkerville
200km
Unsupported

A 200km ride on one of the shortest days of the year. Lunch in Angaston would be a great choice.

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

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749
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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Judith 8298 3131

Peninsula Pedallers

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

Semaphore Sojourn-Cycle Salisbury'

9:00 AM, Car park, cnr. Davis St and Waterloo Cnr Rd, Salisbury. Easy paced ride along Little Para Trail, Tapa martinhi Yala Shared Bike Path, Port River Bikeway and some roads to Pt Adelaide or Semaphore for coffee/refreshments before returning to start via same route. Suitable for all types of bikes.
40 km **2A-4A** Nigel 0431 838 735

Kangaroo Island BUG

10:00 AM, Lions Park, Parndana Circuit from Lions Park. 17 km sealed road, remainder unsealed. Lunch at Parndana pub afterwards.
40 km **2B** Manfred 8553 0383

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page.
Kristen 0409 093 649

MON 21 JUN

Northside Cycling Group

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

TUE 22 JUN

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see –
unleybug1.wixsite.com/bug.
15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Ride, North Adelaide. Ride South East Suburbs. Tonsley for lunch then city for coffee. BYO lunch.
40 km **2B** Trevor 0434 961 488

Bicycle Maintenance Course

Basic Bike Care

5:30 PM-8:00 PM

Tuesday 22 June 2021

Bicycle SA Office, 11a Croydon Rd, Keswick

This basic 2 and 1/2 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 6 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 23 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or
www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 24 JUN

30/30 Beach Streak

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

FRI 25 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 26 JUN

Mannum Peddle Wheelers

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

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km
Ian 0448 111 384

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride.
40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only. Be ready to roll at 9:00am.
30-40 km **2B-3B** Mark 0490 340 167

Para Cruizers – 'Cycle Salisbury'

9:00 AM, Water Wheel car park, 81 Commercial Rd Salisbury. (toilets available) Ride to Tapa, then Barker Inlet with coffee at Watershed and return via Mawson Lakes to start. Suit any type of bike.
30 km **2B** Brian 0408 818 993

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

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

SUN 27 JUN

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749
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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Woodside. Swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Neil 0429 201 144

Peninsula Pedallers

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

Salisbury Explorers – 'Cycle Salisbury'

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page.
Kristen 0409 093 649

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 28 JUN

Northside Cycling Group

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

TUE 29 JUN

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug.
15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Seaford Railway Station, Seaford. Ride to Willunga from Seaford. (Maybe up Willunga Hill). Lunch at Bassett Street Reserve, Willunga. Back to Seaford for coffee. BYO lunch.
40 km **2B** Liz & Bob 0439 949 006 or 0409 091 183

Night Espresso

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

WED 30 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 1 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 2 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 3 JUL

Mannum Peddle Wheelers

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

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Cycle Unley Heritage Tour

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

Para District Pedallers – ‘Cycle Salisbury’

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred. 20-25 km **1A-3A**MTB 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane – 0402 102 608 Richard – 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

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

Saturday Sojourn

1:00 PM, Pt Adelaide – Lighthouse, McLaren Parade, Pt Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 4 JUL

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel. 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Littlehampton. Anembo Park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

ADVERTISEMENT

MTB Orienteering

Sunday 4 July 2021

SA Championships

Further details:

www.sa.orienteering.asn.au

MON 5 JUL

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 6 JUL

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Woodside Pool car park. Woodside. Ride on and off the Amy Gillett Bikeway up to Mt. Torrens for lunch. Some hills. Coffee back at Woodside bakery. BYO lunch. 40 km **2B** Mary 0408 826 282

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 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – ‘Cycle Salisbury’

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 8 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 9 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 10 JUL

ADVERTISEMENT

Audax

Barossa & Hills Ramble
Saturday 10 July 2021
7:00 AM
Start - Modbury
150km/152km/209km
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

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km
Ian 0448 111 384

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel.
cobwebsadelaide@yahoo.com.au
54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride.
40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only. Be ready to roll at 9:00am.
30-40 km **2B-3B** Mark 0490 340 167

Para Cruisers – 'Cycle Salisbury'

9:00 AM, South Tce Pooraka. Levels Bike path. Follow Levels Bike Path to Walkerville then Torrens Trail to Adelaide Oval. Return via Gawler Greenway to Mawson Lakes then follow Dry Creek back to Pooraka. Coffee to be decided. All types of bikes suitable.
35 km **2B** 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 woman 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe 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

SUN 11 JUL

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749
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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Strathalbyn. Adjacent to railway station. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Joe 0429 694 022

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. A mountain bike ride. Further information – Bike Melrose Facebook page.
Kristen 0409 093 649

MON 12 JUL

Northside Cycling Group

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

TUE 13 JUL

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see –
unleybug1.wixsite.com/bug.
15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Brighton Railway Station (Beach side). Ride to Hallett Cove then towards Reynella. Down along Patrick Jonker Bikeway to end then back up Sea to Vines Trail to Reynella for lunch. Back to Minda for coffee via Darlington. BYO lunch.
50 km **2C** Mary 0413 889 005

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 14 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
50-80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 15 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 16 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 17 JUL

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

All Women's Bike Rides

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

Para District Pedallers – 'Cycle Salisbury'

9:30 AM, Start of Barossa Bikeway, Calton Rd, Kalbeeba. Ride to Lyndoch then on to Jacobs Creek for refreshments. Return via same route, stopping at Lyndoch for optional lunch/refreshments. Suit any type of bike. Some short steep inclines. 38 km **2A-3B** Elaine 0422 393 997

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe 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, Victoria Square, adj Wakefield St, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 18 JUL

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel. 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Paul 0403 779 411

Peninsula Pedallers

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

Semaphore Sojourn – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (Western side of rail). Easy paced ride along Outer Harbour Greenway, bike paths and some roads to Pt Adelaide or Semaphore for coffee/refreshments before returning to start via same route. Suitable for all types of bikes. 20-25 km **2A-4A** Nigel 0431 838 735

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

MON 19 JUL

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 20 JUL

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, Adelaide. Magical mystery tour – roll up. Some climbs. BYO lunch. 40 km **2C** Jane 0402 102 608

Bicycle Maintenance Course

Basic Bike Care

5:30 PM-8:00 PM Tuesday 20 July 2021
Bicycle SA Office, 11a Croydon Rd, Keswick

This basic 2 and 1/2 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 6 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 21 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 22 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 23 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 24 JUL

ADVERTISEMENT

Audax

A Clean or Dirty Weekend – Dirty

Saturday

Saturday 24 July 2021

7:00 AM

Start – Kapunda

59km/119km/121km/151km/201km

Unsupported

Meet the 'other mob' at the start of your ride, and then venture forth on quiet, scenic rides north of the 'madding crowd.'

Ride HQ is the Sir John Franklin Hotel on the main street. (mixed terrain)

Entry fee applies

John Mills 0448 248 974

millsyok@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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only. Be ready to roll at 9:00am. 30-40 km **2B-3B** Mark 0490 340 167

Para Cruizers – 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (Park Terrace side of railway line) Ride to Port Adelaide then on to Outer Harbor via Greenway, then to Semaphore via coast with coffee at Port Adelaide and return to start. Suit any bike. 40 km **2A** Brian 0408 818 993

All Women's Bike Rides

9:30 AM, Cycle Ori' 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe 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** Patsy 0439 332 533

Saturday Sojourn

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

SUN 25 JUL

ADVERTISEMENT

Audax

A Clean or Dirty Weekend – Mixed

Sunday

Sunday 25 July 2021

7:00 AM

Start – Kapunda

59km/100km/101km/131km/201km

Unsupported

Meet the 'other mob' at the start of your ride, and then venture forth on quiet, scenic rides north of the 'madding crowd.'

Ride HQ is the Sir John Franklin Hotel on the main street. (mixed terrain)

Entry fee applies

John Mills 0448 248 974

millsyok@gmail.com

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Unley. Heywood Park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Steve 0401 603 596

Peninsula Pedallers

9:00 AM, 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 **1A-2A** MTB Jim 0401 984 767

Bike Melrose

4:00 PM, Parade Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

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 26 JUL

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 27 JUL

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Travese

10:00 AM, Brighton Railway Station (Beach side) "Weather permitting". Ride to Henley Square for lunch then back to Brighton for coffee. Ride direction (inland or coast) is wind dependent. BYO lunch. 40 km **2B** Sue 0411 029 628

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 28 JUL

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 29 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 30 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 31 JUL

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km
lan 0448 111 384

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride.
40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local traks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only. Be ready to roll at 9:00am.
50 km **2B-3B** Mark 0490 340 167

Cogs & Coffee

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

Saturday Express

1:00 PM, Japanese Gardens, Himeji Garden, 18 South Tc & Glen Osmond Rd, Adelaide (outside main entrance). Café stop for afternoon tea.
40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Marshmallow Pk, Adelaide Parklands Park 19 (Pityanilla), adj Glen Osmond Rd, Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 1 AUG

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749
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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Judith 8298 3131

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. A mountain bike ride. Further information – Bike Melrose Facebook page.
Kristen 0409 093 649

MON 2 AUG

Northside Cycling Group

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

TUE 3 AUG

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug.
15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Willunga Rose Gardens, Aldinga Rd, Willunga. "Weather permitting". Ride up Willunga Hill (no race) then along Range Road and down Wickham's Hill to McLaren Flat for lunch. Back to Willunga for coffee. BYO lunch.
40 km **2B** Ann 0438 558 941

Night Espresso

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

Night Espresso

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

WED 4 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/mannumpedlewheelers or mannumpedlewheelers.weebly.com
50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **1A-2B** Elaine 0422 393 997

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 5 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 6 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 7 AUG

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Cycle Unley Heritage Tour

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

Para District Pedallers – 'Cycle Salisbury'

9:00 AM, Baymore Reserve car park, East Rd, Modbury. Easy ride along paths along North Eastern paths. Coffee en route. Mountain/hybrid bikes preferred. 25-30 km **1B-2B MTB** 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane – 0402 102 608 Richard – 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, SA Film Corporation, 140 Fullarton Rd, Glenside (Clocktower). Café stop for afternoon tea. 40 km **3B** Rosalind 0448 741 556

Saturday Sojourn

1:00 PM, Pt Adelaide – Lighthouse, McLaren Parade, Pt Adelaide. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 8 AUG

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

MON 9 AUG

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 10 AUG

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Travser

10:00 AM, Torrens Weir, War Memorial Drive, Adelaide. River ride to Athelstone with lunch at Thorndon Park Reservoir. Some hills. Coffee at Stephens Place. 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 café. 40 km Rob 8299 0230

WED 11 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 mannumpeddlewheelers.weebly.com 50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.penisulapedallers.com.au Clayton 0447 821 175

THU 12 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 13 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 14 AUG

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km lan 0448 111 384

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only. Be ready to roll at 9:00am. 30-40 km **2B-3B** Mark 0490 340 167

Para Cruisers – 'Cycle Salisbury'

9:00 AM, Water Wheel car park 81 Commercial Rd Salisbury. (toilets available) Trails and Paths to Montague Farm, Pooraka, Mawson Lakes returning via Little Para Trail. Coffee at the Water Shed. MTB and hybrid bikes preferred. 30 km **2B** 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe 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, Pioneer Memorial, Moseley Square, Jetty Rd, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 15 AUG

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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

Semaphore Sojourn – 'Cycle Salisbury'

9:00 AM, Car park, cnr. Davis St and Waterloo Cnr Rd, Salisbury. Easy paced ride along Little Para Trail, Tapa Martinthi Yala Shared Bike Path, Port River Bikeway and some roads to Pt Adelaide or Semaphore for coffee/refreshments before returning to start via same route. Suitable for all types of bikes. 40 km **2A-4A** Nigel 0431 838 735

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

MON 16 AUG

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 17 AUG

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, Adelaide. Mystery ride. BYO lunch. 40 km **2B** Graham & Judy 0448 833 947 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 18 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/mannumpedlewheelers or mannumpedlewheelers.weebly.com 50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers – 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2B** Elaine 0422 393 997

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 19 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 20 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 21 AUG

ADVERTISEMENT

Audax

Burra Explorer
Saturday 21 August 2021

7:00 AM
Start – Gawler/Willaston
50km/109km/142km/205km/303km
Unsupported

Join us on this challenging ride. Bathroom, kitchen, limited beds. Contact me by Thursday before the ride for start time and place. Interstate and international riders come to do this one.

Entry fee applies
Scott McCann 0487 864 693
mccann1012004@yahoo.com.au

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7.30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook – Gawler Wheelers Cycling Group 50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride. 40-60 km **3B** 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, Charles Cane Reserve, Devonport Tce, Prospect. All bitumen ride along Linear Park to Westbeach, then south along Esplanade to Seacliff for coffee. Return via Westside Bikeway to start. Suit any type of bike. 48 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, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe 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

Broken Gadgets

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

SUN 22 AUG

Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 22 August 2021
8.00am Echunga Memorial Hall,
Echunga

The fourth event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2021. Choose between 75km or 150km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, slices and fruit for lunch.

On road support

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

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 4C to 5B, between 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 813 749
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** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Callington. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Joe 0429 694 022

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose Facebook page. Kristen 0409 093 649

MON 23 AUG

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

TUE 24 AUG

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au). Further details see – unleybug1.wixsite.com/bug. 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Brighton Railway Station (Beach side). Hilly. Loop around Hallett Cove, some Sea to Vines and Patrick Jonker Bikeway. BYO lunch. 40 km **2C** Denise 0409 097 408

Bicycle Maintenance Course

Basic Bike Care

5:30 PM – 8:00 PM Tuesday 24 August 2021

Bicycle SA Office, 11a Croydon Rd, Keswick

This basic 2 and 1/2 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 6 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 25 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 50-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 60 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

Peninsula Pedallers

5:30 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 26 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 27 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 28 AUG

ADVERTISEMENT

Audax

Hilly Hills Challenge
Saturday 28 August 2021
7:00 AM
Start - McDonalds, Kings Park (cnr. Goodwood Rd/Cross Rd)
201km/303km
Unsupported

Join us on this challenging ride. Bathroom, kitchen, limited beds. Contact me by Thursday before the ride for start time and place. Interstate and international riders come to do this one. **Entry fee applies**
Glen Thompson 08 8271 3500
glenthomps5@adam.com.au

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 0409 093 649

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only). Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit us on Facebook - Gawler Wheelers Cycling Group 50-100 km
 Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband 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/mannumpeddlewheelers or mannumpeddlewheelers.weebly.com
 35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbour and return. Generally 70 to 100 riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
 54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am in the rear car park of Birdwood Foodland. Different route every week. Riders look after each other so no-one gets left behind. A 40 km to 60 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Pomegranate Cottage. Please phone Michele to be added to the email list for weekly ride.
 40-60 km **3B** Michele 0438 010 220

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Rd. Mainly off road ride to Café Va Bene, via the Little Para, Dry Creek and the Torrens Linear Park. Mountain bikes only. Be ready to roll at 9:00am.
 45-55 km **2B-3B** Mark 0490 340 167

Para Cruizers - 'Cycle Salisbury'

9:00 AM, South Tce Pooraka. Levels Bike path. Ride to Walkerville, then to Oakden for coffee and return via Dry Creek Trail. Some small inclines. MTB/hybrid bikes recommended.
 25 km **2B** Brian 0408 818 993

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe 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, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea.
 40 km **3B** Patsy 0439 332 533

Saturday Sojourn

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

SUN 29 AUG

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 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 813 749
 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** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

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 Hausler Reserve, Paralowie. Beginners/easy ride along the path of the Little Para Trail.
 5-10 km **1A-2A MTB** Jim 0401 984 767

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose Facebook page.
 Kristen 0409 093 649

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 30 AUG

Northside Cycling Group

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

TUE 31 AUG

Cycle Unley: Unley Cycleways

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. This group is run in conjunction with the Unley Community Centre and the Daily Moves Programme. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David - david.sutton@live.com.au). Further details see - unleybug1.wixsite.com/bug.
 15 km **1A** David 0411 268 582

Getonyabike

9:30 AM, Tennis Courts, Neumann Rd, 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 catch up at the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or the whole 32 kms, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
 1-32 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 or Jim 0419 842 007 or 0448 412 992

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkparingra Valley Rd, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.
 50-55 km **4B-5B** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, Adelaide. Ride to Brighton then Sturt Creek to Flinders and Mitsubishi café. BYO lunch
 40 km **2B** Eric 0402 356 796

Night Espresso

7:00 PM, Hartley 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

ANNUAL TOUR

18 - 26 SEPTEMBER 2021

**ADELAIDE HILLS
 CLARE VALLEY
 BAROSSA VALLEY
 MCLAREN VALE**

Enter online or further details and/or entry forms available from:
BICYCLE SA OFFICE 8168 9999
WWW.BIKESA.ASN.AU
RIDES@BIKESA.ASN.AU

The 2021 Annual Tour is a gourmet food and wine adventure, exploring some of SA's iconic wine regions, including the Adelaide Hills, Barossa Valley and McLaren Vale. The itinerary, which, over the years has been one of our most popular sell-out experiences, commences and concludes in Adelaide.

Don't miss your chance to eat, drink, ride, make friends and smile though the best that SA has to offer.