

# RidesPROGRAMME

## Information

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

## On Road Ride Codes

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

## Mountain Bike Ride Codes

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

## What to Take on a Ride

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

## Hot Weather Policy

Cancel non-fee paying rides, as listed in the *Rides Programme*, if the official forecast temperature on the day is 35°C or greater. Early morning and evening rides shall occur at the ride leaders and/or coordinators discretion. The hot weather policy does not apply to fee-paying events, which are managed within their own risk management protocols.

## Ride Group Coordinators

**30/30 Beach Streak**  
Daniel 0433 391 674

**All Women's Bike Rides**  
Lanie 0406 452 117

**Better Harts**  
Sharon 8723 0805  
sharonholmes@ozemail.com.au

**Bike Melrose**  
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)**  
Geoff 0415 460 380

**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 0402 416 210

**Wednesday Wheelers**  
Max 0405 191 995

## Advertisements

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

## BECOME A BICYCLE SA MEMBER

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

### 10 great reasons to join

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

### Become a Bicycle SA Member

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

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

### Contact us to join now.

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

# 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](http://www.health.gov.au) [www.sahealth.sa.gov.au/COVID2019](http://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](http://www.bikesa.asn.au)

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

## BICYCLE SA

Phone + 61 8 8168 9999

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

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

11a Croydon Road  
Keswick SA 5035

Office open 9am-5pm  
Monday-Thursday

Emergency Phone  
0409 950 884

## WED 1 DEC

### Mannum Peddle Wheelers

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

[www.facebook.com/groups/mannumpeddlewheelers](http://www.facebook.com/groups/mannumpeddlewheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com)  
50-80 km **4B** Terry or Wally  
0427 319 004 or 0428 592 282

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am.  
30 km **1B** Geoff 0415 460 380

### Para Pedallers 'Cycle Salisbury'

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

MTB/hybrid bikes preferred.  
20-30 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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 2 DEC

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 3 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 4 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am 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

### 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. Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug)  
10 km **1A** Jennifer 0420 858 263

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please.  
15-20 km **1A-3B** MTB  
Bryce 0432 732 540

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Beefacres Hall car park, Pittwater Crescent, next to Torrens Linear Park. Ride along the Torrens Linear Park to the end of the trail at Athelstone and return. Some climbs. Suit any type of bike.  
20-25 km **2B-3B** Jim 0401 984 767

### All Women's Bike Rides

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

## Cogs & Coffee

10:00 AM, 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

## Kangaroo Island BUG

10:00 AM, Western KI Caravan Park  
Weekend trip away with rides on Saturday and Sunday. Approx. 40% unsealed roads. 20-40 km **1B** Martine 0477 018 417

## Saturday Sojourn

10:00 AM, Heywood Park, Addiscombe Place, Unley Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

## Saturday Express

1:00 PM, Japanese Gardens, Himeji Garden, 18 South Tce and Glen Osmond Rd, Adelaide. Café stop for afternoon tea. 40 km **3B** Krishna 0423 671 814

## 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](mailto:stu.clement@yahoo.com) for details.

## SUN 5 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Birdwood. Main street adjacent school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
50 km **2C** Joe 0429 694 022

## Peninsula Pedallers

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

## MON 6 DEC

### 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 7 DEC

### 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 Treaders

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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug) 15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Ride south.  
40 km **2B** Sue 0402 880 655

### Border BUG

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

### Night Espresso

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

### Night Espresso

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

## WED 8 DEC

### Mannum Peddle Wheelers

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

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### 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

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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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

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

## THU 9 DEC

### 30/30 Beach Streak

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

### Border BUG

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## FRI 10 DEC

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Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 11 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options - 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

ADVERTISEMENT

## Audax

### TDU Reconnaissance

Saturday 11 December 2021

7:00 AM

Start location - to be advised

150km

Unsupported

TDU reconnaissance ride

Entry fee applies

Graham Stucley 0418 993 344

[gstucley@gmail.com](mailto:gstucley@gmail.com)

### 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](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

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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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

## Mish Mash 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, Spotlight, South Rd, Melrose Park. Meet in the rear car park. Mainly off road ride loop around the Coast to Vines Trail, O'Halloran Hill and Sturt river. Refreshment stop along the way. Mountain bikes only please.  
Be ready to roll at 9:00 am.  
35-40 km **2B-3B** Mark 0490 340 167

## Para Cruisers 'Cycle Salisbury'

9:00 AM, Water Wheel Museum, 81 Commercial Rd., Salisbury (toilets available). Little Para Trail to Bolivar then Springbank, wetlands, Edinburgh, Elizabeth, and then St Georges Bakery, Phillip Hwy for coffee. Home via Little Para Trail. Suitable for hybrid and mountain bikes.  
27 km **2A** 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 Café is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Sojourn

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

## Saturday Express

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

## SUN 12 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on groups ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Lobethal. Bakery car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
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

### Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (western side of rail). Ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/refreshments before returning to start via same route. Suitable for all types of bikes.  
25-30 km **2A-4A** Ash 0416 719 785

## MON 13 DEC

### 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 14 DEC

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug  
15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Alberton Railway Station, Alberton.  
40 km **2B** Magda 0417 802 723

### Border BUG

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

### Night Espresso

7:00 PM, Hurtle Square Adelaide. 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 15 DEC

### Mannum Peddle Wheelers

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **1B** Geoff 0415 460 380

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd., Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.  
20-30 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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 16 DEC

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 17 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am.  
Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 18 DEC

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandmother'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

### 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

## Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please.  
15-20 km **1A-3B** MTB  
Bryce 0432 732 540

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd., Paralowie (adjacent Little Para Trail). Ted's memorial ride along Tapa Martinthi Yala Shared Use Trail and quiet back streets to Virginia for coffee and return via Stuart O'Grady Bikeway and Tapa Martinthi Yala Shared Use Trail to the start.  
37 km **2A-4A** 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 Sojourn

10:00 AM, 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

## Saturday Express

1:00 PM, Conygham St, Glenside (Dog Park) and the 'Hub' Christmas party today so please decorate your bike!  
40 km **3B** Patsy 0439 332 533

## 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 19 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

## 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 817 749  
Doug 0419 813 479

## Hills Ride

9:00 AM, Thebarton. Rob's house. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
50 km **2C** Rob 0428 990 059

## Peninsula Pedallers

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

## MON 20 DEC

### 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 21 DEC

### 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 Treaders

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

## Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug  
15 km **1A** Monica 0415 042 468

## Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Pt Adelaide, northern beaches, and return via West Lakes. Coffee at Adelaide Oval.  
40 km **2B** Robyn 0401 364 019

## Border BUG

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

## Night Espresso

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

## WED 22 DEC

### Mannum Peddle Wheelers

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.  
If temperature is 32°C or above the start time will be 7:30 am.  
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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

## Peninsula Pedallers

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

## THU 23 DEC

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 24 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 25 DEC

### 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**

## SUN 26 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479



## MON 27 DEC

### 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 28 DEC

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. City parklands, Mike Turtur Bikeway, southern beaches. 40 km **2B** Graham 0448 833 947

### Border BUG

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

### Night Espresso

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

## WED 29 DEC

### Mannum Peddle Wheelers

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am. 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 grade 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, for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 30 DEC

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 31 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm. 50 km **3B** Geoff 0415 460 380

## SAT 1 JAN

### Mannum Peddle Wheelers

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

### 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**

### Saturday Sojourn

10:00 AM, Unley Soldiers Memorial Gdns, adj Unley Shopping Centre, Unley Rd, Unley. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## SUN 2 JAN

ADVERTISEMENT

### Audax

The Immortal  
Sunday 2 January 2022

7:00 AM

Start - Bridgewater  
123km/203km/262km  
Unsupported

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

Entry fee applies  
Graham Stucley 0418 993 344  
gstucley@gmail.com

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.

If temperature is 32°C or above the start time will be 7:30 am. 30 km **2B** Geoff 0415 460 380

### 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 817 749 Doug 0419 813 479

### Hills Ride

9:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days. 50 km **2C** Paul 0403 779 411

## MON 3 JAN

### 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 4 JAN

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Hallett Cove Bikeway, Patrick Jonker Velway to Sea to Vines and Darlington. 40 km **2B** Margie 0413 889 055

### Border BUG

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

### Night Espresso

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

### Night Espresso

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

## WED 5 JAN

### Mannum Peddle Wheelers

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am. 30 km **1B** Geoff 0415 460 380

## Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd., Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 20-30 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 grade 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, for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## Peninsula Pedallers

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

## THU 6 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 7 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm. 50 km **3B** Geoff 0415 460 380

## SAT 8 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page. 20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at the 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 please. Be ready to roll at 9:00 am. 30-40 km **2B-3B** Mark 0490 340 167

### Para Cruizers 'Cycle Salisbury'

9:00 AM, Water Wheel Museum, 81 Commercial Rd., Salisbury (toilets available). Follow the Little Para to pick up Tapa Martinhi Yala Shared Use Path at Bolivar. Then turn off to follow St Kilda Rd to St Kilda for coffee. Return via the salt pans, under the Northern Connector bridge over Dry Creek and along the Para Trail. Suitable for hybrid and mountain bikes. 38 km **2A** 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 Sojourn

10:00 AM, Adelaide Sailing Club, Barcoo Rd, West Beach. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

### Saturday Express

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

## SUN 9 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. If temperature is 32°C or above the start time will be 7:30 am. 30 km **2B** Geoff 0415 460 380

### 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 817 749 Doug 0418 813 479

### Hills Ride

9:00 AM, Hahndorf. Hahndorf fruit & veg car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

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

### Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Car park, corner of Waterloo Crescent, Elizabeth. Ride to Port Adelaide via Tapa Martinhi Yala Shared Use Path for coffee then return via same route. Suitable for all types of bikes. 25-30 km **2A-4A** Ash 0416 719 785

## MON 10 JAN

### 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 11 JAN

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery Ride 40 km **2B** Denise 0409 097 408

### Border BUG

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

### Night Espresso

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



## WED 12 JAN

### Mannum Peddle Wheelers

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

[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com)  
50-80 km **4B** Terry or Wally  
0427 319 004 or 0428 592 282

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

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

If temperature is 32°C or above the start time will be 7:30 am.  
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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 13 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 14 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 15 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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

#### ADVERTISEMENT

### Audax

**Mini Alpine**  
**Saturday 15 January 2022**  
**8:00 AM**

**Start – Norwood**  
**100km**  
**Unsupported**

An 100km of challenge to ride up (and down) the Adelaide Hills three times, including Mt Osmond, Mt Lofly, Belair, Stirling and Greenhill Rd. Good preparation for the Alpine Classic or Tour Down Under

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

### 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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am 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

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please  
15-20 km **1A-3B** MTB Bryce  
0432 732 540

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Pt Adelaide – Lighthouse, McLaren Parade, Pt Adelaide. Ride along coastal trails to Outer Harbour and Semaphore for coffee.  
25-30 km **2A-3A** Elaine 0422 393 997

### All Women's Bike Rides

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

### Cogs & Coffee

10:00 AM, 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 Sojourn

10:00 AM, 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

### Saturday Express

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

### 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](mailto:stu.clement@yahoo.com) for details.

## SUN 16 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Meadows. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
50 km **2C** Cath 0413 332 866

### 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

## MON 17 JAN

### 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 18 JAN

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug)  
15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Mawson Lakes for lunch, coffee on the way back to the city.  
40 km **2B** Paul 0427 537 836

### Border BUG

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

### Night Espresso

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

## WED 19 JAN

### Mannum Peddle Wheelers

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **1B** Geoff 0415 460 380

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd., Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.  
20-30 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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 20 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 21 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am.  
Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 22 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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

### Northern Off Road Riders

8:50 AM, Mawson Lakes Railway Station. Meet at the 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 please. Be ready to roll at 9.00 am.  
45-55 km **2B-3B** Mark 0490 340 167

### Para Cruizers 'Cycle Salisbury'

9:00 AM, Dead Man Pass, Gawler Tce., Gawler. Ride local trails through Gawler, coffee en route, some inclines. Most suitable for hybrid and mountain bikes.  
20-25 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 Sojourn

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

### Saturday Express

1:00 PM, Torrens Linear Park, Hackney Bridge (opposite 'Old' Hackney Hotel), Hackney Rd. Hackney. Café stop for afternoon tea.  
40 km **3B** Patsy 0439 332 533

## SUN 23 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Brighton. Peter & Judith's house. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
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

## MON 24 JAN

### 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 25 JAN

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug  
15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery Ride  
40 km **2B** Alan 0414 392 179

### Border BUG

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

### Night Espresso

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

## WED 26 JAN

### Mannum Peddle Wheelers

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

[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com)  
50-80 km **4B** Terry or Wally  
0427 319 004 or 0428 592 282

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am.  
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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 27 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 28 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 29 JAN

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am 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 the bottom car park. Mainly off road Cobbler Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only please. Be ready to roll at 9:00 am.  
40-45 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

### Kangaroo Island BUG

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

### Saturday Sojourn

10:00 AM, 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

### Saturday Express

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

## SUN 30 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Lyndoch, Barossa Valley Highway opposite Sunrise bakery. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
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

## MON 31 JAN

### 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 1 FEB

### 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 Treadlars

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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug)  
15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Flinders, Brighton and return.  
40 km **2B** Eric 0402 356 796

### Border BUG

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

### Night Espresso

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

### Night Espresso

7:00 PM, Hurtle Square Adelaide. 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 2 FEB

### Mannum Peddle Wheelers

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am.  
30 km **1B** Geoff 0415 460 380

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd., Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.  
MTB/hybrid bikes preferred.  
20-30 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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## Peninsula Pedallers

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

## THU 3 FEB

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 4 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 5 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

## Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am 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, Arteryrea 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. Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug)  
10 km **1A** Jennifer 0420 858 263

## Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka. Various medium level rides along Dry Creek Trail, extending to the O Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee en route. MTB please.  
15-20 km **1A-3B** MTB Bryce 0432 732 540

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Baymore Reserve car park, North East Rd., Modbury. Easy ride along North Eastern paths. Coffee en route. Mountain/hybrid bikes preferred.  
25-30 km **1B-2B** Jim 0401 984 767

## All Women's Bike Rides

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

## Cogs & Coffee

10:00 AM, 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 Sojourn

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

## Saturday Express

1:00 PM, Japanese Gardens, Himeji Garden, 18 South Tce. and Glen Osmond Rd, Adelaide. Café stop for afternoon tea.  
40 km **3B** Hal 0427 084 097

## 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](mailto:stu.clement@yahoo.com) for details.

## SUN 6 FEB

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Strathalbyn. Main street adjacent railway station. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
50 km **2C** Joe 0429 694 022

### Peninsula Pedallers

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

## MON 7 FEB

### 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 FEB

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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug)  
15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Mystery Ride  
40 km **2C** Jeff 0407 191 958

### Border BUG

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

### 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 FEB

### Mannum Peddle Wheelers

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am. 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 grade 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, for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## **Peninsula Pedallers**

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

## **THU 10 FEB**

### **30/30 Beach Streak**

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

## **Border BUG**

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

## **FRI 11 FEB**

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm. 50 km **3B** Geoff 0415 460 380

## **SAT 12 FEB**

### **Bike Melrose**

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page. 20-55 km Kristen 0409 093 649

## **Mannum Peddle Wheelers**

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/breakfast and a chat at 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

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

## **Para Cruizers 'Cycle Salisbury'**

9:00 AM, Water Wheel Museum, 81 Commercial Rd., Salisbury (toilets available). Various tracks through Salisburay Heights, Cobblers Creek, Elizabeth, then St Georges Bakery, Phillip Hwy. for coffee. Home via Little Para Trail. Suitable for hybrid and mountain bikes. 25 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 Sojourn**

10:00 AM, 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

## **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 13 FEB**

### **Border BUG**

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. If temperature is 32°C or above the start time will be 7:30 am. 30 km **2B** Geoff 0415 460 380

## **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 817 749 Doug 0419 813 479

## **Hills Ride**

9:00 AM, Mount Barker. Flaxley Road car park opposite high school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days. 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, North Adelaide Railway Station, War Memorial Drive, North Adelaide. (western side of rail). Ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/refreshments before returning to start via same route. Suitable for all types of bikes. 25-30 km **2A-4A** Ash 0416 719 785

## **MON 14 FEB**

### **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 FEB**

### **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

### **Unley Community Centre Ride**

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug 15 km **1A** Monica 0415 042 468

### **Tuesday Traverse**

10:00 AM, Mt Pleasant Showgrounds, 132 Melrose St, Mt Pleasant. Mt Pleasant, Springton by Lavender and Kidman Trails. Hybrid bikes only. 40 km **2B** Peter 0418 844 963

### **Border BUG**

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

### **Night Espresso**

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

## **WED 16 FEB**

### **Mannum Peddle Wheelers**

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B. If temperature is 32°C or above the start time will be 7:30 am. 30 km **1B** Geoff 0415 460 380



## Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd., Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.  
MTB/hybrid bikes preferred.  
20-30 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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## Peninsula Pedallers

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

## THU 17 FEB

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 18 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

ADVERTISEMENT

## Audax

### Bootlegger 2022

Friday 18 February 2022

8:30 PM

Start – North Adelaide

200km/300km/405km

Unsupported

Ride 200 km or more at night with a full moon to help you.

The Bootlegger takes you through the Adelaide Hills to Murray Bridge and back for breakfast or extend your ride to 300 km or 400 km.

Entry fee applies

David Fairweather 0401 528 563

[div.fw@bigpond.net.au](mailto:div.fw@bigpond.net.au)

## SAT 19 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am 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 Salisbury'

9:00 AM, Eyre Village Shopping Centre, cnr. Stebonheath and Petheron Rds., Parafield. Ride along Stuart O'Grady Bikeway and Gawler bike paths into Gawler for coffee and return. 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 Sojourn

10:00 AM, Velo Precinct, Grandstand, 140 Fullarton Rd, Victoria Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

## Saturday Express

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

## 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](mailto:stu.clement@yahoo.com) for details.

## SUN 20 FEB

### Border BUG

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

## Grand/Mini Slam

### Recreational Bike Series of 5 rides

8:00 AM Sunday 20 February 2022

Gumeracha Football Club, 47 Albert St, Gumeracha

The first event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2022. Choose between 40 km or

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

### On road support

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

## 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 817 749  
Doug 0419 813 479

## Hills Ride

9:00 AM, Mile End. Neil & Annie's house. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
50 km **2C** Neil 0429 201 144

## Peninsula Pedallers

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

## MON 21 FEB

### 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 FEB

### 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

### Unley Community Centre Ride

9:30 AM, The front lawns of the Unley Community Centre, Arthur St, Unley. Join Unley Councillor Monica Broniecki in a social cycling group exploring the cycleways of Unley (and beyond) at a leisurely pace, followed by coffee. Open to all levels and abilities. Further details see unleybug1.wixsite.com/ubug  
15 km **1A** Monica 0415 042 468

### Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Ride to the beach and lunch at Henley Square, Henley Beach.  
40 km **2B** Sue 0411 029 628

### Border BUG

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

## Bicycle Maintenance Course

### Basic Bike Care

5:30 PM – 8:00 PM

Tuesday 22 February 2022

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 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

### Night Espresso

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

## WED 23 FEB

### Mannum Peddle Wheelers

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

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.  
If temperature is 32°C or above the start time will be 7:30 am.  
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 grade 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, for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

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

## THU 24 FEB

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 25 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. If temperature is 32°C or above the start time will be 7:30 am. Please contact Ride Coordinator to confirm.  
50 km **3B** Geoff 0415 460 380

## SAT 26 FEB

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.  
20-55 km Kristen 0409 093 649

### Mannum Peddle Wheelers

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

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. All Gawler Wheelers rides are included in the Bicycle SA Rides Programme. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). 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, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Northern Off Road Riders

8:50 AM, Brickworks Marketplace, cnr. South Rd and Ashwin Pde, Torrensville. Meet by the car in the car park. Single track ride up and down the Torrens Linear Park. Coffee/refreshments on the coast. Mountain bikes only please. Be ready to roll at 9:00 am please.  
20-30 km **2B-3B** Mark 0490 340 167

### Para Cruisers 'Cycle Salisbury'

9:00 AM, Plant 4, Third St, Bowden. Ride to Outer Harbour with coffee en route. Suitable for all bikes.  
40 km **2A** Brian 0408 818 993

### All Women's Bike Rides

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

### Cogs & Coffee

10:00 AM, 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

### Kangaroo Island BUG

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

### Saturday Sojourn

10:00 AM, Wigley Reserve, Adelphi Tce, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

### Saturday Express

1:00 PM, Brighton Railway Station, 46 Cedar Ave, Brighton. Café stop for afternoon tea.  
40 km **3B** Jeff 0407 191 958

## SUN 27 FEB

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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.  
If temperature is 32°C or above the start time will be 7:30 am.  
30 km **2B** Geoff 0415 460 380

### 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 817 749  
Doug 0419 813 479

### Hills Ride

9:00 AM, Blackwood Railway station, Blackwood. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is above 34°C or on total fire ban days.  
50 km **2C** Judith 8298 3131

### Peninsula Pedallers

9:00 AM, Artereya 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 bitumised path of the Little Para Trail.  
5 10 km **1A-2A** MTB Jim 0401 984 767

### Better Harts

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

## MON 28 FEB

### 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



## *Bicycle Maintenance Course*

**Intermediate Bike Maintenance Session #1 (Gears and Brakes)**  
9:00 AM - 1:00pm PM  
Saturday 5 March 2022  
Bicycle SA Office, 11a Croydon Rd  
Keswick

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

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

**Fee applies**

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

## *Bicycle Maintenance Course*

**Intermediate Bike Maintenance Session #2 (Drive Train and Bearing Systems)**  
9:00 AM - 1:00pm PM  
Saturday 19 March 2022  
Bicycle SA Office, 11a Croydon Rd  
Keswick

In Session #2 of the Intermediate Bike Maintenance Course you will learn to: Assess the wear in a bicycle drive train system including the chain, cassette and chain rings

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

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

**Fee applies**

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

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

## *Bicycle Maintenance Course*

**Basic Bike Care**  
5:30 PM - 8:00 PM  
Tuesday 22 March 2022  
Bicycle SA Office, 11a Croydon Rd  
Keswick

This basic 2 and ½ hour course is designed specifically for those just starting out or who haven't got the bike out of the shed for a while. Learn how to clean and lubricate the major mechanical working parts of a bike and get the inside story on repairing punctures!

**Fee applies**

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

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

## *Grand/Mini Slam*

**Recreational Bike Series of 5 rides**  
8:00 AM Sunday 27 March 2022  
Willunga Recreation Park Hall, Main St,  
Willunga

The second event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2022. Choose between

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

**On road support**

**Enter online or further details and/or**

**entry forms available from:**

**Bicycle SA office 8168 9999**

**www.bikesa.asn.au**

**rides@bikesa.asn.au**



## *Grand/Mini Slam*

**Sunday 20 February 2022**

**Sunday 27 March 2022**