

Bicycle SA

RidesPROGRAMME

MARCH-MAY 2022
ISSUE 81



- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!

www.bikesa.asn.au



WELCOME

Each year, over 2,000 organised rides are delivered as part of Bicycle SA's free *Rides Programme*.

From Willunga to Gawler and Mt Gambier to the Eyre Peninsula all rides are delivered by our experienced rides leaders. Our *Rides Programme* is the most comprehensive in Australia – with an experience for everyone – and best of all they are FREE.

These rides are ideal for those who are getting back on the bike after a few years off or those taking it up for the first time. Each of the rides are coded with a degree of difficulty so you know exactly what to expect. But if you're not quite sure, you can call any of our rides leaders and have a chat with them.

The Rides Programme is also available on our website, www.bikesa.asn.au

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

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 website:

www.health.gov.au www.sahealth.sa.gov.au/COVID2019

or call the Coronavirus Health Information Line on 1800 020 0080.

BECOME A BICYCLE SA MEMBER

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

10 GREAT REASONS TO JOIN

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

BECOME A BICYCLE SA MEMBER

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover worldwide, 24 hours a day, 7 days a week!* Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia. Individual membership from \$80 with household and concession rates available.

CONTACT US TO JOIN NOW.

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

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

HOT WEATHER POLICY

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

ADVERTISEMENTS

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

RIDE GROUP COORDINATORS

30/30 Beach Streak

Daniel 0433 391 674

All Women's Bike Rides

Lanie 0406 452 117

Better Harts

Sharon 8723 0805
sharonholmes@ozemail.com.au

Bike Melrose

Kristen 0409 093 649

Border BUG

Marcus 0407 978 763

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

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

11a Croydon Road Keswick SA 5035

Office open 9am–5pm Monday–Thursday

Emergency Phone 0427 771 821



TUE 1 MAR

Getonyabike

9:00 AM, Post Office Rd, Woodside.
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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride – group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
30 km **1A** Raelene or Jim 0419 842 007 or 0448 412 992

Tuesday Traverse

9:30 AM, Kangarilla Oval Kangarilla Annual ride – Follow Fiona to her farm and park the cars. Adventure into and travel the beautiful tracks of Kuitpo to Prospect Hill and Meadows, have coffee. Then back to the farm for lunch provided. Best suited for competent riders with hybrid and/or mountain bikes. Please contact the ride leader if attending.
40 km **2B** Fiona 0415 832 511

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 unleybug1.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Introducing the Tuesday Tearaways. Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Border BUG

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

Night Espresso

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

Night Espresso

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

WED 2 MAR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **1A-2A** 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.
30 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 start at different locations around Adelaide and environs, grade 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Max 0405 191 955 for the 3C ride 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. Visit Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 3 MAR

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 MAR

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 5 MAR

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 Grandmother's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpeddlers
or mannumpeddlewheelers.weebly.com
35 km **2B-4B** Terry or Wally 0427 319 004 or 0428 592 282

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. Please visit the Facebook page prior to coming out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm on Friday. For ride options and the latest news visit 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 Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Bicycle Maintenance Course

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

9:00 AM – 1:00pm PM

Saturday 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 6 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 6 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along the little Para Trail, Tapa Marinty Yala Shared Use Path and Dry Creek Trail. Coffee en route. Mountain/hybrid bikes please.
25 km **1A-2A** MTB Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

1:00 PM, Japanese Gardens Himeji Garden, 18 South 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 predominately single-track adventures, sometimes predominately gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate level speeds). BYO nibbles, water, lunch, and spares accordingly. Contact Stu Clement at stu.clement@yahoo.com for details

SUN 6 MAR

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Crafers. Church of the Epiphany. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Steve 0401 603 596

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giornos Café.
40 km **4B** Jim 0448 412 992

MON 7 MAR

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.
30 km **5A** Gary 8255 1979

TUE 8 MAR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

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

Tuesday Treadlers

9:30 AM, Balhannah Oval, Onkapingara 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

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15 km **1A** Monica 0415 042 468

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10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery Ride.
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. 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

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

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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.
30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

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 MAR

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50 km **3B** Geoff 0415 460 380

SAT 12 MAR

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

Corkscrew Climber
Saturday 12 March 2022, 7:00 AM
Start - Rundle St, Adelaide
240km
Unsupported
Starting in Adelaide, head up the Gorge Rd. and climb the Corkscrew then several other climbs in a fairly tough 200km ride.
Entry fee applies
Glen Thompson 0429 168 232
gthompson5@adam.com.au

Mannum Peddle Wheelers

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

Gawler Wheelers

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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 Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road Cobbler Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only. Be ready to roll at 9:00 am.
45-50 km **2B-3B** Mark 0490 340 167

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

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para Cruisers - 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd, Salisbury (toilets available). Follow the Para Trail to the Old Spot then onto Cobblers Creek ruins. From here we pick up the Dry Creek Trail at Wynn Vale and follow back via Mawson Lakes. Coffee planned at the Water Shed. Suitable for MTB and hybrid bikes.
35 km **2B** Cam 0468 927 892

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Cafe, 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, 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, Henley Square, Henley Beach.
Café stop for afternoon tea.
40 km **3B** Peter 0414 719 296

SUN 13 MAR

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Birdwood. Main street adjacent school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Joe 0429 694 022

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.
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 Harbor Greenway, bike paths and some roads to Outer Harbor, then to Pt. Adelaide for coffee/refreshments before returning to start via same route. Suit for all types of bikes.
45 km **2A-4A** Ash 0416 719 785

MON 14 MAR

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.
30 km **5A** Gary 8255 1979

TUE 15 MAR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Journey through the Eastern Suburbs to Goodwood for lunch and return to North Adelaide for coffee.
40 km **2B** Trevor 0434 961 488

Border BUG

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

Night Espresso

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

WED 16 MAR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **1A-2A** 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.
30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Max 0405 191 955 for the 3C ride 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. Visit Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au
Clayton 0447 821 175

THU 17 MAR

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 MAR

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 19 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

ADVERTISEMENT

Audax

Fleche Opperman All Day Trial (SA) Saturday 19 March 2022, 7:00 AM Start - Anywhere

Unsupported
360km minimum in 24 hours.
FOADT Medalion available to all finishers. Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course. A minimum of 360km must be ridden in 24 hrs from 7:30 am Saturday morning. All riders finish at the same point.

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

ADVERTISEMENT

Audax

Fleche Opperman All Day Trial (SA) Saturday 19 March 2022, 7:30 AM Start - Anywhere

Unsupported
180km minimum in 24 hours. 180km in 24 hours (maximum 14 hours ride time). Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course. A minimum of 180km must be ridden in 24hrs from 7:30 am Saturday morning. All riders finish at the same point.

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

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. Please visit the Facebook page prior to coming out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm on Friday. For ride options and the latest news visit 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 Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel.
cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Bicycle Maintenance Course

Intermediate Bike Maintenance - Course #2 (Drive Train and Bearing Systems)

9:00 AM - 1:00pm PM
Saturday 19 March 2022

Bicycle SA Office, 11a Croydon Rd Keswick

In Course #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 Course #1 (Gears and Bikes) before undertaking this Course #2.

Fee applies
Early bookings essential (maximum 6 registrants per course)
Bicycle office 8168 9999
office@bikesa.asn.au
www.bikesa.asn.au

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Ride through Mawson Lakes, Pooraka and on to Levels - City Bikeway to Delightful Café for coffee/refreshments before returning via same route. Suit any bike.
30 km **1A-2A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

1:00 PM, Conygham St, Glenside (Dog Park). Café stop for afternoon tea.
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 predominately single-track adventures, sometimes predominately gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate level speeds). BYO nibbles, water, lunch, and spares accordingly. Contact Stu Clement at stu.clement@yahoo.com for details.

SUN 20 MAR

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.
25-35 km Anne 0456 390 656

MON 21 MAR

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.
30 km **5A** Gary 8255 1979

TUE 22 MAR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Cnr. Gladstone Rd and Sheperds Hill Rd, Blackwood. Blackwood Park to Belair Park, no road bikes please.
40 km **2B** Robyn 0401 364 019

Bicycle Maintenance Course

Basic Bike Care

5:30-8:00 PM

Tuesday 22 March 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 6 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The ride varies 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 MAR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under

Hindmarsh Island Bridge, Goolwa.

Generally two ride options along

Encounter Bikeway. Either 30 km easy

for coffee at Middleton/Port Elliot or

45-70 km to Victor Harbor area.

Options from 1B to 4B.

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Max 0405 191 955 for the 3C ride 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. Visit Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au .
Clayton 0447 821 175

THU 24 MAR

30/30 Beach Streak

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

FRI 25 MAR

GAD-BUG (Goolwa & District Bicycle User Group)

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

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

SAT 26 MAR

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/mannumpeddlwheelers or mannumpeddlwheelers.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. Please visit the Facebook page prior to coming out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm on Friday. For ride options and the latest news visit 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 Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.

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

Northern Off Road Riders

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

30-40 km **2B-3B** Mark 0490 340 167

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/Paradfield. Coffee en route. MTB please.

15-20 km **1A-3B MTB** Bryce 0432 732 540

Mishmarsh Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para Cruisers 'Cycle Salisbury'

9:00 AM, Hausler Reserve (AKA Greentree Park) Kings Rd, Paralowie. Ride local trails to Springbank Lakes, Kaurua Wetlands, Carisbooke, coffee en route and return to Hausler Reserve. Suitable for Hybrid/MTB.

30 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

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, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea.

40 km **3B** Daryl 0411 474 096

SUN 27 MAR

Grand/Mini Slam

Recreational Bike Series of 5 rides
Sunday 27 March 2022

8:00 AM Willunga, Main Rd, 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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

30 km **2B** Geoff 0415 460 380

Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

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

Hills Ride

9:00 AM, Mawson Lakes. Station car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.

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

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Shed, 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

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 MAR

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.

30 km **5A** Gary 8255 1979

TUE 29 MAR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.

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

Tuesday Treddlers

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 unleybug.wixsite.com/bug

15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.

50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Belair Railway Station, Belair. Hills ride - no road bikes please.

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. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km Rob 8299 0230

WED 30 MAR

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Options from 1B to 4B.

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

Northside Cycling Group

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

30 km **5A** Gary 8255 1979

Ride with Keith

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

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

Wednesday Wheelers

10:00 AM, 10:00 am start at different locations around Adelaide and environs, grade 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. There is an alternative easier 3B ride starting at the same time and place. Contact Max 0405 191 955 for the 3C ride 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. Visit Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au Clayton 0447 821 175

THU 31 MAR

30/30 Beach Streok

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 1 APR

GAD-BUG (Goolwa & District Bicycle User Group)

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

50 km **3B** Geoff 0415 460 380

SAT 2 APR

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

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. Please visit the Facebook page prior to coming out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm on Friday. For ride options and the latest news visit on Facebook - Gawler Wheelers Cycling Group. 50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean. 40 km **4B** Jim 0448 412 992

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Kaurana Park car park, opposite Springbank Plaza, Waterloo Corner Rd, Burton. Ride through Kaurana Park, back roads Salisbury North, to St George's Bakery for coffee, Little Para River Trail and back streets of Burton on return. Mountain/hybrid bikes please. 20-25 km **1A-2A MTB** 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, 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, Brighton Railway Station, Brighton Café stop for afternoon tea. 40 km **3B** Jeff 0407 191 958

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 predominately single-track adventures, sometimes predominately 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 3 APR

Poseurs d'Adelaide

8:00 AM, Corner Partrush & 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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café. 40 km **4B** Jim 0448 412 992

MON 4 APR

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. 30 km **5A** Gary 8255 1979

TUE 5 APR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards. 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 unleybug1.wixsite.com/bug 15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day. 50 km **1A** Jane 0402 102 608

Tuesday Traverse

10:15 AM, Pt Elliott, the Strand at the monument. Pleasant ride with sea views. 40 km **2B** Mary 0408 826 282

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 **4A** Rob 8299 0230

WED 6 APR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2A** 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. 30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

THU 7 APR

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 8 APR

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 9 APR

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page. 20-55 km **1A** Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Northern Off Road Riders

8:50 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Rd. Mainly off road ride to Café Va Bene, via the Little Para, Dry Creek and the Torrens Linear trails. Mountain bikes only. Be ready to roll at 9:00 am.
45-65 km **2B-3B** Mark 0490 340 167

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

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para Cruisers 'Cycle Salisbury'

9:00 AM, Salisburys Water Wheel, 81 Commercial Rd, Salisbury (toilets available). Edinburgh path to Penfield and then follow Smith Creek through Elizabeth to Craigmore and return via dirt trail to have coffee at St Georges Bakery, Phillip Highway. Suitable for MTB and hybrid bikes.
35 km **2A** Cam 0468 927 892

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, 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

ADVERTISEMENT

Sa Rogaining

Saturday 9 April 2022
10:00 AM

Timed event from 10.00 am to 2.00 pm in the Adelaide Hills. Further details: sarogaining.com.au

Saturday Express

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

Saturday Sojourn

1:00 PM, Unley Oval, cnr Langham Tce and Frederick St, Unley

Note: 1:00 pm start. 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 10 APR

Poseurs d'Adelaide

8:00 AM, Corner Partrush & 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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Car park, corner Waterloo Cnr. Rd. and Davis St, Salisbury North. Ride to Pt Adelaide via Topa Martinhi Yala Share Use Path for coffee then return via same route. Suitable for all types of bikes.
40 km **2A-4A** Ash 0416 719 785

MON 11 APR

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.
30 km **5A** Gary 8255 1979

TUE 12 APR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Willunga Rose Gardens, Aldinga Rd, Willunga. A circular ride up Willunga Hill and stopping for lunch at McLaren Flat.
40 km **2B** Ann 0438 558 941

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 13 APR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

THU 14 APR

30/30 Beach Streak

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

FRI 15 APR

Burra Easter Cycle

15 - 18 April 2022

Burra, responsible for much of SA's early financial success due to its copper resources, is the location for the 2022 Easter Cycle.

The campsite will be located at the Burra Community Football/Oval, within walking distance from the historic township.

There will be a variety of rides from a few kilometres to 100kms, including sections of the Mawson Trail.

A Heritage Passport available from the Tourist Office provides a key to at least 8 locked historic sites within the township and well worth exploring.

Whatever you choose to do, Burra will be the ideal location to spend this year's Easter weekend.

Entry fee applies

Special rates for family groups. Children 5 and under - free of charge
Further details and/or enter online
Bicycle SA office +61 8168 9999
rides@bikesa.asn.au
www.bikesa.asn.au

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 16 APR

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

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

Saturday Express

1:00 PM, Japanese Gardens Himeji Garden, 18 South Tce and Glen Osmond Rd, Adelaide. Easter Ride. Cafe 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 predominately single-track adventures, sometimes predominately 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 17 APR

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Cafe.
40 km **4B** Jim 0448 412 992

MON 18 APR

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.
30 km **5A** Gary 8255 1979

TUE 19 APR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station) Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. North eastern suburbs using the Gawler Greenway and the Levels City Bikeway via Mawson Lakes.
40 km **2B** Denise 0409 097 408

Night Espresso

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

WED 20 APR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com
50-80 km **2B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **1A-2A** 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.
30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

THU 21 APR

30/30 Beach Streak

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

FRI 22 APR

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 23 APR

ADVERTISEMENT

Audax

Walker Flat Ride

Saturday 23 April 2022, 7:30 AM Start - Tanunda 200km

Unsupported

From the Barossa Valley through Mt Lofty Ranges and Mallee Country to River Murray and return.

Entry fee applies

Scott McCann 0487 864 693
mccann1012004@yahoo.com.au

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Northern Off Road Riders

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

Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Toe, 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

Mishmarsh Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para Cruisers 'Cycle Salisbury'

9:00 AM, Hausler Reserve (AKA Greentree Park) Kings Rd, Paralowie. Ride to Plant 4 Bowden for coffee then on to Port Adelaide and return via Tapa Martinthi Yala Shared Use Path. Suitable for all bikes.
50 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

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

Saturday Sojourn

1:00 PM, Wigley Reserve, Adelphi Tce, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 24 APR

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

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

Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.
25-35 km Martine 0477 018 417

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 25 APR

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.
30 km **5A** Gary 8255 1979

TUE 26 APR

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station) Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery Ride.
40 km **2B** Peter 0426 194 910

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 27 APR

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

THU 28 APR

30/30 Beach Streak

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

FRI 29 APR

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 30 APR

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
40 km **4B** Jim 0448 412 992

Mishmarsh Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

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

1:00 PM, 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

Dirty Weekend

30 April – 1 May 2022

Fox Creek Bike Park, Adelaide Hills
2.00 PM Saturday to 2.00 PM Sunday
24/12/6 hour cross country endurance challenge

Experience some of the best MTB tracks in Australia during the Dirty Weekend and be prepared to get down and dirty!

Entry fee applies.

Enter on line or further details and/or

entry forms available from:

Bicycle SA office 8168 9999

office@bikesa.asn.au

rides@bikesa.asn.au

www.bikesa.asn.au

SUN 1 MAY

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Neil 0429 201 144

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café. 40 km **4B** Jim 0448 412 992

MON 2 MAY

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. 30 km **5A** Gary 8255 1979

TUE 3 MAY

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards. 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 unleybugl.wixsite.com/bug 15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day. 50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Flinders Campus and Tonsley; small hills. 40 km **2C** Jeff 0407 191 958

Night Espresso

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

Night Espresso

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

WED 4 MAY

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **1A-2A** 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. 30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

THU 5 MAY

30/30 Beach Streak

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

FRI 6 MAY

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 7 MAY

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Lofty Loops - Day 1
Saturday 7 May 2022, 6:00 AM
Start - Mt Lofty
157km/200km/300km/400km
600km/1000km
Unsupported

A series of rides up to 1000km, comprising loops out of Mt Lofty. Support and limited accommodation options available at the base locations at additional cost.

Entry fee applies

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page. 20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Northern Off Road Riders

8:30 AM, Mitcham Railway Station. 5a Grange Rd, Lower Mitcham, 5062. Meet in car park. Catch the train up to Belair. Ride around a few tracks and trails in the national park. Coffee and refreshments in Belair followed by track n trail descent through Shepherds Hill and back to the train station. Mountain bikes only!!! 30-40 km **2B-3B** Mark 0490 340 167

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean. 40 km **4B** Jim 0448 412 992

Mishmarsh Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, North East corner Watershed car park, 665 Salisbury H/way, Mawson Lakes. Ride along the Dry Creek Trail to Valley View shops for coffee and return. Some climbs. Coffee en route. Mountain/hybrid please.
20-25 km **1B-2B** Jim 0401 984 767

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

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

Broken Gadgets

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

SUN 8 MAY

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Lofty Loops – Day 2
Saturday 8 May 2022

6:00 AM

Start – Mt Lofty
150km/200km/300km/400km

UnsupportedA series of rides up to 1000km, comprising loops out of Mt Lofty. Support and limited accommodation options available at the base locations at additional cost.

Entry fee applies

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

Poseurs d'Adelaide

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.
40 km **4B** Jim 0448 412 992

MON 9 MAY

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Lofty Loops – Day 3
Saturday 9 May 2022

7:00 AM

Start – Mt Lofty
150km/200km/300km
Unsupported

A series of rides up to 1000km, comprising loops out of Mt Lofty. Support and limited accommodation options available at the base locations at additional cost.

Entry fee applies

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

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.
30 km **5A** Gary 8255 1979

TUE 10 MAY

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Semaphore - easy ride.
40 km **2B** Angela 0418 852 659

Night Espresso

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

WED 11 MAY

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

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

Ride with Keith

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

Wednesday Wheelers

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

THU 12 MAY

30/30 Beach Streak

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

FRI 13 MAY

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 14 MAY

Flinders Escape

14-22 May 2022

The Flinders Escape is an outback adventure exploring South Australia's iconic Flinders Ranges, a unique and awe-inspiring landscape that has to be seen to be fully appreciated in all its glory.

With 600 million years of secrets waiting to be shared, the Flinders is one of our most popular destinations to explore.

From the 14-22 May this 9 day tour starts and finishes in Port Augusta and showcases some of South Australia's most rewarding experiences along the way like staying 2 nights at Wilpena Resort exploring Wilpena Pound or a panoramic view by helicopter flight over the area.

This is shaping up to be another sell-out experience. Do not miss your opportunity to ride through one of the most famous regions of SA.

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

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au
54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean.
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

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para Cruizers 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 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 MTB and hybrid bikes.
35 km **2A** Cam 0468 927 892

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

1:00 PM, SA Sea Rescue Ops. Centre, cnr Coast Park Trail and 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

SUN 15 MAY

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.
25-35 km Martine 0477 018 417

MON 16 MAY

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.
30 km **5A** Gary 8255 1979

TUE 17 MAY

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards.
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 unleybugl.wixsite.com/bug
15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day.
50 km Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Torrens Weir to Athelstone.
40 km **2B** Ian 0401 770 003

Night Espresso

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

WED 18 MAY

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Para Pedallers 'Cycle Salisbury'

9:00 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
25-35 km **1A-2A** 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.
30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

THU 19 MAY

30/30 Beach Streak

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

FRI 20 MAY

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 21 MAY

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Audax

A Clean or Dirty Weekend

Mk 2 - Clean Saturday

Saturday 21 May 2022, 7:00 AM

Start - Kapunda

201km/212km/300km/400km

600km/1000km

Unsupported

Meet the 'other mob' at the start of your ride, then venture forth on quiet, scenic rides north of the 'madding crowd'. Ride HQ is the Sir John Franklin Hotel on the main street. Great facilities and very generous tariffs.

John Mills 0448 248 974

millsyok@gmail.com

ADVERTISEMENT

Audax

A Clean or Dirty Weekend

Mk 2 - Dirty Saturday

Saturday 21 May 2022, 7:00 AM

Start - Kapunda

61km/100km/163km/203km

301km/400km

Unsupported

Meet the 'other mob' at the start of your ride, then venture forth on quiet, scenic rides north of the 'madding crowd'. Ride HQ is the Sir John Franklin Hotel on the main street. Great facilities and very generous tariffs.

John Mills 0448 248 974

millsyok@gmail.com

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean. 40 km **4B** Jim 0448 412 992

Northern Off Road Riders

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

Mishmash Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Park, Paralowie. Ride along Tapa Martinhi Yala Shared Use Path, Edinburgh bike paths and Little Para Trail to return to start. Coffee en route. Suit any type of bike. 30-35 km **1A-2A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

1:00 PM, Victoria Square, adj Wakefield St, Adelaide An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 22 MAY

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fludax

A Clean or Dirty Weekend

Mk 2 - Mixed Sunday

Sunday 22 May 2022, 7:00 AM

Start - Willaston

70km/100km/123km/132km

201km/205km

Unsupported

Meet the 'other mob' at the start of your ride, then venture forth on quiet, scenic rides north of the 'madding crowd'. Ride HQ is the Sir John Franklin Hotel on the main street. Great facilities and very generous tariffs.

John Mills 0448 248 974

millsyok@gmail.com

Poseurs d' Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, with the occasional stretch of gravel, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B**

Peter 0407 182 376

Andrew 0419 817 749

Doug 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

9:00 AM, Mt Barker. Flaxley Road car park opposite high school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Café. 40 km **4B** Jim 0448 412 992

MON 23 MAY

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. 30 km **5A** Gary 8255 1979

TUE 24 MAY

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards. 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/bug 15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day. 50 km Jane 0402 102 608

Tuesday Traverse

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

Bicycle Maintenance Course

Basic Bike Care

5:30 PM-8:00 PM, Tuesday 24 May 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 6

registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Night Espresso

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

WED 25 MAY

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 30 km **5A** Gary 8255 1979

Ride with Keith

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

Wednesday Wheelers

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

THU 26 MAY

30/30 Beach Streak

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

FRI 27 MAY

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 28 MAY

Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page. 20-55 km Kristen 0409 093 649

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Cobwebs

8:00 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Group road ride to Outer Harbor and return. Generally 70 to 100 riders with 6 sub-groups. Our Cobwebs group road ride has been operating for 20 years. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au 54 km **6A**

Peninsula Pedallers

8:30 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Boston Bean. 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

Mishmarsh Cycling

9:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 8:45 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

Para Cruisers 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel, 81 Commercial Rd, Salisbury (toilets available). Ride to Mawson Lakes then to Montague Farm via local trails with coffee en route, then return to the start. Suitable for hybrid/MTB. 30 km **2A** Brian 0408 818 993

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. Cafe stop for afternoon tea. 40 km **3B** Don 0428 566 745

Saturday Sojourn

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

SUN 29 MAY

Grand/Mini Stam Recreational Series of 5 rides Sunday 29 May 2022, 8:00 AM

Meadows Memorial Hall, Meadows

The third event in the Grand/Mini Stam series of an road personal challenge recreational rides for 2022. Choose between 60 km or 120 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**

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Geoff 0415 460 380

Border BUG

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

Hills Ride

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

Peninsula Pedallers

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. If you are one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Coffee afterwards at Del Giorno's Cafe. 40 km **4B** Jim 0448 412 992

Salisbury Explorers 'Cycle Salisbury'

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

Better Harts

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

MON 30 MAY

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. 30 km **5A** Gary 8255 1979

TUE 31 MAY

Getonyabike

9:00 AM, Post Office Rd, Woodside. 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

9:00 AM, Port Lincoln Racecourse entrance, Proper Bay Rd. Beginners ride - group rides at the pace of the slowest rider. If you are not one of our regular riders, ring Jim 0448 412 992 or Raelene 0419 842 007 to confirm start time and location. Bring money for coffee afterwards. 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 unleybug1.wixsite.com/bug 15 km **1A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood pool car park (adjacent to Railway Station). Not the tearaways in terms of speed but rather leaning towards breaking the mould of retiring sedentary grandparents. This ride will be a little faster and longer than other rides on offer with no lunch stop but a well earned coffee break towards the end of the ride. For the first three months we will decide a route on the day. 50 km Jane 0402 102 608

Tuesday Traverse

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

Night Espresso

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

COMING EVENTS

JUNE

Bicycle Maintenance Course

Intermediate Bike Maintenance - Course #1 (Gears and Brakes)

9:00 AM - 1:00pm PM
Saturday 4 June 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 6 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 6 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 21 June 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 6 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Bicycle Maintenance Course

Intermediate Bike Maintenance - Course #2 (Drive Train and Bearing Systems)

9:00 AM - 1:00pm PM
Saturday 25 June 2022

Bicycle SA Office, 11a Croydon Rd Keswick

In Course #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 Course #1 (Gears and Bikes) before undertaking this Course #2.

Fee applies

Early bookings essential (maximum 6 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au