

RidesPROGRAMME



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

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

www.kangarooislandcycling.com

Mannum Peddle Wheelers

Terry 0427 319 004

www.facebook.com/groups/mannumpeddlwheelers
or mannumpeddlwheelers@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



WED 1 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** 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.
20-30 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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

THU 2 JUN

30/30 Beach Streak

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

FRI 3 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 4 JUN

ADVERTISEMENT

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Breakneck Run Saturday 4 June 2022 7:00 AM

Start - Willaston
211km

Unsupported

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

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

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20-110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook: Gawler Wheelers Cycling Group
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/ breakfast and a chat at Pickleme Grandmas 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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

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 Beach.
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 (tubeless set up please). Please be ready to roll at 9:00 am.
30-40 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. Please phone Michele to be added to the email list for weekly ride.
40-60 km **3B** Michele 0438 010 220

Bicycle Maintenance Course

Intermediate Bike Maintenance - Session #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 SA office 8168 9999

Para District Pedallers 'Cycle Salisbury'

9:00 AM, NE corner of Watershed car park, Salisbury Highway. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred.
25 km **2A** 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 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, Henley Square, Henley Beach. Café stop for afternoon tea.
40 km **3B** Peter 0414 719 296

SUN 5 JUN

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Border BUG

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

Hills Ride

9:00 AM, Beaumont Common, south side. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Neil 0429 201 144

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 Semaphore then Pt Adelaide for coffee/refreshments before returning to start via same route. Suitable for all types of bikes.
25-30 km **3A** Ash 0416 719 785

MON 6 JUN

Northside Cycling Group

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

TUE 7 JUN

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Drage Reserve, Briar Rd, Felixstow. NE Suburbs with some undulations – Hybrid or MBs recommended.
40–50 km **3B** Don 0428 566 745

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery 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 café.
40 km **Rob** 8299 0230

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

WED 8 JUN

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** 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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 9 JUN

30/30 Beach Streak

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

FRI 10 JUN

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

SAT 11 JUN

ADVERTISEMENT

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Centenary of the BRM 300 – SA
Saturday 11 June 2022

6:00 AM

Start – To be advised

300km

Unsupported

A ride to commemorate the Centenary of the first free paced BRM 300.

David Fairweather 0401 528 563

div.fw@bigpond.net.au

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am start for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.
20–110 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).

An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:

Gawler Wheelers Cycling Group
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

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54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, Water Wheel car park, 81 Commercial Rd Salisbury. Trails and paths to Montague Farm, Pooraka, Mawson Lakes, returning via Little Para Trail. Coffee at the Water Shed. MTB and hybrid bikes preferred.
30 km **2B** Des 0408 086 545

All Women's Bike Rides

10:00 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, Brighton Railway Station, Brighton. Café stop for afternoon tea.
40 km **3B** Jeff 04087 191 958

Saturday Sojourn

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

SUN 12 JUN

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

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, Hahndorf Fruit & Veg car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

MON 13 JUN

Northside Cycling Group

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

TUE 14 JUN

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 0416 268

Tuesday Tearaways

10:00AM, Goodwood Railway Station at Skatepark. Decide on the day
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Noarlunga Railway Station, Noarlunga. Southern Suburbs.
40 km **2B** Sue 0402 880 655

Night Espresso

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

WED 15 JUN

Mannum Peddle Wheelers

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** 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.
20-30 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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

THU 16 JUN

30/30 Beach Streak

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

FRI 17 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 18 JUN

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20-110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook: Gawler Wheelers Cycling Group
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

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, Shepherds Hill Recreation Park, Ayliffes Rd, St Marys. Meet in car park. 61st! Mainly off road ride along tracks and trails in the local area. Some single track and about 500m climbing. Ride route to be decided on the day along with coffee and refreshment stop. Mountain bikes only (tubeless set up please). Please be ready to roll at 9.00 am.
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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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'

9:30 AM, Start of Barossa Bikeway, Calton Rd, Kalbeeba. Ride along Barossa Bikeway to Lyndoch, then on to Jacobs Creek for coffee/refreshments, before returning via same route.
35-40 km **2B** 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, Conyngam St, Glenside (Dog Park). Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

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 19 JUN

ADVERTISEMENT

Audax

Midwinter Classic

Sunday 19 June 2022

7:00 AM

Start - Norwood

202km

Unsupported

A 200 km ride on one of the shortest days of the year.

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, 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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Border BUG

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

Hills Ride

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

Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.
25-35 km **3B** Manfred 8553 0383

MON 20 JUN

Northside Cycling Group

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

TUE 21 JUN

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride in the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Explore the Western Suburbs
40-50 km **3B** Tracey 0435 392 554

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton.
40 km **2B** Robyn 0401 364 019

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

Night Espresso

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

WED 22 JUN

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 23 JUN

30/30 Beach Streak

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

FRI 24 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 25 JUN

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20–110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:
Gawler Wheelers Cycling Group
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

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 #1 (Gears and Brakes)

9:00 AM – 1:00pm PM

Saturday 25 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 SA office 8168 9999

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 **2B** 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, Water Wheel car park, 81 Commercial Rd Salisbury. Ride to Oakden via Levels Bikeway for coffee and return via Dry Creek Trails – some inclines. Coffee en route. Most suitable or hybrid/MTBs.
35 km **2B** 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 Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

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

SUN 26 JUN

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

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

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Dog Park car park, Cnr. Davis St. and Waterloo Cnr. Rd, Salisbury. Beginners/ Easy Ride along the path of the Little Para Trail.
5–10 km **1A-2A** MTB Jim 0401 984 767

MON 27 JUN

Northside Cycling Group

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

TUE 28 JUN

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Decide on the day
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Brownhill Creek.
40 km **2B** Trevor 0434 961 488

Night Espresso

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

WED 29 JUN

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/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 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 30 JUN

30/30 Beach Streak

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

FRI 1 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 2 JUL

ADVERTISEMENT

fludax

KI 300

Saturday 2 July 2022

6:00 AM

Start - Penneshaw

300km

Unsupported

KI 300

Scott McCann 0487 864 693

mccann1012004@yahoo.com.au

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am start for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information - Bike Melrose Facebook page.
20-110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook: Gawler Wheelers Cycling Group
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/ breakfast and a chat at Pickleme 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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Ourr Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

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 carpark. 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 (tubeless set up please).
Be ready to roll at 9:00 am.
30-40 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, Shelta Area, Carisbrooke Park, Main North Rd, Salisbury Park. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred.
25 km **2A** 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** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Velo Precinct, Grandstand, 140 Fullarton Rd, Victoria Park. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 3 JUL

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

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, 1620 Strathalbyn Rd, Mylor. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Steve 0401 603 596

MON 4 JUL

Northside Cycling Group

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

TUE 5 JUL

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Army Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 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/ubug
20 km **5A** Monica 0415 0416 288

Tuesday Tearaways

10:00AM, Goodwood Railway Station at Skatepark. Magical Mystery Tour – Roll up! 40–50 km **3B** Richard 0419 033 140

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Meandering around the city suburbs.
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 café.
40 km Rob 8299 0230

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

WED 6 JUL

Mannum Peddle Wheelers

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

www.facebook.com/groups/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 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
20–30 km **1A-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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 7 JUL

30/30 Beach Streak

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

FRI 8 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 9 JUL

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20–110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook: Gawler Wheelers Cycling Group 50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

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 **2B** 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, South Tce, Pooraka (Levels car park) Follow Levels Bike Path to Walkerville then Torrens Trail to Adelaide Oval. Return via Gawler Greenway to Mawson Lakes then follow Dry Creek back to Pooraka. Coffee to be decided. Suitable for all types of bikes.
35 km **2B** Des 0408 086 545

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

1:00 PM, Weigall Oval, cnr Macarthur Ave and Urrbrae Tce, Plympton. 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 JUL

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

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 Rd, car park opposite high school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Car park, corner Waterloo Cnr. Rd and Davis St, Salisbury North. Ride to Pt Adelaide via Tapa Martinthi Yala Shared Use Path for coffee then return via same route. Suitable for all types of bikes.
35–40 km **3A** Ash 0416 719 785

MON 11 JUL

Northside Cycling Group

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

TUE 12 JUL

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark Decide on the day.
40-50 km **3B** Jane 0402 102 608

Tuesday Traverse

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

Night Espresso

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

WED 13 JUL

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on Facebook.
www.facebook.com/groups/mannumpedalwheelers or 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 km-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 14 JUL

30/30 Beach Streak

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

FRI 15 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 16 JUL

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20-110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:
Gawler Wheelers Cycling Group
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

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 Cobble Creek loop using the Little Para and Dry Creek trails. Refreshments along the way. Mountain bikes only (tubeless set up please).
Please be ready to roll at 9:00 am.
45-50 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, On the Run, Vater St, Greenfields. Ride along Gawler Greenway to Bowden, then Outer Harbor Greenway to Pt Adelaide for coffee, before returning via Pt River Bikeway and Tapa Maranthi Yala Shared Use Path. Suit any type of bike.
33 km **2A-3A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. 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 17 JUL

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

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. North end car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Joe 0429 694 022

Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.
25-35 km **3B** Manfred 8553 0383

MON 18 JUL

Northside Cycling Group

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

TUE 19 JUL

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 head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark Marino Rocks to search for dolphins.
40-50 km **3B** Richard 0433 537 762

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Eastern Suburbs.
40 km **2B** Jo 0432 429 922

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 20 JUL

Mannum Peddle Wheelers

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

www.facebook.com/groups/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 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
20–30 km **1A-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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 21 JUL

30/30 Beach Streak

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

FRI 22 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 23 JUL

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am start for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information – Bike Melrose Facebook page.
20–110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:
Gawler Wheelers Cycling Group
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandmother'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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

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 **2B** 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, North Adelaide Railway Station, War Memorial Drive, North Adelaide. Ride outer City Loop through parklands – coffee en route. Suitable for all types of bikes.
20 km **2B** Brian 0408 818 993

All Women's Bike Rides

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

Cogs & Coffee

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

Saturday Express

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

Saturday Sojourn

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

SUN 24 JUL

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

Border BUG

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

Hills Ride

9:00 AM, Harrogate tennis courts, 60 Mail Rd, Harrogate. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Neil 0429 201 144

MON 25 JUL

Northside Cycling Group

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

TUE 26 JUL

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Decide on the day.
40–50 km **3B** Jane 0402 102 608

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton. Southwest Suburbs.
40 km **2B** Jeff 04087 191 958

Bicycle Maintenance Course

Basic Bike Care
5:30 PM – 8:00 PM
Tuesday 26 July 2022
Bicycle SA Office, 11a Croydon Rd Keswick
This basic 3 hour course is designed specifically for those just starting out or who haven't got the bike out of the shed for a while. Learn how to clean and lubricate the major mechanical working parts of a bike and get the inside story on repairing punctures!
Fee applies
Early bookings essential (maximum 6 registrants per course)
Bicycle SA 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 27 JUL

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km 3B or 3C Max or Malcolm
0405 191 955 or 8276 9469

THU 28 JUL

30/30 Beach Streak

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

FRI 29 JUL

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 30 JUL

ADVERTISEMENT

fludax

Barossa & Hills Ramble

Saturday 30 July 2022

7:00 AM

Start - Modbury

100kkm/152km/209km

Unsupported

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

James Litt 0428 066 480
jamlitt@bigpond.net.au

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.

20-110 km Kristen 0409 093 649

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Gawler Wheelers Cycling Group

50-100 km Ian 0448 111 384

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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 Grandmas Cafe. (Bring money for coffee/ breakfast). Visitors and new riders are welcome. Visit us on Facebook.

www.facebook.com/groups/mannumpedalwheelers

or mannumpedlewheelers.weebly.com

35 km 2B-4B Terry or Wally
0427 319 004 or 0428 592 282

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km 6A

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km 6B Ruth 0427 752 815

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 (tubeless set up please).
Please be ready to roll at 9:00 am.
30-40 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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 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 04087 191 958

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

SUN 31 JUL

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km 4B Jim 0448 412 992

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, Magill. Tower hotel car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km 2C Steve 0401 603 596

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Area, Carisbrooke Park, Main North Rd, Salisbury Park. Beginners/ Easy Ride along the path of the Little Para Trail.
5-10 km 1A-2A MTB Jim 0401 984 767

MON 1 AUG

Northside Cycling Group

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

TUE 2 AUG

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km 5A Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Brighton Railway Station on the Western side. A Coast to Vines roundabout 40-50 km 3B Ann 0438 558 941

Tuesday Traverse

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

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

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

WED 3 AUG

Mannum Peddle Wheelers

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

www.facebook.com/groups/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 km–70 km to Victor Harbor area. Options from 1B to 4B.

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

Para Pedallers 'Cycle Salisbury'

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

20–30 km **1A-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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.

50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 4 AUG

30/30 Beach Streak

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

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

FRI 5 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

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

SAT 6 AUG

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.

20–110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:

Gawler Wheelers Cycling Group
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme 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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au

54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.

35–50 km **6B** Ruth 0427 752 815

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 #1 (Gears and Brakes)

9:00 AM – 1:00pm PM

Saturday 6 August 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 SA 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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 (Greentree Park), Kings Rd, Paralowie. Easy ride along the Little Para Trail, Tapa Martinhi Yala Shared Use Path and service road to St Kilda and return. Coffee en route. Mountain/hybrid bikes only.

25 km **2A** 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, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea.

40 km **3B** Bob 0409 091 183

SUN 7 AUG

Poseurs d' Adelaide

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

60–80 km **5B**

Peter 0407 182 376

Andrew 0419 817 749

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

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 Del Giorno's Café.

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

Border BUG

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

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

Hills Ride

9:00 AM, Woodside. Swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Joe 0429 694 022

MON 8 AUG

Northside Cycling Group

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

30 km **5A** Gary 8255 1979

TUE 9 AUG

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug

20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatetark. Decide on the day

40–50 km **3B** Jane 0402 102 608

Tuesday Traverse

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

40 km **2C** Eric 0402 356 796

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 10 AUG

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

THU 11 AUG

30/30 Beach Streak

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

FRI 12 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 13 AUG

ADVERTISEMENT

Audax

South Eastern 123

Saturday 13 August 2022

Start - Kingston Park (start times various 106km/200km/160km/303km)

Unsupported

All loops leave Adelaide via Chandlers Hill and Clarendon, and return via Aldgate Valley Drive. Varied start times to enable all distances to meet up and finish together. After the ride, come and enjoy pizza and a drink.

Graham Stucley 0418 993 344
gstucley@gmail.com

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20-110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:
Gawler Wheelers Cycling Group
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

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 Marketplace, cnr. South Rd. and Ashwin Pde, Torrensville. Meet in the car park by the car wash. Single track ride up and down the Torrens Linear Park. Coffee/refreshments on the coast. Mountain bikes only.
Please be ready to roll at 9:00 am.
30 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 **2B** 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovell's Bakery. 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, Baymore Reserve, North East Rd, Modbury. Follow trail beside O Bahn to Torrens Linear Park, up 4th Creek to Moriatta and return. Coffee at Lochiel Park Golf Club. Suit MTB/hybrid bikes.
28 km **2B** Cam 0468 927 892

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 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. Cafe stop for afternoon tea.
40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Pioneer Memorial, Moseley Square, Jetty Rd, Glenelg. An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 14 AUG

Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 14 August 2022

8:00am Strathalbyn Show Hall,

Coronation St, Strathalbyn

The fourth (and penultimate) event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2022. Choose between 75km or 150km, 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, 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

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 Del Giorno's Cafe.
40 km **4B** Jim 0448 412 992

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, 117 Onkaparinga Valley Rd, Balhannah, north end car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Rob 0428 990 059

MON 15 AUG

Northside Cycling Group

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

TUE 16 AUG

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00AM, Red Berry Expresso, 2 L'Estrange St, Glenside. A 'Catch me if you can' David ride.
40-50 km **3B** David 0413 489 927

Tuesday Traverse

10:00 AM, Brighton Railway Station, Brighton.
40 km **2B** Sue 0411 029 628

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 17 AUG

Mannum Peddle Wheelers

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

www.facebook.com/groups/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 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Para Pedallers 'Cycle Salisbury'

8:30 AM, Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/hybrid bikes preferred.
20–30 km **1A-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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km 3B or 3C Max or Malcolm
0405 191 955 or 8276 9469

THU 18 AUG

30/30 Beach Streak

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

FRI 19 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 20 AUG

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20–110 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 in addition to 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:
Gawler Wheelers Cycling Group
50–100 km Ian 0448 111 384

Mannum Peddle Wheelers

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

Cobwebs

7:55 AM, Western side of the car park in Wiggly Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35–50 km **6B** Ruth 0427 752 815

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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, Mt Torrens Oval, Oval Rd, Mt Torrens. Ride along Amy Gillett Bikeway to Oakbank and return. Coffee en route. Suit any type of bike.
35 km **2A-3A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici 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, 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, 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

SUN 21 AUG

Poseurs d'Adelaide

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

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 Del Giorno's Cafe.
40 km **4B** Jim 0448 412 992

Border BUG

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

Hills Ride

9:00 AM, Echunga oval, car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.
50 km **2C** Steve 0401 603 596

Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.
25–35 km **3B** Manfred 8553 0383

MON 22 AUG

Northside Cycling Group

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

TUE 23 AUG

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Goodwood Railway Station at Skatepark. Decide on the day.
40–50 km **3B** Jane 0402 102 608

Tuesday Traverse

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

Bicycle Maintenance Course

Basic Bike Care

5:30 PM – 8:00 PM

Tuesday 23 August 2022

Bicycle SA Office, 11a Croydon Rd Keswick

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

Fee applies

Early bookings essential (maximum 6 registrants per course)

Bicycle SA 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 cafe.
40 km Rob 8299 0230

WED 24 AUG

Mannum Peddle Wheelers

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

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

GAD-BUG (Goolwa & District Bicycle User Group)

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

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

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route. 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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

THU 25 AUG

30/30 Beach Streak

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

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

FRI 26 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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

SAT 27 AUG

ADVERTISEMENT

Audax

Burra Explorer

Saturday 27 August 2022

7:00 AM

Start - Gawler/Willaston

50km/109km/205km/303km

Unsupported

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

Scott McCann 0487 864 693

mccann012004@yahoo.com.au

Bike Melrose

7:30 AM, Bike Melrose Trailhead Nott St, 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.
20-110 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). An Intermediate (5B and 6B) and Challenging (6C and 6D) Gravel ride is offered on the last Saturday of the month in addition to road rides. Suitable for CX and Mountain bikes. 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, 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 by 4:00pm Friday. For ride options and the latest news visit us on Facebook:
Gawler Wheelers Cycling Group
50-100 km Ian 0448 111 384

Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum for coffee/breakfast and a chat at Pickleme Grandmother'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

Cobwebs

7:55 AM, Western side of the car park in Wigley Reserve, Glenelg, near the Historic Tram. Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 75 to 90 riders. We ride as a number of speed-related sub-groups, starting with an average speed of 25 kph and meet for a social chat and coffee at the Watermark Hotel after the ride. When you arrive, just introduce yourself to any other rider and they'll put you in contact with the appropriate group leader. You can also contact us at: cobwebsadelaide@yahoo.com.au
54 km **6A**

Riverland Riders

8:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.
35-50 km **6B** Ruth 0427 752 815

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 trails and the Torrens Linear Park. Mountain bikes only (tubeless tyres please). Please be ready to roll at 9:00 am.
45-65 km **2B-3B** Mark 0490 340 167

Bicycle Maintenance Course

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

9:00 AM - 1:00pm PM

Saturday 27 August 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 SA office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

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 **2B** 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 50 km leisurely ride, depending on who turns up. Weather dependent. No ride if the weather is bad. Coffee afterwards at Lovells Bakery. 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, Dead Man Pass, Gawler Tce, Gawler. Ride local trails through Gawler - some steep inclines. Coffee en route. Most suitable for hybrid/MTBs.
20-25 km **2B** 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 Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

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

SUN 28 AUG

Poseurs d'Adelaide

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

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 Del Giorno's Café.
40 km **4B** Jim 0448 412 992

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** Neil 0429 201 144

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

MON 29 AUG

Northside Cycling Group

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

TUE 30 AUG

Getonyabike

9:00 AM, Charleston tennis Courts. Newman Rd Charleston GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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/ubug
20 km **5A** Monica 0415 042 468

Tuesday Tearaways

10:00 AM, Seaford Railway Station. A seaside gamble back into the city
40–50 km **3C** Keith 0498 464 635

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. City loop – parklands.
40 km **2B** Graham 0448 833 947

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 31 AUG

Mannum Peddle Wheelers

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

www.facebook.com/groups/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 km–70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Geoff 0415 460 380

Northside Cycling Group

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from 3A to 5A with a coffee stop en route.
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 sometimes same place. Contact Max 0405 191 955 for the 3C ride or Malcolm 8276 9469 for the 3B ride, for more details.
50 km **3B** or **3C** Max or Malcolm
0405 191 955 or 8276 9469

17–25 September 2022
Adelaide Hills, Clare Valley,
Barossa Valley, McLaren Vale

The 2022 Annual Tour is a gourmet food and wine adventure, exploring some of SA's iconic wine regions, including the Adelaide Hills, Barossa Valley and McLaren Vale. The itinerary, which, over the years has been one of our most popular sell-out experiences, commences and concludes in Adelaide. Don't miss your chance to eat, drink, ride, make friends and smile though the best that SA has to offer.

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

2022 ANNUAL TOUR

