

BikeSA
RIDES
PROGRAM



RIDES PROGRAM

JUNE 2026

Welcome

Each year, over 2,000 organised rides are delivered as part of BikeSA's free Rides Program. From Willunga to Gawler and Mt Gambier to the Eyre Peninsula, all rides are delivered by our experienced rides leaders. Our Rides Program 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 contact any of our rides leaders and have a chat with them. The Rides Program is also available on our [website](#). All are welcome, so get involved and go for a ride.



Ride Group Coordinators

Bike Melrose

Kristen 0409 093 649

Cobwebs

[Email](#)
cobwebsadelaide@yahoo.com.au

Cogs & Coffee

Jane 0402 102 608

Cycle Salisbury

[Cycle Salisbury Website](#)

GAD-BUG (Goolwa and District Bicycle User Group)

Geoff 0415 046 038

Gawler Wheelers

Ian 0448 111 384
[Gawler Wheelers Facebook Group](#)

Gravel Grin Capers

[Email Stu: stu.clement@yahoo.com](#)

Hills Ride

[Email Rob:](#)
rffletcher1965@gmail.com

Kangaroo Island BUG

[Email Graeme: cherga@gmail.com](#)

Mannum Peddle Wheelers

Terry 0427 319 004

Peninsula Peddlers

Raelene 0419 842 007

Poseurs d'Adelaide

[Email Peter: pwilson5140@gmail.com](#)

Ride with Keith

[Ride with Keith Facebook Page](#)

Saturday Express

Patsy 0439 332 533

Saturday Sojourn

Chris 0414 802 919

Tearaways

Jane 0402 102 608

Tuesday Traverse

Graham 0448 833 947
Judy 0401 000 641

Tuesday Treadlers

Tony 0407 884 730
[Email Tony: windrush@adam.com.au](#)

UnleyBUG

[Unley BUG Website](#)
[Email: ubug.secretary@gmail.com](mailto:ubug.secretary@gmail.com)

Wednesday Wheelers

Mal 0407 870 470

About the Program

The rides are free of charge (unless indicated otherwise) and available to the public. For a punctual start, please arrive 15 minutes prior to the scheduled starting time. Riders are encouraged to join BikeSA as a member after three rides. Only BikeSA 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 Program is subject to change without notice.

What to take on a ride

- Puncture kit
- Rain jacket
- Spare tube
- Identification
- Pump
- Money
- Sunscreen
- Lights
- Water
- Sunglasses

Hot Weather

Non-fee-paying rides, as listed in the Rides Program, will be cancelled 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.

On-Road Ride Codes

- | | |
|----------------|-------------------|
| 1 Up to 15km/h | A Flats |
| 2 15 to 18km/h | B A few hills |
| 3 18-20km/h | C Hilly and steep |
| 4 20-23km/h | D Challenging |
| 5 23-26km/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 jump

TUE 2 JUN

Tuesday Traverse

10AM, City Weir Linear path to Modbury and return via Dry Creek Trail Northern Suburbs. 40km **2B** Paul 0402 560 127

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding 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. Coffee afterwards at Boston Bean. 30km **1A** Raelena 0419 842 007 Jim 0448 412 992

Unley Community Centre Ride

9.30AM, The front lawns of Unley Community Centre, Arthur Street, 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. 20km **3B**
ubug.secretary@gmail.com

Tuesday Treadlers

9.30AM Balhannah Oval, Onkaparinga Valley Road, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually, a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-55km **3B-6B** Tony 0407 884 730

Tuesday Tearaways

10AM, Skate Park south of Goodwood Railway Station Southern Suburbs, mostly bike tracks. 50KM **3B** Marg 0413 889 055

WED 3 JUN

Mannum Peddle Wheelers

7.30AM, 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.
50-80km **4B** Terry 0427 319 004 Wally 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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 45-70KM to Victor Harbour **1B-4B** Geoff 0415 460 380

Ride with Keith

9AM 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 **3B** Aaron 08 8232 7277

Wednesday Wheelers

10AM Adelaide city locations. New riders welcome, stopping for lunch en-route. 50 -70KM **3C** Mal 0407 870 470 Peter 0400 009 640 **3B** (easier pace)

Para Pedallers 'Cycle Salisbury'

8.30AM Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 25-35km **2A-3B**
salisbury.sa.gov.au/cyclesalisbury

FRI 5 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 - 70 km with a break for coffee. From time-to-time location/terrain may change in favour of an off-road mountain bike ride. **4B** 50-70KM Geoff 0415 460 380

SAT 6 JUN

Saturday Sojourn

11AM, Haywood 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 25KM **2A** Chris 0414 802 919

Bike Melrose

7.30AM, Bike Melrose Trailhead, Nott Street, Melrose Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. 20-110km Kristen 0409 093 649

Mannum Peddle Wheelers

7.30AM, 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). 35KM **2B-4B** Terry 0427 319 004 Wally 0428 592 282

Gawler Wheelers

7.30AM 41 High Street, Gawler, Southern car park (next to Gawler Council Administration building) Gawler Wheelers is a social road cycling group. Gawler Wheelers is a social road cycling group, meeting. Rides are held every Saturday morning. 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 out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm Friday.
Gawler Wheelers Cycling Group - Ian 0448 111 384

Cobwebs

9AM Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as **several** 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. **54KM** 6A. You can also contact us at: cobwebsadelaide@yahoo.com.au

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding 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. Coffee afterwards at Boston Bean. 30km **4B** Raelena 0419 842 007 Jim 0448 412 992

Para District Pedallers 'Cycle Salisbury'

9AM Waterwheel Museum car park, Commercial Rd, Salisbury. Ride through Barker Inlet, ride along South Road, return Gawler Greenway. Coffee en route. MTB, Gravel bike, hybrid. **35 km 2A**
salisbury.sa.gov.au/cyclesalisbury

Saturday Express

1PM City Weir Adelaide. Café stop for afternoon tea. 40km **3B** Trevor 0434 961488

Cogs & Coffee

10AM Parco Espresso & Wine Bar, 259 Hutt Street, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday 50KM **2B** Jane 0402 102 608 or Richard 0419 033 140

Unley Bug

9AM, Unley Town Hall car park Oxford Tce Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop - either along the way or to finish - is very likely! All ages and abilities welcome 10-20km **2A**
ubug.secretary@gmail.com

Dry Creek Trailer 'Cycle Salisbury'

9AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka Various medium level rides along the Drit Creek Trail., extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee enroute. MTB please 15-20km **1A-2B** MTB
salisbury.sa.gov.au/cyclesalisbury

SUN 7 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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 4B. Riders choose when to turn back **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

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

Hills Ride

9AM, Please contact Ride leader MTB or Hybrid advised. Coffee Stop enroute. Mainly dirt roads 45-50KM **2C** Rob 0428 990 059 2C

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. 30KM **4B**

Salisbury Wheelers 'Cycle Salisbury'

9AM AM Lyndoch, Village Green. Ride the Barossa bike paths: Lyndoch, to Tanumda and on to Anguston. Quicker pace. 58 km, 450 m. Designed for road bikes (all bitumen) and all bikes suitable for bigger hills. **58 km 4C** salisbury.sa.gov.au/cyclesalisbury

TUE 9 JUN

Tuesday Traverse

10AM, Christies Beach trail/return 40km **2B** Julie 8298 6985

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular rider. Coffee afterwards at Boston Bean. 30km **1A** Raelena 0419 842 007 Jim 0448 412 992

Tuesday Treadlers

9.30AM, Balhannah Oval, Onkaparinga Valley Road, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually, a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50-55km **3B-6B** Tony 0407 884 730

Tuesday Tearaways

10AM, Footbridge Festival to oval, Festival side, at the back of Adelaide Railway Station. North north/eastern suburbs and foothills 50KM **3B** Peter 0414 848 511

WED 10 JUN

Mannum Peddle Wheelers

7.30AM, 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. 50-80km **4B** Terry 0427 319 004 Wally 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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 45-70KM to Victor Harbour **1B-4B** Geoff 0415 460 380

Ride with Keith

9AM 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 **3B** Aaron 08 8232 7277

Wednesday Wheelers

10AM Adelaide city locations. New riders welcome, stopping for lunch en-route 50 -70KM **3C** Mal 0407 870 470 Peter 0400 009 640 **3B** (easier pace)

FRI 12 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 - 70 km with a break for coffee. From time-to-time location/terrain may change in favour of an off-road mountain bike ride. **4B** 50-70KM Geoff 0415 460 380

SAT 13 JUN

Saturday Sojourn

11AM, Marshmallow Playground Adelaide Haywood Park, 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 25KM **2A** Chris 0414 802 919

Bike Melrose

7.30AM, Bike Melrose Trailhead, Nott Street, Melrose Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. 20-110km Kristen 0409 093 649

Mannum Peddle Wheelers

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+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat, all welcome. Please visit the Facebook page prior to coming out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm Friday. Gawler Wheelers Cycling Group - Ian 0448 111 384

Cobwebs

9AM Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as several 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. 54KM **6A**. You can also contact us at: cobwebsadelaide@yahoo.com.au

Para Cruisers 'Cycle Salisbury'

9AM Baymor Reserve, North East Road. Trail beside O-Bahn to TTP on to Anstey Hill Gate 5 & Newmans old nursery ruin, return. Coffee at Nev's Cafe. Suitable MTB, hybrid and e bikes.. Suitable for MTB / hybrid / E-bikes. 35 km **2A** salisbury.sa.gov.au/cyclesalisbury

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding at the pace of the slowest rider. If you are not one of our regular riders, ring Jim (0448 412 992) or Raelena (0419 842 007) to confirm start time and location. Coffee afterwards at Boston Bean. 30km **4B** Raelena 0419 842 007 Jim 0448 412 992

Gravel Grin Capers

9AM, Kanmantoo General Store, 8 Old Princess Hwy, Kanmantoo. From Kanmantoo to Highland Rd and the Lavender Trail to Frahns Farm Rd then north to Bondleigh Rd and Snake Gully and Mills Rds back to Kanmantoo. About 51km, 87% unpaved, 700m ascending. Lunch at the general store at the conclusion of the ride. 51KM **2C Stu** stu.clement@yahoo.com

Saturday Express

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

Cogs & Coffee

10AM Parco Espresso & Wine Bar, 259 Hutt Street, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday 50KM **2B** Jane

0402 102 608 or Richard 0419 033 140

Unley Community Centre Ride

9AM, Unley Town Hall car park Oxford Tce Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop - either along the way or to finish - is very likely! All ages and abilities welcome 10-20km **3B** ubug.secretary@gmail.com

SUN 14 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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 4B. Riders choose when to turn back **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

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

Hills Ride

9AM, Please contact Ride leader MTB or Hybrid advised. Coffee Stop en-route. Mainly dirt roads 45-50KM **2C** Rob 0428 990 059 2C

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9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, if you are not one of our regular riders, ring Jim (0448 412 992) or Raelena Mason (0419 842 007) to confirm start time and location. 30KM **4B**

TUE 16 JUN

Tuesday Traverse

10AM, Warradale Railway station Eastern suburbs, south parklands, back to Brighton 40km **2B** Candy 0427 885 393

Peninsula Pedallers

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Tuesday Treadlers

9.30AM, Balhannah Oval, Onkaparinga Valley Road, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually, a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50-55km **3B-6B** Tony 0407 884 730

Tuesday Tearaways

10AM, Mostly bike paths to Linear Path, then south to Tonsley and back to Goodwood via Mitcham 50KM **3B** Christine 0455 414 802

WED 17 JUN

Mannum Peddle Wheelers

7.30AM, 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. 50-80km **4B** Terry 0427 319 004 Wally 0428 592 282

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8.30AM Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 25-35 km **2A-3B** salisbury.sa.gov.au/cyclesalisbury

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SAT 20 JUN

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Coffee afterwards at Boston Bean. 30km **4B** Raelena 0419 842 007 Jim 0448 412 992

Para District Pedallers 'Cycle Salisbury'

9AM Baymor Reserve, North East Road, Modbury Ride along Obahn path and Linear park to Athelstone, return via similar route. Coffee en route. Suit any bike. **27 km 2B** salisbury.sa.gov.au/cyclesalisbury

Saturday Express

1PM City Weir Adelaide. Café stop for afternoon tea. 40km **3B** Trevor 0434 961488

Cogs & Coffee

10AM Parco Espresso & Wine Bar, 259 Hutt Street, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday 50KM **2B** Jane 0402 102 608 or Richard 0419 033 140

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9AM, BMX/Club/Skate Park car park, cnr Bridge Rd and South Tce, Pooraka Various medium level rides along the Drit Creek Trail., extending to the O-Bahn/Modbury as well as Mawson Lakes/Globe Derby/Parafield. Coffee enroute. MTB please. 15-20km **1A-2B MTB**

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SUN 21 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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 4B. Riders choose when to turn back **1A-4B** Geoff 0415 460 380

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60-80km **4C** Peter, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479.

Hills Ride

9AM, Please contact Ride leader MTB or Hybrid advised. Coffee Stop enroute. Mainly dirt roads 45-50KM **2C** Rob 0428 990059 2C

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. 30KM **4B**

Kangaroo Island Bug

10AM, We usually meet once a month at different locations throughout Kangaroo Island. Rides vary in terrain, duration, and are usually leisurely. Please bring BYO water, snacks and lunch. Contact for details - 0438 830 351 or kangarooislandcycline.com.au

Unley BUG

8AM Unley Town Hall car park, Oxford Tce, Unley. **Winter Equinox Adventure Ride!** For those who've been wanting to get up into the hills and escape the city on some gravel roads, this is for you. It'll be a chilled pace with plenty of stops along the way.

Note: This ride will involve a decent amount of climbing and all sorts of surface conditions. We recommend you bring a bike with 35mm tyres as a minimum. 30-40KM

ubug.secretary@gmail.com

Sunday Saunter 'Cycle Salisbury'

9AM Salisbury Aquatic Centre, Outside Café. Happy Home Reserve, off Waterloo Corer Road, Salisbury Easy paced ride along bike paths and some roads to Munno Para West/Playford Alive and return. Coffee enroute. Suitable for any type of bike. 25-30KM **3A** Nigel 0431 838 735

salisbury.sa.gov.au/cyclesalisbury

TUE 23 JUN

Tuesday Traverse

10AM, Goodwood railway station/Forestville reserve. Tramway cycle path to Glenelg, then coast path to Grange, back to the linear via Valetta Rd to Stirling St café 30km then via parkland to Goodwood station 40km **2B** Eric 0402 356 796

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding 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. Coffee afterwards at Boston Bean. 30km **1A** Raelena 0419 842 007 Jim 0448 412 992

Tuesday Treadlers

9.30AM, Balhannah Oval, Onkaparinga Valley Road, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually, a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50-55km **3B-6B** Tony 0407 884 730

Tuesday Tearaways

10AM, Skate Park south of Goodwood Railway station. A Mawson Lakes meander. 50KM **3B** Neil 0458 585 484

WED 24 JUN

Mannum Peddle Wheelers

7.30AM, 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. 50-80km **4B** Terry 0427 319 004 Wally 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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

45-70KM to Victor Harbour **1B-4B** Geoff 0415 460 380

Ride with Keith

9AM 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 **3B** Aaron 08 8232 7277

Wednesday Wheelers

10AM Adelaide city locations. New riders welcome, stopping for lunch en-route 50 -70KM **3C** Mal 0407 870 470 Peter 0400 009 640 **3B** (easier pace)

FRI 26 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 - 70 km with a break for coffee. From time-to-time location/terrain may change in favour of an off-road mountain bike ride. **4B** 50-70KM Geoff 0415 460 380

SAT 27 JUN

Saturday Sojourn

11AM, Haywood 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 25KM **2A** Chris 0414 802 919

Para Cruisers 'Cycle Salisbury'

9AM AM Deadman's pass, Gawler Reserve, Gawler. Local trails through Gawler and Hewett with coffee on return. Suitable for MTB/hybrid/E-bikes. Some steep hills 35 km **2B** salisbury.sa.gov.au/cyclesalisbury

Bike Melrose

7.30AM, Bike Melrose Trailhead, Nott Street, Melrose Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. 20-110km Kristen 0409 093 649

Mannum Peddle Wheelers

7.30AM, 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 Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). 35KM **2B-4B** Terry 0427 319 004 Wally 0428 592 282

Gawler Wheelers

7.30AM 41 High Street, Gawler, Southern car park (next to Gawler Council Administration building) Gawler Wheelers is a social road cycling group. Gawler Wheelers is a social road cycling group, meeting. Rides are held every Saturday morning. 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 out, as very occasionally we may alter the starting location to Lyndoch for a bit of variety and weather cancellations are always posted on our Facebook page by 4:00pm Friday. Gawler Wheelers Cycling Group - Ian 0448 111 384

Cobwebs

7.55AM Our Cobwebs Group ride has been operating for 20 years. We ride from Glenelg to Outer Harbor and return and generally have between 60 to 90 riders. We ride as several 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. 54KM 6A. You can also contact us at: cobwebsadelaide@yahoo.com.au

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding 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. Coffee afterwards at Boston Bean. 30km **4B** Raelena 0419 842 007 Jim 0448 412 992

Gravel Grin Capers

9AM, Pik a Pie Bakery 34 Mawson Rd Meadows From Meadows south to Kuitpo Forest, then to Rocky Creek Hut, Jupiter Creek Forest then east to Green Hills Range and back to Meadows. About 43km, 79% unpaved, 550m ascending. Lunch at the bakery at the conclusion of the ride. 43KM **2C** Stu.stu.clement@yahoo.com

Saturday Express

1PM City Weir Adelaide. Café stop for afternoon tea. 40km **3B** Trevor 0434 961488

Cogs & Coffee

10AM Parco Espresso & Wine Bar, 259 Hutt Street, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Parco Espresso and Wine Bar is our usual meeting point but if you are a new or intermittent rider, please ring on Friday 50KM **2B** Jane 0402 102 608 or Richard 0419 033 140

Unley Community Centre Ride

9AM, Unley Town Hall car park Oxford Tce Unley. Get to know your local area on this casual social ride! We'll visit destinations in and around Unley, taking bike routes and quiet streets where possible. A coffee stop - either along the way or to finish - is very likely! All ages and abilities welcome 10-20km **3B** ubug.secretary@gmail.com

SUN 28 JUN

GAD-BUG (Goolwa & District Bicycle User Group)

8.30AM, 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 4B. Riders choose when to turn back **1A-4B** Geoff 0415 460 380

Poseurs d'Adelaide

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

Hills Ride

9AM, Please contact Ride leader MTB or Hybrid advised. Coffee Stop enroute. Mainly dirt roads 45-50KM **2C** Rob 0428 990 059 2C

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, If you are not one of our regular riders, ring Jim (0448 412 992) or Raelene Mason (0419 842 007) to confirm start time and location. 30KM **4B**

Salisbury Explorers 'Cycle Salisbury'

9AM AM Cnr Waterloo cnr rd & Davis Street St, Salisbury North 5-20 km **1A-2A MTB** salisbury.sa.gov.au/cyclesalisbury

TUE 30 JUN

Tuesday Traverse

10AM, Christies Downs Railway Station Ride back to Brighton Railway Station via Happy Valley Reservoir – some hills and back streets
40km **2B** Jeff 0407 191958

Peninsula Pedallers

9AM, Cnr of Windsor Avenue and Proper Bay Rd, Pt Lincoln Beginners ride, with the group riding 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. Coffee afterwards at Boston Bean. 30km **1A** Raelena 0419 842 007 Jim 0448 412 992

Unley Community Centre

Ride

9.30AM, The front lawns of Unley Community Centre, Arthur Street, 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. 20km **3B**
ubug.secretary@gmail.com

Tuesday Treadlers

9.30AM, Balhannah Oval, Onkaparinga Valley Road, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Choose your own group, fast, leisurely, or somewhere in between. Usually, a different start location on the first Tuesday of each month, Ride Coordinator to confirm. 50-55km **3B-6B** Tony 0407 884 730

Tuesday Tearaways

10AM, Hallett Cove Railway Station. Six southern suburbs, train leaves Adelaide Central at 9.26am and Goodwood at 9.32am arriving at 10.01 50KM **3B** Jo 0432 429 922

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