

BikeSA
RIDES
PROGRAM



RIDES PROGRAM

JULY 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: chergra@gmail.com](#)

Mannum Peddle Wheelers

Terry 0427 319 004
[Mannum Peddle Wheelers website](#)

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

WED 1 JULY

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

[Mannum Peddle Wheelers website](#)

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 or 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 3 JULY

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, please contact Ride Coordinator to confirm.
4B 50-70KM Geoff 0415 460 380

SAT 4 JULY

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

Saturday Sojourn

11AM 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
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
[Mannum Peddle Wheelers website](#)

Saturday Express

1PM Brighton Railway Station, Brighton Café stop for afternoon tea.
40km **3B** Jeff 0407 191956

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 Corner 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 Stebonhealth Park next to Toilet block, Davoren road, Andrews Farm. Ride East up Smith Creek to Blakeview, past gliding club for a lap around the bush. Return via Craigmores.MTB, & Hybrid bikes
35 km 2B
salisbury.sa.gov.au/cyclesalisbury

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

Dry Creek Trailers '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

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

SUN 5 JULY

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, usually coffee afterwards **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 990059

Peninsula Pedallers

9AM Corner 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 Meet at the weir, War Memorial Drive, North Adelaide. Ride Sturt River and Patrick Jonker Veloway. Coffee on way. Hilly, quicker pace 400m. Designed for road bikes (all bitumen) and all bikes suitable for bigger hills..
48 km 4C
salisbury.sa.gov.au/cyclesalisbury

TUES 7 JULY

Peninsula Pedallers

9AM Corner 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 contact ride leaders to confirm start time & 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 Traverse

10AM Western Suburbs
40km **2B** Paul L 0418 519491

Tuesday Tearaways

10AM Seaford Railway Station. A trip to Aldinga beach. Suitable for all bikes. Catch 9.11am from Adelaide central or Goodwood 9.04am direct to

Flinders 9.12am and change at Woodlands 50KM **3B** Julie 0403 431063

Unley Community Centre

9.30AM Unley Community Centre front lawns, Arthur Street, Unley on the front lawns 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. Email- ubug.secretary@gmail.com Web- unleybug.org

WED 8 JULY

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 Mannum Peddle Wheelers website

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 or 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 10 JULY

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, please contact Ride Coordinator to confirm. **4B** 50-70KM Geoff 0415 460 380

SAT 11 JULY

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

Saturday Sojourn

11AM Forestville Reserve, Ethel Street (Unley Swimming Centre) 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).

Saturday Express

1PM Heywood Park, Unley Park, Café stop for afternoon tea. 40km **3B** Patsy 0439 332533

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 Corner 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

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

Gravel Grin Capers

9AM Mt Pleasant Bakery & Café 126 Melrose Street Mt Pleasant. From Mt Pleasant south towards Tungkill, south to the north part of the Rockleigh 105 ride, to the side of Mt Beevor, to Tungkill and back to Mt Pleasant. About 56km, 93% unpaved, 850m ascending 56KM **2C** Stu stu.clement@yahoo.com

Para Cruisers 'Cycle Salisbury'

9AM South Terrace, Pooraka Dog Park. Up Dry Creek trail. Follow cycle trail running parallel to McIntyre Road. Through Para Hills and Rains Drive Reserve. Coffee at Baker Boy. Suitable for MTB / hybrid / E-bikes 26 km **2A** salisbury.sa.gov.au/cyclesalisbury

SUN 12 JULY

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, usually coffee afterwards **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 990059

Peninsula Pedallers

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TUES 14

Peninsula Pedallers

9AM Corner 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 contact ride leaders to confirm start time & 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 Traverse

10AM Weir, City. Athlestone return 40km **2B** Ian 0417 70003

Tuesday Tearaways

10AM Skate Park south of Goodwood Railway Station. Eastern suburbs then southwest. 50KM **3B** Robyn 0410 364019

Unley Community Centre

9.30AM Unley Community Centre front lawns, Arthur Street, Unley on the front lawns 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. Email- ubug.secretary@gmail.com Web- unleybug.org

WED 15 JULY

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 Mannum Peddle Wheelers website

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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 17 JULY

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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, please contact Ride Coordinator to confirm. **4B** 50-70KM Geoff 0415 460 380

Gravel Grin Capers

9.30AM Visitor Centre Carpark (Between John & Julius St) Tanunda. From Tanunda south then past Bethany to Pewsey Vale, Williamstown and Lyndoch then past Chateau Yaldara and back roads back to Tanunda. About 60km, 70% unpaved, 800m ascending. Lunch mid-ride. **60KM 2C** Stu stu.clement@yahoo.com

SAT 18 JULY

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.

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Saturday Sojourn

11AM Weighall Oval Corner MacArthur Avenue and Urrbea Terrace, Plympton 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

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Saturday Express

1PM Weir, City Stop for afternoon tea. 40km **3B**

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 Corner 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** Raelene 0419 842 007 Jim 0448 412 992

Para District Pedallers 'Cycle Salisbury'

9AM Barossa Bikeway, Sunnysdale Avenue, Gawler East Ride Barossa Bikeway to Lyndoch for refreshments, return via gravel back roads. MTB, gravel bikes **35 km 3B** salisbury.sa.gov.au/cyclesalisbury

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

Dry Creek Trailers '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 19 JULY

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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 Corner 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**

Sunday Saunter 'Cycle Salisbury'

9AM Outside Par 3 Café, Torrens Weir, War Memorial Drive, North Adelaide. Easy paced ride along Torrens Linear Park shared path and some roads to Henley Beach and return. Coffee enroute. Suitable for any type of bike.. 30-40KM **3A** Nigel 0431 838 735 salisbury.sa.gov.au/cyclesalisbury

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

TUE 21 JULY

Peninsula Pedallers

9AM Corner 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 contact ride leaders to confirm start time & location. Coffee afterwards at Boston Bean. 30km **1A** Raelene 0419 842 007 Jim 0448 412 992

Tuesday Treaders

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 Traverse

10AM Weir - Mystery ride 40km **2B** Rick 0418816372

Tuesday Tearaways

10AM Skate Park south of Goodwood Railway Station. North/East, a few hills. Suitable for all bike types. 50KM **3B** Daniel 0418 879989

Unley Community Centre

9.30AM Unley Community Centre front lawns, Arthur Street, Unley on the front lawns 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. Email - ubug.secretary@gmail.com Web - unleybug.org

WED 22 JULY

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 Youngusband 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
[Mannum Peddle Wheelers website](#)

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 or 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 24 JULY

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, please contact Ride Coordinator to confirm. **4B** 50-70KM Geoff 0415 460 380

SAT 25 JULY

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

Saturday Sojourn

11AM 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 **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 Youngusband 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
[Mannum Peddle Wheelers website](#)

Saturday Express

1PM Victoria Park Wetlands, South Terrace, end of east terrace. Café stop for afternoon tea. 40km **3B** Trevor 0434 961488

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 Corner 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 Cruizers 'Cycle Salisbury'

9AM Hausler Reserve, Kings Road, Paralowie Local trails through Mawson Lakes, Ingle Farm and surrounding areas - coffee at Baker Boys Montague Farm. Suitable for MTB / hybrid / E-bikes 26 km **2A** salisbury.sa.gov.au/cyclesalisbury

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

SUN 26 JULY

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, usually coffee afterwards **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 990059

Peninsula Pedallers

9AM Corner 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 Greentree Park (Hausler Reserve), Kings Rd. Paralowie (adjacent Little Para Trail). Beginners/Easy Ride along the bitumised path of the Little Para Trail. Looped ride where you do what you can, if it's up to what 5km we look after you first ... then we build up from there. 5-20km **1A-2A** salisbury.sa.gov.au/cyclesalisbury

TUE 28 JULY

Peninsula Pedallers

9AM Corner 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 contact ride leaders to confirm start time & 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 Traverse

10AM Weir - Mystery ride 40km **2B** Sue S 0402 880655

Tuesday Tearaways

10AM To the Northern Expressway with coffee at Port Adelaide and return via The Greenway 50KM **3B** Justin 0466 104900

Unley Community Centre

9.30AM Unley Community Centre front lawns, Arthur Street, Unley on the front lawns 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. Email- ubug.secretary@gmail.com Web- unleybug.org

WED 29 JULY

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 Youngusband 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
[Mannum Peddle Wheelers website](#)

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 or 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 31 JULY

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, usually coffee afterwards **1A-4B** Geoff 0415 460 380

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