



RIDES PROGRAM

September 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

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

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

TUES 1 SEPT

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 Woodside Oval. Amy Gillette track - Woodside to Birdwood return 40km **2B** Judy 0401 000 641

Tearaways

10AM Goodwood Railway Station bike track, western side. A Ros adventure with a new coffee. Suitable for all bikes. 50KM **3B** Ros 0488 741 556

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 2 SEPT

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 <https://mannumpeddlewheelers.weebly.com/>

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 4 SEPT

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 5 SEPT

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, meeting. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am for all rides - **Except** Short (5A and 6A) ride and safety briefing 7:45 am, roll out 8:00am. 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](http://GawlerWheelersCyclingGroup) - Ian 0448 111 384

Saturday Sojourn

11AM Haywood Park Addiscombe Place Unley Park, 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 <https://mannumpeddlewheelers.weebly.com/>

Saturday Express

1PM Torrens Weir, choose your own leader. Ride information please call ride co-ordinator. 40km **3B** Patricia 0439 332 533

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 [Cobwebs Facebook group](http://CobwebsFacebookgroup)

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

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

Unley Bug

9AM Unley Town Hall car park, Oxford Tce, Unley. Join us for an all-ages, all-abilities ride on a Saturday morning! We'll be travelling on some fantastic bike paths in and around Unley and are likely to finish with coffee on the way. Meet at 8:45am for a 9am start. 15-20KM **1A** Daniel [Email: ubug.secretary@gmail.com](mailto:ubug.secretary@gmail.com) [Unley Bug Facebook group](http://UnleyBugFacebookgroup)

Cycle Salisbury Social Rides 13th Birthday'

9.30AM Shelter Shed, Carisbrooke Park Reserve, Main North Rd Salisbury Park. Cycle Salisbury Social Rides 13th birthday celebrations. Various rides all leaving from shelter shed to suit all abilities including (but not limited to) a fast paced and slower paced (Family) ride along Little Para River Trail; Mountain bike ride to Cobblers Creek to explore trails. Riders and their partners are then invited to join us for lunch (at own cost) in the beer garden of the Old Spot Hotel, Main North Road, Salisbury Park (opp Carisbrooke Park) from 12pm 5-25KM **1A-2B** salisbury.sa.gov.au/cyclesalisbury

SUN 6 SEPT

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

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**

Gravel Grin Capers

9AM Harvest the Fleuriu, 2256 Victor Harbor Rd, Mt Compass. Mt Compass to Mt Magnificent and Kyeema return. 77% unpaved; 478m ascending. Lunch at the conclusion of the ride. 33KM **2C** Stu 0496 543 503 stu.clement@yahoo.com

Salisbury Wheelers 'Cycle Salisbury'

Meet at Lyndoch Village Green Bikeway. Ride the Barossa bike paths: Lyndoch, to Tanumda and on to Angoston. Quicker pace. 58 km, 450 m. Designed for road bikes (all bitumen) and all bikes suitable for bigger hills.

28 km 2B
salisbury.sa.gov.au/cyclesalisbury

TUES 8 SEPT

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 St Clair Sports Centre Cafe - 300m from the Woodville train station. Linear route direction and destination could be anywhere (could be circular depending on the weather) option of train return. 40km 2B Mick 0452 572 078

Tearaways

10AM Skate part on western side of Goodwood Railway Station. Goodwood Railway Station to Tea Tree Plaza to Oakden for the most important part, coffee and back to Goodwood. Suitable for all bikes. 50KM 3B Karel 0449 854 454

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 9 SEPT

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
<https://mannumpeddlewheelers.weebly.com/>

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 11 SEPT

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 12 SEPT

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 for all rides - Except Short (5A and 6A) ride and safety briefing 7:45 am, roll out 8:00am. 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](https://www.facebook.com/gawlerwheelers) - Ian 0448 111 384

Saturday Sojourn

11AM Forestville Reserve, Ethel Street, Forestville (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).

35KM 2B-4B Terry 0427 319 004 Wally 0428 592 282
<https://mannumpeddlewheelers.weebly.com/>

Saturday Express

1PM Darge Reserve, Felixstow. 40km 3B Daryl 0411 474096

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 [Cobwebs Facebook group](https://www.facebook.com/cobwebs)

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

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

Para Cruizers 'Cycle Salisbury'

9AM South Terrace, Pooraka (Dog park) Up Dry Creek trail to Baymor Reserve. Follow cycle trail beside O-Bahn to Torrens Linear Park and on to Walkerville. Home along Galway Ave and Levels Bike Way. Coffee at Lights View. Suitable for MTB and hybrid bikes. 28 km 2B

salisbury.sa.gov.au/cyclesalisbury

SUN 13 SEPT

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 38

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

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

Gravel Grin Capers

9AM Mighty Mighty Coffee Roasters, Main St, Lobethal (behind the Lobethal Bierhaus From Lobethal onto Woodside Rd and Graeber Rd to Charleston, a short stint on the Amy Gillett Bikeway then back roads nearly to Mt Torrens, east then south nearly to Harrogate, west to pick up the Amy Gillett Bikeway to Woodside and back roads to Lobethal. About 50km, 80% unpaved, 700m ascending. Lunch at the conclusion of the ride. 50KM 2C Stu stu.clement@yahoo.com

Sunday Saunter 'Cycle Salisbury'

9AM Salisbury Aquatic Centre, Outside Café, Happy Home Reserve,

off Waterloo Corner Road, Salisbury. Loop ride along Little Para Trail, onto Dry Creek Creek Trail at Globe Derby all the way to Wynn Vale Dam, some roads to Cobbler Creek then returning to start via Little Para Trail. Coffee enroute. Mountain or e-MTB only please. 30-40 km **3A** salisbury.sa.gov.au/cyclesalisbury

TUES 15 SEPT

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 Outer Harbour Railway Station. Coastal shared path to The Nest at Kingston Park 40km **2B** Eric 0402 356796

Tearaways

10AM Adelaide Oval footbridge, festival theatre southern end. An amble to the port, hoping the dolphins may be out and about. Suitable for all bikes. 50KM **3B** Robyn 0401 364 019

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 16 SEPT

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 <https://mannumpeddlewheelers.weebly.com/>

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-2B** salisbury.sa.gov.au/cyclesalisbury

FRI 18 SEPT

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 19 SEPT

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, meeting. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am for all rides - Except Short (5A and 6A) ride and safety briefing 7:45 am, roll out 8:00am. 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](http://GawlerWheelersCyclingGroup) - Ian 0448 111 384

Saturday Sojourn

11AM Victoria Park Grandstand, Fullarton 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

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 <https://mannumpeddlewheelers.weebly.com/>

Saturday Express

1PM Brighton Railway Station, Brighton. 40km **3B** Jeff 0407 191958

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 [Cobwebs Facebook group](http://CobwebsFacebookgroup)

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

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

Unley Bug

8AM Unley Town Hall Carpark Summer Solstice 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 **2C** Email- ubug.secretary@gmail.com Web- unleybug.org

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

Para District Pedallers 'Cycle Salisbury'

9AM Water Wheel Museum car park, 81 Commercial Rd, Salisbury. Easy ride along local trails and/or local roads. Coffee afterwards. MTB/hybrid bikes preferred. 35 km **2A-2B** salisbury.sa.gov.au/cyclesalisbury

SUN 20 SEPT

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

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**

Gravel Grin Capers

9AM Mighty Mighty Coffee Roasters, Main St, Lobethal (behind the Lobethal Bierhaus From Lobethal onto Woodside Rd and Graeber Rd to Charleston, a short stint on the Amy Gillett Bikeway then back roads nearly to Mt Torrens, east then south nearly to Harrogate, west to pick up the Amy Gillett Bikeway to Woodside and back roads to Lobethal. About 50km, 80% unpaved, 700m ascending. Lunch at the conclusion of the ride. 50KM **2C Stu**
stu.clement@yahoo.com

TUES 22 SEPT

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 Brighton Railway Station, Some hills then around the suburbs. 40km **2B** Paul 0418 519491

Tearaways

10AM Skate park on the western side side of Goodwood Railway Station Adelaide Western and Southern Suburbs with coffee stop at Tonsley. Suitable for all bikes. 50KM **2B** Marg 0413 889 055

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 23 SEPT

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
<https://mannumpeddlewheelers.weebly.com/>

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 25 SEPT

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 26 SEPT

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 for all rides - Except Short (5A and 6A) ride and safety briefing 7:45 am, roll out 8:00am. 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](https://www.facebook.com/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 Picklemee Grandma's Cafe. (Bring money for coffee/breakfast). 35KM **2B-4B** Terry 0427 319 004 Wally 0428 592 282
<https://mannumpeddlewheelers.weebly.com/>

Saturday Express

1PM Hazelwood Park, Unley Park. 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 [Cobwebs Facebook group](https://www.facebook.com/Cobwebs)

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 Bowden Park Tennis Courts, park Terrance, North Adelaide. Ride outer City Loop through parklands - coffee enroute - suitable for all bikes. 20 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

Gravel Grin Capers

9AM Mt Pleasant Bakery and Café, 126 Melrose St, Mt Pleasant. From Mt Pleasant to Cromer, Little Mt Crawford, Mt Pleasant Summit, McBeans Range and back to Mt Pleasant. Approx 91% unpaved; 600m ascending. Lunch at the conclusion of the ride. 49KM **2B Stu** 0496 543 503
stu.clement@yahoo.com

SUN 27 SEPT

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

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**

Gravel Grin Capers

9AM Mighty Mighty Coffee Roasters, Main St, Lobethal (behind the Lobethal Bierhaus From Lobethal onto

Woodside Rd and Graeber Rd to Charleston, a short stint on the Amy Gillett Bikeway then back roads nearly to Mt Torrens, east then south nearly to Harrogate, west to pick up the Amy Gillett Bikeway to Woodside and back roads to Lobethal. About 50km, 80% unpaved, 700m ascending. Lunch at the conclusion of the ride.

50KM **2C Stu**

stu.clement@yahoo.com

Salisbury Explorers 'Cycle Salisbury'

9AM Car Park, Road Safety Park, Happy Home Reserve, next to Salisbury Aquatic Centre, Salisbury. Beginners/Easy Ride along the bitumised path of the Little Para Trail. Looped ride where you do what you can. If its up to what 5km we look after you first ... then we build up from there 5-20 km **1A-2A** MTB

salisbury.sa.gov.au/cyclesalisbury

TUES 29 SEPT

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 Brighton Railway Station, Sturt bikeway, behind the airport. Henley for lunch and back for coffee 40km **2B** Sue T 0411 029628

Tearaways

10AM Skate park on eastern side of the Goodwood Railway Station. A loop incorporating historic Perryman's bakery North Adelaide. Suitable for all bikes. 50KM **2B** Marg 0413 889 055

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 30 SEPT

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 Pickledee Grandma's Cafe. (Bring money for coffee/breakfast).

35KM **2B-4B** Terry 0427 319 004 Wally 0428 592 282

<https://mannumpeddlewheelers.weebly.com/>

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)

A FULL RIDE DISCOVERY EXPERIENCE IS COMING TO BIKESA.ORG.AU

ALL RIDES IN ONE PLACE, SMART FILTERS, DIFFICULTY-BASED CATEGORIES, AND MORE WAYS TO FIND THE RIDE THAT SUITS YOU.



BIKE SA