

BikeSA
RIDES
PROGRAM



RIDES PROGRAM

AUGUST 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

SAT 1 AUGUST

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 Old Grandstand, Victoria Park, Fullerton Road, 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 Café stop for afternoon tea. 40km **3B** Jeff 0407 191956 OR Andrew 0434 182071

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 Nth. Adelaide train station near tennis courts Ride Westside bike track, Reece Jennings path. Back along Torrens River. Coffee en route. Suit any bike.
30 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

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 Dri 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 2 AUGUST

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 Wheelers 'Cycle Salisbury'

9AM Meet at Glen Osmond Mines, Gill Street, Glen Osmond. Ride Crafers Bikeway. Coffee at Mt Lofty summit. Hilly, demanding, quick descent. 26 km 600 m. Designed for road bikes (all bitumen) and bikes suitable for bigger hills. Cancelled if wet. 26 km **4C**
salisbury.sa.gov.au/cyclesalisbury

TUES 4 AUGUST

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 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

Tuesday Tearaways

10AM Mawson Lakes railway One of Don's not so hilly rides, not! A tour of the northeastern suburbs, road bikes not recommended. Train leaves Adelaide Central at 9.37am. Suitable for all bikes. 50KM **3C** Don 0428 566745

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 5 AUGUST

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 7 AUGUST

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 8 AUGUST

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 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

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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/>

Saturday Express

1PM Goodwood Skate Park right hand side. 40km **3B** Karen 0449 854454

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 Cruizers 'Cycle Salisbury'

9AM Baymor Reserve, North East Road Follow trail beside O-Bahn to Torrens Linear Park, up 5th Creek to Foxfield & Black Hill, & return. Coffee at Dernancourt. Suitable for MTB and hybrid bikes. E-bikes welcome. 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

Unley Community Centre

9AM Unley Town Hall Carpark. 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** ubug.secretary@gmail.com

SUN 9 AUGUST

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**

TUES 11 AUGUST

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 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 City Weir - Mystery Ride 40km **2B** Trevor 0434 961488

Tuesday Tearaways

10AM Mawson Lakes railway station. An easy ride to Gawler, then back to Salisbury to catch train home or back to Mawson lakes 58km. Train leaves

Adelaide Central at 9.38am **3B 50KM** Richard 0419 033140

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 12 AUGUST

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/>

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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 14 AUG

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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. **4B** 50-70KM Geoff 0415 460 380

SAT 15 AUG

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Saturday Sojourn

11AM Marshmallow Playground, Park 19 Adelaide parklands (Pityarilla) adj Glen Osmond Road, 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

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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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1PM Heywood Park, Unley Park. 40km **3B** Trevor 0434 961488

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Para District Pedallers 'Cycle Salisbury'

9AM Hausler reserve (Greentree Park) Kings Rd, Paralowie. Ride Tapa, Port River Bikeway and paths to Semaphore and return. Coffee en route. Suit any bike

37 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

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 16 AUG

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

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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 Little Birdy Bakery, 59 Old Princes Hwy, Nairne From Nairne to Dawesley, Kanmantoo, towards Harrogate, then Brukunga and circling back to Nairne. About 52km, 80% unpaved, 880m ascending. Lunch at the conclusion of the ride. 52KM **2C Stu** stu.clement@yahoo.com

Sunday Saunter 'Cycle Salisbury'

9AM Watershed Café carpark, Salisbury Hwy, Greenfield. Easy paced ride following The Levels bikeway to Adelaide to Gawler greenway to Mawson Lakes. One short steep climb near Velodrome Gepps Criss on outward leg. Coffee at a location to be decided on the day. Suitable for any type of bike. Leader will be riding a non-e-bike. Suitable for any type of bike. 30-40KM **3A** Nigel 0431 838 735 salisbury.sa.gov.au/cyclesalisbury

TUES 18 AUG

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 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 Ride to Skye - stately eastern Suburbs 40km **2B** Denise 0409 097408

Tuesday Tearaways

10AM Skatepark south of Goodwood railway. Ride to Port Adelaide then along the Tennyson Dunes trail to West Lakes, back to Henley before

heading home. The trail is gravel but generally good quality with a few patches of sand that will probably need to be walked. 50KM **3B** Jane 0402 102 608

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 19 AUG

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 21 AUG

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 22 AUG

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 Weighall Oval, Cnr Macarthur Avenue and Urrbrae Tce, Pllmpton, 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://mannumpeddlers.wheelers.wa.gov.au/>

Saturday Express

1PM Hackney Apartment, next to Bridge in Park. 40km **3B** Patrica 0439 3325333

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

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 Bowden Park Tennis Courts, Park Terrace North Adelaide Ride Linear Trail to West Beach along coast to Brighton and return via Marino Rocks and Westside Bikeways - coffee at Brighton. Suitable for all bike types.

35 km **2B** salisbury.sa.gov.au/cyclesalisbury

SUN 23 AUG

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 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**

TUE 25 AUG

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 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 Finnis General Store. Lake Alexandrina, Clifton Bay, Finnis river with lunch at Clayton Bay Suburbs 40km **2B** Stuart 0428 184553

Tuesday Tearaways

10AM Hallett Cove Railway Station Seaford Railway Station. An adventure to Happy Valley Reservoir. Train leaves Adelaide Central at 9.26am and Goodwood at 9.34am arriving at Hallett Cove at 10.01am. 50KM **3B** Paul 0401 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 26 AUG

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://mannumpeddlers.wheelers.wa.gov.au/>

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

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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 28 AUG

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 29 AUG

Gawler Wheelers

7.30AM 41 High Street, Gawler, Southern car park (next to Gawler Council Administration building)

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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

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

Saturday Express

1PM Brighton Railway Station. 40km **3B** Jeff 0407 191958 OR Andrew 0434 182071

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

SUN 30 AUG

GAD-BUG (Goolwa & District Bicycle User Group)

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choose when to turn back, usually coffee afterwards **1A-4B** Geoff 0415 460 380

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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 Shelter Area, Carisbrooke Park, Main North Road, Salisbury Park. 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

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