BikeSA
RIDES
PROGRAM



RIDES PROGRAM

October 2026

BikeSA RIDES PROGRAM **October 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

BikeSA RIDES PROGRAM

October 2026

FRI 2 OCT

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 3 OCT

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 - Ian 0448 111 384

Saturday Sojorn
11AM Unley Soldiers Memorial Gdns, Cnr Thomas St and Unley Rd, Unley.. 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 Goodwood Skate Park, Goodwood Railway Station. 40km **3B** Karl 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 Cobwebs Facebook group

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 Expresso & 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 Expresso 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 Unley Bug Facebook group

Dry Creek Trailers 'Cycle Salisbury'
9.45AM 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 Stebonheath Park, Davoren Rd. Ride to Lewiston Wetlands. Refreshments Gawler River Brewing. 35-40 km **2A**
salisbury.sa.gov.au/cyclesalisbury

SUN 4 OCT

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**

Cogs & Coffee
10AM Parco Expresso & 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 Expresso 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

Salisbury Wheelers 'Cycle Salisbury'
9AM Meet at Hallet Cove railway station car park, Perry Barr Rd, Hallet Cove. Ride Sea to Vines Bikeway. Coffee at McLaren Vale. Hilly, quicker pace. 60 km 650 m. Designed for road bikes (all bitumen) and bikes suitable for bigger hills. Special weather policy. Cancelled if wet.
60 km **4C** salisbury.sa.gov.au/cyclesalisbury

TUE 6 OCT

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 Gawler Oval Train station. Gawler area - finish at the Gawler Central Shopping centre
40km **2B** Stuart 0428 184 553

Tearaways
10AM Seaford Railway Station. A tour of the Southern Vales incorporating Mclaren Vale, Mclaren Flat and Chapel Hill. Suitable for all bikes. 50KM **3B** Justin 0466 104 900

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 7 OCT

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)

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 9 OCT

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 10 OCT

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Saturday Sojorn
10AM **NEW START TIME** An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments. 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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35KM **2B-4B** Terry 0427 319 004 Wally 0428 592 282 https://mannumpeddlewheelers.weebly.com/

Saturday Express
1PM Torrens Weir, City. Choose your own leader. Contact Ride Co-ordinator for information 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

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

Gravel Grin Capers
9AM Hansen Street carpark, Myponga. From Myponga to the Fleurieu Milk Company, Blockers Rd, Mt Beare Station, Munetta Rd, Louds Hill, Blockers Rd back to Myponga. Approx 67% unpaved; 450m ascending. Lunch at the conclusion of the ride.
49KM **2C Stu** 0493 543 503
stu.clement@yahoo.com

Para Cruizers 'Cycle Salisbury'
9AM Baymor Reserve, North East Road, Modbury. Follow trail beside O-Bahn to Torrens Linear Park, up 4th Creek to Morialta, & return. Coffee at Caffe Primo Dernancourte. Suitable for MTB, and hybrid..
35 km **2B**
salisbury.sa.gov.au/cyclesalisbury

SUN 11 OCT

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

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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

TUE 13 OCT

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

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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 Warradale Railway Station. Western and eastern suburbs
40km **2B** Cancy 0427 885 393

Tearaways
10AM Skate Park western side of Goodwood railway station. Route to be decided. Suitable for all bikes. 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.
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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 16 OCT

Gravel Grin Capers
12PM Meryle's Café, cnr Herbert St (Horrocks Highway) and Samuel St, Laura. Ride from and to the beautiful mid-north town of Laura. Ride options for everyone on rail trails, quiet gravel roads and dirt tracks through Southern Flinders scenery.
Gentle rides 20-35km, not too many hills and smoothish roads. Regular rides 30-70km with more bumps and gnarls. Challenging rides >70km incorporating whatever level of masochism is desired 25-70KM **2B** **Stu** 0493 543 503 stu.clement@yahoo.com

SAT 17 OCT

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Saturday Sojorn
10AM **NEW START TIME** Weigall Oval, cnr Macarthur Ave and Urrbrae Tce, Plympton.
An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments 25KM **2A** Chris 0414 802 919

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40km **3B** Patricia 0439 332 533

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salisbury.sa.gov.au/cyclesalisbury

Para District Pedallers 'Cycle Salisbury'
9AM Barossa Bikeway, Sunnydale Ave, Gawler East. Ride Barossa Bikeway to Lyndoch for refreshments, return via gravel back roads. MTB, gravel bikes. **29 km 2C**
salisbury.sa.gov.au/cyclesalisbury

Gravel Grin Capers
10AM Meryle's Café, cnr Herbert St (Horrocks Highway) and Samuel St, Laura. Ride from and to the beautiful mid-north town of Laura. Ride options for everyone on rail trails, quiet gravel roads and dirt tracks through Southern Flinders scenery.
Gentle rides 20-35km, not too many hills and smoothish roads. Regular rides 30-70km with more bumps and gnarls. Challenging rides >70km incorporating whatever level of masochism is desired 25-70KM **2B** **Stu** 0493 543 503 stu.clement@yahoo.com

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Gentle rides 20-35km, not too many hills and smoothish roads. Regular rides 30-70km with more bumps and gnarls. Challenging rides >70km incorporating whatever level of masochism is desired 25-70KM **2B** **Stu** 0493 543 503 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 **2A-4A**
salisbury.sa.gov.au/cyclesalisbury

MON 19 OCT

Gravel Grin Capers
10AM Meryle's Café, cnr Herbert St (Horrocks Highway) and Samuel St, Laura. Ride from and to the beautiful mid-north town of Laura. Ride options for everyone on rail trails, quiet gravel roads and dirt tracks through Southern Flinders scenery.
Gentle rides 20-35km, not too many hills and smoothish roads. Regular rides 30-70km with more bumps and gnarls. Challenging rides >70km incorporating whatever level of masochism is desired 25-70KM **2B** **Stu** 0493 543 503 stu.clement@yahoo.com

TUE 20 OCT

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

BikeSA RIDES PROGRAM

October 2026

Tuesday Traverse
10AM Brighton Railway Station. Coast to Vines southern expressway Veloway, lunch at Glenthorne, some off road and return via Tonsley.
40km **2B** Jeff 0407 191 598

Tearaways
10AM Skate Park western side of Goodwood railway station. A beach ride in anticipation of spring, mostly bitumen. Suitable for all bikes. 50KM **3B** Peter 0418 848 511

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 21 OCT

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)

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

SAT 24 OCT

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 - Ian 0448 111 384

Saturday Sojorn
10AM 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 Heywoood Park, Unley Park. 40km **3B** Trevor 0434 961 488

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

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 (AKA Greentree Park, Kings Road, Paralowie. Ride local trails to Springbank Lakes, Kaurna Wetlands, Carisbrooke, coffee en route and return to Hausler Reserve. Suitable for hybrid / MTBs.
30 km **2A**
salisbury.sa.gov.au/cyclesalisbury

Cogs & Coffee
10AM Parco Expresso & 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 Expresso 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 25 OCT

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**

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 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

TUE 27 OCT

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 Torrens Weir, City. North then west then back to the city.
40km **2B** Paul L 0418 519491

Tearaways
10AM Mawson Lakes railway station. Northeastern loop, MTB or gravel bikes recommended, some gravel tracks. 50KM **3C** Don 0428 566 745

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
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BikeSA RIDES PROGRAM

October 2026

WED 28 OCT

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

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Ride with Keith
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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)

SAT 31 OCT

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).
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Saturday Sojorn
10AM Marshmallow Playground, Adelaide Parklands, Park 19 (Pityarilla), adj Glen Osmond Rd, Adelaide.
An easy paced, sociable ride for both experienced and less experienced cyclists. Leader and route determined on the day. BYO or buy refreshments 25KM **2A** Chris 0414 802 919

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

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

Saturday Express
1PM Torrens Weir, City. Choose your own leader. Call ride co-ordinator for more information. 40km **3B** Patricia 0439 332 533

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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

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

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5-20 km 1A-2A MTB
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