

## Coming up

- Two great tours this month – see below. Don't miss out !
- Pre-tour “**meet and brief**” for the Burra 4-day 4-ride tour  
On the 4<sup>th</sup> of September, at the Cumberland Arms Hotel, 205 Waymouth Street.  
6pm at the bar for drinks and eats. 7pm upstairs for the briefing
- We also have a special event coming up on 9<sup>th</sup> of September, **The Big Bike Film Night**. See <https://sarcc.org.au/special-events/>
- There are some panniers, and a rack, for sale. See <https://sarcc.org.au/market-place/>

## Regular rides

### Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

14th September 2025

**Adelaide Hills Hilly Ride**

Kath 0429191848 Mike 0429097910

Depart 10am at the top end of Druid Ave, near the hospital, Stirling. Nearest toilets are at Steamroller Park, Avenue Rd, near first roundabout as you leave the Freeway.

Steep hills to Mylor for lunch. BYO morning tea. Bring, or buy, lunch.

Ride about 38km with about 5km of dirt.

28th September 2025 **Mylor, Chapel Hill, Paechtown & Hahndorf** Geoffrey C. 0419 838 551

Meet at 10.00am at the Mylor Oval car park, Strathalbyn Rd, Mylor. BYO lunch. Coffee at the end of the ride.

36 kms 457m elevation gain. 36% unpaved. Mountain or hybrid bikes recommended

### Wednesday Rides:

Organiser; Tony McIntyre 0407 759 260

Every Wednesday

Meet at the Torrens Weir (Par 3 café) to ride at 10 am. Ride decided on the day

3<sup>rd</sup> of September 2025

**Corkscrew Challenge.**

Phil 0408 841 141

Meet at the weir. Head east up Torrens valley on north side of river. Follow river up Gorge Road until reach Corkscrew Road. Climb up Corkscrew Road and then turn right onto Montacute Road. Head west along Montacute Road until reach St Georges Bakehouse for coffee. Head west along Montacute Road reach Meadows Avenue and then head north. Meander through back streets. Connect to the bike path on the south side of the Torrens. Head west back to the Weir.

Distance: 50km Elevation: 505m. Bike Type: All. See also <https://ridewithgps.com/events/390878-corkscrew-challenge>

17<sup>th</sup> of September 2025

**Barossa Loop Ride**

Neil 0451 011 413

Meet in the car park off the main street of Lyndoch. Leave at 10 am. Ride to Tanunda (may do a detour around the town) then Nuriootpa central for coffee. After Nuriootpa there is a cross-country

dirt road stretch. Complete the loop to Lyndoch. For those not wanting to do the cross-country return to Lyndoch from Nuriootpa the way we came.

Sealed roads to Nuriootpa. Lyndoch to Tanunda rolling hills with some steep sections. Relatively flat after that.

For those going by train the ride from Gawler to Lyndoch will take at least an hour.

49km Elevation: 255m. (non-dirt road option 45.7km Elevation: 449m). Wide tyres hybrids or mountain bikes. See <https://ridewithgps.com/events/388039-barossa-loop-ride>

## Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

4<sup>th</sup> of September 2025

**Away Ride – Southern Trails**

Kingsley 0418 802 473

Meet 10 a.m. on the Sturt River where it crosses Sturt Road, Mitchell Park. Parking and toilets are available nearby at Maldon Avenue Reserve. Coffee at Seacliff Surf Life Saving Club and lunch at Perry's Bend. Mostly on cycle trails. See also <https://ridewithgps.com/events/397860-thursday-rural-ride-away-ride-southern-t>

## FACEBOOK

This is becoming a major way our group communicates. So far 104 of you are following the page. Go to the Facebook page and click join. [Click here](#)

11<sup>th</sup> of September 2025

**Woodside**

Robyn 0401 364 019

Meet 10 a.m. Woodside Pool car park. Some unsealed roads. Coffee at Nairne. Lunch along the roadside of Sandy Waterholes. See also <https://ridewithgps.com/events/397570-woodside-to-sandy-waterholes-via-nairne>

18<sup>th</sup> of September 2025

**Woodside**

Pam 0422 198 382

Meet 10 a.m. Woodside Pool car park. Some unsealed roads

25<sup>th</sup> of September 2025

**Woodside**

Some of our riders are staying at Lakeside Caravan Park, McLaren Vale. If you are interested in joining their loop ride, meet at the Caravan Park, 48 Field Street, McLaren Vale, at 9.00 am for a 9.30 start.

## PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday August 14<sup>th</sup> 2025

**Clare-Hilltown-Andrews**

This ride is part of the Burra 4 Day 4 Ride Tour, but you are welcome to join us for the day. Two rides are available, both starting from Clare Railway Station.

Short ride is 41km, 291m, 72% on gravel roads with scope for several short cuts. Lunch at 19 km mark at the Hilltown tennis club. Toilets (may be locked!)

At the 20 km mark the rides divide. Longer ride is 59.7km, 429m, 84% on gravel roads

## Coming Tours

### Burra 4-day 4-ride tour.

14<sup>th</sup> to 17<sup>th</sup> of September 2025

Organiser: Peter Boulton

For details attend the meeting, see above, or the SARCC website.

## McLaren Vale Meander by Bike 22<sup>nd</sup> to 25<sup>th</sup> September 2025 Organiser: Ros Miles

Come join us for four days of springtime cycling in the picturesque wine-growing region of McLaren Vale and surrounds. Stay at the McLaren Vale Lakeside Caravan Park which is situated in a beautiful bush setting.

Or, if you happen to live south of the city, it's not far down the freeway – come down on any day you like. For more details, please [click here](#)

## Slovenia Backcountry Gravel Bike Tour

September 2026

See the SARCC website. If you are interested, email [mariennehibbert@gmail.com](mailto:mariennehibbert@gmail.com)

## Great Victorian Bike Ride from 24<sup>th</sup> to the 28<sup>th</sup> of November 2025

We are planning to form a group to travel there and back, share the experience and possibly do some rides before and after the tour. Click [here](#) for more details.

## NZ North Island Tour

February 2026

We are doing a tour to explore the North Island trails and sights. Starting Monday February 22<sup>nd</sup> 2026 for about 17 days.

This tour is booked out.

### Member profile: Peter Roodhouse

I started cycling as a youngster - riding to school. I managed to get a Dawes bicycle with 5 speed derailleur gears and drop handlebars.

We had one cycling trip with friends in the UK. It was a day trip from Rugby to Oxford. I recall it was 50 miles. When we came to Australia I did not do too much riding until the children became teenagers and we used to do short rides together.

Upon our retirement, my wife Angela and I both bought bikes and joined BikeSA as well as SARCC. Group riding was what we wanted as it gave us a commitment to go out riding. This took us to places we would have not ordinarily gone to. Another benefit of club membership was the socialising with fellow riders and discussion of all things bike related.

What I enjoy most about cycling is the freedom of getting away from the city especially when going on the many rides and tours we have taken with the club.

On the other hand, I think the worst experience in my cycling has been every time I got a puncture!

One of my favourite rides is the McLaren Vale circuit out to Aldinga, along the coast to Willunga and returning to the McLaren Vale Visitors Centre for coffee. It is the fact that you are away from the city and connecting with the natural world that makes it so good. Another great ride is the Amy Gillett Pathway in the Adelaide Hills. I am looking forward to riding it again now that it has been extended.

We have been on a number of tours over the years, all of which were enjoyable.

The SARCC New Zealand tours arranged by Eric Chaney and Helen Stephens were always memorable. Some of the highlights of these were riding through the Homer tunnel on the South Island down to Milford Sound where transport was waiting at the bottom for our return. We also have vivid memories of the accommodation we had to endure!

The various interstate trips we had with SARCC have all been well organised and interesting.

Amongst all this riding activity I did manage to also fit in a few years as a SARCC committee member.

Cycling has kept both Angela and I fit and healthy. You feel good after a ride in the fresh air. We are lucky to be living in Coromandel Valley as we can ride to Belair National Park and have a ride with coffee after.

My advice to people who take up cycling in their later years is to remember your limitations and your age. Get a bike that you feel happy and safe on. There is of course the electric option nowadays to make life easier but you still have to pedal so you do get some exercise.

We are both currently joining the SARCC Sunday Pleasure rides, organised by Helen Tetley, whenever we can. We find the relaxed riding and socialising style of these rides very enjoyable.

Apart from cycling my other interest is bird watching and photography. We enjoy walking and going away in our caravan looking for new birds. We have been to WA, NT, Queensland, NSW, Victoria and Tasmania and travelled lots of kilometres. Bird watching gives a purpose to your trip.



Peter patiently waiting for his obligatory post-ride coffee

## Interesting stuff

### Support Andrew Day's ride from Perth to Sydney

"I will be riding my bike across Australia over the next couple of months, with my son Nathan and my nephew Tom, as team 'Cycling Days' (departing Perth on August 4th). We have chosen to support the Cancer Council and raise funds for life-saving cancer research, prevention programs and support services for those living with cancer.

We would love you to sponsor us by making a tax deductible donation to the Cancer Council, and send us a message of encouragement in our efforts.

Simply click [here](#) to make a donation through my page.

Thank you so much for your support - it is truly appreciated. Please also search up and check out (like/subscribe to) my Youtube channel 'CyclingDays' once we get going, for some video footage of our journey.

All the best" Andrew Day

Happy riding.

I will be away for a month from 9<sup>th</sup> of September (damm, I will miss out on two great rides!)

Cheers Brian (Smokey) Ashton 0438 088 220 [ashtonba@gmail.com](mailto:ashtonba@gmail.com)