



Cycling Group

About the group

There are so many benefits of joining the Retire Active SA Cycling group. From improving your fitness, enjoying the fresh air, exploring secluded parts of Adelaide, and spending time with friendly, like-minded people, the Cycling group is your one-stop-shop to enhance your physical, emotional, social wellbeing.

Group details

The Cycling group meets at 10.00am on Wednesdays each week for a ride of moderate distance and pace.

Riders have a diverse range of experience, bike quality and attire. E-bikes are welcome, but a hybrid bike is all you need, while road bikers can bring their pride and joy – at least on the kiosk rides!

Our rides from the Torrens Lake kiosk explore a variety of areas from the city, surrounding suburbs and routes along Linear Park, to Adelaide beaches, secluded bike tracks and backroads with varying scenery. The ride specifics are usually decided on the day with numbers divided into smaller groups and suited to all bike types.

Every second week a planned ride is also offered with a designated ride leader keen to show off their local knowledge. The challenge and location of these rides vary much more than the kiosk rides (and often include hills and off-road tracks) which may be best suited to bikes with wider tyres (hybrid or mountain bikes). See the [website](https://arpacycling.wixsite.com/cycling) for details:
<https://arpacycling.wixsite.com/cycling>

The duration of rides varies, but they are normally around 3-4 hours, covering 30-50km. A coffee shop, café or suitable kiosk is almost always part of the ride's attractions, with an opportunity for relaxing and socialising!

Interested in joining the group?

Please contact, Brian Ashton on 0438 088 220 or Phil on 0408 841 141, Tony on 0407 759 260 (away until Dec23) to learn more or to get involved.

www.retireactivesa.com.au