

**Upper Nahe flat ride to open air museum „Freilichtmuseum“ 29,3 km = 18 m**

This route takes you upstream along the Nahe CP and down again the Nahe all along the signposted Nahe CP back to Oberhausen. It's not exactly what you would call level: At first you will have to master the climb to Gut Herrmannsberg, which we traditionally call „the Domaine“ - and this hill – plus it's nice view - also awaits you on your way back. But else it's level and it's really short... In **Bad Sobernheim** next to the cycle path is the „**bare foot path**“, a muddy attraction for families and other adventurers willing to cross the Nahe river on bare feet (allow min. 1 hr).

We also recommend the visit of the **open air museum** in Bad Sobernheim which shows traditional farms and houses situated in a quaint valley. There's a pub/inn there. This visit takes at least 1,5 hrs

Or simply have a look around town, eat and drink something. We recommend the Italian ice cream parlour.

**More cycling?**

The Nahe CP is flat in this part so you could continue along the signposted Nahe CP to the villages of Meddersheim (with wine pub) Monzingen (half timbered houses) or as far as Kirn (60 km there and back).

Map: Kompass „Hunsrück/Obere Nahe“ No 3061

Point	Total km	km	Instruction	Description
0	0.0		SO	Start at gate of campsite
1	0.5	0.5	TL	TL on Naheweinstraße and cross bridge
2	0.7	0.2	BR	BR after bridge and continue on CP on left side of rd
3	1.0	0.3	SO	pass restaurant Herrmannshöhle
4	1.6	0.7	TL	TL, pass under railway and follow rd that turns left – beginning of climb. Follow Nahe CP up to point 20
5	2.4	0.8	BR	BR, follow green arrow
6	2.8	0.4	TL	end of climb, TL and continue downhill – after enjoying the view
7	3.8	1.0	SO	cross railway
8	4.4	0.6	SO	pass restaurant Niederthäler Hof
9	4.6	0.2	TL	after bridge over railway
10	4.9	0.2	TL	TL at greenSP Bad Sobernheim 9,5 and yellow SP Boos 2 km
11	5.6	0.8	TL	TL at TJ and immediately right- greenSP Bad Sobernheim 8,8 Boos 1,8 – yellowSP Boos 1 km
12	5.7	0.1	TL	TL at TJ and pass under railway and continue on CP alongside river Nahe
13	7.0	1.3	BL	BL on CP greenSP Bad Sobernheim 7,3 Staudernheim 4,1
14	7.7	0.7	SO	Herrenhof café and pub
15	8.6	0.9	TR	pass sewage plant and TR, green arrow
16	9.5	0.9	SO	pass branch-off to Glan-Blies CP on RHS (route to/from Meisenheim) green SP Bad Sobernheim 4,8 Staudernheim 1,8
17	10.2	0.7	SO	<b>Staudernheim</b>

Point	Total km	km	Instruction	Description
18	10.3	0.1	SO	pass café Draisinenwirt 100 m to the right
19	10.6	0.3	BL then SO	BL and go up on bridge - greenSP Bad Sobernheim 3,2 Ortsmitte 0,6 pelican crossing cross rd/street and continue SO on CP, greenSP Kirn 19 Bad Sobernheim 3,6
20	12.5	1.9	TL	follow green arrow, Barfußpfad (bare foot path) on RHS through small tunnel public swimming pool – <b>Bad Sobernheim</b> <b>if you feel like go on cycling, continue on Nahe CP to</b> - Meddersheim with its wine cooperative 4,5 km one way - <b>Monzingen</b> with its half timbered houses 8,8 km one way, or - <b>Kirn</b> 17 km one way
21	13.1	0.7	TR	TJ past Sommer cafe – leave Nahe CP to visit Bad Sobernheim or the open air museum.
22	13.3	0.2	SO	TJ past Sommer cafe – leave Nahe CP
23	13.8	0.5	TR	into street Nahestraße at TJ
24	14.1	0.3	SO	take tunnel under railway, cross street
25	14.2	0.1	SO	at junction into street Igelsbacher Straße
26	14.4	0.2		at the end of Igelsbacher Straße TR to Marktplatz (market place), to Italian Ice cream go SO across Marktplatz and take Großstraße REWE supermarket is on RHS of Marktplatz (Pfaffenstraße)
	16.4	1.9	SO	return ride starts on CP at bare foot path on LHS at tunnel to Freibad (public swimming pool)
57	18.3	1.9	SO	go up and cross street/rd at pelican crossing village <b>Staudernheim</b> – greenSP Bad Münster am Stein 17 Bahnhof 0,3
58	18.4	0.1	BR	BR follow green arrow - greenSP Bad Münster 17 Boos 3,9
59	18.7	0.3	SO	greenSP Bad Münster 17 Boos 3,6 café Draisinenwirt on LHS
60	19.5	0.8	SO	SO at cycle TJ – to your left the branch-off to Glan-Blies CP (route to Meisenheim) – green SP Bad Münster am Stein 16 Boos 2,8
61	20.3	0.8	TL	SP Herrenhof - TL and pass sewage plant
62	21.2	0.9		Cafe Herrenhof
63	22.0	0.8	BR	BR - village Boos to the left with roman remains (see information board to your right) greenSP Bad Münster am Stein 14 Schlossböckelheim 2,7
64	23.2	1.2	TL	TL and pass under railway and TR onto rd
65	23.3	0.1	TR	yellowSP Bad Kreuznach 12 km, Schlossböckelheim 1 km
66	24.1	0.8	TR	yellowSP Niederhausen
67	24.3	0.2		cross railway bridge and continue
68	24.5	0.2		Hotel and restaurant Niederthäler Hof
69	25.2	0.6	BL	railway crossing
70	26.2	1.0	BR	top of LAST hill!
71	27.3	1.1	TR	TR and pass tunnel under railway after tunnel TR onto Cycle path to Oberhausen - you leave Nahe CP!

Point	Total km	km	Instruction	Description
72	28.0	0.7	SO	pass restaurant Herrmannshöhle
73	28.2	0.3	TL	TL onto cobble stone bridge
74	28.4	0.2	SO	enter village <b>Oberhausen</b>
75	28.5	0.1	TR	TR into Bahnhofsstraße
76	28.9	0.5	End	End of ride at Gate Camping Nahetal
			<b>List of Abbreviations</b>	
			CP	Cycle path
			rd	Road
			TL	Turn left – with exclamation mark <b>TL!</b> = easy to miss!
			TR	Turn right – with exclamation mark <b>TR!</b> = easy to miss!
			SO	Straight on
			BL	Bear left
			BR	Bear right
			greenSP	white Signpost for cyclists, green writing, only number: Bingen 15
			yellowSP	yellow signpost for motorists, number + km: Oberhausen 1 km
			RHS	Right hand side
			LHS	Left hand side
			TJ	T-junction
			XR	Crossing
			rdbt	Roundabout
			SP	Signpost, sign