

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				
				GPX file: FRI_Long_101k.gpx
Upper Nahe valley long ride 101 km – 63 m				
<p>The ride to Idar-Oberstein takes you across the rolling countryside to a „hidden gem“! Once precious stones were found here, today it is Germany's centre of precious stone working and jewelry design. „Angie“ Merkel buys her necklaces here! The town boasts two gem museums to introduce you into the „gemmy issue“: one in the Oberstein part of town (Mineralien-Museum) and the other (which we prefer) in the more distant Idar part (Edelstein-Museum).</p>				
<p>The Nahe cycle path takes you on an almost level ride all the way back to Oberhausen (via Kirn and Bad Sobernheim).</p> <p>No shopping for the first 39 km - 24 m</p>				
<p>The first possibility to eat and drink we found which is certain to be open is McDonald after 39k!</p>				
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	Staudernheim
18	10.3	0.1	SO	pass café Draisinenwirt 100 m to the right
19	10.6	0.3	BL/SO	BL and go up on bridge - greenSP Bad Sobernheim 3,2 Ortsmitte 0,6 pelican crossing
20	10.7	0.1	TL	TL onto bridge, cross river and into Staudernheim – leave Nahe CP
21	10.9	0.3	SO	Go SO as main street turns left – YellowSP Raumbach Abtweiler Street Hauptstraße
22	11.2	0.3	SO	Take a look at „Miele Kehl“ to the right – show room full of odd cycles and tandems!
23	11.8	0.6	SO	yellowSP Abtweiler 4 km, end of Staudernheim
24	15.5	3.7	SO	Abtweiler
25	15.6	0.1	TR	TR at TJ, yellowSP Desloch 6 km Lauschied 3 km Bärweiler 4 km
26	15.7	0.1	SO	Yellow SP end of Abtweiler Meddersheim 8 km – road was closed for works on our last control ride! Go SO and try to continue on rd
26 a	16.3	0.7	TR!	<p>Deviation if rd still closed:</p> <p>Be tough now: Follow the bridle path straight up – no SP no tarmac for 317 m! You will come up to a place called Hühnerhof („Chicken farm“) and there turn left (a rd sign says Abtweiler). You reach the rd again and TR to continue on the track.</p>

Point	Total km	km	Instruction	Description
27	17.4	0.3	SO	Yellow SP Bad Sobernheim 10 km Meddersheim 6 km
28	18.6	1.2	TL	TJ – Yellow SP Bärweiler 1 km
29	19.9	1.3	SO	Bärweiler
30	20.6	0.6	SO	end of Bärweiler yellowSP Hundsbach 4 km
31	21.6	1.1	SO	geological site „Langenstein“ on RHS
32	22.3	0.7	TR	TJ yellow SP Kirn 13 km Hundsbach 1 km
33	24.3	2.0	SO	Hundsbach – go SO through village
34	24.9	0.6	SO	end of Hundsbach yellow SP Becherbach 5 km
35	25.8	0.9	BL	TJ -yellow SP Becherbach Kirn – medium ride TR here
36	29.5	3.7	SO	Becherbach
37	29.9	0.3	SO	on RHS village shop Dorfladen
38	30.0	0.1	TL	junction – yellow SP Schmidthachenbach 3 km
39	30.3	0.4	SO	end of Becherbach yellow SP Schmidthachenbach 3 km
40	32.6	2.2	SO	Schmidthachenbach
41	32.8	0.3	SO!	XR – go SO into street Brückenstraße as main street (Hauptstraße) turns right
42	33.1	0.3	SO	Red small CP sign Bärenbach, street An der Altmühl
43	33.2	0.1	SO	leave village stay on tarmac follow white cycle sign („frei“) free for cyclists
44	34.8	1.6	TL	white CP sign
45	35.3	0.5	SO	Bärenbach
46	35.5	0.2	TR	to join main road
47	35.6	0.1	TL	TJ TL yellow SP Bärenbach pass village on main street
48	36.7	1.0	SO	yellow SP end of Bärenbach
49	36.8	0.1	BL	take CP on LHS of rd as you approach TJ with busy B 41 rd and pass under B41 - greenSP Idar-Oberstein 12 Weierbach 4,1(on RHS of rd)
50	36.9	0.1	TL	on Nahe CP again TL to head for Idar-Oberstein (long ride) greenSP Idar-Oberstein 12 Weierbach 4,1 – (to return to camp site TR to Kirn greenSP Kirn 5,4 Kirnsulzbach 1,9)
51	37.1	0.2	BL	blue CP sign follow green arrows
52	39.3	2.2	SO	yellow SP Idar-Oberstein Weierbach
53	39.5	0.2	TR!	pass under railway (subway)at railway station Fischbach-Weierbach – greenSP Herrstein 11 Fischbach 0,2 – leave Nahe CP for a hefty climb! (to take a level but ugly route to Idar-Oberstein go SO and follow greenSPs Idar-Oberstein, approx. 9 km)
54	39.6	0.0	TL	after underpass TL cross bridge over river Nahe – green arrow
55	39.8	0.3	SO	onto street Hauptstraße - Fischbach
56	40.0	0.2	TR	rdbt 1 st exit continue on Hauptstraße (ignore CP sign to TR)
57	42.1	2.1	TR	after passing all of the village TR onto busy rd for 600 m
58	42.7	0.6	TL	yellowSP Idar-Oberstein 5 km Hintertiefenbach 2 km – beginning of climb
59	43.9	1.2	SO	Hintertiefenbach
60	44.8	1.0	SO	end of Hintertiefenbach – yellowSP Idar-Oberstein 7 km (!)
61	49.0	4.2	SO	Idar-Oberstein
62	49.0	0.0		rdbt 3 rd exit Vollmersbachstraße
63	50.8	1.7	TR	at rdbt take 1st exit , one way street yellowSP Bernkastel Cues Allenbach
64	51.7	0.9	SO	Deutsches Edelstein-Museum – National Museum for gems and precious stones on RHS
65	51.8	0.2	TL	take left lane to turn back on one way street Mainzer Straße – make U-Turn before rdbt
66				yellowSP Saarbrücken Birkenfeld Bad Kreuznach
67			BR	BR at TJ into Mainzer Straße white sign Oberstein Schloß

Point	Total km	km	Instruction	Description
68	54.6	2.7	TL	TL into pedestrian zone greenSP Kirn 18 Stadtmitte 0,9 – you are on Nahe CP now up to point 149
69	54.8	0.3	TR	TR into Hauptstraße after bridge over dual carriage way – underneath the road flows the river – it has ben built over!
70	55.0	0.2	SO	green SP Kirn 17 Stadtmitte 0,7
71	55.4	0.5	TL	greenSP Kirn 17 Nahbollenbach 5,2
72	55.6	0.1	TL	into street Hauptstraße greenSP Kirn 16 Nahbollenbach 4,5
73	56.1	0.6	TL	into Hauptstraße
74	56.6	0.4	SO	green arrow
75	56.8	0.2	BR	on CP (safer, on rd quicker)
76	58.4	1.6	TR	join rd again
77	58.8	0.4	SO	end of Idar-Oberstein
78	59.3	0.5	SO	rdbt 2 nd exit
79	59.9	0.5	SO	rdbt 1 st exit
80	60.1	0.2	SO	I-O Nahbollenbach , continue SO through village
81	61.2	1.2	SO	end of Nahbollenbach – continue SO on rd
82	62.2	1.0	SO	I-O Weierbach , continue SO through village
83	63.4	1.2	SO	end of Weierbach
84	63.8	0.4	SO	greenSP Kirn 8,4 Kirnsulzbach 4,8
85	64.3	0.5	SO	greenSP Kirn 8,1 Kirnsulzbach 4,5
86	64.5	0.2	BL	BL on CP stay on CP on LHS of rd
87	66.9	2.4	SO	junction Fischbach (where you branched off at the forward run) greenSP Kirn 5,4 Kirnsulzbach 1,9
88	68.2	1.3	TL	green SP Kirn 4,1 Kirnsulzbach 0,6
89	68.3	0.1	SO	at TJ green arrow
90	68.4	0.1	SO	yellowSP Kirn Stadtteil Kirnsulzbach SO into village
91	68.8	0.4	TR	yellow SP Kirn white sign Sportplatz (street Kirner Straße)
92	69.4	0.6	SO	end of Kirnsulzbach
93	69.9	0.5	TL	TJ TL into street Sulzbacher Straße yellowSP Kirn
94	70.4	0.5	SO	enter Kirn
95	70.8	0.4	BL	BL follow green arrow
96	71.2	0.4	BL	BL and cross railway
97	71.8	0.6	BL	at rdbt go into small street Teichweg, left to 2 nd exit (green arrow) – medium route joins here
98	72.1	0.3	SO	SO across bridge – restaurants and cafes here
99	72.3	0.2	TL	TL into Übergasse
100	72.4	0.1	TR	greenSP Bad Sobernheim 16 Bahnhof 0,3
101	72.6	0.2	TL	cross street and take CP to continue homeward greenSP Bad Sobernheim 16 Hochstätten-Dhaun 3,7
102	73.6	1.0	BR	CP leaves street for a little while
103	74.0	0.4	SO	CP back alongside rd
104	74.1	0.1	SO	end of Kirn – pass Pia's favorite quarry (there's a waterfall inside when it has rained before)
105	74.8	0.7	SO	the stone slope on RHS is a rare biotope with both ice age and mediterranean flora „Skywalk“ (viewing platform) on the hill ahead
106	75.7	0.9	SO	Hochstetten-Dhaun continue onCP on left side of street
107	76.1	0.3	TR	CP leaves main street and bears right – use pelican cossing green sign „Radweg“ (CP)
108	76.2	0.2	TR	TR cross railway bridge and BL greenSP Bad Sobernheim 12 Martinstein 2,7
109	76.7	0.4	SO	Cyclist friendly beergarden to your left
110	76.9	0.2	SO	cross river Nahe and enter village Hochstädten there is a third Hochstätten in the Alsenz valley (three villages, three different writings, perfect confusion!)
111	77.0	0.2	TL	TJ TL

Point	Total km	km	Instruction	Description
112	77.3	0.3	SO	end of Hochstädten - yellow SP Martinstein 2 km
113	78.8	1.5	SO	after cemetery of Martinstein – greenSP Bad Sobernheim 9,5 Merxheim 2,0
114	79.2	0.4	TL	TL and cross rd continue on CP
115	79.8	0.6	SO	SO follow green arrow
116	80.2	0.3	SO	SO enter village Merxheim
117	80.8	0.7	TL	TL at TJ into Hauptstraße – greenSP Bad Sobernheim 7,5 Monzingen 3,5
118	80.8	0.0	SO	to your right „Landcafé“ in Großstraße 25 for a break
119	81.2	0.3	SO	at rdbt CP continue at 1 st exit – leave village on CP on RHS
120	82.3	1.2	SO	SO – greenSP Bad Sobernheim 6,0 Merxheim 3,0
121	84.1	1.8	SO	pass spa hotel
122	85.0	0.8	SO	Meddersheim – cooperative vinery with wine inn at RHS „Rheingrafenberg“
123	85.2	0.3	SO	SO through the village SP Bad Sobernheim
124	85.4	0.2	TL	TJ TL yellowSP Bad Sobernheim 3 km short route joins here
125	85.5	0.1	SO	cross stream on RHS and TL – follow green arrow – greenSP Bad Münster 23 Bad Sobernheim 2,8 -Italian restaurant at RHS (open Mon + Tue 5 pm Sat and Sun at noon) – Charging point for E-bikes at Gemeindesaal
126	86.0	0.5	SO	continue SO on CP – end of village
127	86.5	0.5	BL	BL to cross Nahe river continue on RHS of rd
128	86.6	0.1	BR	follow green arrows and continue on CP
129	86.9	0.3		Bad Sobernheim – follow green arrows
130	87.7	0.8	SO	continue on CP (green arrows) green SP Bad Münster am Stein 21 Staudernheim 3,9 - to enter town TL Bad Sobernheim: town with shops and restaurants, etc.
131	88.0	0.3	BL	BL and follow green arrow – to go to open air museum follow green SP Freilichtmuseum . BR, go up on the bridge, cross the river and go SO for 1,1 km (allow at least 1,5 hrs for this)
132	88.3	0.3	SO	SO after crossing small canal (Caution: narrow!)
133	88.6	0.3	SO / TL	cross under bridge, then TL and TR
134	89.3	0.7	SO	barefoot path to your right (caution: pedestrians SP cyclists dismount)
135	91.2	1.9	SO	go up and cross street/rd at pelican crossing village Staudernheim – greenSP Bad Münster am Stein 17 Bahnhof 0,3
136	91.3	0.1	BR	BR follow green arrow - greenSP Bad Münster 17 Boos 3,9
137	91.6	0.3	SO	greenSP Bad Münster 17 Boos 3,6 café Draisinenwirt on LHS
138	92.4	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
139	93.2	0.8	TL	SP Herrenhof - TL and pass sewage plant
140	94.1	0.9		Cafe Herrenhof
141	94.9	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
142	96.1	1.2	TL	TL and pass under railway and TR onto rd
143	96.2	0.1	TR	yellowSP Bad Kreuznach 12 km, Schlossböckelheim 1 km
144	97.0	0.8	TR	yellowSP Niederhausen
145	97.2	0.2		cross railway bridge and continue
146	97.5	0.2		Hotel and restaurant Niederthaler Hof
147	98.1	0.6	BL	railway crossing
148	99.1	1.0	BR	top of LAST hill!
149	100.2	1.1	TR	TR and pass tunnel under railway after tunnel TR onto Cycle path to Oberhausen - you leave Nahe CP!
150	100.9	0.7	SO	pass restaurant Herrmannshöhle
151	101.1	0.3	TL	TL onto cobble stone bridge

Point	Total km	km	Instruction	Description
152	101.3	0.2		enter village Oberhausen
153	101.4	0.1	TR	TR into Bahnhofsstraße
154	101.8	0.5	End	End of ride at Gate Camping Nahetal
			List of Abbreviations	
			CP	Cycle path
			rd	Road
			TL	Turn left – with exclamation mark TL! = easy to miss!
			TR	Turn right – with exclamation mark TR! = 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