

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany		Baustelle Brücke in Finkenbach-Gersweiler??? Nachprüfen		
		Building site bridge in Finkenbach-Gersweiler??? Check		
		GPS file: ITR17_SUN_Long_105k.gpx		
<b>Alsenz Valley long ride 106 km / 66 miles</b>				
Discover the quiet and peaceful <b>Moschel valley</b> , climb the north palatine hills and circumnavigate the <b>Donnersberg</b> hills. This geologically old mountain („Ayer's rock of Palatine“) once gave a french département its name! Between the villages of Imsbach and Steinbach the road is poor but the landscape is nice (approx 6 km). The small town of <b>Rockenhausen</b> with its clock museum and quaint old town is the starting point of the return ride via the Alsenz valley CP to <b>Bad Münster</b> and up the Nahe to Oberhausen campsite.				
Sculpture park in a very scenic setting lies on your way back above Bad Münster (TL at point 152 then TR)				
- but it is a little bit up the hill!				
No cafés or shops for the first 45 km - go prepared!				
Maps: Kompass 3061 (Hunsrück Obere Nahe.)				
Point	Total km	km	Instruction	Description
0	0.0		SO	Start at gate of Camping Nahetal
1	0.5	0.5	TL then TR	TL on Naheweinstraße and immediately TR into street Hallgarter Straße – yellowSP Obermoschel 9 km
2	0.7	0.2	SO	end of Oberhausen yellow SP Hallgarten 5 km - follow rd for 6 km / 3,7 m - start of steady climb
3	5.6	4.9	SO	<b>Hallgarten</b> continue SO on main street
4	5.8	0.2	TR	TR at TJ yellowSP Obermoschel 5 km
5	5.9	0.2	TL	TL yellow SP again: Obermoschel 5 km
6	6.1	0.2	SO	SO at TJ
7	6.4	0.3	SO	continue through village <b>Dreiweiherhof</b>
8	6.6	0.2	BL	stay on main street – end of climb
9	6.8	0.2	TR	TR at TJ yellowSP Obermoschel 3 km
10	10.0	3.3	SO	<b>Obermoschel</b>
11	10.3	0.3	SO	XR SO into Wilhemstraße
12	10.4	0.1	BL	BL and continue on street Landsbergstraße – yellowSP Ginsweiler 16 km Finkenbach 6 km
13	10.7	0.3	TR then TL	TR at TJ into Luitpoldstraße – cross bridge over Moschel stream and immediately TL into Kanalstraße you are now on Moscheltal CP up to point 30 greenSP Sitters 2,4
14	10.9	0.2	TL	TL into Friedhofstraße (green arrow)
15	11.2	0.3	SO	leave Obermoschel and continue on CP
16	11.5	0.3	SO	nice big playground and resting place
17	11.8	0.3	SO	SO green SP Waldgrehweiler
18	12.9	1.1	SO	<b>Sitters</b>
19	13.1	0.2	SO!	cross rd and into village, there TL (green arrow)
20	13.3	0.1	TR	TR after bridge into Mühlweg (green arrow)
21	13.4	0.1	SO	leave Sitters and continue on CP
22	15.3	1.9	SO	end of CP cross rd to continue on right side of rd through <b>Schiersfeld</b>
23	15.5	0.2	SO	greenSP Waldgrehweiler 3,8
24	15.6	0.2	SO	CP at LHS of rd at end of village Schiersfeld
25	16.2	0.6	TL	TL at TJ and cross farm Bergmühle
26	16.4	0.2	TR	TR and continue on CP

Point	Total km	km	Instruction	Description
27	17.2	0.8	SO	<b>Finkenbach-Gersweiler</b>
28	17.4	0.2	TL	cross bridge and TL on right side of main street
29	18.1	0.7	SO	cross street and continue SO on CP left side of rd
30	18.9	0.7	SO	cross rd and continue through <b>Waldgrehweiler</b>
31	19.3	0.4	TR	TR into Mühlstraße yellowSP Dörrmoschel 7 km Teschenmoschel 5 km – end of Moscheltal CP - Rockenhausen medium ride goes straight on
32	19.5	0.2	SO	leave Waldgrehweiler on rd (yellowSP Gangloff 3 km)
33	20.0	0.5	BL	stay on main street – yellowSP Dörrmoschel 6 km Teschenmoschel 4k
34	22.0	2.1	SO	yellow SP Dörrmoschel 4 km Teschenmoschel 2 km
35	24.1	2.1	SO	<b>Teschenmoschel</b> – continue through village on main street
36	24.6	0.5	SO	end of Teschenmoschel yellowSP Dörrmoschel 2 km
37	25.9	1.3	SO	<b>Dörrmoschel</b>
38	26.1	0.2	TL	TL at TJ yellowSP Rockenhausen 6 km
39	26.3	0.2	TR	TR into Friedhofstraße yellowSP Niederkirchen 6 km Felsberger Hof 2 km
40	26.6	0.3	SO	end of Dörrmoschel – yellowSP Felsbergerhof 2 km
41	28.4	1.8	SO	<b>Felsbergerhof</b>
42	28.7	0.3	SO	end of Felsberger Hof – yellowSP Spreiterhof 1 km
43	29.0	0.2	SO	<b>Spreiterhof</b>
44	29.1	0.2	SO	end of Spreiterhof – yellowSP Kreuzhof 1 km
45	29.2	0.1	SO	SP 430 m ü. N.N (above sea level)
46	29.9	0.7	BL	<b>Kreuzhof</b> – yellowSP Niederkirchen 6 km Heimkirchen 4 km
47	30.2	0.3	SO	end of Kreuzhof – yellowSP Heimkirchen 4 km
48	31.7	1.6	TL	TJ yellow SP Rockenhausen 6 km Gehrweiler 4 km Messersbacherhof 2 km
49	34.0	2.3	SO	<b>Messersbacherhof</b>
50	34.3	0.3	SO	end of Messersbacherhof yellowSP Gundersweiler 2 km
51	35.3	1.0	TR	TJ yellowSP Otterberg 12 km Gehrweiler 1 km
52	36.1	0.8	SO	<b>Gehrweiler</b>
53	36.5	0.4	SO	end of Gehrweiler – yellowSP Otterberg 10 km
54	38.5	2.0	SO	<b>Wingertsweilerhof</b>
55	38.9	0.4	SO	end of Wingertsweilerhof – yellowSP Höringen
56	39.6	0.7	SO	<b>Höringen</b>
57	40.3	0.8	SO	end of Höringen – yellow SP Otterberg 7 km
58	40.4	0.1	TL	yellowSP Winnweiler 5 km Leithöfe 1 km
59	41.8	1.3	SO	<b>Leithöfe</b>
60	42.1	0.3	SO	end of Leithöfe – yellow SP Winnweiler 4 km
61	45.1	3.1	SO	<b>Winnweiler</b> – public swimming pool at RHS
62	45.6	0.5	<b>TL !</b>	TJ TL into town – easy to misstake
63	45.8	2.8	SO	into pedestrian zone
64	45.9	0.2	BL	market place – greenSP Rockenhausen 11 Bahnhof 0,5 cafés and shops
65	46.6	0.3	TR	onto bridge at XR – end of Pedestrian zone – greenSP Enkenbach-Alsenborn 23 Winn.Alsenbrück 1,2 To cut short and ride 14 km less and spare some Donnersberg climbs just TL and follow Alsenz CP to Rockenhausen

Point	Total km	km	Instruction	Description
66	47.2	0.2	TR	YellowSP Imsbach – ignore greenSP
67	47.9	0.6	SO	take CP on left side of rd
68	49.3	1.4	SO	<b>Imsbach</b> – end of CP continue on street
69	49.4	0.2	TR then TL	into street Gienanthstraße then TL at church uphill
70	49.9	0.5	BR	into street Am Kupferberg
71	50.3	0.3	TL then TR	leave village Imsbach
72	50.7	0.4	TL	TJ onto rd
73	51.0	0.4	SO	Weißer Grube former quarry
74	51.1	0.1	SO	rd continues as gravel rd form 1,2 km / ¾ m
75	52.1	1.0	BL	triangle junction no SP
76	52.3	0.2	SO	end of gravel rd pass <b>hamlet</b> with no name on map OK, somebody we asked told us it's called Hahnweilerhof
77	53.1	0.7	BL	white iron sign with gothic letters Steinbach Dannenfels
78	54.0	0.9	SO	again gravel rd keep going downwards
79	54.3	0.3	BR	
80	55.5	1.3	SO	on street Hahnweiler Straße end of gravel rd - <b>Steinbach</b>
81	55.8	0.2	TL	TJ TL at small yellow CP sign
82	56.4	0.6	SO	end of Steinbach – yellowSP Dannenfels 4 km
83	59.4	3.0	SO	<b>Dannenfels</b> – continue on main street through village
84	60.1	0.7	TL	TJ yellow SP Rockenhausen 12 km
85	61.1	1.0	SO	End of Dannenfels – yellowSP Rockenhausen 10 km
86	62.7	1.5	SO	rdbt 2 <sup>nd</sup> exit yellowSP Rockenhausen 9 km Marienthal 3 km inn Bastenhaus with good view
87	65.0	2.4	SO	<b>Marienthal</b>
88	65.3	0.3	TR then TL	after church at place with fountain – greenSP St. Alban 7,9 Würzweiler 4,3 – TL at fountain (green arrow) – Appelbach CP continue on rd to speed it up, if you wish – traffic permitting
89	65.6	0.3	TR	TJ green arrow
90	65.8	0.2	BL	end of Marienthal, CP splits up take left branch – greenSP St. Alban 7,9 Würzweiler 3,8 – 0,5 km on fine gravel
91	67.6	1.8	TL	onto rd at XR – leave Appelbach CP, ignore greenSP
92	67.7	0.2	TR	TJ yellowSP Rockenhausen 5 km
93	71.0	3.3	SO	<b>Rockenhausen</b> – continue on main street, go past EDEKA supermarket (closed on Sunday, sorry)
94	72.2	1.1	TL then SO	into Kreuznacher Straße at church – go into town centre
95	72.6	0.4	TR	at Eis cafe Messina
96	72.7	0.2	SO	clock museum to your left open tue – sun 14:30 – 17:30 glockenspiel (carrillon) playing different melodies at certain times (3:35 pm Down by the riverside) cafés and restaurants (and three other museums)
97	72.8	0.1	TR then TL	after museum and Apotheke (pharmacy, closed on sunday) pass castle park and cross foot bridge
98	72.9	0.1	TR	TR onto street Bezirksamtsstraße greenSP Alsenz 13 Dielkirchen 4,0 – you are on Alsenz CP. Follow it until Bad Münster point 151
99	73.0	0.1	SO	as main street turns right – green arrow
100	73.7	0.7	TL	at rdbt take 2 <sup>nd</sup> exit, then cross tracks and leave Rockenhausen

Point	Total km	km	Instruction	Description
101	74.0	0.4	SO	cross under rd and continue on CP
102	74.5	0.5	SO	cross rd and continue on CP – greenSP Alsenz 11 Dielkirchen 2,3
103	75.8	1.3	BL	cross tracks and and bridge
104	76.0	0.2	TL	TL on CP after bridge
105	76.7	0.7	SO	<b>Dielkirchen</b>
106	76.8	0.1	TR	green arrow
107	76.8	0.1	BL	green arrow
108	76.9	0.1	TL	TL on main street greenSP Alsenz 9,2 Bayerfeld 2,0
109	77.1	0.2	<b>TL!</b>	easy to miss
110	77.2	0.2	TR	TL onto CP and leave Dielkirchen after railway crossing
111	78.2	1.0	SO	SO at TR follow green arrow
112	78.3	0.1	SO	SO at TR follow green arrow
113	78.9	0.6	TR	TR and enter <b>Bayerfeld-Steckweiler</b> (yes I know)
114	79.0	0.1	TR	after Alsenz bridge TR on rd greenSP Alsenz 7,0 Mannweiler-Cölln 2,1
115	79.1	0.1	TL	TL and continue to railway crossing
116	79.2	0.1	SO	instruction if closed (usually closed!): See yellow „talking box“ on left side? Push button! Wait for reaction. Say „Hallo“ and wait for opening. Sometimes they let a train pass first. Takes longer then. Cross and say „Danke“ to yellow talking box on right side (they want to know that you're through!)
117	79.2		SO	follow CP SO
118	79.8	0.6	SO	private property, pass carefully
119	80.3	0.5	TL	Turn LEFT on rd (right side?)
120	80.5	0.2	TR	TR at white SP „Cölln Brunnenstraße“
121	80.6	0.2	SO	<b>Mannweiler-Cölln</b>
122	80.8	0.2	SO	SO at XR, leave village and continue on CP
123	81.6	0.8	TR	TR and cross railway tracks
124	81.6	0.0	BL	ignore greenSP Alsenz 3,2 Oberndorf 1,9 and go SO around steep hill if you like
125	81.8	0.2	TL	TL on main street – yellowSP Bad Kreuznach
126	81.9	0.1	SO	take CP on left side of rd and leave village
127	82.6	0.6	BR	after passing underbridge small wooden bridge
128	82.7	0.1	TL	TL on rd greenSP Alsenz 2,6
129	82.9	0.3	SO	<b>Oberndorf</b>
130	83.6	0.7	SO	SO stay on main street (ignore greenSP to TL)
131	83.9	0.3	SO	leave Oberndorf continue on rd
132	84.3	0.4	SO	<b>Alsenz</b>
133	84.8	0.6	BL	cross tracks and continue SO through village
134	85.2	0.4	TL	TL into street Brückenstraße – as main street turns a little to the right - and cross bridge
135	85.3	0.1	TR	TR to continue - SO on Marktplatz – Ice cream and pizza!
136	86.1	0.7	SO	SO greenSP Bad Münster 11
137	86.4	0.4	TL	TL then TR on CP after having crossed bridge – greenSP Bad Münster 11 Hochstätten 4,4 SO leave Alsenz on CP alongside rd
138	88.7	2.3	SO	cross rd and continue on CP on left side of rd
139	89.4	0.6	SO	cross junction and continue on CP

Point	Total km	km	Instruction	Description
140	90.3	0.9	SO	<b>Hochstätten</b> continue on main street as it winds through the village, pass railway crossing
141	90.9	0.6	BL	BL yellow SP
142	90.9	0.1	TL	TL (green arrow)
143	91.1	0.1	TR	TR at cemetary and continue on CP, leave Hochstätten
144	92.9	1.9	TR	TR at TJ and pass under railway
145	93.1	0.2	SO	<b>Altenbamburg</b>
146	93.4	0.3	TL	TL on main street and continue on main street
147	94.1	0.7	SO	stay on rd or take CP to the left
148	94.5	0.4	SO	cross andt take CP on left side of street, leave Altenbamburg
149	95.2	0.7	TR then BL	after barrier TR and BL green arrow
150	95.9	0.7	TR	cross rd into street Zur Alsenz, cross tracks and TL again – <b>Bad Münster</b> greets you with a Lidl store
151	96.7	0.8	SO	SO after passing under railway and passing through the poles (no green arrow) end of Alsenz CP SO along river Nahe (cafés) no tarmac
152	97.3	0.6	BL then SO	go up on tarmac again and cross street right onto Nahe CP leave Bad Münster on gravel CP - follow disused railway for 4,3 km / 2,7 m – you are now on Nahe CP until point 112
153	97.9	0.7	SO	
154	102.2	4.3	TR	TR after power plant and cross canal - TL after bridge
155	102.5	0.2	TR	cross wibbly wobbly bridge and TL immediately after – <b>Niederhausen</b>
156	102.9	0.4	SO	SO at TJ green SP Bad Sobernheim 14 (are you on right side of rd?)
157	103.4	0.5	SO	join CP on RHS of street and continue until bridge to Oberhausen
158	104.4	1.0	SO	TJ – caution cars from behind! Nahe CP twists off here
159	105.3	1.0		end of CP – join rd and cross bridge into <b>Oberhausen</b>
160	105.9	0.5	TR	TR into Bahnhofstraße
161	106.4	0.6		end at gate of 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