

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				
		GPS file: ITR17_SUN_Med_66k.gpx		
<b>Alsenz valley medium 67 km / 41,6 miles</b>				
Ride across the north palatian hills to the small town of <b>Obermoschel</b> , discover the quiet and peaceful Moschel valley, the small town of <b>Rockenhausen</b> with its clock museum and return via the Alsenz valley CP and the town of <b>Alsenz</b> . Visit the small sandstone masonry museum - next to the pizza and ice cream place!				
Sculpture park in a very scenic setting lies on your way back (TL at point 105 then TR) - but it is a little bit up the hill!				
no shops (sunday!) and no cafés until Rockenhausen (32 k 20m)				
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	leave Oberhausen and follow rd for 6 km / 3,7 m - start of steady climb
3	5.6	4.9	SO	Hallgarten 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	Obermoschel
11	10.3	0.3	SO	SO at XR into Wilhemstraße
12	10.4	0.1	BL	BL and continue on Landsbergstraße
13	10.7	0.3	TR then TL	TR at TJ into Luitpoldstraße – cross bridge over Moschel stream and immediatly TL into Kanalstraße you are now on Moscheltal CP – 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	Sitters
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
27	17.2	0.8	SO	Finkenbach-Gersweiler
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

Point	Total km	km	Instruction	Description
30	18.9	0.7	SO	cross rd and continue through <b>Waldgrehweiler</b>
31	19.3	0.4	SO	End of Moscheltal CP - continue Soon main street
32	19.5	0.2	SO	leave Waldgrehweiler on rd (SP Ransweiler)
33	21.1	1.6	SO	enter <b>Ransweiler</b> and continue on main street
34	21.9	0.8	TR	BL yellow SP Schönborn
35	22.1	0.3	SO	leave Ransweiler and start steady climb to Schönborn
36	24.2	2.1	SO	Schönborn
37	24.3	0.1	TL	TL and continue on Ortsstraße (main street)
38	24.5	0.2	BR	no SP
39	24.9	0.4	SO	crossing
40	25.2	0.3	SO	leave Schönborn yellowSP Rockenhausen 7 km
41	26.1	1.0	SO	end of climb
42	26.6	0.5	SO	SO at TJ yellow SP Rockenhausen 6 km
43	27.8	1.2	BL	BL at TJ yellow SP Rockenhausen 5 km
44	29.5	1.7	SO	SO at TJ
45	31.8	2.3	SO	<b>Rockenhausen</b>
46	32.4	0.6	TR	after bridge 2 <sup>nd</sup> street on RHS Kreuznacher Straße
47		0.4	TR	at Eis cafe Messina
48		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)
49		0.1	TR then TL	after museum and Apotheke (pharmacy, closed on sunday) pass castle park and cross foot bridge
50	32.9	0.1	TR then TL	TR after footbridge –
51	33.0	0.1	TR	TR onto street Bezirksamtsstraße greenSP Alsenz 13 Dielkirchen 4,0 you are on Alsenz CP. Follow it until Bad Münster point 104
52	33.1	0.1	SO	as main street turns right – green arrow
53	33.8	0.7	TL	at rdbt take 2 <sup>nd</sup> exit, then cross tracks and leave Rockenhausen
54	34.2	0.4	SO	cross under rd and continue on CP
55	34.7	0.5	SO	cross rd and continue on CP – greenSP Alsenz 11 Dielkirchen 2,3
56	35.9	1.3	BL	cross tracks and and bridge
57	36.1	0.2	TL	TL on CP after bridge
58	36.8	0.7	SO	<b>Dielkirchen</b>
59	36.9	0.1	TR	green arrow
60	37.0	0.1	BL	green arrow
61	37.0	0.1	TL	TL on main street greenSP Alsenz 9,2 Bayerfeld 2,0
62	37.2	0.2	<b>TL!</b>	easy to miss
63	37.4	0.2	TR	TL onto CP and leave Dielkirchen after railway crossing
64	38.3	1.0	SO	SO at TR follow green arrow
65	38.5	0.1	SO	SO at TR follow green arrow
66	39.0	0.6	TR	TR and enter <b>Bayerfeld-Steckweiler</b> (yes I know)
67	39.2	0.1	TR	after Alsenz bridge TR on rd greenSP Alsenz 7,0 Mannweiler-Cölln 2,1
68	39.2	0.1	TL	TL and continue to railway crossing

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69	39.3	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!)
70	40.0	0.6	SO	follow CP SO
71	40.6	0.6	SO	private property, pass carefully
72	41.1	0.5	TL	Turn LEFT on rd (right side?)
73	41.3	0.2	TR	TR at white SP „Cölln Brunnenstraße“
74	41.4	0.2	SO	<b>Mannweiler-Cölln</b>
75	41.6	0.2	SO	SO at XR, leave village and continue on CP
76	42.4	0.8	TR	TR and cross railway tracks
77	42.4	0.1	BL	ignore greenSP Alsenz 3,2 Oberndorf 1,9 and go SO around steep hill if you like
78	42.6	0.2	TL	TL on main street – yellowSP Bad Kreuznach
79	42.7	0.1	SO	take CP on left side of rd and leave village
80	43.4	0.6	BR	after passing underbridge small wooden bridge
81	43.5	0.1	TL	TL on rd greenSP Alsenz 2,6
82	43.7	0.3	SO	<b>Oberndorf</b>
83	44.4	0.7	SO	SO stay on main street (ignore greenSP to TL)
84	44.7	0.3	SO	leave Oberndorf continue on rd
85	45.1	0.4	SO	<b>Alsenz</b>
86	45.6	0.6	BL	cross tracks and continue SO through village
87	46.0	0.4	TL	TL into street Brückenstraße and cross bridge – as main street turns to the right
88	46.1	0.1	TR	TR to continue - SO on Marktplatz – Ice cream and pizza!
89	46.8	0.7	SO	SO greenSP Bad Münster 11
90	47.2	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
91	49.5	2.3	SO	cross rd and continue on CP on left side of rd
92	50.2	0.6	SO	cross junction and continue on CP
93	51.1	0.9	SO	<b>Hochstätten</b> continue on main street as it winds through the village, pass railway crossing
94	51.7	0.5	BL	BL yellow SP
95	51.7	0.1	<b>TL!</b>	TL (green arrow)
96	51.9	0.1	TR	TR at cemetary and continue on CP, leave Hochstätten
97	53.7	1.9	TR	TR at TJ and pass under railway
98	53.9	0.2	SO	<b>Altenbamberg</b> cross Alsenz stream
99	54.2	0.3	TL	TL on main street and continue on main street
100	54.9	0.7	SO	stay on rd or take CP to the left
101	55.3	0.4	SO	cross street and take CP on left side of street, leave Altenbamberg
102	56.0	0.7	TR then BL	after barrier TR and BL green arrow
103	56.7	0.7	TR	cross rd into street Zur Alsenz, cross tracks and TL again – <b>Bad Münster</b> greets you with a Lidl store

Point	Total km	km	Instruction	Description
104	57.5	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
105	58.1	0.6	BL then SO	go up on tarmac again and cross street right onto Nahe CP
106	58.7	0.7	SO	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
107	63.0	4.3	TR	TR after power plant and cross canal - TL after bridge
108	63.3	0.2	TR	cross wibbly wobbly bridge and TL immediately after – <b>Niederhausen</b>
109	63.7	0.4	SO	SO at TJ green SP Bad Sobernheim 14 (are you on right side of rd?)
110	64.2	0.5	SO	join CP on RHS of street and continue to Oberhausen
111	65.2	1.0	SO	TJ – caution! Nahe CP turns right here
112	66.1	1.0		end of CP – join rd and cross bridge into <b>Oberhausen</b>
113	66.7	0.5	TR	TR into Bahnhofstraße
114	67.1	0.5		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