

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				
			GPS file: ITR17_SUN_Flat_68k.gpx	
Alsenz valley flat 67 km / 42 miles				
Head downstream to Bad Münster and take the Alsenz valley CP to Rockenhausen , a small town which boasts four museums. It is very quiet and seems to be a timeless beauty – though it has a Museum of Time! Alsenz valley is „the sand stone valley“! We excuse for the misleading the expression „flat“ for the undulating ups and downs of the Alsenz CP – you can take a train back to Bad Münster if you feel like – or stop in Alsenz (town) and 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 104 then TR) - but it is a little bit up the hill!				
Maps: Kompass 3061 (Hunsrück Obere Nahe)				
Point	Total km	km	Instruction	Description
0	0.00	0.00	Start	Start at Camping Nahetal Gate
1	0.46	0.46	TL	TL onto street Naheweinstraße and cross bridge
2	0.74	0.28	BL	take cycle path (CP) on LHS
3	1.60	0.86	SO	Nahe CP joins from LHS tunnel under railway - caution with cars at junction! Continue on Nahe CP up to point 9
4	2.41	0.81	BR	Change to right side of the street - Niederhausen
5	3.20	0.79	BR	onto cycle path on RHS
6	3.33	0.13	BR	go up to the dam („wibbly wobbly bridge“)
7	3.49	0.16	TL	TL and continue along canal – end of Niederhausen
8	4.15	0.66	TR then TL	TR cross canal and TL onto gravel rd (don't take the tarmac rd into the power plant!) - continue for 4,3 km (2,7 m) on the gravel CP on disused railway track
9	8.46	4.31	SO and TL	XR cross street and take path down to river Nahe – don't go on the bridge - end of dirt road - (you leave Nahe CP here in Bad Münster)
10	9.11	0.65	BR	pass under railway bridge greenSP Alsenz 11 Altenbamburg 3,1 Beginning of Alsenz CP, follow up to point 47
11	9.50	0.39	SO	pass Lidl supermarket
12	10.57	1.07	TL	greenSP Alsenz 10 Altenbamburg 1,6
13	11.23	0.66	SO	Altenbamburg continue on CP
14	11.73	0.50	SO	end of CP continue on right side of street
15	12.16	0.43	TL	follow main street over Alsenz river greenSP Alsenz 8,4 Hochstätten 2,8
16	12.44	0.28	TR	follow green arrow – cross bridge over Alsenz stream
17	12.57	0.13	BL	white SP Tierarztpraxis, green arrow
18	14.82	2.25	TL	after cemetary on RHS and cross Alsenz stream – this is Hochstätten
19	14.92	0.10	TR	at TJ TR and follow main street through the village
20	15.58	0.66	SO	take CP on LHS of road – end of Hochstätten
21	16.50	0.92	SO	at rd junction cross and continue on CP on RHS of rd
22	17.12	0.62	SO	cross busy B48 rd to continue on CP on LHS

Point	Total km	km	Instruction	Description
23	19.28	2.16	SO	to reach Alsenz (town, same name as stream)
24	19.41	0.13	TL	into Alsenz greenSP Rockenhausen 15
25	19.49	0.08	TR	and cross Alsenz stream pass the Open Air sandstone exposition
26	20.57	1.08	TL	at triangle with sandstone fountain - historic town hall on LHS – greenSP Rockenhausen 14 Oberndorf 1,7 on RHS Pizzeria and Ice parlour
27	20.67	0.10	TR	TJ TR into main street
28	21.60	0.93	SO	end of Alsenz – continue on rd and pass Oberndorf
29	23.01	1.41	SO	end of Oberndorf yellowSp Mannweiler-Cölln 3 km
30	23.25	0.24	TR	take CP greenSP Rockenhausen 11 Mannw.-Cölln 0,8
31	23.87	0.62	TR	Mannweiler-Cölln greenSP Rockenhausen 10 Cölln 1,1
32	24.26	0.39	SO then TL	continue on main street and cross railway tracks then TL onto CP
33	25.08	0.82	BL	green arrow Cölln (both Cölln and Köln probably started as small villages – but Cölln has remained one)
34	25.40	0.32	TL! then TR	at Tj onto busy rd cross railway bridge and immediately after TR
35	27.33	1.93	SO	Bayerfeld-Steckweiler railwai crossing 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!)
36	27.46	0.13	TR then TL	onto main street, cross bridge and TL after bridge greenSp Rockenhausen 6,5 Dielkirchen 2.2
37	27.68	0.22	TL	green arrow end of Bayerfeld-Steckweiler (the name represents two formerly separate villages, see Mannweiler-Cölln above)
38	29.29	1.61	SO	Dielkirchen
39	29.49	0.20	TL	TJ yellowSP Kaiserslautern 33 km Rockenhausen 4 km
40	29.68	0.19	TR	greenSP Rockenhausen 4,4 Katzenbach 3,2 (street Mühlenstraße)
41	29.75	0.07	BR then TL	and leave Dielkirchen
42	30.80	1.05	SO	after railway crossing SO alongside tracks
43	32.02	1.22	SO	cross rd (caution) greenSP Winnweiler 13 Rockenhs 2
44	32.83	0.81	SO	cross railway and take rdbt 1 st exit (SO) street called Bezirksamtsstraße -this is Rockenhausen Small as it may be Rockenhausen boasts a museum of modern art!
45	33.55	0.72	SO	continue SO on mayor street
46	33.67	0.12	TL	TI at rose building (museum) and cross parking and footbridge over river Alsenz, immediately after TR (green arrow)

Point	Total km	km	Instruction	Description
47	34.02	0.35	TL then BL	clock museum to your left open tue – sun 14:30 – 17:30 bells of bell tower (carrillon) play different melodies at certain times (3:35 pm Down by the riverside) cafés and restaurants (and three other museums) return route starts here
48	32.83	0.13	SO	green arrow
49	32.92	0.09	TR then TL	TR and then left on foot bridge – you are on Alsenz CP. Follow it until Bad Münster point 105
50	33.00	0.08	TR	TR onto street Bezirksamtsstraße
51	33.12	0.12	SO	green arrow
52	33.81	0.69	TL	at rdbt take 2 nd exit and and cross tracks – end of Rockenh.
53	34.17	0.36	SO	cross under rd and continue on CP
54	34.67	0.5	SO	cross rd and continue on CP – greenSP Alsenz 11 Dielkirchen 2,3
55	35.94	1.27	BL	cross tracks and and bridge
56	36.10	0.16	TL	TL on CP after bridge
57	36.79	0.69	SO	Dielkirchen
58	36.89	0.1	TR	green arrow
59	36.97	0.08	BL	green arrow
60	37.02	0.05	TL	TL on main street greenSP Alsenz 9,2 Bayerfeld 2,0
61	37.19	0.17	TL!	easy to miss
62	37.35	0.16	TR	TL onto CP and leave Dielkirchen after railway crossing
63	38.33	0.98	SO	SO at TR follow green arrow
64	38.45	0.12	SO	SO at TR follow green arrow
65	39.03	0.58	TR	TR and enter Bayerfeld-Steckweiler (yes I know)
66	39.16	0.13	TR	after Alsenz bridge TR on rd greenSP Alsenz 7,0 Mannweiler-Cölln 2,1
67	39.22	0.06	TL	TL and continue to railway crossing
68	39.33	0.11	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!)
69	39.98	0.65	SO	follow CP SO
70	40.57	0.59	SO	private property, pass carefully
71	41.05	0.48	TL	Turn LEFT on rd (right side?)
72	41.27	0.22	TR	TR at white SP „Cölln Brunnenstraße“
73	41.44	0.17	SO	Mannweiler-Cölln
74	41.59	0.15	SO	SO at XR, leave village and continue on CP
75	42.37	0.78	TR	TR and cross railway tracks
76	42.42	0.05	BL	ignore greenSP Alsenz 3,2 Oberndorf 1,9 and go SO around steep hill if you like

Point	Total km	km	Instruction	Description
77	42.63	0.21	TL	TL on main street – yellowSP Bad Kreuznach
78	42.71	0.08	SO	take CP on left side of rd and leave village
79	43.35	0.64	BR	after passing underbridge small wooden bridge
80	43.45	0.1	TL	TL on rd greenSP Alsenz 2,6
81	43.70	0.25	SO	Oberndorf
82	44.40	0.7	SO	SO stay on main street (ignore greenSP to TL)
83	44.67	0.27	SO	leave Oberndorf continue on rd
84	45.07	0.4	SO	Alsenz
85	45.63	0.56	BL	cross tracks and continue SO through village
86	46.02	0.39	TL	TL into street Brückenstraße – as main street turns a little to the right - and cross bridge
87	46.13	0.11	TR	TR to continue - SO on Marktplatz – Ice cream and pizza!
88	46.84	0.71	SO	SO greenSP Bad Münster 11
89	47.24	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
90	49.54	2.3	SO	cross rd and continue on CP on left side of rd
91	50.18	0.64	SO	cross junction and continue on CP
92	51.05	0.87	SO	Hochstätten continue on main street as it winds through the village, pass railway crossing
93	51.65	0.5	BL	BL yellow SP
94	51.73	0.08	TL!	TL (green arrow)
95	51.85	0.12	TR	TR at cemetary and continue on CP, leave Hochstätten
96	53.74	1.89	TR	TR at TJ and pass under railway
97	53.90	0.16	SO	Altenbamburg cross Alsenz stream
98	54.17	0.27	TL	TL on main street and continue on main street
99	54.90	0.73	SO	stay on rd or take CP to the left
100	55.28	0.38	SO	cross street and take CP on left side of street, leave Altenbamburg
101	56.00	0.72	TR then BL	after barrier TR and BL green arrow
102	56.73	0.73	TR	cross rd into street Zur Alsenz, cross tracks and TL again – Bad Münster greets you with a Lidl store
103	57.48	0.75	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
104	58.06	0.58	BL then SO	go up on tarmac again and cross street right onto Nahe CP
105	58.73	0.67	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
106	63.03	4.3	TR	TR after power plant and cross canal - TL after bridge
107	63.25	0.22	TR	cross wibbly wobbly bridge and TL immediately after – Niederhausen

Point	Total km	km	Instruction	Description
108	63.65	0.4	SO	SO at TJ green SP Bad Sobernheim 14 (are you on right side of rd?)
109	64.19	0.54	SO	join CP on RHS of street and continue until bridge to Oberhausen
110	65.15	0.96	SO	TJ – caution! Nahe CP turns right here
111	66.13	0.98	SO	end of CP – join rd and cross bridge into Oberhausen
112	66.65	0.52	TR	TR into Bahnhofstraße
113	67.23	0.58		end at gate of 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