

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany			GPS file: ITR17_TUE_Long_106k.gpx	
Rhine valley long ride 105 km (65 m)				
This ride takes you to Rheinhessen, formerly a part of Hesse (now a „Land“). It's the largest wine producing area in Germany. You cross the river Rhine on the ferries in Freiweinstein (Ingelheim) and in famous but verry touristy Rüdesheim (buy one ticket for both ferries). Once arrived in Bingen , there are cafés and pubs on the riverside. Continue to the Nahe river mouth called Rhein-Nahe Eck where you start your way back to Oberhausen.				
Map: Kompass Hunsrück/Obere Nahe 3061 / Kompass Rheinhessen Rheingau Naheland, Mainz 3089				
Point	Total km	km	Instruction	Description
0	0.0	0.0	Start	Start at Camping Nahetal Gate
1	0.5	0.5	TL	TL onto Naheweinsteinstraße and cross bridge
2	0.7	0.3	BL	BL onto cycle path
3	1.6	0.9	SO	Nahe CP joins from LHS tunnel under railway - caution with cars at junction! Continue on Nahe CP up to point 9
4	2.4	0.8	BR	Change to right side of the street - Niederhausen
5	3.2	0.8	BR	onto cycle path on the right
6	3.3	0.1	BR	go up to the dam („wibbly wobbly bridge“)
7	3.5	0.2	TL	TL and continue along canal – end of Niederhausen
8	4.2	0.7	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	8.5	4.3	SO and TL	XR end of dirt road - cross street and take path down to river Nahe – don't go on the bridge (you leave Nahe CP here in Bad Münster)
11	9.1	0.7	BR	pass under railway bridge greenSP Alsenz 11 Altenbamburg 3,1 Beginning of Alsenz CP, follow up to point 19
12	9.5	0.4	SO	pass Lidl supermarket
13	9.8	0.3	TR	cross railway tracks and road and TL onto CP
14	10.6	0.8	TL	greenSP Alsenz 10 Altenbamburg 1,6
15	11.2	0.7	SO	Altenbamburg continue on CP
16	11.7	0.5	SO	end of CP continue on right side of street
17	12.2	0.4	TL	follow main street over Alsenz river greenSP Alsenz 8,4 Hochstätten 2,8
18	12.5	0.4	SO	continue on main street leave Alsenz CP
19	12.6	0.1	TL	yellowSP Steigerhof 3 km Brücklocher Hof 2,5 km - Street Am Treuenfels (start of climb)
20	12.7	0.1	SO	End of Altenbamburg yellowSP Steigerhof 3 km
21	15.0	2.3	TR!	Turn right onto concrete plateway (ignore green arrow)
22	16.3	1.3	TR	TJ (end of climb)
23	16.4	0.1	SO and TL	cross busy B 420 and TL onto CP to Fürfeld
24	17.0	0.5	TR	TR and join road to Fürfeld
25	17.5	0.5	SO	SO at XR greenSP Alsenz 19 Tiefental 4,5
26	17.8	0.3	TR	yellow SP Alzey 17 km Hof Iben 2 km follow one-way street
27	18.1	0.3	TR	follow green arrow
28	18.2	0.1	SO	end of Fürfeld yellow SP Hof Iben 2 km

Point	Total km	km	Instruction	Description
29	19.9	1.7	TL	TL at XR join Appelbach CP greenSP Alzey 31 Neu-Bamberg 3,2 – (Lovers of gothic style architecture continue to chapel at hamlet Hof Iben SO)
30	22.3	2.5	TL	TL at TJ yellowSP Bad Kreuznach 9 km Neu-Bamberg 1 km
31	22.6	0.3	SO	Neu-Bamberg
32	23.0	0.4	SO and TR	As main street turns left go SO and immediately TR into Kandelpforte greenSP Alzey 27 Wöllstein 4,2
33	23.1	0.1	SO	follow green arrow
34	23.5	0.4	SO	pass under disused railway bridge ignore green arrow and leave Appelbach CP
35	23.7	0.2	TR	TR at XR into Wöllsteiner Straße
36	23.9	0.2	SO	End of Neu-Bamberg yellowSP B420 2 km
37	25.4	1.5	TR	As road bends to L TR and follow dirt path onto bridge over Appelbach – No SP, place called Alte Ölmühle
38	26.1	0.7	SO	Wöllstein
39	26.5	0.4	TL	TL at XR follow green arrow
40	26.6	0.1	SO	XR SO ignore green arrow
41	27.0	0.4	TL	TL at TJ into main street – bakery, cafes and shops
42	27.1	0.1	TR	TR into Ernst-Ludwig-Straße - ice parlour (first Italian then German)
43	28.0	0.9	TR	TR after cemetery don't take busy B 420 rd
44	28.1	0.1	TL	XR green arrow – back on Appelbach CP
45	28.6	0.5	TL	cross B 420 greenSP Bad Kreuznach 15 Badenheim 2,5
46	28.7	0.1	SO	cross street follow green arrow
47	28.8	0.1	TR	TR at TJ (green arrow)
48	29.0	0.2	TL	TL at TJ follow green arrow
49	29.3	0.3	TR	TR at TJ (green arrow)
50	30.3	1.0	BL	at junction
51	30.9	0.6	TR	at TJ – Badenheim
52	31.0	0.1	TR	TR at XR (yellowSP Sprendlingen 3 km Wöllstein 4 km is hidden behind the corner) - leave Appelbach CP
53	31.5	0.5	SO	End of Badenheim yellowSP Sprendlingen 3 km
54	32.1	0.5	SO	Rdbt take 2 nd exit yellowSP Sprendlingen 2 km
55	33.4	1.4	SO	Sprendlingen
56	33.7	0.3	TR!	XR greenSP Ingelheim 22 St. Johann 2,7 - easy to miss! shops in the village (straight ahead)
57	34.0	0.3	SO	leave village Sprendlingen uphill (no SP)4
58	34.5	0.6	TL	green arrow (small stream on RHS)
59	36.0	1.5	SO	St. Johann
60	36.1	0.1	BR	Xr greenSP Vendersheim 4,4 Wolfsheim 3,0
61	36.3	0.1	TL	TJ ignore green arrow
62	36.3	0.0	BR	pass church on RHS of church
63	36.4	0.1	BR	Kirchplatz
64	36.4	0.1	TR	TR at Alter Rathausplatz / Weidegasse
65	36.5	0.1	SO	follow green arrow into IM Kirschgarten (staggered junction)
66	36.7	0.2	SO	end of St. Johann follow green arrows
67	37.1	0.5	SO	XR no SP
68	38.2	1.0	TL	TJ greenSP Ingelheim 18 Wolfsheim 1,0
69	38.6	0.4	SO	Wolfsheim

Point	Total km	km	Instruction	Description
70	39.0	0.4	TR	TR at TJ yellow SP Mainz Partenheim
71	39.1	0.2	TL	go uphill Kirchgasse (start of climb)
72	39.5	0.4	SO	end of Wolfsheim
73	39.7	0.1	SO	XR SO green arrow (end of climb)
74	40.7	1.0	SO and TL	cross rd and TL greenSP Ingelheim 15 Ober-Hilbersheim 3,1
75	41.0	0.4	TR	green arrow
76	42.1	1.0	TR	green SP Nieder-Olm 14 ... Ober-Hilbersheim 1,2
77	42.8	0.7	SO	Ober-Hilbersheim
78	43.3	0.5	TL	TL and immediately TR green SP Niederolm 17 Ingelheim 13
79	43.4	0.1	TL	green arrow TL into street Schmidtpforte
80	43.5	0.1	SO	join CP „Obstroute“ until Gau-Algesheim greenSP Ingelheim 13, Ortsmitte 0,4
81	43.6	0.1	TL	green arrow street Im Kleegarten
82	43.7	0.1	TR	XR greenSP Ingelheim 12, Nieder-Hilbersheim 1,9
83	44.0	0.3	SO	End of Oberhilbersheim SO as street turns left follow green arrow
84	44.8	0.8	SO	Nieder-Hilbersheim
85	45.4	0.6	SO	cross street (caution! narrow) greenSP Ingelheim 11 Appenheim 3,3
86	45.7	0.3	TR	TJ into Außerhalb 2+3 (blue sign)
87	45.7	0.0	TL	green SP Ingelheim 10, Appenheim 3,0
88	48.1	2.4	TL	TJ greenSP Ingelheim 8 Appenheim 0,5
89	48.3	0.2	TR	Appenheim TR at greenSP Ingelheim 7,8 Gau-Algesheim 3,9
90	48.3	0.0	TR	TR at TJ green arrow
91	48.4	0.0	TL	green arrow street Welzbachstraße
92	48.8	0.4	TL	go uphill street Vorm Westerberg
93	49.0	0.3	TR	TR onto CP alongside rd greenSP end of Appenheim
94	50.9	1.9	TL	XR leave CP Obstroute green SP Dromersheim 6,2 Laurenziberg 4,4 Gau-Algesheim
95	51.0	0.1	TR	TR onto Main street through village
96	51.7	0.8	TR!	TR at building Turnhalle - white SP Schloss Ardeck Fahrradmuseum - easy to miss: small path
97	51.8	0.1	TL	TL at Schloss Ardeck greenSP Ingelheim 4,3 Zentrum 0,3
98	52.0	0.2	TL	TJ at church green arrow
99	52.1	0.1	TR	market place - cafes and pubs - greenSP Ingelheim 4,0 Bahnhof 1,2
100	52.3	0.3	TL	greenSP Ingelheim 3,7 Bahnhof 1,0
101	52.5	0.1	TR	into street Weingasse opposite ice parlour – green arrow go SO until crossing Berliner Straße
102	52.8	0.4	TL	XR TR into Berliner Straße yellowSP Alle Richtungen
103	53.0	0.4	TL	TJ Bahnhofstraße yellow SP Alle Richtungen – good cycle shop at RHS: Fahrrad Schön
104	53.3	0.4	TR	TJ greenSP Bingen 10, Nieder-Hilbersheim 7,5
105	53.4	0.1	TR	TR at TJ yellow SP Ingelheim and cross over railway tracks
106	53.7	0.3	TL	after bridge over railway: YellowSP Bingen
107	53.8	0.1	TR	TR into street Binger Straße – yellowSP Bingen
108	54.0	0.2	SO	take CP on LHS of rd – end of Gau-Algesheim
109	54.8	0.8	TR	at rdbt – public bath Rheinwelle at LHS
110	55.2	0.5	TL	cross rd – greenSP Mainz 28 Sporkenheim 0,8

Point	Total km	km	Instruction	Description
111	55.3	0.0	TL	as CP turns left and ends soon after – continue on rd
112	55.7	0.4	SO	Sporkenheim (part of Ingelheim)
113	56.0	0.3	TL	TJ greenSP Mainz 25 Bingen 9,6
114	56.1	0.1	BL	at Landhotel
115	56.2	0.1	SO	end of Sporkenheim
116	56.3	0.1	SO	at XR, continue over Autobahn bridge
117	56.8	0.5	TR	onto Rhein CP – greenSP Mainz Ingelheim Oestrich-Winkel Freiweinsheim 2,2
118	57.8	1.1	SO	BL after dam
119	58.9	1.1	SO	continue on street – Freiweinsheim
120	59.1	0.2	TL	at TJ into street Rheinstraße and go down to ferry
121	60.1	0.9	TL	enjoy ferry crossing – no cycling for almost 1 km! buy return ticket for return ferry in Rudesheim (two crossings, only one ticket) after ferry TL immediately -you are on Rhein CP (name: R3)
122	63.6	3.5	TL	follow cycling sign R3
123	64.5	0.9	TR	keep to the river bank
124	64.9	0.4	TR	TL cycle sign Rudesheim 3,8
125	65.8	0.9	BL	follow cycling sign R3
126	66.6	0.9	BL	follow sign Fahrrad frei
127	67.0	0.4	SO	pass under former bridge Hindenburgbrücke (destroyed by Wehrmacht in WW II, no bridge for 100 km between Mainz and Koblenz ever since)
128	68.0	0.9	SO	pass under railway and continue SO on street – Rudesheim
129	68.0	0.0	TL	into street Geisenheimer Straße – stay on left lane
130	68.3	0.3	TL then TR	towards riverside – Rheinstraße
131	69.1	0.8	BL	cross railway tracks and TL at traffic light to reach Rudesheim ferry
132	70.2	1.0		enjoy ferry crossing – no cycling for over 1 km! Use your return ticket... TR after ferry
133	70.3	0.1	SO	greenSP Bingen 1,5 St. Goar 30 – Bingen : Beginning of river promenade with cafes and wine pubs
134	71.6	1.3	SO	railway crossing at LHS greenSP Bahnhof 1,2 Rhein-Nahe-Eck 0,4 A few steps ahead at RHS Museum am Strom exhibits 2000 years of culture and history on the River Rhine: Rhine Romanticism, the Roman Era (a complete set of surgical instruments from a Roman doctor) and a large Hildegard of Bingen section
135	71.9	0.3	TR	TR before bridge over Nahe mouth greenSP Rhein-Nahe-Eck 0,1 Bad Kreuznach 19
136	71.9			Look at Mäuseturm (mouse tower) situated in the Rhine river and Ehrenfels castle ruin on the other side of the river. If you cross the Nahe river there is Mäuseturm park with water playground – nice place for a picknick
	71.9			return route to Oberhausen campsite starts here (32 km – 20 m)
137	71.9	0.0	SO	cycle down and pass under bridge

Point	Total km	km	Instruction	Description
138	73.0	1.1	SO	pass traffic light crossing at Drusus bridge, continue on sidewalk CP
139	73.8	0.8	TR	continue on CP - attention: narrow bend! greenSP Bad Kreuznach 17 Münster-Sarmsheim 1,8
140	74.5	0.7	BR	greenSP Bad Kreuznach 16 Münster-Sarmsheim 1,2
141	74.6	0.1	BR	greenSP Bad Kreuznach 16 Dietersheim 1,6
142	75.2	0.6	TR	TR and cross car park beginning of gravel CP
143	75.5	0.4	SO	End of gravel CP - up the dam -TR and after the building down again
144	75.7	0.2	SO	greenSP Bad Kreuznach 15 Grolsheim 4,2
145	76.6	0.8	TL	follow green arrow
146	76.7	0.2	TR	follow green arrow and pass under autobahn – greenSP Bad Kreuznach 14 Grolsheim 3,6
147	77.3	0.5	SO	SP Bad Kreuznach 13 Grolsheim 2,7
148	77.5	0.3	SO	crossing follow green arrow
149	78.2	0.7	SO	TJ SP Bad Kreuznach
150	78.5	0.3	SO	Wetland patch
151	79.6	1.1	TL	TL into village Grolsheim
152	79.7	0.1	TR	TR into street Binger Straße and go SO through village
153	80.3	0.6	BR	BR after greenSP Bad Kreuznach10 Langenlonsheim 3,6
154	81.0	0.6	TR	SP Am Matzgraben
155	81.4	0.4	TR	cross wooden bridge
156	81.6	0.2	TL	greenSP Bad Kreuznach 9,2 Langenlonsheim 2,7 – Gensingen
157	81.8	0.2	TR	TR on CP alongside rd greenSP Bad Kreuznach 9,0 Langenlonsheim 2,5
158	82.4	0.6	SO	cross street – attention on cars crossing from behind!
159	82.5	0.1	TL	cross road and pass flood dam continue SO and follow green arrows
160	84.2	1.7	TR	TR then cross bridge - dangerous bend + poles and barriers on bridge! - Not so nice entry to Bretzenheim
161	84.7	0.5	TR	TR at XR SP Bad Kreuznach 5,8 Ortsmitte 0,3
162	85.1	0.4	TL	TL at village square and continue SO
163	85.5	0.4	SO	continue on CP on left side of street (or road, as you may see it)
164	86.0	0.6	TR	cross rd at rdbt, continue to the left and cross there again to reach the CP on right side of rd to Bad Kreuznach.
165	86.4	0.4	SO	„Field of Misery“ Memorial for german war prisoners. The hole area was a prisoners' camp after WW II
166	86.9	0.5	SO	pass rdbt and cross rd – continue on left side of rd greenSP Bad Münster 8,4 Bad Kreuznach 3,7
167	87.2	0.3	TR	TR at CP TJ greenSP Bad Münster am Stein 8,4 Bad Kreuznach 3,5
168	87.5	0.3	BL	BL and continue on CP on left side of rd
169	88.0	0.5	TL	TL to railway crossing – outskirts of Bad Kreuznach
170	88.1	0.1	TR	TR after railway crossing
171	88.3	0.2	TL	TL green sign Innenstadt (town centre)
172	88.4	0.1	TR	TR and follow CP on dam (green arrows)
173	89.5	1.1	SO	SO on dam (staggered junction LR, don't cross bridge – greenSP Bad Münster 6,1 Zentrum 1,2
174	89.7	0.2	SO	pass under bridge (attention: narrow!)
175	90.2	0.5	SO	Magister-Faust-Haus in picturesque Magister-Faust-Gasse (lane)
176	90.6	0.3	TL	TL into pedestrian zone Mannheimer Straße - greenSP Bad Münster am Stein 5,1 Zentrum 0,2
177	90.7	0.2	TR	TR on top of bridge
178	91.2	0.5	TR	TR at TJ - leave Nahe CP - and pass barrier

Point	Total km	km	Instruction	Description
179	91.3	0.1	BL	BL and cross bridge – follow CP alongside river
180	91.8	0.5	SO	SO at suspension foot bridge – on Nahe CP again
181	92.9	1.1	SO and TL	continue on sidewalk up to zebra crossing and cross road – continue on CP on LHS of rd (green arrows)
182	93.0	0.1	BL	BL and continue on CP through Salinental park
183	94.3	1.3	TR sharp	sharp right on upper lane = CP
184	94.8	0.6	SO	on right lane – Bad Münster
185	94.6	-0.2	BL	continue on river promenade – look up at rock „Rheingrafenstein“
186	94.9	0.3	SO	SO at TJ
187	95.2	0.3	TR	TR at TJ (green arrow)
188	95.4	0.2	SO	at crossing into Alter Salinenweg – leave CP
189	95.7	0.3	TL	TL at junction into Berliner Straße and SO at traffic light
190	96.0	0.3	TL	TL at junction before railway crossing onto Friedensbrücke
191	96.2	0.2	TR	leave tarmac rd join Nahe CP on gravel path - continue for 4,3 km (2,7 m) on the gravel CP on disused railway track
192	100.1	3.9	TR	TR after power plant and cross canal – then TL after bridge
193	100.8	0.7	TR	TR onto dam („wibbly wobbly bridge“) and TL at TJ immediately after bridge - Niederhausen
194	100.9	0.2	SO	end of CP continue on right side of street
195	101.0	0.1	SO	TJ green SP Bad Sobernheim 14
196	101.5	0.5	SO	join CP on RHS of rd – continue until bridge to Oberhausen End of Niederhausen
197	102.5	0.9	SO	Junction – caution with cars! leave Nahe CP
198	103.3	0.9	SO and TL	end of CP - continue on right side of rd and cross bridge to Oberhausen
199	103.6	0.3	TR	into Bahnhofstraße
200	104.1	0.5		end at gate of campsite
			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