

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				
				GPX file : ITR17_MON_Med_73k.gpx
Meisenheim medium 73 km /45 miles				
Climb the north Palatine hills and reach a „hidden gem“: the town of <b>Meisenheim</b> . Follow the scenic <b>Odenbach</b> cycle path gently upstream and cross the hills into the <b>valley of the Lauter</b> . Follow the stream up to its mouth into river Glan. After passing a disused railway tunnel you come back to <b>Meisenheim</b> , one of the few towns here that weren't destroyed during the many french-german wars. On our way back we master a last gentle uphill leg to <b>Duchroth</b> and finally rush down to Oberhausen.				
				Map: Kompass 3061 Hunsrück / Obere Nahe
Point	Total km	km	Instruction	Description
0	0.0	0.0	Start	Start at camping Nahetal Gate
1	0.4	0.4	TR	TR into alley Kirchgasse (red cycle sign)
2	0.5	0.2	TL	TL – easy to miss! no SP
3	0.6	0.1	TR	TR into Naheweinstraße (Main street)
4	0.8	0.2	TR	TR SP „Radweg nach Duchroth“
5	1.2	0.4	TL	TL at hairpin bend
6	2.2	1.1	TL	TL at T-Junction
7	2.5	0.3	SO	SO Feuerwehr <b>Duchroth</b> to the right
8	2.7	0.2	TL	XR TL (Weinbergstraße)
9	2.7	0.1	TR	TJ TR into Naheweinstraße
10	3.1	0.4	TL	TL into Montforter Straße – follow red Cycle sign
11	3.2	0.1	SO	CR follow Montforter Straße follow red cycle sign
12	3.6	0.4	TR	Keep Climbing – follow red cycle sign
13	4.4	0.8	TL	TL SP Montforter Hof
14	4.7	0.4	SO	View on LHS to Bad Kreuznach and to the Rhine Valley
15	5.6	1.2	TR	TJ no SP still uphill
16	5.9	0.3	TR	TJ TR – do not go to yellowy-greenish house on LHS (it's Dimrother Hof, we pass Heddarter Hof on RHS)
17	6.0	0.1	TL	TL downwards
18	6.2	0.2	TL	No SP
19	6.3	0.1	SO	SO into small hamlet <b>Heddarter Hof</b>
20	6.4	0.1	SO/BL	at bifurcation in hamlet
21	7.5	1.2	BR	TJ
22	8.0	0.4	BL	TJ continue downwards
23	8.6	0.6		<b>Odernheim</b>
24	9.1	0.5	SO	SO into Hauptstraße and through Gate „Obertor“: places to eat and drink, SPAR grocery
25	9.5	0.4	TL	SP green Meisenheim 9,7 Bad Sobernheim 8,1 continue onto Bridge over river Glan
26	9.7	0.2	TL	TL into Glanweg SP green Meisenheim 9,5 Rehborn 4,7 you are now on Glan-Blies CP up to point 47
27	9.8	0.2	SO	cross tracks - Attention „hand cars“ passing on the tracks! There are several crossings until Meisenheim and you need to be careful: They can hardly brake! -
28	11.8	2.0		Beginning of strip rd
29	13.9	2.1	SO	SO – end of strip rd
30	14.0	0.1	TL	TL – cross tracks - Attention hand cars passing!
31	14.1	0.1		<b>Rehborn</b>
32	14.2	0.1	TR	TR – SP green Meisenheim 5,0 Raumbach 2,5
33	14.5	0.4	SO	
34	15.0	0.4		cross cobble stone bridge over River Glan

Point	Total km	km	Instruction	Description
35	15.0	0.1	TL	TL at inn „Bitte ein Bit“ - red cycle Sign Meisenheim
36	16.6	1.6	TR	cross rail tracks onto small wooden bridge and cross rd pass village <b>Raumbach</b> and continue alongside rail tracks
37	17.8	1.1		public swimming pool at RHS
38	18.5	0.7	SO	former station of <b>Meisenheim</b> TL into historic town public toilet in the wagon – SO to continue green SP Lauterecken 11 Odenbach 3,5
39	19.4	1.0	BR	greenSP Lauterecken 2,7 Odenbach 3,6
40	19.5	0.1	TL	cross bridge over river Glan and TR stay on foot path green SP Lauterecken 9,6 Odenbach 2,5
41	19.7	0.2	TR	TR before cemetary (green arrow)
42	21.5	1.8	SO	junction at gardens - SO
43	21.7	0.3	SO	XR – SO
44	21.8	0.0		<b>Odenbach</b>
45	21.9	0.1	TL	greenSP Lauterecken 7,4 Ortsmitte 0,1 – Playground on RHS Start of Odenbach CP follow up to point 71
46	22.0	0.1	BR	continue on main street
47	22.2	0.2	SO	SO at TJ
48	22.3	0.1	BL	stay on main street – green SP Otterberg 27 Adenbach 1,9 Wasserburg Reipoltskirchen 1,5 leave Glan-Blies CP and follow Odenbach CP up to point 66
49	22.6	0.3	SO	CP to the right yellow SP Adenbach 2 km – end of Odenbach
50	24.0	1.4	SO	<b>Adenbach</b> stay on foot path
51	24.2	0.2	BR	across foot bridge, TL immediately after (green arrows) cross road and continue on CP on left side of rd
52	25.1	1.0	SO	across bridge continue on CP
53	25.5	0.3	TR	TR cross rd and continue SO
54	25.6	0.1	SO	CP ends continue on rd into <b>Ginsweiler</b>
55	26.2	0.6	SO	TJ – SO – yellowSP Otterberg 22 km
56	26.4	0.2	TR	TR greenSP Otterberg 23 Reipoltskirchen 2,0 then cross bridge
57	26.5	0.1	TL	hairpin bend – CP is the lower to the left
58	26.9	0.4	TR	green arrow continue on CP – pass hamlet Ölmühle
59	27.4	0.5	TL	cross rd follow green arrows on CP
60	28.8	1.4	SO	<b>Reipoltskirchen</b>
61	28.9	0.1	TR	green arrow
62	29.0	0.1	SO	SO at junction - green SP Otterberg 20 right side bakery!
63	29.1	0.1	SO	Open air art gallery
64	29.1	0.1	TL	TJ – TL green arrow
65	29.3	0.2	TR	follow green arrows - green SP Otterberg 20 Hefersweiler 2,0
66	30.3	1.0	SO	remains of roman „villa“ to your left
67	30.9	0.6	SO	cross bridge and ignore green arrow (don't take gravel path)
68	31.0	0.1	TR	TR on rd at Ingweiler Hof hamlet
69	32.1	1.1	SO	<b>Berzweiler</b>
70	32.4	0.3	SO	on CP again, continue through village <b>Hefersweiler</b>
71	32.9	0.6	SO	SO TJ yellow SP Otterberg 16 km Niederkirchen 3 km
72	33.0	0.0	TR	at Wolfsteiner Straße – yellow SP Wolfstein 9 km leave Odenbach CP (long ride continues SO)
73	33.4	0.4	SO	leave Hefersweiler yellow SP Wolfstein 9 km keep climbing
74	37.6	4.2	SO	yellow SP Wolfstein 5 km Einöllen 2 km
75	37.9	0.3	TR	TJ yellow SP Lauterecken 9 km Einöllen 2 km
76	39.5	1.6		<b>Einöllen</b>

Point	Total km	km	Instruction	Description
77	39.9	0.5	SO	XR yellow SP Heinzenhausen 4 km Hohenöllen 1 km
78	40.1	0.1	SO	leave Einöllen – yellow SP Hohenöllen 2 km
79	41.2	1.1	SO	<b>Hohenöllen</b>
80	41.3	0.1	TL	XR TL yellow SP Lauterecken 6 km, Heinzenhausen 3 km
81	43.7	2.3	SO	<b>Heinzenhausen</b> –green SP Lauterecken 3,7 Bahnhof 0,7 (long ride joins here) follow Lautertal CP up to point 89
82	44.0	0.3	TR	XR yellow SP Kaiserslautern 30 km B270 green SP Lauterecken 3,4 Lohnweiler 1,4
83	44.3	0.3	TR	TR on CP green arrow
84	45.1	0.7	TL	into village <b>Lohnweiler</b> (by tunnel or just across the rd)
85	45.4	0.4	TR	TR into street Mühlacker – green arrow
86	45.8	0.5	SO	leave Lohnweiler on CP
87	46.6	0.7	TR	<b>Lauterecken</b> TR and cross railway
88	46.9	0.3	TL	before bridge
89	47.1	0.2	SO	leave Lautertal CP and continue on Glan-Blies CP up to point 123 green SP Meisenheim 11 Stadtmitte 0,3
90	47.4	0.3	TL	onto bridge over river Glan cross Glan river and follow main street Green SP Meisenheim 11 Bahnhof 0,4
91	47.6	0.2	TR	TR before railway crossing (follow green arrow) Cycle shop on LHS – with tandem hanging from the wall Eiscafe on RHS
92	47.8	0.2	SO	pass railway station (Brauhaus Lauterecken – restaurant and cafe)
93	48.0	0.3	SO	leave Lauterecken
94	48.7	0.6	TR	TJ no SP
95	48.7	0.1	TL	before sewage plant
96	49.2	0.5	BR	BR and continue on CP
97	50.2	1.0	SO	TJ green SP Meisenheim 8,6 Odenbach 4,4
98	50.4	0.2	BR	BR and continue over bridge river Glan - <b>Medard</b>
99	50.5	0.1	TL	blue SP Sportplatz
100	50.9	0.4	BL	follow green arrow across small bridge
101	52.9	2.0	TL	TL at TJ, follow green arrow
102	53.5	0.6	SO then BL	across bridge
103	53.7	0.2	TL	at TJ into main street <b>Odenbach</b> - green SP Meisenheim 4,6
104	54.6	0.3	TL	TL at Rathaus
105	54.6	0.1	TR	TR on CP green SP Bad Sobernheim 20 Meisenheim 4,2
106	54.8	0.2	SO	at junction, no SP
107	56.7	1.8	TL	enter <b>Meisenheim</b> pass cemetary and TL stay on LHS foot path
108	56.9	0.2	TL	on CP
109	56.9	0.1	TL	TL across cobblestone bridge
110	57.0	0.1	TR	TR at TJ green SP Bad Sobernheim 18 Stadtmitte 1,8
111	57.2	0.1	BL	BL on CP alongside railway tracks you could continue by street into town but miss passage of railway station
112	57.9	0.8	SO	cross tracks and continue on left side

Point	Total km	km	Instruction	Description
113	58.2	0.1	SO	former station of Meisenheim SP Bad Sobernheim 17 continue on CP to get to Oberhausen campsite – public toilet in the wagon to have a look at the town TL here (number of places to eat and drink) SP Bad Sobernheim 17 Freibad 0,7 – public toilet in the wagon
114	58.6	0.5	SO	cross street
115	59.9	1.3	SO	pass village <b>Raumbach</b> : cross street onto small wooden bridge -TR cross rail tracks and TL onto Cycle Path again
116	61.5	1.6	TR	TR at inn „Bitte ein Bit“
117	62.0	0.4		Enter village <b>Rehborn</b>
118	62.4	0.5	TL	SP green Bad Sobernheim 12 Odenheim am Glan 4,9
119	62.6	0.2	TR	cross rail tracks and TR
120	62.7	0.1	SO	SO – Beginning of strip rd
121	64.8	2.0	SO	SO – end of strip rd
122	66.8	2.1	SO	cross tracks into <b>Odernheim</b>
123	67.0	0.1	TR	TJ Sp green Ortsmitte 0,4 – leave Glan-Blies CP, cross bridge
124	67.1	0.1	TL	yellow SP Meisenheim Rehborn green arrow
125	67.1	0.1	SO	street Duchrother Straße yellow SP Bad Münster am Stein/Ebernburg Duchroth
126	67.4	0.3	SO	leave Odernheim yellow SP Duchroth 3 km
127	69.2	1.7	SO	scenic view on LHS „Hindenburgblick“
128	70.4	1.2	SO	<b>Duchroth</b> continue through village on main street
129	71.3	0.9	SO	end of Duchroth – yellow SP Oberhausen 2 km – enjoy nice and fast rush down to Oberhausen
130	72.2	0.9	SO	<b>Oberhausen</b>
131	72.6	0.4	TL	TL into Bahnhofstraße
132	73.1	0.5		End of ride at Gate 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