

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				GPS file: ITR17_THU_Flat_65k.gpx
Soonwald flat ride 64 km – 40 m				
<p>This ride is long, but almost completely level! Start on Nahe CP via <b>Bad Münster</b> to <b>Bad Kreuznach</b> where some nice places to eat and drink await you. Continue along „<b>Kleinbahntrasse</b>“, a cycle path which marks the course of a long gone local railway. You pass a small <b>open air railway museum</b> and then a very German institution: <b>The Kneipp hydro therapy basins</b> – no, it's COLD water, but it's open air and free for everybody. A camp site café („<b>Büdchen</b>“) run by a friendly dutch man marks the utmost point of this ride. On your way back you can pay a visit to the town of <b>Bad Kreuznach</b> with its Roman mosaic worth to have a look at. Or simply sit in a cafe by the <b>bridge houses</b> on the bank of river Nahe.</p>				
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 Naheweinstraße 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 11
4	2.5	0.9	SO	ignore green arrow – leave sidewalk 100 m (yrds) ahead
5	2.5	0.1	BR	at H sign (Bus stop), opposite the Canoe club building: continue on right side of street- <b>Niederhausen</b>
6	3.2	0.7	BR	take cycle path on RHS of street
7	3.3	0.1	BR	go up to the dam and cross „wibbly wobbly bridge“
8	3.5	0.2	TL	TL and continue along canal – end of Niederhausen
9	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
10	8.5	4.3	TL	TL on asphalt rd and onto bridge – leave Nahe CP - Ebernburg castle to your right
11	8.7	0.2	TR	TJ TR - <b>Bad Münster</b> (ignore green arrow on RHS)
12	9.0	0.3	SO	at traffic light straight on and across the bridge
13	9.0	0.1	TR sharp	after bridge TR <b>sharp</b> into street Alter Salinenweg (NOT into Bäderweg dead end!)
14	9.3	0.3	SO	SO into alley at „Mineral Thermalbad“ = hot open air baths!
15	9.5	0.2	TL	TL after bridge and pass through Bad Münster spa gardens
16	9.8	0.3	SO	historic „spa house“ with café (nice cakes) on LHS
17	9.8	0.0	SO	at TJ Nahe CP joins from the left – follow Nahe CP up to the river mouth in Bingen!
18	10.1	0.2	SO	pass the „ice cream window“ and follow CP SO
19	10.5	0.4	SO	CP at railway bridge narrow ATTENTION!
20	11.0	0.5	BL	BL to follow CP
21	12.0	1.0	TL	TL go around the „Saline“ (salt works)
22	12.0	0.0	SO	public toilet (not really recommendable)
23	12.2	0.2	TL	go up towards rd

Point	Total km	km	Instruction	Description
24	12.4	0.2	TL	cross the rd at the zebra crossing continue on CP on sidewalk
25	12.5	0.1	TL	TL before the bridge - <b>Bad Kreuznach</b>
26	13.5	1.0	<b>SO</b>	Suspension bridge to your right – go SO (sign says: No jumping from the bridge, do not swing deliberately!) - ignore green arrow
27	13.9	0.4	TR	TR on foot bridge and continue SO past barrier – you pass thermal bath on LHS: warm and salty!
28	14.1	0.2	TL	TL into street Kurhausstraße
29	14.2	0.1		pass world famous café Wahl with worldwide reputation for its cakes and garden (closed on Tuesdays)
30	14.4	0.3	SO	bridge to your right (you would reach the pedestrian zone / shopping area) – the houses on the bridge ahead are the town's landmark – look at your Tandem club T-Shirt!
31	14.6	0.1	TL	TL after the church to your left to get up onto bridge TL when you're on top greenSP Bingen 19 Bretzenheim 5,6
32	14.8	0.2	<b>TL!</b>	into small alley Lauergasse – it's very narrow, please go slow! leave Nahe CP (turns right) – you are now on „Kleinbahn Rundradweg Ellerbachtal“ (Kleinbahn CP) up to cafe „Büdchen“ point
33	14.9	0.1	TL	TJ into street Gerbergasse – attention there are always children playing in the street!
34	15.0	0.1	BL	follow green arrow – leave the historic part of town and continue in street Van-Recum-Straße
35	15.1	0.2	TL	follow green arrow – pass museum Schlosspark
36	15.4	0.2	SO	as main street turns left greenSP Bad Sobernheim 21 Rüdesheim 3,1
37	16.0	0.6	TR then TL	TR and at TJ TL into street Herrmannstraße – follow green arrow
38	16.8	0.8	BL	follow green arrow
39	16.9	0.2	SO	cross stream Gräfenbach on small bridge
40	17.0	0.1	SO	greenSP Bad Sobernheim 19 Rüdesheim 1,4
41	17.2	0.1	SO	greenSP Rüdesheim
42	17.5	0.3	SO	XR cross busy street
43	17.7	0.2	BL	follow green arrow into street Im Wiesengrunde – <b>Rüdesheim</b>
44	18.3	0.6	SO	XR greenSP Bad Sobernheim 18 Weinsheim 3,5
45	18.4	0.1	TL	XR greenSP Weinsheim 2,7 Schwimmbad
46	18.5	0.1	TR	follow green arrow and pass public swimming pool (Schwimmbad)
47	18.8	0.3	TL	TJ follow green arrow
48	20.8	2.0	SO	you are now in Weinsheim – no SP (neither green nor yellow...)
49	21.1	0.3	BL	cross main street - follow green arrow (half left) greenSP Bad Sobernheim 15 Burgsponheim 4,5
50	21.7	0.6	BL	Y-Junction – green arrow
51	21.8	0.1	BL	XR half left into street Weidengarten greenSP Bockenau 8,5 Burgsponheim 3,8

Point	Total km	km	Instruction	Description
52	24.3	2.5	TR	TJ TR onto rd follow green arrow
53	25.1	0.8	TL	greenSp Argenschwang 13 Bockenau 5,2
54	26.0	0.9	TR	TJ TR greenSP Argenschwang 12 Bockenau 4,2
55	26.1	0.1	TL	follow green arrow
56	26.8	0.6	SO	greenSp Argenschwang 11 Bockenau 3,5
57	27.6	0.8	SO	greenSP Bockenau (but no village in sight)
58	28.5	0.9	TR	TJ TR onto rd follow green arrow
59	29.3	0.8	SO	<b>Bockenau</b> – immediatly on LHS historic locomotives good place for a stop OR stop at water bassins (hydro therapy) with small playground 1 km ahead
60	29.4	0.1	TL	junction TL into Johann-Hay-Straße
61	29.9	0.5	SO	XR greenSP Argenschwang 7,7 Allenfeld 4,6
62	30.5	0.5	SO	waterbassins and playground stop on RHS
63	32.3	1.8	TR	TJ TR onto rd – follow green arrow long and medium ride turn left here
64	32.4	0.1	TL	TJ TL yellowSP Winterbach 4 km Winterburg 1 km
65	32.5	0.0	TR	flat and short route TR and follow CP and continue to campsite „Bockenauer Schweiz“ with café „Büdche“ return point of flat ride – not really a „destination“: the place to look for cafes and pubs is Bad Münster and Bad Kreuznach
66	32.5	0.1	TL	To go back, go down to road and TL greenSP Rüdesheim 15 Bockenau 2,8
67	32.6	0.1	TR	Junction – yellowSP Bad Sobernheim 8 km Rehbach 4 km
68	32.6	0.1	TL	follow green arrow onto CP
69	34.6	1.9	SO	waterbassins and playground stop on LHS – <b>Bockenau</b>
70	35.1	0.5	SO	XR greenSP Rüdesheim 12 Burgsponheim 4,2
71	35.6	0.5	TR	TJ – green arrow
72	35.7	0.1	SO	yellowSP end of Bockenau Waldböckelheim 4 km
73	36.6	0.8	TL	green arrow – leave rd
74	38.3	1.7	SO	greenSP Rüdesheim 8,9 Weinsheim 5,2
75	38.9	0.6	TR	TJ follow green arrow
76	39.0	0.1	TL	junction – greenSP Rüdesheim 8,1 Weinsheim 4,4
77	39.9	0.9	TR	greenSP Rüdesheim 7,2 Weinsheim 3,4
78	40.2	0.2	SO	greenSP Rüdesheim 7,0 Weinsheim 3,2
79	40.7	0.5	TL	follow green arrow
80	42.8	2.1	SO	<b>Weinsheim</b>
81	43.3	0.5	SO	XR greenSP Bad Kreuznach 7,3 Rüdesheim 3,8
82	43.9	0.7	SO	XR greenSP Bad Kreuznach 6,6 Rüdesheim 3,2
83	46.3	2.3	TR	junction – greenSP Bad Kreuznach 4,3 Rüdesheim 0,3
84	46.8	0.5	TL	TJ after public swimming pool on RHS – <b>Rüdesheim</b>
85	46.9	0.1	TR	XR green arrow
86	47.9	1.1	SO	XR green SP Bingen 22 Bad Kreuznach 3,6
87	48.5	0.6	SO	XR follow green arrow
88	48.7	0.2	SO	XR cross busy street
89	49.2	0.5	SO	greenSp Bingen 21 Bad Kreuznach 2,4
90	49.4	0.3	SO	greenSP <b>Bad Kreuznach</b>
91	50.2	0.8	<b>TR!</b>	green arrow – easy to miss! vintage tractor in garage on LHS

Point	Total km	km	Instruction	Description
92	50.9	0.6	SO	greenSP Bingen 19 Zentrum 0,7 To get to <b>Roman Mosaïque</b> Museum TR (greenSP)
93	51.1	0.2	TR	into street van-Recum-Straße
94	51.3	0.3	TR	into lane Lauergasse
95	51.4	0.1	TR	XR pedestrian zone into street Mannheimer Straße – end of Kleinbahn CP – follow Nahe CP up to point
96	52.5	1.1		TR on top of bridge – greenSP Bad Münster 4,7 Tourist info 0,6
97	53.0	0.5	TR	TR at TJ - leave Nahe CP - and pass barrier
98	53.1	0.1	BL	BL and cross bridge – follow CP alongside river
99	53.6	0.5	SO	SO at suspension foot bridge – on Nahe CP again
100	54.6	1.1	SO and TL	continue on sidewalk up to zebra crossing and cross road – continue on CP on LHS of rd (green arrows)
101	54.7	0.1	BL	BL and continue on CP through Salinental park
102	56.0	1.3	TR sharp	sharp right on upper lane = CP
103	56.6	0.6	SO	on right lane – <b>Bad Münster</b> continue on river promenade – look up at rock „Rheingrafenstein“
104	56.8	0.3	SO	SO at TJ
105	57.1	0.3	TR	TR at TJ (green arrow)
106	57.4	0.2	SO	at crossing into Alter Salinenweg – leave CP
107	57.7	0.3	TL	TL at junction into Berliner Straße and SO at traffic light
108	57.9	0.3	TL	TL at junction before railway crossing onto Friedensbrücke
109	58.2	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
110	62.0	3.9	TR	TR after power plant and cross canal – then TL after bridge
111	62.7	0.7	TR	TR onto dam („wibbly wobbly bridge“) and TL at TJ immediately after bridge - <b>Niederhausen</b>
112	62.9	0.2	SO	end of CP continue on right side of street
113	62.9	0.1	SO	TJ green SP Bad Sobernheim 14
114	63.5	0.5	SO	join CP on RHS of rd – continue until bridge to Oberhausen End of Niederhausen
115	64.4	0.9	SO	Junction – caution with cars! leave Nahe CP
116	65.3	0.9	SO and TL	end of CP - continue on right side of rd and cross bridge to <b>Oberhausen</b>
117	65.5	0.3	TR	into Bahnhofstraße
118	66.0	0.5		end at gate of campsite
			<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

<b>Point</b>	<b>Total km</b>	<b>km</b>	<b>Instruction</b>	<b>Description</b>
			LHS	Left hand side
			TJ	T-junction
			XR	Crossing
			rdbt	Roundabout
			SP	Signpost, sign