

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				
				GPS file: ITR17_SUN_Short_43k.gpx
<b>Alsenz valley short 43,3 km / 27 miles</b>				
Ride across the north palatian hills to the small town of <b>Obermoschel</b> , through Moschel valley and down the Alsenz valley to the town of <b>Alsenz</b> , centre of sandstone masonry. 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 62 then TR) - but it is a little bit up the hill!				
no shops (closed on Sundays) or cafés until Alsenz 21 k)				
Maps: Kompass 3061 (Hunsrück Obere Nahe)				
Point	Total km	km	Instruction	Description
0	0.00		SO	Start at gate of campsite
1	0.45	0.45	TL then TR	TL on Naheweinstraße and immediately TR into street Hallgarter Straße – yellowSP Obermoschel 9 km
2	0.69	0.24	SO	End of Oberhausen yellowSP Hallgarten 5km - follow rd for 6 km / 3,7 m start of steady climb
3	5.59	4.9	SO	<b>Hallgarten</b> continue SO on main street
4	5.79	0.2	TR	TR at TJ yellowSP Obermoschel 5 km
5	5.94	0.15	TL	TL yellowSP again: Obermoschel 5 km
6	6.12	0.18	SO	SO at TJ
7	6.39	0.27	SO	continue through village <b>Dreiweiherhof</b>
8	6.60	0.21	BL	stay on main street – end of climb
9	6.79	0.19	TR	TR at TJ yellowSP Obermoschel 3 km
10	10.04	3.25	SO	<b>Obermoschel</b>
11	10.31	0.27	SO	SO at XR into Wilhemstraße
12	10.41	0.1	BL	BL and continue on street Landsbergstraße – yellowSP Ginsweiler 16 km Finkenbach 6 km
13	10.69	0.28	TR then TL	TR at junction into Luitpoldstraße – cross bridge over Moschel stream and immediatly TL into Kanalstraße you are now on Moscheltal CP up to point 23 – greenSP Waldgrehweiler 8,4 Sitters 2,4
14	10.87	0.18	TL	TL into Feldstraße, becomes Friedhofstraße (green arrow), BL
15	11.20	0.33	SO	end of Obermoschel - continue on CP
16	11.45	0.25	SO	nice big playground and resting place
17	11.76	0.31	SO	SO green SP Waldgrehweiler
18	12.89	1.13	SO	<b>Sitters</b>
19	13.13	0.24	SO	cross rd at XR into village, there TL (green arrow)
20	13.25	0.12	TR	TR after bridge into Mühlweg (green arrow)
21	13.37	0.12	SO	end of Sitters - continue on CP

Point	Total km	km	Instruction	Description
22	15.25	1.88	SO	end of CP cross rd to continue on right side of rd through <b>Schiersfeld</b>
23	15.52	0.27	<b>TL!</b>	TL into secondary street – yellow SP Mannweiler 4 km – leave Moschel CP
24	15.89	0.37	SO	end of Schiersfeld yellow SP Mannweiler 3 km
25	18.68	2.79	SO	<b>Mannweiler</b>
26	18.94	0.26	TR	TR at TJ yellow SP B 48
27	19.03	0.09	TL	TL at XR cross railway – you are now on Alsenz CP up to point 60
28	19.11	0.08	TL	TL at green SP Alsenz 3,7 Oberndorf 1,9
29	19.32	0.21	TL	TL at TJ busy rd (B 48) green SP Alsenz 3,4 Oberndorf 1,7
30	19.40	0.08	SO	take CP on LHS of rd
31	19.47	0.07	SO	end of Mannweiler-Cölln yellow SP Bad Kreuznach 19 km – stay on CP on LHS of rd
32	20.00	0.53	BR	pass under bridge and onto small wooden bridge – slippery if wet!
33	20.08	0.08	TL	TL onto rd green SP Alsenz 2,6 Oberndorf 0,9
34	20.35	0.27	SO	<b>Oberndorf</b>
35	21.04	0.69	SO	SO stay on main street – if you want another climb: TL! green SP Hochstätten 7,9 Alsenz 1,9
36	21.34	0.3	SO	end of Oberndorf continue on right side of rd yellow SP Alsenz 2 km
37	21.74	0.4	SO	<b>Alsenz</b> – stay on main street and cross railway
38	22.69	0.95	<b>TL!</b>	TJ – TL into Brückenstraße cross bridge (green arrow) – easy to miss!
39	22.79	0.1	TR	TR to continue green SP Hochstätten 5,5 Bahnhof 0,9 - For ice cream and pizza stop: TL onto Marktplatz (25 yrds). Also there: Small museum on sandstone masonry
40	23.52	0.73	SO	green SP Bad Münster 11 Hochstätten 4,8
41	23.73	0.21	SO	Open air collection of different sandstones on RHS
42	23.94	0.21	TL	TL at TJ, then TR on CP after bridge over Alsenz river – leave Alsenz on CP
43	24.00	0.06	SO	green SP Bad Münster am Stein 11 Hochstätten 4,4
44	24.10	0.1	SO	SO and cross Moschel stream bridge
45	26.22	2.12	SO	cross busy rd green SP Bad Münster am Stein 8,4 Hochstätten 2,1 – continue on CP on LHS
46	26.89	0.67	SO	Cross rd and continue on CP
47	27.74	0.85	SO	<b>Hochstätten</b> – end of CP continue on street
48	27.95	0.21	TR	stay on main street and cross railway and river – follow green arrows direction Bad Kreuznach/Bad Münster am Stein
49	28.00	0.05	<b>TL!</b>	TL into Friedhofstraße – easy to miss!

Point	Total km	km	Instruction	Description
50	28.56	0.56	TR	TR after bridge (green arrow)
51	30.44	1.88	TR	TR at TJ and pass under railway bridge into <b>Altenbamberg</b>
52	30.87	0.43	TL	TL at TJ and stay on main street
53	31.16	0.29		cross river Alsenz green SP Bad Kreuznach 8,5 Bad Münster am Stein 3,6
54	31.59	0.43	SO	take CP on LHS of street
55			SO	cross street Zum Frauenkopf
56	32.05	32.1	SO	cross street Zur Bruchwiese (Aldi on LHS, Lidl ahead) – leave Altenbamberg on CP
57	32.75	0.7	TR and TL	cross barrier – caution! Stay on CP. green SP Bad Kreuznach 6,9 Bad Münster am Stein 2,0
58	33.48	0.73		<b>Bad Münster am Stein</b> – end of CP. Cross busy rd and continue in street Zur Alsenz. Cross railway and TL
59	33.77	0.29	SO	green arrow – Lidl to your left (closed on Sundays)
60	34.20	0.43	SO	pass under railway bridge, pass concrete blocks and continue on tarmac path alongside Nahe river – no SP end of Alsenz CP
61	34.42	0.22	SO	continue on gravel path alongside Nahe river
62	34.80	0.38		BL and climb to bridgehead – cross street and join Nahe CP up to point 71 – green SP Bad Sobernheim 20 Niederhausen 5,6 stay on disused railway track
63	35.95	1.15	SO	SO at XR – green SP Bad Sobernheim 19 Niederhausen 4,4
64	39.16	3.21	TR	end of disused railway track TR - cross canal and TL
65	39.83	0.67	TR	TR at TJ onto wooden dam „wibbly wobbly bridge“
66	39.95	0.12	TL	<b>Niederhausen</b> – continue on CP on LHS of street
67	40.11	0.16	SO	end of CP – continue on right side of street
68	40.27	0.16	SO	green SP Bad Sobernheim 14 Schlossböckelhm 5,4
69	40.78	0.51	SO	CP starts at RHS
70	40.90	0.12	SO	end of Niederhausen yellow SP Oberhausen 2 km
71	41.73	0.83	SO	SO at TJ green SP Feilbingert 11 Oberhausen 1,2
72	42.60	0.87		end of CP – turn left onto old bridge
73	42.78	0.18	SO	<b>Oberhausen</b>
74	42.86	0.08	TR	TR into Bahnhofstraße
75	43.32	0.46		end of ride – 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

<b>Point</b>	<b>Total km</b>	<b>km</b>	<b>Instruction</b>	<b>Description</b>
			BL	Bear left
			BR	Bear right
			greenSP	white Signpost for cyclists, green writing, only number: Bingen 1
			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







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