

The Tandem Club – International Rally 2017				
Oberhausen/Nahe Germany				
		GPS file: ITR17_TUE_ShortandMed_67k.gpx		
Rhine valley „short“ and flat 65,5 km (40,5 m) + medium ride into Rhine valley				
The most level ride of the rally leads you to the spectacular Rhine valley – beautiful but also rather busy! With few small exceptions this route follows the Nahe Radweg (cycle path CP) - follow green arrows and signposts with green writing (greenSP) up to the Nahe mouth in Bingen!				
Medium ride extension				
To make this a „medium“ ride, you can head into the Rhine valley on the Rhine Cycle Path leading you to Niederheimbach (+ 6,7 k one way) or to the picturesque town of Bacharach (+ 15 k one way). There are „beaches“ on the river bank offering a dip into the river for the daring ones (the current is dangourous!) Start at Rhein-Nahe-Eck (river Nahe mouth), cross the Nahe mouth bridge and follow the green signs to St. Goar downstream. Come back the same way (CP on other river side is closed for construction)				
		Maps: 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 12
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- Niederhausen
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 - Bad Münster (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 sharp 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)

Point	Total km	km	Instruction	Description
22	12.0	0.0	SO	public toilet (not really recommendable)
23	12.2	0.2	TL	go up towards rd
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 - Bad Kreuznach
26	13.5	1.0	SO	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
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	TR!	TR into street Magister-Faust-Gasse, greenSP Bingen 18 Bretzenheim 5,4
33	15.6	0.8	BR	pass under bridge (caution, narrow!) and continue on dam
34	15.8	0.3	SO	pass staggered LR Junction, follow greenSP Bingen 18 Bretzenheim 4,4 - don't cross bridge on RHS
35	16.9	1.0	BR	end of flood protection dam
36	17.0	0.1	TL	green arrow
37	17.1	0.1	TR	TR towards railway – green arrow
38	17.2	0.2	TL	TL to cross the railway
39	17.3	0.1	TR	TR on CP alongside rd (caution oncoming cyclists)
40	17.9	0.6	BR	BR follow CP
41	18.1	0.2	TL	TL at CP junction greenSP Bingen 15 Bretzenheim 2,1
42	18.4	0.3	TL	TL follow greenSP Bingen 15 Bretzenheim 1,9
43	19.0	0.6	SO	„Field of Misery“ Memorial for german war prisoners. The hole area was a prisoners' camp after WW II
44	19.3	0.3	TR	at rdbt cross street and TR – Bretzenheim
45	19.3	0.0	TL	cross street and TL continue on CP alongside street/rd
46	19.6	0.2	SO	cross street
47	19.9	0.3	SO	cross street then BR into street Kreuznacher Straße
48	20.3	0.4	TR	after village square TR into Große Straße
49	20.5	0.2	TL	before railway tunnel - greenSP Bingen 13 Langenlonsheim 4,4
50	21.1	0.6	SO/TR /TL	cross bridge (Attention poles and barriers!) TR then TL – dangerous bend!
51	22.8	1.7	TR	after passing over flood dam cross rd and TR onto CP alongside rd
52	22.9	0.1	SO	cross road – greenSP Bingen 10 Gensingen 1,3
53	23.6	0.6	TL	after bridge over river Nahe - greenSP Bingen 9,7 Grolsheim 1,7 - Gensingen
54	23.8	0.2	TR	TR onto wooden bridge – greenSP Bingen 9,5 Grolsheim 1,7
55	24.4	0.6	TL	follow green arrow

Point	Total km	km	Instruction	Description
56	24.7	0.3	SO	
57	24.9	0.3	TL	TL onto rd and into village Grolsheim , continue SO through village
58	25.5	0.6	TL	as street is divided TL into street Karlsstraße
59	25.8	0.2	TR	TR at end of street on and continue on CP
60	26.9	1.1	SO	protected wetland patch (sign says „Forest with wet feet“ and „jungle“)
61	27.1	0.3	SO	SO at branch-off to Ingelheim greenSP Bingen 6,3 Dietersheim 2,5
62	28.1	1.0	SO	at branch-off greenSP Bingen 5,3 Dietersheim 1,1
63	28.6	0.5	TL	TL after passing under autobahn
64	29.6	1.0	SO	SO onto dirt rd up to flood protection dam
65	29.8	0.1	BL	follow green arrow down the dam (short piece on tarmac) CP on dirt rd for less than half a mile – look at how Nahe river has cut a hole in the hill to get through to the Rhine valley – as will you!
66	30.1	0.4	BR	BR across car park
67	30.2	0.1	TL	TL onto tarmac CP – greenSP Bingen 3,0 Büdeshm 1,6
68	30.8	0.6	SO	greenSP Bingen 2,6 Büdeshem 1,1
69	30.9	0.1	SO	greenSP Bingen-Zentrum 2,3 St. Goar 30
70	31.6	0.6	TL	Bingen – cross street and TL onto CP
71	32.4	0.8	TL/TR	cross streets using 2 pelican crossings to continue on CP alongside Nahe river – „Drusus bridge“ on LHS is said to be roman but dates from 11th century
72	33.3	0.9	SO	pass under bridge and go up a few meters to the mouth panorama place Rhein-Nahe-Eck (corner)
73	33.5	0.2	SO	View on Mäuseturm (mouse tower) situated in the Rhine river and Ehrenfels castle ruin on the other side of the river
				wine pubs and cafés on the river (Rhine) promenade upstream
				if you cross the Nahe there is Mäuseturm park with water playground – nice place for a picknick downstream
				Only a few steps upstream the Museum am Strom presents 2000 years of culture and history on the River Rhine: the sections on Rhine Romanticism, the Roman Era (a complete set of surgical instruments from a Roman doctor) and a large Hildegard of Bingen exhibition
Medium ride instruction				To continue into the Rhine valley start at the Nahe mouth bridge and follow the cycle path signs to St. Goar/ Trechtingshausen on Rhine valley CP downstream. Go as far as you like and come back on the same way (CP on other river bank is closed).
74	33.5			return to Oberhausen campsite from Nahe mouth (Rhein-Nahe-Eck) follow Nahe CP up to point 145
75	33.6	0.0	SO	cycle down and pass under bridge
76	34.6	1.1	SO	pass traffic light crossing at Drusus bridge, continue on sidewalk CP
77	35.4	0.8	TR	continue on CP - attention: narrow bend! greenSP Bad Kreuznach 17 Münster-Sarmsheim 1,8
78	36.1	0.7	BR	greenSP Bad Kreuznach 16 Münster-Sarmsheim 1,2
79	36.2	0.1	BR	greenSP Bad Kreuznach 16 Dietersheim 1,6
80	36.8	0.6	TR	TR and cross car park beginning of gravel CP
81	37.2	0.4	SO	End of gravel CP - up the dam -TR and after the building down again
82	37.3	0.2	SO	greenSP Bad Kreuznach 15 Grolsheim 4,2
83	38.2	0.8	TL	follow green arrow

Point	Total km	km	Instruction	Description
84	38.4	0.2	TR	follow green arrow and pass under autobahn – greenSP Bad Kreuznach 14 Grolsheim 3,6
85	38.9	0.5	SO	SP Bad Kreuznach 13 Grolsheim 2,7
86	39.1	0.3	SO	crossing follow green arrow
87	39.9	0.7	SO	TJ SP Bad Kreuznach
88	40.1	0.3	SO	Wetland patch
89	41.2	1.1	TL	TL into village Grolsheim
90	41.3	0.1	TR	TR into street Binger Straße and go SO through village
91	42.0	0.6	BR	BR after greenSP Bad Kreuznach 10 Langenlonsheim 3,6
92	42.6	0.6	TR	SP Am Matzgraben
93	43.0	0.4	TR	cross wooden bridge
94	43.2	0.2	TL	greenSP Bad Kreuznach 9,2 Langenlonsheim 2,7 – Gensingen
95	43.4	0.2	TR	TR on CP alongside rd greenSP Bad Kreuznach 9,0 Langenlonsheim 2,5
96	44.0	0.6	SO	cross street – attention on cars crossing from behind!
97	44.1	0.1	TL	cross road and pass flood dam - continue SO and follow green arrows
98	45.8	1.7	TR	TR then cross bridge - dangerous bend + poles and barriers on bridge! - Not so nice entry to Bretzenheim
99	46.3	0.5	TR	TR at XR SP Bad Kreuznach 5,8 Ortsmitte 0,3
100	46.7	0.4	TL	TL at village square and continue SO
101	47.1	0.4	SO	continue on CP on left side of street (or road, as you may see it)
102	47.7	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.
103	48.0	0.4	SO	„Field of Misery“ Memorial for german war prisoners. The whole area was a prisoners' camp after WW II
104	48.6	0.5	SO	pass rdbt and cross rd – continue on left side of rd greenSP Bad Münster 8,4 Bad Kreuznach 3,7
105	48.8	0.3	TR	TR at CP TJ greenSP Bad Münster am Stein 8,4 Bad Kreuznach 3,5
106	49.1	0.3	BL	BL and continue on CP on left side of rd
107	49.6	0.5	TL	TL to railway crossing – outskirts of Bad Kreuznach
108	49.7	0.1	TR	TR after railway crossing
109	49.9	0.2	TL	TL green sign Innenstadt (town centre)
110	50.0	0.1	TR	TR and follow CP on dam (green arrows)
111	51.1	1.1	SO	SO on dam (staggered junction LR), don't cross bridge – greenSP Bad Münster 6,1 Zentrum 1,2
112	51.4	0.2	SO	pass under bridge (attention: narrow!)
113	51.9	0.5	SO	Magister-Faust-Haus in picturesque Magister-Faust-Gasse (alley)
114	52.2	0.3	TL	TL into pedestrian zone Mannheimer Straße - greenSP Bad Münster am Stein 5,1 Zentrum 0,2
115	52.4	0.2	TR	TR on top of bridge
116	52.9	0.5	TR	TR at TJ - leave Nahe CP - and pass barrier
117	53.0	0.1	BL	BL and cross bridge – follow CP alongside river
118	53.5	0.5	SO	SO at suspension foot bridge – on Nahe CP again
119	54.5	1.1	SO and TL	continue on sidewalk up to zebra crossing and cross road – continue on CP on LHS of rd (green arrows)
120	54.6	0.1	BL	BL and continue on CP through Salinental park
121	55.9	1.3	TR sharp	sharp right on upper lane = CP
122	56.5	0.6	SO	on right lane – Bad Münster
123	56.3	-0.2	BL	continue on river promenade – look up at rock „Rheingrafenstein“
124	56.5	0.3	SO	SO at TJ
125	56.8	0.3	TR	TR at TJ (green arrow)
126	57.0	0.2	SO	at crossing into Alter Salinenweg – leave CP
127	57.3	0.3	TL	TL at junction into Berliner Straße and SO at traffic light

Point	Total km	km	Instruction	Description
128	57.6	0.3	TL	TL at junction before railway crossing onto Friedensbrücke
129	57.9	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
130	61.7	3.9	TR	TR after power plant and cross canal – then TL after bridge
131	62.4	0.7	TR	TR onto dam („wibbly wobbly bridge“) and TL at TJ immediately after bridge - Niederhausen
132	62.5	0.2	SO	end of CP continue on right side of street
133	62.6	0.1	SO	TJ green SP Bad Sobernheim 14
134	63.1	0.5	SO	join CP on RHS of rd – continue until bridge to Oberhausen End of Niederhausen
135	64.1	0.9	SO	Junction – caution with cars! leave Nahe CP
136	65.0	0.9	SO and TL	end of CP - continue on right side of rd and cross bridge to Oberhausen
137	65.2	0.3	TR	into Bahnhofstraße
138	65.7	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