

























CYCLING IN THE WEST OF THE PALATINATE

Signs and Symbols

Full scale: 1 : 105 000

	Paved cycle track with separate bike or cycle track
	Cycle track along road with low traffic without separate bike lane
	Non-paved cycle track that can be used year round
	Cycle track connection
	Climb, heavy climb

	Place of interest		Train station
	Distance in kilometers		Train station for touristic excursions
	Tourist Information Center		Outdoor pool
	Friends-of-Nature house		Indoor pool
	Youth hostel		Water park
	Lodge		Water-treading basin
	Lodge with catering		Camp site
	Bike rental		Tent site
	Bike repair point		Mobile home slots
	Dangerous spot		



Pfälzerwald Tour – Palatinate Forest Tour

Length and altitude differences	61 km ≈ 38 miles / 470 m ≈ 1.542 ft. uphill / 500 m ≈ 1.640 ft. downhill
Route	Kaiserslautern – Waldfishbach-Burgalben – Hinterweidenthal
Characteristics	North-south connection along the western border of the Palatinate Forest, crossing several creek valleys as well as a part of the core zone of the Palatinate Forest
Level of difficulty	Middle, with some climbs to cover
Train connection	Kaiserslautern, Schopp, Steinalben, Waldfishbach-Burgalben, Pirmasens-Nord, Rodalben, Münchweiler, Hinterweidenthal
Type of track, surface	Mainly cycling tracks or agricultural roads, almost all of the track is paved
Tip	'Cycle fun Sickinger Land': in 'uneven' years (e.g. 2013) in springtime, from Landstuhl via Queidersbach to Waldfishbach-Burgalben



Sickinger Mühlenradweg – Sickinger's Mill Cycle Route

Length and altitude differences	41,6 km ≈ 25,8 miles / 355 m ≈ 1.164 ft. uphill / 345 m ≈ 1.132 ft. downhill
Route	Ramstein-Miesenbach – Landstuhl – Weselberg – Thaleischweiler-Fröschen
Characteristics	North-south connection of the 'Westricher Moorniederung' (bog lowland) over the Sickinger height down to the Schwarzbach valley. Cycle tour through the historic knights region and along numerous historic mill estates in the Wallhalb valley
Level of difficulty	Middle, challenging climb from Kindsbach up to the Sickinger height
Train connection	Ramstein-Miesenbach, Landstuhl, Kindsbach, Thaleischweiler-Fröschen
Type of track, surface	Mainly agricultural roads, except from small passages almost complete track is paved
Tip	'Car-free Wallhalb valley': in 'even' years (e.g. 2012) in springtime, from Landstuhl via Wallhalben to Thaleischweiler-Fröschen



Südwestpfalztour – Tour through the southwest of the Palatinate

Length and altitude differences	60 km ≈ 37 miles / 450 m ≈ 1.476 ft. uphill / 690 m ≈ 2.264 ft. downhill
Route	Johanniskreuz – Waldfischbach-Burgalben – Zweibrücken-Einöd
Characteristics	East-west connection from the center of the Palatinate Forest via the Sickinger height with its beautiful views down to the valleys of the Schwarzbach and the Blies
Level of difficulty	Middle to difficult
Train connection	Waldfischbach-Burgalben, Zweibrücken
Type of track, surface	Cycle routes and agricultural roads, short passages on low-traffic local roads, almost completely paved
Tip	From Easter – October bus connection to Johanniskreuz, running on Wednesday - RSW Line 150 (Luchs-Bus ≈ lynx bus) and Sunday – RSW Line 135 (Fuchs-Bus ≈ fox bus) and RSW Line 150 (Luchs-Bus ≈ lynx bus) (Status 2011)



Glan-Blies-Radweg – Glan-Blies Cycle Route (Map shows only a section of the whole route)

Length and altitude differences	126 km ≈ 78 miles / 590 m ≈ 1.936 ft. uphill / 550 m ≈ 1.805 ft. downhill
Route	Sarreguemines (F) – Homburg – Lauterecken – Meisenheim – Staudernheim
Characteristics	Border-crossing family cycle route along the rivers Blies and Glan. Between Altenglan and Staudernheim the route accompanies the trolley track.
Level of difficulty	Easy, ideal for families
Train connection	Sarreguemines, Blieskastel-Lautzkirchen, Homburg, Glan-Münchweiler, Altenglan, Lauterecken, Staudernheim
Type of track, surface	Mostly separate tracks, following former railway tracks to large extents. Partly the track is paved, partly waterbound
Tip	A great experience: cycling for 4 days without carrying your luggage (for further information please call 06753 12 123)



Odenbachtal-Radweg – Odenbach Valley Cycle Route

Length and altitude differences	31,5 km ≈ 20 miles / 180 m ≈ 591 ft. uphill / 240 m ≈ 787 ft. downhill
Route	Otterbach train station – Otterberg – Niederkirchen – Reipoltskirchen – Odenbach
Characteristics	Coming from the Lauter valley via Otterberg to the Odenbach and northwards to the Glan passing the flattened branches of the mountain area in the northern Palatinate. From Nußbach there is a connection to the Moschel valley and the Donnersberg county.
Level of difficulty	Middle
Train connection	Otterbach
Type of track, surface	Mostly cycle routes along classified roads, but also independent cycle routes and agricultural roads. Almost completely paved.



Rheinland-Pfalz-Radroute – Rhineland-Palatinate Cycle Route (only a section of the whole route)

Length and altitude differences	1040 km ≈ 646 miles
Route	All around Rheinland-Pfalz along the border of the state
Characteristics	The round tour mainly follows marked themed routes that run close to the border of the state so that the route shows the shape of the state of Rheinland-Pfalz.
Level of difficulty	In the sections along the rivers easy, in the Palatinate Forest middle to difficult
Type of track, surface	Cycle routes, agricultural roads and roads with low traffic, mostly paved



Lautertal-Radweg – Lauter Valley Cycle Route

Length and altitude differences	36 km ≈ 22 miles / 150 m ≈ 492 ft. uphill / 240 m ≈ 787 ft. downhill
Route	Kaiserslautern train station west – Otterbach – Wolfstein – Lauterecken train station
Characteristics	Route through the Lauter valley from Kaiserslautern to Lauterecken, where the Lauter flows into the Glan. The numerous train stations along the track enable you to take the train back any time.
Level of difficulty	Easy, ideal for families with children
Train connection	13 stations along the route (Kaiserslautern – Lauterecken); trains run every hour
Type of track, surface	Mostly agricultural roads, cycle routes along classified roads and short passages on low-traffic community roads. The track is partly on paved, partly on waterbound surface.
Tip	Car-free Lauter valley: every first Sunday in August



Barbarossa-Radweg – Barbarossa Cycle Route

Length and altitude differences	88,2 km ≈ 54,8 miles / 800 m ≈ 2.625 ft. uphill / 920 m ≈ 3.018 ft. downhill
Route	Worms – Eisenberg – Kaiserslautern – Glan-Münchweiler
Characteristics	East-west connection through varied landscapes from the Rhine Cycle Route at Worms to the Glan-Blies Cycle Route at Glan-Münchweiler. This route offers many combination possibilities with other cycle routes.
Level of difficulty	Middle, section between Eiswoog and Enkenbach-Alsenborn is less suitable for children due to larger ascending passage and bumpy surface covers
Train connection	Glan-Münchweiler, Niedermohr, Obermohr, Steinwenden, Ramstein-Miesenbach, Kaiserslautern, Enkenbach-Alsenborn, Eiswoog (Sundays and public holidays only), Ramsen, Eisenberg, Ebertsheim, Mertenheim, Asselheim, Grünstadt North, Grünstadt, Obrigheim-Albsheim, Bockenheimer-Kindenheim, Hohen-Sülzen and Worms
Type of track, surface	Mostly forest and agricultural roads, track mainly paved, however in the region north of Kaiserslautern also rough waterbound surfaces.



Alsenz Radweg – Alsenz Cycle Route

Length and altitude differences	52,5 km ≈ 33 miles / 250 m ≈ 820 ft. uphill / 425 m ≈ 1.394 ft. downhill
Route	Enkenbach-Alsenborn – Münchweiler – Rockenhausen – Bad Münster am Stein/ Nahe Cycle Route
Characteristics	Trail leading along the Alsenz creek connecting the Palatinate Forest to the Nahe region
Level of difficulty	Middle
Train connection	Enkenbach-Alsenborn, Münchweiler, Winnweiler, Imsweiler, Rockenhausen, Alsenz, Hochstätten, Altenbamburg, Bad Münster am Stein
Type of track, surface	Mostly cycle routes and agricultural roads, short passages on public roads. Track is mainly paved, but includes passages with waterbound surface.



Tour de Süd – Tour de South

Length and altitude differences	33 km ≈ 21 miles / 405 m ≈ 1.329 ft. uphill / 405 m ≈ 1.329 ft. downhill
Route	Trippstadt – Schopp – Krickenbach – Linden – Queidersbach – Stelzenberg – Trippstadt
Characteristics	Challenging round tour through quiet meadow valleys, passing lakes and sculptures. The tour can be started in any village and shortened or prolonged individually.
Level of difficulty	Middle to difficult
Train connection	Schopp
Type of track, surface	Cycle routes along classified roads as well as on agricultural roads, short passages also on quiet local community roads. Track is mostly paved, but also includes passages with waterbound surface.



Pfälzer Land Radweg – Palatinate Cycle Route

Length and altitude differences	42,7 km ≈ 26,5 miles / 150 m ≈ 492 ft. uphill / 195 m ≈ 640 ft. downhill
Route	Enkenbach-Alsenborn – Otterberg – Weilerbach – Niederstaufebach
Characteristics	East-west connection from the Alsenz creek at Enkenbach-Alsenborn through the north Palatinate mountain region to Niederstaufebach. The cycle route leads through varied landscapes and offers good combination possibilities with other cycle routes.
Level of difficulty	Easy to middle
Train connection	Enkenbach-Alsenborn, Otterbach, Katzweiler, Hirschhorn, Altenglan
Type of track, surface	Disused railway tracks but also cycle routes along classified roads, agricultural roads as well as low-traffic community roads. The track is mainly paved but also uses ways with waterbound surface.



Fritz-Wunderlich-Weg – Fritz-Wunderlich Route (Fritz-Wunderlich: German lyric tenor born in Kusel)

Length and altitude differences	25,7 km ≈ 16 miles / 290 m ≈ 951 ft. uphill / 40 m ≈ 131 ft. downhill
Route	Altenglan – Freisen, to a large extent on former rail track
Characteristics	Connection from the Glan-Blies Cycle Route to the Saarland Cycle Route, between Kusel and Pfeffelbach without crossing other traffic
Level of difficulty	Easy, ideal for families with children
Train connection	Altenglan, Kusel, in Schwarzerden the touristic excursion train Ostertalbahn can be used
Type of track, surface	The former railway tracks are not paved, apart from that cycling tracks and village roads.



Kirschroute – Cherry Route

Length and altitude differences	22 km ≈ 14 miles / 365 m ≈ 1.198 ft. uphill / 290 m ≈ 951 ft. downhill
Route	Schönenberg-Kübelberg - Osterbrücken
Characteristics	North-south connection from the Glan-Blies Cycle Route to the Saarland Cycle Route passing the heights of the Oster valley
Level of difficulty	Middle to difficult, past Frohnhofen some heavy climbs to cover
Train connection	No train station along the trail, the station in Bruchmühlbach can be reached via the “Pfälzer Moortour” Cycle Route and the station in Glan-Münchweiler via the Glan-Blies Cycle Route
Type of track, surface	Mainly cycling tracks or agricultural roads, the track is paved to a large extent



Burgenradweg – Castle Cycle Route

Length and altitude differences	28,5 km ≈ 18 miles / 722 m ≈ 2.369 ft. uphill / 670 m ≈ 2.198 ft. downhill
Route	Frauenberg - Thallichtenberg
Characteristics	Connection from the Nahe Cycle Route to Glan-Blies Cycle Route
Level of difficulty	Difficult, only for experienced cyclists
Train connection	Kronweiler (Nahe), Kusel via the Fritz-Wunderlich Route, Baumholder via cycle track connection
Type of track, surface	Mainly cycling tracks or agricultural roads, the track is paved to a large extent, in the forest partially coarse surface



Moortour – Palatinate Moor Tour

Length and altitude differences	26 km ≈ 16 miles / 181 m ≈ 594 ft. uphill / 182 m ≈ 597 ft. downhill
Route	Hauptstuhl train station – Bruchmühlbach – Waldmohr – Schönenberg-Kübelberg – Elschbach – Hauptstuhl train station
Characteristics	Easy round tour through the diversified and charming moorlands of the 'Westlicher Moorniederung' (bog lowland)
Level of difficulty	Easy, ideal for families with children
Train connection	Hauptstuhl and Bruchmühlbach-Miesau
Type of track, surface	Mostly agricultural roads, short passages on a former railway track and on reduced-traffic roads through villages. The track is mainly paved but also uses ways with waterbound surface.



Nahe-Radweg – Nahe Cycle Route

Length and altitude differences	120 km ≈ 75 miles / 620 m ≈ 2.034 ft. uphill / 990 m ≈ 3.248 ft. downhill
Route	Nohfelden – Bingen



Herrmannsberger Höhentour – Herrmannsberg Heights Tour

Length and altitude differences	14 km ≈ 8,7 miles / 377 m ≈ 1.237 ft. uphill / 378 m ≈ 1.240 ft. downhill
Route	Bedesbach – Eschenau



Appelbach-Radweg – Appelbach Cycle Route

Length and altitude differences	41 km ≈ 25,4 miles / 90 m ≈ 295 ft. uphill / 320 m ≈ 1.050 ft. downhill
Route	Marienthal – Nahe Cycle Route north of Bad Kreuznach



Rund um Burg Lichtenberg – Around Lichtenberg Castle

Length and altitude differences	14,5 km ≈ 9 miles / 275 m ≈ 902 ft. uphill / 280 m ≈ 919 ft. downhill
Route	Tour around the Lichtenberg Castle



Zellertal-Radweg – Zell Valley Cycle Route

Length and altitude differences	33 km ≈ 20 miles / 250 m ≈ 820 ft. uphill / 160 m ≈ 525 ft. downhill
Route	Worms – Marnheim – Kirchheim-Bolanden



Saarland-Radweg – Saarland Cycle Route

Length	362 km ≈ 225 miles
Route	All around Saarland along the border of the state

For further information or to plan your cycle tour visit the following website: