

Nr.	52.7 km		70.4 km		94.0 km				hint
	short		medium		long				
	km	Δkm	km	Δkm	km	Δkm			
1	0.0	0.0	0.0	0.0	0.0	0.0		L	Start Hollager Mühle
2	0.2	0.2	0.2	0.2	0.2	0.2	X	L	"Hansastr."
3	0.3	0.1	0.3	0.1	0.3	0.1	T	L	"Gutenbergstr."
4	0.7	0.4	0.7	0.4	0.7	0.4	T	L	"Penter Str."
5	2.6	1.9	2.6	1.9	2.6	1.9	T	R	"Pollerweg"
6	2.9	0.3	2.9	0.3	2.9	0.3	X	L	
7	3.6	0.7	3.6	0.7	3.6	0.7	X	SO	"Lange Wand"
8	4.4	0.8	4.4	0.8	4.4	0.8	X	SO	"Burggartenweg" green cycle sign → Lappenstuhl, Bramsche
9	5.1	0.7	5.1	0.7	5.1	0.7	X	SO	Cross channel
10	5.2	0.1	5.2	0.1	5.2	0.1	T	R	Follow green cycle sign → Rieste, Bramsche
11	5.7	0.5	5.7	0.5	5.7	0.5	T	L	Follow green cycle sign
12	6.4	0.7	6.4	0.7	6.4	0.7	T	L	Cycle path, green cycle sign
13	6.5	0.1	6.5	0.1	6.5	0.1	X	L	Follow green cycle sign → Bahnhof
14	6.6	0.1	6.6	0.1	6.6	0.1	O	SO	Follow green cycle sign
15	6.9	0.3	6.9	0.3	6.9	0.3	T	R	Follow green cycle sign → Alfhausen
16	7.3	0.4	7.3	0.4	7.3	0.4		SO	Bramsche centre
17	7.5	0.2	7.5	0.2	7.5	0.2	X	SO	Follow green cycle sign → Alfhausen
18	8.2	0.7	8.2	0.7	8.2	0.7	O	SO	Follow green cycle sign → Alfhausen, Alfsee
19	8.6	0.4	8.6	0.4	8.6	0.4	T	R	Follow green cycle sign
20	9.6	1.0	9.6	1.0	9.6	1.0	X	L	Follow green cycle sign
21	10.1	0.5	10.1	0.5	10.1	0.5	T	L	Follow green cycle sign → Alfhausen
22	10.2	0.1	10.2	0.1	10.2	0.1	T	R	Follow green cycle sign, cycle path
23	10.9	0.7	10.9	0.7	10.9	0.7	T	R	Follow green cycle sign → Alfhausen
24	11.3	0.4	11.3	0.4	11.3	0.4	T	R	Follow green cycle sign → Rieste
25	11.7	0.4	11.7	0.4	11.7	0.4	T	R	Cross railway, green cycle sign
26	12.4	0.7	12.4	0.7	12.4	0.7	T	L	Follow green cycle sign → Alfhausen
27	12.8	0.4	12.8	0.4	12.8	0.4	X	L	After the river, green cycle sign
28	13.4	0.6	13.4	0.6	13.4	0.6	T	SO	Cross railway, through sheeps' gate
29	14.9	1.5	14.9	1.5	14.9	1.5	X	SO	Follow green cycle sign → Rieste, Alfsee
30	15.9	1.0	15.9	1.0	15.9	1.0	Y	R	Left is also possible, nice sight from top of dyke, little playground and café after 1.4 km, next crossing after 200 m, TL to get back to the green cycle route
31	17.5	1.6	17.5	1.6	17.5	1.6	X	SO	Follow green cycle sign
32	18.0	0.5	18.0	0.5	18.0	0.5	T	R	Cross 2 nd wooden bridge, follow green cycle sign
33	18.4	0.4					X	R-L	(Tourist centre "Alfsee") follow green cycle sign
34	18.6	0.2					X	R	Follow green cycle sign → Vörden, Rieste
35	18.9	0.3					O	SO	Follow green cycle sign → Bramsche, Hesepe
36	18.9	0.0							(Bullermeck, indoor playground)
37	19.9	1.0					T	SO	Follow green cycle sign → Vörden, Malgarten
38	20.4	0.5					X	SO	Follow green cycle sign
39	21.2	0.8					T	SO	Follow green cycle sign → Epe, Malgarten
40	21.7	0.5							(river "Hase" east part)
41	22.2	0.5					X	R	Follow green cycle sign → Epe, Malgarten
42	23.9	1.7					T	L	Follow green cycle sign → Osnabrück, Bramsche

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
43	24.6	0.7					T	R	Follow green cycle sign → Bramsche, Epe
44	24.9	0.3					T	R	Follow green cycle sign
45	25.2	0.3					T	L	Leave green route, don't follow metalled road
46	25.5	0.3					T	L	Follow green cycle sign, bridge over motorway
47	26.4	0.9					T	R	Follow green cycle sign → Osnabrück, Lappenstuhl
48	28.4	2.0					X	SO	Follow green cycle sign → Kalkriese
49	29.0	0.6							(Playground and café)
50	29.1	0.1					T	SO	Follow green cycle sign → Varusschlacht
51	29.2	0.1					T	R	Follow green cycle sign
52	29.3	0.1					X	L	Follow green cycle sign
53	30.2	0.9					T	SO	Don't follow green cycle sign
54	31.3	1.1					X	SO	Follow brown cycle sign → Varusschlacht
55	33.2	1.9					X	SO	Follow brown cycle sign → Varusschlacht
56	34.3	1.1					T	R	→ Varusschlacht
57	34.6	0.3					T	R	→ Varusschlacht, cross channel
58	35.3	0.7					T	R	(Museum Varusschlacht)
59			18.4	0.4	18.4	0.0	T	R	At pastel-coloured huts
60			18.5	0.1	18.5	0.1	T	L	At "Grilleck"
61			18.5	0.1	18.5	0.1	X	R	Follow green cycle sign → Rieste
62			18.8	0.3	18.8	0.3	X	L	Follow green cycle sign → Rieste "Barlager Str."
63			19.8	1.0	19.8	1.0	T	L	Follow green cycle sign "Bahnhofstr."
64			20.1	0.4	20.1	0.4	T	R	Follow green cycle or yellow sign → Malgarten
65			20.9	0.7	20.9	0.7	X	L	Follow green cycle sign → Kloster Lage "Sunderstr."
66			21.8	1.0	21.8	1.0	T	SO	Follow green cycle sign → Kloster Lage "Lager Allee"
67			22.4	0.6	22.4	0.6	X	L	Follow green cycle sign → Neuenkirchen "v.-Pallandt-Str.". SO Convent Lage: garden, café-restaurant "Zur alten Küsterei"
68			23.1	0.7	23.1	0.7	T	R	Cross main road and follow green cycle sign → Neuenkirchen, turn onto cycle path on the left side of the road
69			25.2	2.1	25.2	2.1	X	SO	Cross main road and follow green cycle sign → Neuenkirchen "Alfhausener Str."
70			26.1	0.9	26.1	0.9	T	L	Bear left after rail crossing.
71			26.4	0.3	26.4	0.3	O	R	Follow yellow sign → Ortsmitte. Neuenkirchen: various facilities.
72			26.6	0.2	26.6	0.2	T	L	Follow green sign "Gästeroute" or green cycle sign → Steinfeld "Küsterstr."
73			27.2	0.5	27.2	0.5	Y	R	Follow green cycle or yellow sign → Damme
74			28.2	1.0	28.2	1.0	T	R	"Am Hollo"
75			29.5	1.3	29.5	1.3	T	L	Follow green cycle sign → Damme "Grapperhauser Mark"
76			30.4	0.9	30.4	0.9	T	R	Follow green cycle sign, take cycle path on the right side of the road
77			36.6	6.2	36.6	6.2	Y	R	Follow yellow sign → Ortsmitte
78			36.7	0.1	36.7	0.1	T	SO	Follow white sign → Stadtmitte
79			37.3	0.6	37.3	0.6	X	SO	Damme: various facilities, cycle shop at right hand side

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
80			37.5	0.8			T	R	At pharmacy "Dersa-Apotheke"
81			38.0	0.5			Y	SO	
82					37.5	0.8	T	L	At pharmacy "Dersa-Apotheke"
83					37.6	0.1	Y	SO	Bear left
84					37.9	0.4	X	L	Follow green cycle or yellow sign → Steinfeld "Steinfelder Str.", after 250 m turn onto cycle path on lefthand side of road
85					41.4	3.5	T	R	At restaurant-café "Schweizer Haus" and follow green cycle sign → Bergfeine across carpark
86					42.0	0.6	Y	SO	Follow green cycle sign → Bergfeine
87					43.0	1.6	T	R	At wooden shelter, follow green cycle sign, mind the dirt while descending!
88					43.6	0.6	T	R	When road bends, don't go off-road SO
89					44.5	0.9	T	L	Follow green cycle sign → Bergfeine
90					45.7	1.2	T	L	Take cycle path on the left side of the road
91					47.4	1.7	T	L	Follow yellow sign → Klüenberg
92					47.5	0.1	T	R	After green sign "Klüenberg"
93					48.0	0.5	T	R	Follow green cycle sign
94					48.1	0.1	T	L	Follow green cycle sign → Dümmer See "Wiehenkämpen"
95					49.0	0.9	X	R	Follow green cycle sign
96					49.9	0.9	X	SO	Follow white sign → Dümmer Westufer "Seeblick"
97					50.6	0.8	X	L	Follow yellow sign → Dümmer See
98					51.8	1.1		TB	Stop if you don't want your bike to take a bath with you in the Dümmer lake. Eat a fish roll or fish and chips and turn back to continue route.
99					52.9	1.1	X	SO	Follow green cycle sign → Damme "Dümmer Str."
100					53.8	0.9	T	L	"Schulstr."
101					53.8	0.1	Y	R	"Am Meyerhof"
102					54.4	0.6	T	R	Follow green cycle sign → Damme
103					54.6	0.2	X	SO	Cross main road, follow green cycle sign
104					55.8	1.2	T	L	Follow green cycle sign → Damme
105					56.0	0.2	T	SO	Follow green cycle sign → Damme, take the cycle path on the righthand side of the road
106					60.3	4.3	X	SO	Follow green cycle sign → Damme Zentrum
107					61.0	0.7	X	SO	Follow white sign → Stadtmitte or green cycle sign → Neuenkirchen
108					61.6	0.6	O	L	Follow green cycle sign → Vörden "Vördener Str."
109			38.6	0.6	62.2	0.6	X	L	After petrol station
110			38.6	0.1	62.3	0.1	T	R	Follow yellow sign → Clemens-August-Dorf "Rottinghauser Str."
111			41.2	2.5	64.8	2.5	X	SO	Follow green cycle or yellow sign → Campemoor "Campemoorstr."
112			45.9	4.8	69.5	4.7	X	SO	Cross main road and follow green cycle sign → Kalkriese "Campemoor"
113			50.1	4.2	73.7	4.2		SO	Water castle "Alt Barenaue": no access, private property!

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
114			50.9	0.9	74.5	0.9	X	L	Follow next brown/green cycle signs → Varusschlacht
115			51.9	1.0	75.5	1.0	Y	R	Follow brown/green cycle sign → Varusschlacht "Cheruserstr."
116			52.2	0.3	75.8	0.3	T	R	Cross over canal bridge, follow brown/green cycle sign → Varusschlacht "Zum Langholz"
117			52.6	0.3	76.2	0.3	T	SO	Follow green cycle sign → Varusschlacht
118			52.9	0.3	76.5	0.4	T	R	To visit the "Varusschlacht" museum
119	35.3	0.0	52.9	0.0	76.5	0.0	T	L	Turn back, at exit of museum and follow green cycle sign → Bramsche
120	35.6	0.3	53.2	0.3	76.8	0.3	T	L	Follow green cycle sign → Bramsche
121	36.5	0.9	54.1	0.9	77.7	0.9	X	L	Follow green cycle sign → Lappenstuhl, Kalkriese
122	37.0	0.5	54.6	0.5	78.2	0.5	T	R	Follow green cycle sign, cycle path
123	37.2	0.2	54.8	0.2	78.4	0.2	T	SO	
124	37.5	0.3	55.1	0.3	78.7	0.3	T	R	"An der Rothenburg"
125	38.2	0.7	55.8	0.7	79.4	0.7	T	L	Follow green cycle sign
126	38.7	0.5	56.3	0.5	79.9	0.5	T	L	Follow green cycle sign → Osnabrück, Wallenhorst
127	38.9	0.2	56.5	0.2	80.1	0.2	T	R	Follow green cycle sign → Wallenhorst, Bramsche
128	39.6	0.7	57.2	0.7	80.8	0.7	T	R	Follow green cycle sign
129	40.0	0.4	57.6	0.4	81.2	0.4	T	L	Follow green cycle sign → Wallenhorst
130	41.7	1.7	59.3	1.7	82.9	1.7	T	SO	Leave green route
131	42.0	0.3	59.6	0.3	83.2	0.3	X	SO	"Venner Str."
132	42.6	0.6	60.2	0.6	83.8	0.6		L	Before fuel station, follow green cycle sign
133	42.7	0.1	60.3	0.1	83.9	0.1	T	L	Follow green cycle sign
134	42.9	0.2	60.5	0.2	84.1	0.2	T	R	Follow green cycle sign
135	43.3	0.4	60.9	0.4	84.5	0.4	X	SO	Follow green cycle sign → Osnabrück, Wallenhorst
136	43.8	0.5	61.4	0.5	85.0	0.5	T	R	Follow green cycle sign
137	44.0	0.2	61.6	0.2	85.2	0.2	T	L	Follow green cycle sign
138	44.1	0.1	61.7	0.1	85.3	0.1	T	R	Follow green cycle sign
139	44.5	0.5	62.2	0.5	85.8	0.5	X	L	Follow green cycle sign, cycle path
140	47.4	2.9	65.1	2.9	88.7	2.9	T	R	Follow green cycle sign ("Gasthaus Beckmann")
141	47.8	0.4	65.5	0.4	89.1	0.4	T	SO	Follow green cycle sign → Wallenhorst
142	48.7	0.9	66.4	0.9	90.0	0.9	T	L	Follow green cycle sign
143	48.9	0.2	66.6	0.2	90.2	0.2	T	R	At village sign "Wallenhorst", leave green route
144	49.2	0.3	66.9	0.3	90.5	0.3	T	L	Cross main road
145	49.4	0.2	67.1	0.2	90.7	0.2	O	2nd	"Hansastr.", → Hollager Mühle
146	52.5	3.1	70.2	3.1	93.8	3.1	X	R	"Neulandstr."
147	52.7	0.2	70.4	0.2	94.0	0.2			Welcome back to campsite!