

|     | 53.0 km |     | 82.9 km |     | 102.0 km |     |   |    |   |
|-----|---------|-----|---------|-----|----------|-----|---|----|---|
| Nr. | short   |     | medium  |     | long     |     |   |    | hint  |
|     | 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   | 0.6     | 0.3 | 0.6     | 0.3 | 0.6      | 0.3 | T | L  | "Penter Str."   |
| 5   | 2.6     | 2.0 | 2.6     | 2.0 | 2.6      | 2.0 | 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   | 4.5     | 0.9 | 4.5     | 0.9 | 4.5      | 0.9 | X | R  | "Zitterweg", green cycle sign, → Kalkriese  |
| 9   | 5.4     | 0.9 | 5.4     | 0.9 | 5.4      | 0.9 | T | L  | Follow green cycle sign   |
| 10  | 5.5     | 0.1 | 5.5     | 0.1 | 5.5      | 0.1 | T | L  | Follow green cycle sign, yellow sign → Bramsche   |
| 11  | 5.9     | 0.4 | 5.9     | 0.4 | 5.9      | 0.4 | T | R  | Follow green cycle sign, "Wiechmanns Ecke"  |
| 12  | 8.4     | 2.5 | 8.4     | 2.5 | 8.4      | 2.5 | X | R  | Follow green cycle sign, "Schleptruper Strang"  |
| 13  | 9.7     | 1.3 | 9.7     | 1.3 | 9.7      | 1.3 | T | R  | Follow green cycle sign, "Schleptruper Strang"  |
| 14  | 11.3    | 1.6 | 11.3    | 1.6 | 11.3     | 1.6 | X | SO | Follow green cycle sign, "Evinghauser Str."   |
| 15  | 11.4    | 0.1 | 11.4    | 0.1 | 11.4     | 0.1 | X | SO | Stay on "Evinghauser Str."  |
| 16  | 13.5    | 2.1 | 13.5    | 2.1 | 13.5     | 2.1 | X | L  | "Ruller Str."   |
| 17  | 13.7    | 0.2 | 13.7    | 0.2 | 13.7     | 0.2 | X | R  | Follow green cycle sign → Ostercappeln  |
| 18  | 15.1    | 1.4 | 15.1    | 1.4 | 15.1     | 1.4 | X | L  | Follow green cycle sign   |
| 19  | 15.7    | 0.6 | 15.7    | 0.6 | 15.7     | 0.6 | Y | L  |   |
| 20  | 16.4    | 0.7 | 16.4    | 0.7 | 16.4     | 0.7 | T | R  | Follow green cycle sign → Ostercappeln (100 m SO "Venner Turm", nice view)  |
| 21  | 16.8    | 0.4 | 16.8    | 0.4 | 16.8     | 0.4 |   |    | (Organic farm shop can be visited)  |
| 22  | 18.4    | 1.6 | 18.4    | 1.6 | 18.4     | 1.6 | T | L  | Follow green cycle sign → Venner Mühle  |
| 23  | 19.1    | 0.7 | 19.1    | 0.7 | 19.1     | 0.7 | T | SO | Stay on main road, don't follow green cycle sign  |
| 24  | 20.2    | 1.1 | 20.2    | 1.1 | 20.2     | 1.1 |   |    | Venner Mühle  |
| 25  | 20.4    | 0.2 | 20.4    | 0.2 | 20.4     | 0.2 | X | R  | Follow green cycle sign → Osnabrück, Ostercappeln, ("Waffel-Meyer-Museum" = wafer museum can be visited)                    |
| 26  | 20.6    | 0.2 | 20.6    | 0.2 | 20.6     | 0.2 | T | L  | Follow green cycle sign → Hunteburg (100 m SO wafer museum)   |
| 27  | 21.0    | 0.4 | 21.0    | 0.4 | 21.0     | 0.4 | T | SO | Follow green cycle sign   |
| 28  | 21.6    | 0.6 | 21.6    | 0.6 | 21.6     | 0.6 | Y | R  | Follow green cycle sign   |
| 29  | 22.2    | 0.6 | 22.2    | 0.6 | 22.2     | 0.6 | T | L  | Follow green cycle sign   |
| 30  | 22.3    | 0.1 | 22.3    | 0.1 | 22.3     | 0.1 | T | R  | Follow green cycle sign   |
| 31  | 22.6    | 0.3 | 22.6    | 0.3 | 22.6     | 0.3 | T | R  | Follow green cycle sign   |
| 32  | 22.8    | 0.2 | 22.8    | 0.2 | 22.8     | 0.2 | T | L  | Follow green cycle sign → Hunteburg   |
| 33  | 23.6    | 0.8 | 23.6    | 0.8 | 23.6     | 0.8 | Y | L  | Follow green cycle sign   |
| 34  | 23.9    | 0.3 | 23.9    | 0.3 | 23.9     | 0.3 | T | L  | Follow green cycle sign → Hunteburg, cross channel  |
| 35  | 24.0    | 0.1 | 24.0    | 0.1 | 24.0     | 0.1 | T | R  | Follow green cycle sign → Ostercappeln, Kronensee 2.5 km, "Karlsburgstr.", after 150 m follow metalled road along the canal |
| 36  | 25.6    | 1.6 | 25.6    | 1.6 | 25.6     | 1.6 | T | L  | Before bridge "48" leave channel. Attention! Low gear or better dismount!   |
| 37  | 25.7    | 0.1 | 25.7    | 0.1 | 25.7     | 0.1 | X | LR | Sign "Freizeitpark Kronensee", follow green cycle sign → Bohmte, Kronensee 0.4 km   |
| 38  | 26.1    | 0.4 |         |     |          |     | T | L  | Sign "Kronensee"  |

| Nr. | short |     | medium |     | long |     |   |    | hint   |
|-----|-------|-----|--------|-----|------|-----|---|----|--|
|     | km    | Δkm | km     | Δkm | km   | Δkm |   |    |  |
| 39  | 26.3  | 0.2 |        |     |      |     |   |    | "Kronensee", swimming, restaurant, playground, etc.  |
| 40  | 26.3  | 0.6 |        |     |      |     |   |    | Go back and cross canal bridge "48"  |
| 41  | 27.2  | 0.9 |        |     |      |     | X | R  | "Untere Eschstr.", green cycle sign  |
| 42  | 27.8  | 0.6 |        |     |      |     | X | SO | Follow green cycle sign  |
| 43  | 28.2  | 0.4 |        |     |      |     | O | SO | "Driehauser Str.", green cycle sign → Osnabrück  |
| 44  | 29.4  | 1.2 |        |     |      |     | T | SO | Follow green cycle sign → Osnabrück  |
| 45  |       |     | 26.1   | 0.0 | 26.1 | 0.0 | T | R  | Follow green cycle sign → Bohmte, TL for lake "Kronensee"  |
| 46  |       |     | 26.5   | 0.4 | 26.5 | 0.4 |   | SO | Pass barrier   |
| 47  |       |     | 27.2   | 0.7 | 27.2 | 0.7 | X | R  | Follow green cycle sign after barrier  |
| 48  |       |     | 28.7   | 1.5 | 28.7 | 1.5 | Y | L  | Follow green cycle sign  |
| 49  |       |     | 28.9   | 0.2 | 28.9 | 0.2 | T | L  | Follow green cycle sign → Hunteburg  |
| 50  |       |     | 29.4   | 0.5 | 29.4 | 0.5 | T | R  | Follow green cycle sign "Dübberort Str."   |
| 51  |       |     | 30.1   | 0.7 | 30.1 | 0.7 | X | SO | Follow green cycle sign "Am Lecker Mühlbach"   |
| 52  |       |     | 31.0   | 0.9 | 31.0 | 0.9 | Y | R  | Don't follow green cycle sign, TR into "Meisenbüschenweg" (for café-restaurant "Altes Forsthaus" TL over bridge)   |
| 53  |       |     | 31.5   | 0.5 | 31.5 | 0.5 | X | SO | Cross main road into "Oelinger Str."   |
| 54  |       |     | 32.5   | 1.0 | 32.5 | 1.0 | T | L  | Follow green cycle sign "Heggenkamp" (red hiker sign → "Schloß Hünnefeld")   |
| 55  |       |     | 33.5   | 1.0 | 33.5 | 1.0 | T | R  | Follow green cycle sign  |
| 56  |       |     | 33.8   | 0.3 | 33.8 | 0.3 | Y | L  | Follow green cycle sign "Vor dem Fege"   |
| 57  |       |     | 34.4   | 0.6 | 34.4 | 0.6 | Y | R  | Cross under railway bridge   |
| 58  |       |     | 35.3   | 0.9 | 35.3 | 0.9 | X | SO | Follow green cycle sign → Ippenburg  |
| 59  |       |     | 35.6   | 0.3 | 35.6 | 0.3 | Y | L  | Follow green cycle sign  |
| 60  |       |     | 35.7   | 0.1 | 35.7 | 0.1 | T | L  | Follow green cycle sign onto main road "Bohmter Str."  |
| 61  |       |     | 36.0   | 0.3 | 36.0 | 0.3 | T | R  | Follow green cycle sign "Clamors Allee" (red hiker sign → Schloß Hünnefeld)  |
| 62  |       |     | 37.5   | 1.6 | 37.5 | 1.6 |   | L  | Castle Hünnefeld: private property, but partly accessible, no cycles inside allowed though, please park your tandems outside! Café "Alte Rentei" (access through gateway, TR). TL at castle to continue route. |
| 63  |       |     | 38.3   | 0.8 | 38.3 | 0.8 | T | L  | Follow green cycle sign → Ippenburg "Himmelreich"  |
| 64  |       |     | 40.1   | 1.8 | 40.1 | 1.8 | T | R  | Don't follow green cycle sign  |
| 65  |       |     | 40.5   | 0.4 | 40.5 | 0.4 | T | L  | "Schloßstr."   |
| 66  |       |     | 40.6   | 0.1 | 40.6 | 0.1 |   | TB | Castle Ippenburg: private property, no access! Turn back on "Schloßstr." to previous point.  |
| 67  |       |     | 40.7   | 0.1 |      |     | T | L  | Follow green cycle sign  |
| 68  |       |     | 41.9   | 1.2 |      |     | T | R  | Follow green cycle sign "Lange Str.", brown sign → Dorfschmied   |
| 69  |       |     | 42.0   | 0.1 |      |     | T | L  | "Lange Str."   |
| 70  |       |     | 42.4   | 0.4 |      |     | T | R  | Not SO into dead-end street "Tannenweg"  |
| 71  |       |     | 42.6   | 0.2 |      |     | Y | R  | Not SO into dead-end street "Kirchpatt"  |
| 72  |       |     | 42.8   | 0.8 |      |     | T | L  | Follow green cycle sign → Bad Essen  |
| 73  |       |     | 43.0   | 0.2 |      |     | X | SO | Cross main road and follow green cycle sign  |
| 74  |       |     | 43.3   | 0.3 |      |     | T | R  | Follow green cycle sign after canal bridge   |

| Nr. | short |     | medium |     | long |     | hint |    |  |
|-----|-------|-----|--------|-----|------|-----|------|----|--|
|     | km    | Δkm | km     | Δkm | km   | Δkm |      |    |  |
| 75  |       |     | 43.4   | 0.2 |      |     | Y    | L  | "Harpenfelder Weg"   |
| 76  |       |     | 43.7   | 0.3 |      |     | X    | SO | "Nikolaistr."  |
| 77  |       |     | 43.9   | 0.2 |      |     |      | SO | TL and follow green cycle sign → Ortsmitte to visit Bad Essen: historic market place, cafés, ice-cream parlours, restaurants, shops. Route continues SO. |
| 78  |       |     | 44.0   | 0.2 |      |     | T    | L  | Follow yellow sign → Melle "Bergstr.", uphill  |
| 79  |       |     | 46.0   | 2.0 |      |     | T    | R  | "Am Mahnmal" at 2nd white sign "Altes Berghaus, Restaurant-Café"   |
| 80  |       |     | 46.1   | 0.1 |      |     | Y    | L  | Follow green cycle sign  |
| 81  |       |     | 47.9   | 1.7 |      |     | X    | R  | Follow green cycle sign "Kirchhegge"   |
| 82  |       |     | 48.7   | 0.8 |      |     | T    | L  | Follow green cycle sign  |
| 83  |       |     | 49.4   | 0.6 |      |     | T    | L  | Follow green cycle sign → Schledehausen  |
| 84  |       |     | 49.7   | 0.3 |      |     | X    | R  | Follow yellow sign → Hitzhausen "Mönkehöfener Str."  |
| 85  |       |     | 52.6   | 3.0 |      |     | T    | L  | Follow yellow sign → Ostercappeln  |
| 86  |       |     | 52.7   | 0.1 |      |     | T    | R  | Follow yellow sign → Ostercappeln "Hitzhauser Str."  |
| 87  |       |     | 55.5   | 2.8 |      |     | T    | L  | Follow green cycle sign → Schwagstorf onto main road   |
| 88  |       |     | 55.6   | 0.1 |      |     | T    | R  | Follow yellow or green cycle sign → Schwagstorf "Große Str."   |
| 89  |       |     | 55.9   | 0.2 |      |     | T    | L  | Follow green cycle sign → Schwagstorf "Venner Str."  |
| 90  |       |     | 58.1   | 2.3 |      |     | T    | L  | Follow green cycle sign "Driehauser Feldstr."  |
| 91  |       |     | 58.3   | 0.2 |      |     | T    | R  | "Driehauser Feldstr."  |
| 92  |       |     | 59.3   | 1.0 |      |     | T    | L  | Follow green cycle sign → Osnabrück  |
| 93  |       |     |        |     | 40.9 | 0.3 | T    | R  | Don't follow green cycle sign  |
| 94  |       |     |        |     | 41.2 | 0.3 | X    | R  | "Am Holzhof"   |
| 95  |       |     |        |     | 41.7 | 0.5 | X    | R  | Follow green cycle sign → Bad Essen "Falkenburg"   |
| 96  |       |     |        |     | 42.9 | 1.2 | X    | L  | Follow green cycle sign → Brockhausen  |
| 97  |       |     |        |     | 43.8 | 0.9 | T    | R  | Follow green cycle sign  |
| 98  |       |     |        |     | 44.5 | 0.6 | T    | R  | Follow green cycle sign  |
| 99  |       |     |        |     | 44.8 | 0.3 | Y    | R  | Follow green cycle sign "Brockhauser Weg"  |
| 100 |       |     |        |     | 44.9 | 0.1 | Y    | L  | Follow road, don't turn into "Brockhauser Weg"   |
| 101 |       |     |        |     | 45.2 | 0.3 | Y    | L  | Follow green cycle sign "Zur Friedenseiche"  |
| 102 |       |     |        |     | 45.4 | 0.2 | T    | L  | Follow green cycle sign  |
| 103 |       |     |        |     | 45.4 | 0.0 | T    | R  | Follow green cycle sign "Rabber Kirchweg"  |
| 104 |       |     |        |     | 46.0 | 0.6 | X    | L  | Follow green cycle sign  |
| 105 |       |     |        |     | 46.6 | 0.5 | Y    | L  | Follow green cycle sign  |
| 106 |       |     |        |     | 46.7 | 0.1 | T    | R  | Follow green cycle sign  |
| 107 |       |     |        |     | 46.9 | 0.2 | T    | R  | Follow green cycle sign "Angelbecker Str."   |
| 108 |       |     |        |     | 47.7 | 0.8 | X    | SO | Cross main road into "Buersche Str.", white sign → Saurierspuren Barkhausen  |
| 109 |       |     |        |     | 47.8 | 0.2 | T    | R  | Follow green cycle sign "Huntestr"   |
| 110 |       |     |        |     | 48.1 | 0.3 | Y    | SO | Follow green cycle sign, bear left   |
| 111 |       |     |        |     | 48.8 | 0.7 | T    | L  | Follow green cycle sign  |
| 112 |       |     |        |     | 25.9 |     | T    | SO | Follow green cycle sign "Im Westerbruch"   |

| Nr. | short |     | medium |     | long |     |   |    | hint   |
|-----|-------|-----|--------|-----|------|-----|---|----|--|
|     | km    | Δkm | km     | Δkm | km   | Δkm |   |    |  |
| 113 |       |     |        |     | 49.8 | 1.0 | X | L  | Follow green cycle sign → Linne "Kokenrottstr."  |
| 114 |       |     |        |     | 50.3 | 0.5 | T | R  | Follow green cycle sign → Linne "Kalbsiekstr."   |
| 115 |       |     |        |     | 25.9 |     | Y | L  | Follow green cycle sign "Linner Str."  |
| 116 |       |     |        |     | 51.3 | 1.0 | X | L  | At wooden bell tower follow green cycle sign → Barkhausen "Am Kaßlau"  |
| 117 |       |     |        |     | 51.5 | 0.2 | T | R  | Follow green cycle sign  |
| 118 |       |     |        |     | 52.8 | 1.3 | T | R  | Follow green cycle sign → Buer "Buersche Str."   |
| 119 |       |     |        |     | 53.8 | 1.0 | T | R  | At traffic lights follow green cycle sign → Bad Essen. Steep ascent! Better walk uphill, also to avoid bothering other visitors.   |
| 120 |       |     |        |     | 53.9 | 0.1 |   | TB | Welcome to the famous dinosaur tracks in Barkhausen! For continuing route, turn back to main road.   |
| 121 |       |     |        |     | 54.0 | 0.1 | T | R  | At main road, follow green cycle sign → Buer   |
| 122 |       |     |        |     | 54.4 | 0.4 | T | R  | Follow green cycle sign, brown sign → Domizil Traktorenverein  |
| 123 |       |     |        |     | 54.8 | 0.4 | T | R  | Follow green cycle sign → Buer   |
| 124 |       |     |        |     | 55.6 | 0.8 | T | SO | Don't follow green cycle sign into "Am Bergsiek"   |
| 125 |       |     |        |     | 55.7 | 0.9 |   | SO | Tractor museum (when open: café with self-baked cakes, next facilities in Bad Essen)   |
| 126 |       |     |        |     | 56.1 | 0.3 | T | L  | To main road   |
| 127 |       |     |        |     | 25.9 |     | T | R  | Onto main road   |
| 128 |       |     |        |     | 57.9 | 1.9 | T | L  | Follow green cycle or yellow sign → Bad Essen "Hüeseder Str."  |
| 129 |       |     |        |     | 62.1 | 4.2 | T | L  | Follow green cycle sign → Ortsmitte "Lindenstr."   |
| 130 |       |     |        |     | 62.8 | 0.7 | O | SO |  |
| 131 |       |     |        |     | 25.9 |     | O | SO | Take second exit SO, on the left side into shopping street   |
| 132 |       |     |        |     | 63.1 | 0.3 | Y | R  | Follow green cycle sign → Osnabrück. After 150 m Bad Essen: historic market place, cafés, ice-cream parlours, restaurants, shops. Continue route by passing the church on the left side. |
| 133 |       |     |        |     | 63.2 | 0.1 | T | L  | Follow green cycle sign → Melle "Nikolaistr."  |
| 134 |       |     |        |     | 63.3 | 0.1 | T | L  | Follow yellow sign → Melle "Bergstr.", uphill  |
| 135 |       |     |        |     | 65.3 | 2.0 | T | R  | "Am Mahnmal" at 2nd white sign "Altes Berghaus, Restaurant-Café"   |
| 136 |       |     |        |     | 65.4 | 0.1 | Y | L  | Follow green cycle sign  |
| 137 |       |     |        |     | 67.2 | 1.8 | X | R  | Follow green cycle sign "Kirchhegge"   |
| 138 |       |     |        |     | 68.0 | 0.8 | T | L  | Follow green cycle sign  |
| 139 |       |     |        |     | 68.6 | 0.6 | T | L  | Follow green cycle sign → Schleddehausen   |
| 140 |       |     |        |     | 68.9 | 0.3 | T | R  | Follow yellow sign → Hitzhausen "Mönkehöfener Str."  |
| 141 |       |     |        |     | 71.9 | 3.0 | T | L  | Follow yellow sign → Ostercappeln  |
| 142 |       |     |        |     | 72.0 | 0.1 | T | R  | Follow yellow sign → Ostercappeln "Hitzhauser Str."  |
| 143 |       |     |        |     | 74.7 | 2.8 | T | L  | Follow green cycle sign → Schwagstorf onto main road   |
| 144 |       |     |        |     | 74.9 | 0.1 | T | L  | Follow yellow or green cycle sign → Schwagstorf "Große Str."   |
| 145 |       |     |        |     | 75.1 | 0.2 | T | L  | Follow green cycle sign → Schwagstorf "Venner Str."  |

| Nr. | short |     | medium |     | long  |     |    |    | hint   |
|-----|-------|-----|--------|-----|-------|-----|----|----|--|
|     | km    | Δkm | km     | Δkm | km    | Δkm |    |    |  |
| 146 |       |     |        |     | 77.4  | 2.3 | T  | L  | Follow green cycle sign "Driehauser Feldstr."              |
| 147 |       |     |        |     | 77.6  | 0.2 | T  | R  | "Driehauser Feldstr."                                      |
| 148 |       |     |        |     | 78.5  | 1.2 | T  | L  | Follow green cycle sign → Osnabrück                        |
| 149 | 30.6  | 1.2 | 60.5   | 1.2 | 79.6  | 1.2 |    |    | Stone Age megalithic tomb "Hünenburg"                      |
| 150 | 31.0  | 0.4 | 60.9   | 0.4 | 80.0  | 0.4 | X  | SO | Leave green route, stay on "Driehauser Str."               |
| 151 | 32.8  | 1.8 | 62.7   | 1.8 | 81.8  | 1.8 | T  | L  | Yellow sign → Osnabrück                                    |
| 152 | 35.0  | 2.2 | 64.9   | 2.2 | 84.0  | 2.2 | X  | SO | "Power Weg"  |
| 153 | 36.7  | 1.7 | 66.6   | 1.7 | 85.7  | 1.7 | O  | R  | Yellow sign → Icker, "Lechtinger Str."                     |
| 154 | 38.5  | 1.8 | 68.4   | 1.8 | 87.5  | 1.8 | TT | SO | Village Icker, playground and little café                  |
| 155 | 39.2  | 0.7 | 69.1   | 0.7 | 88.2  | 0.7 | T  | R  | Follow green cycle sign "An der Ruller Flut"               |
| 156 | 39.6  | 0.4 | 69.5   | 0.4 | 88.6  | 0.4 | T  | L  | Follow green cycle sign                                    |
| 157 | 40.5  | 0.9 | 70.4   | 0.9 | 89.5  | 0.9 | T  | L  | Follow green cycle sign                                    |
| 158 | 40.6  | 0.1 | 70.5   | 0.1 | 89.6  | 0.1 | T  | R  | Follow green cycle sign "Ostenort"                         |
| 159 | 41.0  | 0.4 | 70.9   | 0.4 | 90.0  | 0.4 | T  | SO | Follow green cycle sign                                    |
| 160 | 42.0  | 1.0 | 71.9   | 1.0 | 91.0  | 1.0 | T  | L  | Follow green cycle sign → Osnabrück                        |
| 161 | 42.2  | 0.2 | 72.1   | 0.2 | 91.2  | 0.2 | T  | L  | Green cycle sign   |
| 162 | 42.4  | 0.2 | 72.3   | 0.2 | 91.4  | 0.2 | O  | R  | Follow green cycle sign, cycle path on the left            |
| 163 | 42.6  | 0.2 | 72.5   | 0.2 | 91.6  | 0.2 | T  | L  | Follow green cycle sign                                    |
| 164 | 43.3  | 0.7 | 73.2   | 0.7 | 92.3  | 0.7 | X  | L  | Follow green cycle sign → Wallenhorst                      |
| 165 | 43.4  | 0.1 | 73.3   | 0.1 | 92.4  | 0.1 | T  | R  | Follow green cycle sign → Wallenhorst                      |
| 166 | 43.6  | 0.2 | 73.5   | 0.2 | 92.6  | 0.2 | T  | R  | Follow green cycle sign, ("Kloster Rulle")                 |
| 167 | 43.7  | 0.1 | 73.6   | 0.1 | 92.7  | 0.1 | T  | L  | Follow green cycle sign, into main road                    |
| 168 | 44.3  | 0.7 | 74.2   | 0.7 | 93.3  | 0.7 | T  | L  | Follow green cycle sign                                    |
| 169 | 44.9  | 0.6 | 74.8   | 0.6 | 93.9  | 0.6 | T  | L  | "Mühlenheide", green cycle sign                            |
| 170 | 45.0  | 0.1 | 74.9   | 0.1 | 94.0  | 0.1 | T  | R  | Follow green cycle sign                                    |
| 171 | 45.7  | 0.7 | 75.6   | 0.7 | 94.7  | 0.7 | T  | L  | Follow green cycle sign                                    |
| 172 | 45.8  | 0.1 | 75.7   | 0.1 | 94.8  | 0.1 | T  | R  | Follow green cycle sign (visit windmill "Lechtinger Mühle) |
| 173 | 46.2  | 0.4 | 76.1   | 0.4 | 95.2  | 0.4 | X  | R  | "Lechtinger Kirchweg", leave green route                   |
| 174 | 47.5  | 1.3 | 77.4   | 1.3 | 96.5  | 1.3 | X  | SO | Follow white sign → Zentrum                                |
| 175 | 47.9  | 0.4 | 77.8   | 0.4 | 96.9  | 0.4 | X  | L  | Follow green cycle sign → Bramsche, Hollage                |
| 176 | 48.3  | 0.4 | 78.2   | 0.4 | 97.3  | 0.4 | O  | SO | Follow green cycle sign "Zum Sportplatz"                   |
| 177 | 48.9  | 0.6 | 78.8   | 0.6 | 97.9  | 0.6 | T  | L  | Follow green cycle sign                                    |
| 178 | 49.3  | 0.4 | 79.2   | 0.4 | 98.3  | 0.4 | O  | SO | Follow green cycle sign "Waldstr."                         |
| 179 | 51.2  | 1.9 | 81.1   | 1.9 | 100.2 | 1.9 | T  | SO | Stay on "Fiesteler Str."                                   |
| 180 | 51.3  | 0.1 | 81.2   | 0.1 | 100.3 | 0.1 | X  | R  | "Egbersstr."   |
| 181 | 52.0  | 0.7 | 81.9   | 0.7 | 101.0 | 0.7 | X  | R  | "Penter Str."  |
| 182 | 52.3  | 0.3 | 82.2   | 0.3 | 101.3 | 0.3 | T  | L  | "Neulandstr."  |
| 183 | 53.0  | 0.7 | 82.9   | 0.7 | 102.0 | 0.7 |    |    | Welcome back to campsite!                                  |