

Nr.	54.7 km		72.7 km		89.7 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	R	"Hansastr."
3	0.7	0.5	0.7	0.5	0.7	0.5	T	R	Cross channel
4	0.9	0.1	0.9	0.1	0.9	0.1	T	L	Behind the bridge
5	1.4	0.7	1.4	0.7	1.4	0.7	T	L	
6	3.1	1.7	3.1	1.7	3.1	1.7	T	R	Follow green cycle sign → Westerkappeln
7	3.6	0.5	3.6	0.5	3.6	0.5	T	R	After railway crossing
8	3.7	0.1	3.7	0.1	3.7	0.1	T	L	Follow red cycle sign
9	3.9	0.2	3.9	0.2	3.9	0.2	X	L	Follow red cycle sign
10	4.3	0.4	4.3	0.4	4.3	0.4	T	L	Follow red cycle sign
11	4.9	0.5	4.9	0.5	4.9	0.5	T	L	Follow red cycle sign
12	5.7	0.8	5.7	0.8	5.7	0.8	T	R	Follow red cycle sign
13	5.9	0.2	5.9	0.2	5.9	0.2	T	L	Follow red cycle sign
14	6.0	0.2	6.0	0.2	6.0	0.2	T	R	Follow red cycle sign
15	7.2	1.2	7.2	1.2	7.2	1.2	T	SO	After left bend, follow cycle sign → Westerkappeln
16	8.1	0.9	8.1	0.9	8.1	0.9	X	SO	Railway crossing
17	8.3	0.2	8.3	0.2	8.3	0.2			On the left: "Sloopsteine" = Bronze Age stone grave
18	8.7	0.4	8.7	0.4	8.7	0.4	X	R	Follow cycle sign → Westerkappeln
19	8.9	0.3	8.9	0.3	8.9	0.3			On the left: "Prairiee", swimming facilities
20	9.4		9.4	0.0	9.4	0.0	T	L	Before railway crossing
21	9.7	0.2	9.7	0.2	9.7	0.2	T	R	After railway crossing, towards the village sign "Westerkappeln"
22	10.7	1.1	10.7	1.1	10.7	1.1	T	L	Follow red cycle sign
23	11.2	0.5					T	SO	Railway crossing, pedestrian zone, "Bahnhofstr."
24									Historic town centre of Westerkappeln: cafés, ice-cream parlours, shops, etc.
25	11.3	0.1					T	L	"Große Str.", red cycle sign, (golden rabbit fountain)
26	11.5	0.2					X	L	Traffic lights, follow cycle sign → Lotte
27	11.9	0.4					X	R	Follow red cycle sign
28	12.8	0.9					T	R	Follow red cycle sign
29	13.4	0.6					T	SO	Some bends, follow red cycle sign
30	13.8	0.4					T	SO	Follow red cycle sign
31	15.6	1.8					X	R	"Düter Str.", leave cycle route, (200 m SO "Treckermuseum" = tractor museum)
32	16.9	1.3					T	L	
33	17.1	0.2					T	R	Follow main road
34	17.6	0.5					T	L	"Fuchsgrabenweg"
35	18.3	0.7					T	R	Follow red cycle sign
36	19.3	1.0					T	L	Follow red cycle sign
37	19.4	0.1					T	R	Follow red cycle sign
38	19.7	0.3					T	L	Follow red cycle sign
39	19.9	0.2					T	R	Follow red cycle sign
40	20.2	0.3					T	R	Follow red cycle sign, cross under railway
41	20.3	0.1					T	R	Follow red cycle sign

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
42	20.9	0.6					T	SO	Follow red cycle sign
43	22.1	1.2					T	R	Follow red cycle sign, cross railway
44	22.2	0.1					T	L	Follow red cycle sign
45	24.0	1.8					T	L	Follow red cycle sign, cross railway "Fuchsweg", → Tecklenburg
46	26.2	2.2					T	R	Don't follow red cycle sign
47	26.3	0.1					T	L	Village Ledde
48	26.5	0.2					T	R	"Sundernstr."
49	28.1	1.6							Swimming facility
50	28.2	0.1					T	L	"Steinstr."
51	28.4	0.2					T	R	Through the gate into the park
52	28.8	0.4							Through the gate, TL, TR, follow "Jahnstr."
53	29.0	0.2							Village Tecklenburg, (TR for market square and castle ruin)
54	29.0	0.0					T	L	"Landrat-Schultz-Str."
55	29.1	0.1					T	L	"Pagenstr.", (bakery)
56			11.2	0.5	11.2		T	R	After railway follow yellow sign → Mettingen "Alte Poststr." (SO historic town centre of Westerkappeln: cafés, ice-cream parlours, shops, etc.)
57			11.5	0.3	11.5	0.3	T	R	Follow yellow sign → Recke
58			12.3	0.8	12.3	0.8	T	L	Follow red cycle sign "Alte Mühle". After about 500 m: mind the 3 road drains!
59			13.1	0.8	13.1	0.8	T	L	Follow red cycle sign
60			13.6	0.4	13.6	0.4	Y	R	Follow red cycle sign "Am Sundern"
61			13.6	0.1	13.6	0.1	T	L	Follow red cycle sign before rail crossing
62			13.8	0.2	13.8	0.2	X	SO	Cross main road
63			14.1	0.3	14.1	0.3	T	R	Follow red cycle sign
64			15.0	0.9	15.0	0.9	T	R	Follow red cycle sign, bear right
65			15.3	0.3	15.3	0.3	X	L	Follow red cycle sign onto main road
66			15.9	0.6	15.9	0.6	T	L	Follow red cycle sign → Mettingen
67			16.0	0.2	16.0	0.2	T	R	Follow red cycle sign
68			16.8	0.7	16.8	0.7	X	SO	Follow red cycle sign "Am Stern"
69			18.0	1.2	18.0	1.2	X	R	Follow red cycle sign onto main road
70			18.7	0.7	18.7	0.7	T	L	Follow red cycle sign "Mittelweg"
71			19.1	0.4	19.1	0.4	T	R	Follow red cycle sign
72			19.3	0.2	19.3	0.2	T	R	Follow red cycle sign "Papiermühlenweg"
73			19.5	0.2	19.5	0.2	T	L	Follow red cycle sign "Muckhorster Weg"
74			19.6	0.1	19.6	0.1		SO	Leave road and turn onto red path, don't follow road to the left
75			20.0	0.4	20.0	0.4	X	SO	Follow red cycle sign
76			20.3	0.2	20.3	0.7	X	SO	Follow white sign → Ortsmitte "Landrat-Schultz-Str."
77			20.5	0.2	20.5	0.2	T	L	Follow red cycle sign → Ibbenbüren (on the right: historic town centre of Mettingen: ice-cream parlour, cafés, shops, etc.)
78			20.6	0.1	20.6	0.1	T	SO	Follow red cycle sign "Teichstr."
79			20.8	0.2	20.8	0.2	Y	L	Follow red cycle sign "Teichstr."
80			21.0	0.2	21.0	0.2	Y	R	Follow red cycle sign "Köllbachweg"

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
81			22.1	1.1	22.1	1.3	X	L	Follow red cycle sign
82			22.3	0.2	22.3	0.2	T	R	Follow red cycle sign "Richardweg"
83			22.7	0.4	22.7	0.4	X	SO	Follow red cycle sign "Richardweg"
84			23.5	0.7	23.5	1.2	X	SO	Follow red cycle sign → Laggenbeck
85			24.2	0.7	24.2	0.7	X	SO	Cross main road and follow red cycle sign "Bismarckweg"
86			25.4	1.2	25.4	1.2	X	SO	Follow red cycle sign → Laggenbeck, keep on following red cycle sign, don't ride SO into dead-end street. Be careful: bumpy descent!
87			25.6	0.3	25.6	1.4	Y	R	Follow red cycle sign, bear right
88			25.9	0.3	25.9	0.3	X	SO	Cross main road "Brüder-Grimm-Str."
89			26.2	0.3	26.2	0.3	X	R	Don't follow red cycle sign, but TR into "Ottenweg"
90			26.6	0.4	26.6	0.4	T	R	at railroad tracks
91			27.3	0.7	27.3	0.7	T	L	Cross under railway bridge
92			27.4	0.1	27.4	0.1	T	R	"Wieskebrook"
93			28.6	1.1	28.6	1.1	X	SO	Follow red cycle sign and cross main road "Wilhelmstr."
94			29.0	0.4	29.0	0.4	T	L	Follow white sign → Sportzentrum "Am Sportzentrum"
95			29.2	0.2	29.2	0.2	T	R	Follow red cycle sign
96			29.3	0.2	29.3	0.2	T	L	Follow red cycle sign
97			29.6	0.2	29.6	0.2	X	R	Follow red cycle sign after barrier, cross carpark
98			29.7	0.1	29.7	0.1	T	L	Cross over bridge
99			29.9	0.2	29.9	0.2	T	R	Follow red cycle sign → Hörstel. After 300 m Lake Aasee with nice picnic area and café
100			30.1	0.2	30.1	0.2	Y	R	Follow red cycle sign → Hörstel, along the lake
101			31.2	1.1	31.2	1.1	X	SO	Follow red cycle sign → Hörstel
102			31.3	0.1	31.3	1.4	T	L	Follow red cycle signs by crossing the main roads "Münsterstr." and "Werthmühlenstr." (2 traffic lights), enter cycle/foot path (blue sign) opposite to carwash, ride along the sports fields
103			31.8	0.5	31.8	0.5	Y	L	Follow red cycle sign
104			32.0	0.2			X	L	"Groner Allee"
105			32.5	0.6			X	SO	Cross main road, follow green sign → Kriegsgräberstätte, "Groner Allee"
106			33.2	0.7			T	L	"Trüsseldiek", past "Hotel-Café Nüse"
107			33.8	0.7			T	L	Follow red cycle sign
108			34.0	0.2			X	SO	Follow red cycle sign → Brochterbeck and cross main road "Lehener Esch"
109			34.4	0.4			T	SO	
110			35.1	0.7			T	SO	Follow red cycle sign → Brochterbeck
111			35.9	0.8			T	R	Follow red cycle sign
112			36.5	0.6			T	SO	Don't follow red cycle sign, cross railway
113			37.0	0.5			X	R	Follow yellow sign → Brochterbeck "Im Bocketal"
114			38.7	1.7				SO	Caution: diagonal railtracks (2x)! Take care!
115			38.9	0.2			X	R	"Dorfstr.", opposite to "Teutoburger Waldcafé"
116			39.4	0.4			T	L	Follow red cycle sign past the church, follow the red cycle sign again right after the church → Ladbergen

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
117			39.7	0.4			T	SO	Route continues SO. TR "Am Mühlenteich" to have a break in Brochterbeck: church pond, mill wheel, "Café/Ice-cream parlour Florida" (opens from 13.30 h)
118			39.9	0.1			X	SO	Follow red cycle sign "Niederdorfer Str."
119			40.1	0.2			T	L	Follow red cycle sign → Lengerich
120			40.4	0.3			T	R	Follow red cycle sign "Up de Ruer"
121			40.8	0.4			T	R	Follow red cycle sign "Up de Ruer"
122			41.8	1.0			T	R	Follow red cycle sign
123			42.1	0.3			T	L	Follow red cycle sign "Wallen-Lienen"
124			42.7	0.6			T	L	"Am Steinhügelgrab"
125			43.4	0.7			X	SO	Follow red cycle sign
126			43.8	0.4			X	L	Follow red cycle sign
127			44.3	0.5			X	L	Don't follow red cycle sign, but yellow sign → Tecklenburg
128			44.4	0.1			O	SO	Follow yellow sign → Tecklenburg (on the left "Bioland Hof Hülshof", goat yard, a little bit later on the right: "Bistro-Restaurant Fabula")
129			46.6	2.2			T	R	Follow red cycle sign "Bahnhofstr.", white sign → Altstadt
130			46.9	0.3			T	L	Follow yellow sign → Lotte "Lengericher Str."
131			47.0	0.1			T	SO	Into dead-end street "Landrat-Schultz-Str.". Tecklenburg: historic town centre with timbered houses, cafés, restaurants, shops. After visit turn back to continue route.
132			47.1	0.1			T	L	"Pagenstr." (bakery)
133					32.0	0.2	X	SO	"An der Aa"
134					32.6	0.6	T	L	"Eichengrund"
135					33.0	0.5	Y	L	Follow red cycle sign into cycle path passing red/white barrier bars
136					33.2	0.2	T	L	Cross main road and TL following red cycle sign
137					33.3	0.1	T	R	Follow red cycle sign → Hörstel
138					34.6	1.3	X	SO	Cross main road
139					35.3	0.7	X	SO	Cross main road
140					36.6	1.4	T	L	
141					36.7	0.0	T	R	Follow red cycle sign → Hörstel
142					38.2	1.5	X	SO	Follow red cycle sign → Hörstel, cross main road
143					38.8	0.6	X	L	Follow red cycle sign → Hörstel
144					39.1	0.4	X	SO	Follow red cycle sign → Bevergern "Klosterstr.", TL after bridge
145					39.2	0.1		SO	At pond: on the right ancient convent with café-restaurant "Klostercafé Gravenhorst", art exhibition room and church. "Seecafé" on the other side of the road. Continue route SO.
146					39.4	0.2	T	L	Follow red cycle sign
147					39.5	0.1	T	R	Follow red cycle sign
148					39.7	0.2	Y	R	Follow red cycle sign
149					39.8	0.1		SO	Follow field path
150					40.5	0.7	T	R	Follow red cycle sign back to road
151					42.1	1.6	T	L	Follow red cycle sign onto main road
152					42.2	0.1	X	R	Follow red cycle sign "Bergeshöveder Str."

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
153					42.5	0.2	T	L	Follow red cycle sign or white sign → Nasses Dreieck
154					42.9	0.5	T	L	Follow red cycle sign or white sign → Nasses Dreieck "Am Hafen"
155					43.1	0.1		SO	"Nasses Dreieck" (= "Wet Triangle"), café with terrace on left hand side. Continue route by crossing over bridge.
156					43.1	0.1		L	After bridge, then bear right: mind the barrier!
157					43.2	0.1	T	R	Back to road
158					43.4	0.2	T	L	After "Gaststätte Hagel-Jansen"
159					43.5	0.1	T	L	
160					44.7	1.1	X	SO	Then bear left and ride along canal, cross under red canal bridge
161					45.3	0.7	T	L	Follow yellow sign → Riesenbeck
162					46.1	0.7	O	L	Don't take the 1st, but the 2nd entrance to "Händelstr."
163					46.1	0.1	T	R	Follow red cycle sign "Klippstr."
164					46.3	0.2	T	L	Follow red cycle sign, cross over bridge
165					46.4	0.1	T	R	Follow red cycle sign → Tecklenburg "Im Vogelsang"
166					46.5	0.1	O	R	Follow red cycle sign "Im Lerchengrund"
167					47.3	0.8	X	SO	Follow red cycle sign "Im Lerchengrund"
168					48.5	1.3	T	R	Follow red cycle sign "Kaisereistr."
169					48.8	0.3	X	L	Follow red cycle sign "Alte Birgter Str."
170					49.5	0.7	T	R	Through red-white barriers, along canal to blue-green bridge
171					50.3	0.8	Y	L	At landing stage leave canal back to road through red-white barriers
172					51.4	1.1	Y	SO	Follow red cycle sign → Brochterbeck, past the cross on island on the left and follow road SO on "Löchtweg"
173					52.5	1.1	X	SO	Follow red cycle sign → Tecklenburg, cross main road and turn into "Brochterbecker Str."
174					53.3	0.8	Y	R	Follow road, don't follow cycle path SO
175					56.3	3.0	O	SO	Follow yellow sign → Tecklenburg "Dörenther Str."
176					56.6	0.3	T	L	Follow white sign → "Dorfkrug" (= inn on the right) "Moorstr."
177					56.7	0.1	T	R	Follow red cycle sign → Ladbergen "Am Mühlenteich". Brochterbeck: church pond, mill wheel, "Cafe/Ice-cream parlour Florida" (opens from 13.30 h)
178					56.8	0.1	T	R	
179					56.9	0.1	X	SO	Follow red cycle sign "Niederdorfer Str."
180					57.2	0.2	T	L	Follow red cycle sign "Hakenstr."
181					57.5	0.3	T	R	Follow red cycle sign "Up de Ruer"
182					57.8	0.4	T	R	Follow red cycle sign "Up de Ruer"
183					58.9	1.0	T	R	Follow red cycle sign
184					59.2	0.3	T	L	Follow red cycle sign "Wallen-Lienen"
185					59.7	0.6	Y	L	"Am Steinhügelgrab"
186					60.4	0.7	X	SO	Follow red cycle sign

Nr.	short		medium		long				hint
	km	Δkm	km	Δkm	km	Δkm			
187					60.8	0.4	X	L	Follow red cycle sign
188					61.3	0.5	X	L	Don't follow red cycle sign, but yellow sign → Tecklenburg
189					61.5	0.1	O	SO	Follow yellow sign → Tecklenburg (on the left "Bioland Hof Hülshof", goat yard, a little bit later on the right: "Bistro-Restaurant Fabula")
190					63.6	2.2	T	R	Follow red cycle sign "Bahnhofstr.", white sign → Altstadt
191					64.0	0.3	T	L	Follow yellow sign → Lotte "Lengericher Str."
192					64.0	0.1	T	SO	Into dead-end street "Landrat-Schultz-Str.". Tecklenburg: historic town centre with timbered houses, cafés, restaurants, shops. After visit turn back to continue route.
193					64.1	0.1	T	L	"Pagenstr." (bakery)
194	30.1	1.0	48.1	1.0	65.1	1.0	T	R	"Grafenstr.", follow red cycle sign after bus stop while riding downhill
195	33.3	3.2	51.3	3.2	68.3	3.2	X	SO	"Grafenstr.", don't follow red cycle sign
196	35.5	2.2	53.5	2.2	70.5	2.2	X	L	"Lotter Str.", follow red cycle sign → Tecklenburg, after 30 m don't follow red cycle sign, go SO
197	37.9	2.4	55.9	2.4	72.9	2.4	X	L	Follow yellow sign → Velpe
198	38.0	0.1	56.0	0.1	73.0	0.1	T	R	"Münsterstr.", follow red cycle sign
199	38.2	0.2	56.2	0.2	73.2	0.2	T	L	"Am Hagenberg", follow red cycle sign
200			57.3				X	SO	"Osterberger Str."
201	40.2	2.0	58.2	2.0	75.2	2.0	T	R	Follow red cycle sign to main road, TL and follow main road to village Lotte
202	41.3	1.1	59.3	1.1	76.3	1.1	O	SO	2 <sup>nd</sup> exit, follow red cycle sign
203	41.4	0.1	59.4	0.1	76.4	0.1	O	R	1st exit "Bahnhofstr.", don't follow red cycle sign (if you need a playground stop, TL into "Cappelner Str.", playground after 200 m)
204	42.0	0.6	60.0	0.6	77.0	0.6	T	SO	"Bahnhofstr."
205	42.6	0.6	60.6	0.6	77.6	0.6	X	R	"Friesenring"
206	43.0	0.4	61.0	0.4	78.0	0.4	X	L	"Saerbecker Damm"
207	43.4	0.4	61.4	0.4	78.4	0.4	T	R	"Am Kronrenpohl"
208	43.8	0.4	61.8	0.4	78.8	0.4	T	L	"Hehekamp"
209	44.3	0.5	62.3	0.5	79.3	0.5	T	R	"Bahnhofstr."
210	44.9	0.6	62.9	0.6	79.9	0.6	T	L	"Birkenallee" (disregard green cycle signs)
211	45.1	0.2	63.1	0.2	80.1	0.2	T	SO	"Eikesberg", some bends, stay on the road
212	46.3	1.2	64.3	1.2	81.3	1.2			Cross railway
213	46.4	0.1	64.4	0.1	81.4	0.1	T	R	"Prof.-Porsche-Str."
214	47.0	0.6	65.0	0.6	82.0	0.6	X	SO	"Atterstr."
215	48.1	1.1	66.1	1.1	83.1	1.1	T	RL	After motorway bridge, cross railway, then TL "Mühlengrund"
216	49.5	1.4	67.5	1.4	84.5	1.4	X	L	"K15"
217	51.0	1.5	69.0	1.5	86.0	1.5	T	R	"Achmerstr."
218	51.4	0.4	69.4	0.4	86.4	0.4	T	R	Cross railway, green cycle sign
219	52.3	0.9	70.3	0.9	87.3	0.9	X	L	"Dörnter Weg", green cycle sign
220	53.5	1.2	71.5	1.2	88.5	1.2	X	SO	"Penter Str."
221	54.0	0.5	72.0	0.5	89.0	0.5	T	L	"Neulandstr."
222	54.7	0.7	72.7	0.7	89.7	0.7			Welcome back to campsite!