

HBK 2006 Route and Notes for Participants

Großhansdorf (Start: 12.08.06 / 05:00 hrs) – **Nauen** (270 km / End: 13.08 / 03:27 hrs)

The start will take place at the town hall of Großhansdorf, the route leading south-east through slightly wavy terrain. The new ICE railway line Hamburg Berlin divided **Schwarzenbek** (approx. km 31). Our route is an underpass, combined for pedestrians and cyclists, and one has to take good care not to lose the direction once in town. In **Lauenburg** (km 49) the river Elbe is reached. From now on, the route follows the river on the north-eastern side.

Behind Lauenburg, the former border is crossed. The cycle path along the B5 leads over the hills to **Boitzenburg** (km 61) [right at town entry / border museum]. The further route through the valley of the river Elbe is plane and fairly lonesome. The next opportunity for a meal is no sooner than **Dömitz** (km 115). The route continues plane and lonesome. When reaching **Lütkenwisch** (km 145), the route continues on the bank of the Elbe.

At the entry of **Wittenberge** (km 157), there is a shopping centre incl. a McDo. A little further there are two petrol stations. You are free to choose in Wittenberge where you wish to clock in.

Two km behind **KleinLüben** (km 174) please be careful, the route leaves the road on the right towards a country lane. At **Havelberg** (km 199), the Elbe bends southwards, but the route continues in south-eastern direction along the Havel. On the hills behind **Rhinow** (km 224), the first pilot (Otto Lilienthal) attempted his first flights. In **Friesack** (km 242), the B5 is crossed. The rest of the way to the checkpoint Nauen leads over a cycle road as of **Berge** (km 264).

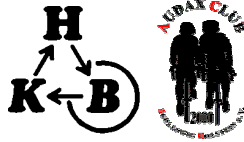
The check in **Nauen** (km 270) is situated at the western entry of the town, close to a shopping centre and is carried out by our own helpers. There is not much more than an open hatchback and a folding table.

Nauen – Ditfurt (460 km / End 13.08 19:21 hrs)

Nauen is the vertex of the track and closest to Berlin (approx. 25 km to Berlin Spandau). From here, the general direction is southwest. Up to **Ketzin** (km 16), there are several towns with paved cycle paths. Great care is also to be taken in **Brandenburg an der Havel** (km 40), you will have to cope with cobbled streets with tramway rails.

Next clock-in is behind **Ziesar** at the **Autohof Schoppsdorf** (km 74). Here, the cyclist will find practically anything he may need in terms of a meal.

The route then continues through **Lohburg** (km 95) and **Leitzkau** (km 106). Close to **Schönebeck** (km 130), you will finally cross the river Elbe. Passing through **Athensleben** (km 159), you will be treated to choice, impressive pavement. „Refuelling“ could take place at the B180 at the entry to **Schneidlingen** (km 165). The ascending slope of the hill behind **Cochstedt** (km 168) will be felt remarkably. At the museum of local history in **Ditfurt** (km 191), meals and beds are to be had (catering by our own helpers).



Note:

We take it that Großhansdorf - Ditfurt is cycled in one go. This part is even, but for a few exemptions.

Ditfurt – Messinghausen (737 km / End 14.08.06 18:27 hrs)

Passing through the World Heritage Site **Quedlinburg** (km 7), the Harz is to be crossed. There are opportunities to take meals in **Hasselfelde** (km 49), **Hohegeiß** (km 64) and **Walkenried** (km 75). By the way, at Hohegeiß you will cross the former German/German border. The slope down to Walkenried is steep, and the road is bad.

Behind Walkenried, there are a few waves in the terrain, after that the track will be even until **Katlenburg** (km 126). Following that, you will have to cycle upwards to be then rewarded by the slope down to the river Leine. Checkpoint is a 24-hours petrol station in **Lütgenrode** (km 147)

You will cross the Weser at **Gieselwerder** (km 184). The river in its valley, mountains to your left and right, you will have a little of everything on this part of the route. Behind **Hofgeismar** (km 204), you will go up and down the Galgenberg, past the Klingenburg to **Warburg** (km 225). Here, the track leads through the centre of the city and down to the river Diemel. If you follow the signposted cycle path, you will automatically reach **Germete** 231. Through **Rhoden** (km 240), **Canstein** (km 253) and **Bredelar** (km 268), the route leads to **Messinghausen** (km 277).

The clubhouse is situated on a slope in the village (fairly high and fairly steep). There are a few helpers at the checkpoint. You will also find the luggage here, in addition to meals and lodging. What more do you want!

Note:

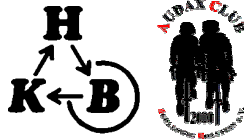
The section Ditfurt-Messinghausen is very hilly, we therefore presume that the participants will stay here overnight to rest for Messinghausen-Messinghausen.

Messinghausen - Rösrath (936 km / End 15.08.06 11:04 hrs)

Up to **Brilon Wald** (km 12), the path is almost even, but for next stretch after that consists of ups and downs. Behind **Bödefeld** (km 37), there are also some skiing regions. However, there won't be any snow in August! For all that, we will rise here to more than 600 m. In **Bad Fredeburg** (km50), you have to turn off at the market place. The area is called „Rothaargebirge“, and passing through it on a bike is really feels like mountains, too.

Please be careful in **Herzhausen**(km 98). In a slight descent, there is a narrow street to your right, leading upwards (a short stretch at 12 %), then down to **Unglingshausen**, once more up and down, and you've made it to the checkpoint at **Kreuztal Buschhütten** (km 107 / petrol station).

You will have to cope with various ascending slopes before you reach **Freudenberg** (km120 / McDo at the motorway). After that, the route will become somewhat easier. Only part of a through road before **Waldbröhl** (km 153) will be a little difficult. Up to **Overath** (km 186), things will go fairly



smoothly. Then, you will have to go up a slope, followed by an even stretch along the ridge. In good weather, you'll be able to see the cathedral of Cologne at the horizon.

The downwards to **Rösrath** (km 200). Checkpoint is at the castle Schloß Eulenbroich, where you will be met by our own helpers. Food and lodging are possible to a restricted extent.

Note:

Messinghausen-Rösrath is not to be underestimated. Take care you pace yourselves to be able to go on.

Rösrath - Messinghausen (1116 km / End 16.08.06 02:02 hrs)

Up to **Lindlar** (km 22), the route will lead lightly upwards, but also the way back to Messinghausen isn't really even. On the way to the checkpoint **Finntrop** (km 90), there are several dams to be seen, the largest probably being the Biggeseesee.

As of **Rimberg** km (133), the route is known from getting there. Also the slope up to the clubhouse **Messinghausen** (km 180) will still be there.

Note:

In case you should arrive in Finntrop between 22.00 hrs and 06.00 hrs, please note your own time. We resume the distance Messinghausen-Messinghausen is cycled in one go.

Messinghausen - Lindern (1312 km / End 16.08.06 18:24 hrs)

Rested and well fed you will leave Messinghausen to cross yet another hill. Once that is done, one might say „Up north and then straight on“. The route up to **Bergkirchen** (km 129) is not absolutely even, but nothing compared to the Rothaargebirge. The intermediate check is planned in **Bad Salzuflen** (km 109 / petrol station or free choice).

After **Bergkirchen** the route will be plain and lonesome. Please watches out your bottles are well filled.

At the station of the fire department in **Lindern** (km 197) we organize food and lodging.

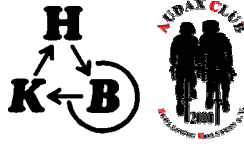
Note:

We suppose, that you will take the opportunity to use the overnight stay in Lindern even if you are only 200 kilometers away from the aim.

Lindern – Großhansdorf (1527 km / End 17.08.06 12:20 hrs)

The distance up to the checkpoint close to **Verden** (km 54 / filling station) is easy going. Following the river Weser you will find the necessary infrastructure (shops, bathrooms).

After crossing the small river Aller you need to pay special attention while driving through the town Verden. After passing the **Scharnhorst** air field (km 60) you will find mostly nature and landscape ahead of you. The next checkpoint you will find next to the motorway exit **Winsen** (km 159 / petrol station + McDo).



We chose a beautiful, quite stretch of road parallel to the main road to the bridge crossing the Elbe at **Geesthacht** (km 175). If you got lost, go in the direction of Geesthacht.

After you have left the Elbe bridge behind, you will drive several kilometers through Hamburg territory. After leaving the B5 (km 183) the road is close for cyclists. Please use the pedestrian walkway where you find a bicycle pass up to hill. Then you will cycle through the Sachsenwald forest and soon you are back in **Großhansdorf** (km 215).

Note:

This part of the route is mostly flat with a few low hills. The short incline at Escheburg, however, would hurt a little. Between Verden and Winsen you nearly won't find any infrastructure.

General Note:

The Audax Club will organize the transport of the luggage from Großhansdorf – Messinghausen and back.

We will watch over your luggage, however, we cannot give a guarantee in case of lost items.

Every participant is driving at his own risk and is accountable for his own welfare and costs.

The organizers will not accept liabilities of any kind.

In general, you must use the bicycle paths. You will find the bicycle paths identified on the road map.