## Cycling route Bad Arolsen 'R1'

(approx. 20 km)

## Easy cycling round trip around Bad Arolsen, only one steep uphill stretch at the beginning of the final third of the route.

The cycling route starts at the Bad Arolsen train station, then follows Prof.-Bier-Straße into the suburb of Helsen.

After a slight uphill stretch, turn right into Mühlenweg. When the road forks for the second time, take the right-hand fork. Stay on the dirt road that runs parallel to the train tracks in the direction of the Fischhaus cafe. Keep right and then shortly after, turn left towards Wetterburger Straße.

Turn left and stay on Wetterburger Straße for about 15 metres, then turn right into Remmeker Feld, a residential area. Keep left and follow Remmeker Ring about half way, then turn right onto the dirt road (dirt road after intersection of Remmeker Ring and Arolser Holz). Continue on this road uphill and pass the nine-hole golf course. After the underpass, the road continues downhill to the Strandbad Twistsee, a lakeside lido. At the bottom of the hill, follow the path that runs around the lake. At the next crossroads, leave the lakeside path and go straight through the underpass.

This path leads to the suburb of Braunsen. Continue on Kreisstraße 8 towards Korbach. After about 2 km, turn right onto the dirt road towards the Kappelmühle mill. This dirt road joins the Kreisstraße again. Continue uphill on Kreisstraße. On top of the hill, continue straight for a short while downhill. Go through the underpass and then continue for a slight uphill stretch. At the crossroads, turn right and pass the company premises of HEWI.

Continue straight and arrive in Mengeringhausen with its half-timbered houses. Turn right on Freundegrund and enter the old town. Pass the old town hall and the protestant church through the streets Freundegrund, Marktstraße and Obere Torstraße towards Landstraße. Keep right and take this road. After the crossroads with traffic lights and the traffic roundabout, the train station is on your left. This was the starting point of this cycling route.

