





# **10th 3-Nations BMX-Cup Ahnatal**

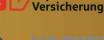
We would like to say thank you to all sponsors and supporters for the years of trust in our voluntary work.





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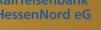




















Opening speeches and flag-ceremony Saturday II:00 - II:30 AM



Small Fireworks Saturday 10:00 - 10:10 PM on the Track!



BMX After-Race-Party with DJ in the Staturday

from 7:00 PM Presented by Pizza Cavallino Tel.: 0172/3811930









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# **GREETINGS FROM THE REGIERUNGSPRÄSIDENT KASSEL:**

Dear athletes, dear helpers of RSC Weimar-Ahnatal, dear BMX enthusiasts,

as the Regierungspräsident of the Regierungspräsidium Kassel, I am pleased to welcome you all to the 3-Nations BMX-Cup, organized by RSC Weimar-Ahnatal.

With over 800 participants per day from Belgium, the Netherlands and Germany, this event showcases the international significance of BMX sports. The BMX-Arena-Ahnatal and its events are a sporting highlight in our region NordOstHessen. I would like to congratulate the RSC Weimar-Ahnatal on the 10th anniversary of the 3-Nations BMX-Cup.

The establishment of the BMX-Arena with so much volunteer commitment is exemplary of the unity and enthusiasm that is lived in sports.

I would like to express my deepest thanks to all helpers and supporters, represented by Carsten Rövenstrunk, as without their commitment, an event of this magnitude would not be possible.

I wish all participants exciting competitions, fair encounters, and unforgettable moments at the BMX-Arena-Ahnatal. May the 3-Nations-Cup be an event that remains in memory for a long time and strengthens the unity of nations in Europe and in sports.

Best regards,

Mark Weinmeister

Regierungspräsident



Mark Weinmeister Regierungspräsident









# A LITTLE HISTORY OF AHNATAL:



The municipality of Ahnatal was created within the framework of municipal reform in Hessen on 1st August 1972 by the merger of the villages of Weimar and Heckershausen.

Since that time Ahnatal experienced a steady upswing. Ahnatal is today an interesting and popular, through a variety of clubs, associations and public institutions distinct residential community in the direct surroundings of the city

of Kassel, at the edge of the nature park "Hawk Forest" between Dörnberg and Stahlberg.

Ahnatal far has a millennial history. You can even assume that people here have already lived in the 4th century before Christ's birth. Finds from this period are testimony.

# **GREETINGS FROM THE MAYOR OF AHNATAL:**

Dear cycling friends, Ladies and Gentlemen, dear guests,

the 10th anniversary of the 3-Nations BMX Cup in Ahnatal – I would like to warmly congratulate you on this anniversary on behalf of the community of Ahnatal.

Our beautiful Ahnatal is located in the middle of the fairytale land of the Brothers Grimm and is surrounded by the Habichtswald Nature Park. However, it's not just the surrounding area that has a lot to offer, our community too! We owe this to our active clubs and associations, who plan and organize numerous offers and events.

I would like to thank those responsible for the cycling club Weimar-Ahnatal e.V. and the many helpers for organizing the 10th 3-Nations BMX Cup and I look forward to an outstanding sporting event.

I wish the athletes fair, injury-free competitions and the visitors exciting entertainment.

I hope that we will be able to welcome athletes, guests from near and far and interested citizens of Ahnatal here at the BMX facility of the Radsport Club Weimar-Ahnatal e.V. for many more years to come.

Here's to the next 10 years of the 3-Nations BMX Cup in Ahnatal!



**Stephan Hänes** Mayor of Ahnatal











# THE IDEA "3-Nations BMX-Cup":

"We want to create a racing series for young BMX riders where they can gain initial experience in preparation for further international competitions. Particularly for young riders, it was important not to scare parents away with a lot of travel effort.

Driving the racing series should be possible without much effort for the parents and should not frustrate the young beginner riders too much by having to compete with the many best drivers from all over Europe.

It should be an international entry-level racing series! At the same time it should also be a training race series for juniors, U23 and elite riders.

For this reason, the idea was to run the races at locations where the races could theoretically be held on one day with arrival and departure. This means a maximum radius of 400 km. This was only possible with the countries of Belgium, the Netherlands and the neighboring regions of Germany. That's why Ahnatal was the perfect venue because it meets the requirements of the track, has committed members and is geographically optimal.

I am pleased to hear that the 3-Nations BMX Cup is still being run, i hope that it has done justice to the idea and serves as an international entry-level series for young riders from B, NL and D."



**Francisco-Javier Bähr** Inventor of the 3-Nations BMX-Cup

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# DEAR GUESTS, WELCOME TO AHNATAL, KASSEL AND HESSE!

We are very proud and excited, to welcome all athletes, teams, officials and spectators to our international "3-Nations BMX-Cup 2024" Race in Ahnatal, in the middle of Germany!

The "3-Nations BMX Cup" is one of the biggest BMX Racing Series in Europe and it will be held for the 10th time in Ahnatal!

The 3-Nations Cup is therefore attractive for junior and elite riders. Some top teams and riders have already confirmed their attendance at the 3-Nations cup events in 2024. We look forward to welcoming them and watching some exciting racing from some of the world's best riders alongside the exciting racing offered by the younger age classes.

We would like to thank you athletes, parents, carers and coaches from the bottom of our hearts for your 10 years of loyalty. Your support and enthusiasm have made the event an unforgettable experience over the years. Without you, the 3-Nations BMX Cup wouldn't be what it is today.

A special thank you also goes to the municipality of Ahnatal for providing the infrastructure and to the German Red Cross / Ahnatal local association for their consistently highly professional efforts! A big thank you also goes to the sponsors of the RSC Weimar-Ahnatal e.V.! Without your support the event would not be possible!

We look forward to experiencing exciting races and great moments with you in the coming years. Thank you for your commitment and passion for BMX sports!

Best regards, the team of the 3-Nations BMX-Cup in Ahnatal



Carsten Rövenstrunk President RSC-Weimar-Ahnatal







# **GENERAL RULES:**

The UCI regulations, in particular Title 6, Racing regulations BMX in the last published edition, are applicable to the 3-Nations-Cup.

# FRONT- AND SIDEPLATES:

The front- and side-plates are provided by the organizing committee of the 3 Nations Cup in 2024. The plates will only be provided once and are therefore to be used during all three races which form part of the 3 Nations Cup. In case the plates are no longer usable due to damaging or faded print, the rider is responsible to purchase a new set of plates against a fee of  $\in$  10,00. In case of a rider not using the provided plates during races or training sessions for the 3 Nations Cup, the rider will not be included in the results and will therefore receive a DNS as result. In case a rider is seen without an official plate during training sessions, he or she will receive an official warning; a subsequent offence will result in disqualification from the event. The plates will be provided to the riders by the national team manager or Chef d' equipes of each country on registration at the races.

# **CATEGORIES:**

#### Saturday

Cruisers Men: 13/16, 17/29, 30/49 and 50+ Cruiser Women: 13+ Girls 8-. 9/10, 11/12, 13/14, 15/16 Boys 8-, 9/10, 11/12, 13/14, 15/16

# Sunday

Girls 8-, 9/10, 11/12, 13/14 Boys 8-, 9/10, 11/12, 13/14 Girls 15/16, Boys 15/16 Women 17+, Men 17+ Junior Women, Junior Men U23 Women, U23 Men Elite Women, Elite Men

#### **RACES 2024:**

In 2024, the races will be held on the following days and locations:

# Ahnatal (D): 28. June – 30. June 2024 Peer (B): 30. August – 1. September 2024 Uithoorn (NL): 20. September – 22. September 2024

On Saturday, only riders with a Belgian, German or Dutch racing license can register. On Sunday, the race is classified as C1 and registration will take place according to the regulations of the UCI.

# **REGISTRATION:**

The 3-Nations introduces a new pre-registration procedure/platform. Please find the registration platform via this link: <u>https://registration.jstiming.com</u>



Anyone with UCI-ID can create an account and register for 3-Nation races. (please note, one account per email address).

Individual riders can create a personal account with their UCI-ID.

Parents/guardians of youth riders can create a 'family account' based on a rider's UCI-ID. A maximum of 5 riders can be registered with this account.

After registration/cancellation you receive a confirmation mail from JSTiming.

If you already have an account on this portal, you can use your existing account.

Event	Event	Registration	Registration	Late entry	Cancel
	Date	Open	Close	Close	Close
R1 Ahnatal GER	29-06-2024	15-05-2024	12-06-2024	24-06-2024	24-06-2024
R2 Ahnatal GER	30-06-2024	15-05-2024	12-06-2024	24-06-2024	24-06-2024
R3 Peer BEL	31-08-2024	17-06-2024	14-08-2024	26-08-2024	26-08-2024
R4 Peer BEL	01-09-2024	17-06-2024	14-08-2024	26-08-2024	26-08-2024
R5 Uithoorn NL	21-09-2024	17-06-2024	04-09-2024	16-09-2024	16-09-2024
R6 Uithoorn NL	22-09-2024	17-06-2024	04-09-2024	16-09-2024	16-09-2024

It is possible to enter after Late entry Close on spot at the Chef de Equipes, double fees applying! After the Cancel Close deadline there will be no refund of the paid registration money.

When during pre-registration there are less than five riders for a category, the category concerned will be combined with the next older category. Exception the Cruiser categories of 30 years and older. They will be combined with the first younger category.

In addition to registering online, all riders (with exception of the challenge riders who have a license issued by the Belgium, German or Dutch Federation) are able to register themselves on spot on the Sunday race (regular fees apply). Junior and elite riders with a license by the Belgium, German or Dutch Federation are allowed to register themselves on Sunday for the Sunday race (double fees apply).

# **ENTRY FEES:**

Challenge Classes Boys and Girls 8 and under – 14 years 17,00 €\* Challenge Classes Men and Women 17+ 17,00 €\* Cruisers 17,00 €\* Challenge Classes Boys and Girls 15/16 17,00 €\* Junior Women, Junior Men: 35,00 €\* U23 Women, U23 Men: 45,00 €\* Elite Women, Elite Men: 55,00 €\*

\*The above-mentioned numbers apply per day and category.

The entry fee excludes fees for; Late entry, Cancellation, National federation, Registration and Bank. These fees will be automatically added to your registration/cancellation.

# SIGN-ON:

Every rider is obliged to report to the team manager of their national federation. He/she will check the entry details and the rider will receive a wrist band. On the first race that a rider participates the riders receives a Number Plate and Side Plate which will be used on all the 3-











nations races of the season.

All riders who did not deregister before the deadline will receive their riders pack if they report their absence at the team manager or national federation on the day of the race. In case of illness or injury, the team manager has to be notified of the rider's absence. Riders who are injured during the training are obliged to deregister themselves directly after that training. Riders who will not have collected their wrist bands and plates will be unregistered by the team managers. Riders are obliged to wear the provided wrist bands. It is not possible to participate in races or training sessions without a wrist band.

# **RACE SCHEDULE:**

All races will be seeded according to the scrambled system.

#### **PRIZES AND AWARDS:**

For all Challenge Categories: Trophies for all 8 riders in the finals.

For all Championship Categories: Prize money as listed below per race, according to the 2024 UCI C1 schedule (except 1<sup>st</sup> place Category Junior) + category 15/16. If less than 9 rider participate in a race, the prize money will be reduced with 20% (UCI Financial Obligations BMX 2024 Page 10).

							15/16 boys	15/16 girls
							Only on	Only on
Ranking	Elite men	Elite women	U23 men	U23 women	Junior men	Junior women	sunday	sunday
1st	800€	800€	350€	350€	160 €	160€	100 + Prize	100 + Prize
2nd	400 €	400€	175€	175€	70€	70€	60 + Prize	60 + Prize
3rd	200€	200€	85€	85€	60€	60€	40 + Prize	40 + Prize
4th	175€	175€	75€	75€	50€	50€	Prize	Prize
5th	150€	150€	65€	65€	40€	40€	Prize	Prize
6th	125€	125€	55€	55€	30€	30€	Prize	Prize
7th	100€	100€	40€	40€	20€	20€	Prize	Prize
8th	75€	75€	35€	35€	10€	10€	Prize	Prize
Summary	2.025€	2.025€	880€	880€	440€	440€	200€	200 €

# **PRIZES FOR COMPETITION AFTER 6 RACES:**

After the last race of the 3 Nations Cup riders of each class the number 1, 2 and 3 with the highest points receive a medal. See attachment 1 for the schedule of the points. All 3 or 6 races count toward the final Prize. In case of equal points after 3 or 6 races, the last race will be decisive. In case of cancellation of 1 or more races, there is no prizing ceremony at the last competition!

#### **3-NATIONS-AWARD**

During the last race of the 3 Nations Cup, the country which has collected the highest number of points over all the 6 races of the 3 Nations Cup, will receive the 3 Nations Cup award. Only 12 riders who has collected the highest number of points of each country per race earn the

points for their country. In case of equal points after three races, the last race will be decisive and the country with most points from the last race will win the 3 Nations Cup award.









# TIME SCHEDULE FOR TRACKS WITH PRO-SECTION:

# Friday:

10:00 - 22.00	Opening of welcome desk for camping
18:00 - 19.30	Pickup wristbands and plates at chef d'équipe / Double-fee registration Challenge
19:00 - 19:45	Gate practice all Classes up to 12 years
	Gate practice all classes 13 years and over / Cruiser / Women Junior, U23 and Elite
20:00 - 20:45	(separate line in Prestarts and separate Gates for Women Junior, U23 and Elite)
21:00 - 21:30	Gate practice and Pro-Section practice Men Junior, U23 and Elite

# Saturday:

Classes (morning - only riders from 3-Nations):

- Girls 8 & -, 9/10, 11/12, 13/14, 15/16
- Boys 8 & -, 9/10, 11/12, 13/14, 15/16

	/ ,
<ul> <li>Cr</li> </ul>	uisers 13/16, 17/29, 30/49, 50+, Cruiser Women 13+
8:00 - 20:00	Opening of welcome desk for camping
9:30 - 10:30 *	Pickup wristbands and plates at chef d'équipe / Double-fee registration Challenge
10:00 - 11:00	Gate practice for Girls & Boys up to 12 years
11:00 - 11:30	Opening ceremony 10 <sup>th</sup> anniversary 3-Nations BMX-Cup Ahnatal
11:30 - 12:30	Gate practice for Girls & Boys 13 years and over / Cruiser
12:45 - 15:00	Moto's for Girls & Boys 8 till 16 & Cruisers
15:00 - 16:45	1/8, 1/4,1/2 and Finals
17:00	Award Ceremony
	At the last race: Award ceremony for competition no. 1,2 and 3 for cruisers
Following	category
18:00 - 18.30 *	Pickup wristbands at chef d'équipe
	Gate practice Challenge riders + Women Junior, U23 and Elite
19:00 - 19:45	(separate line in Prestarts and separate Gates for Women Junior, U23 and Elite)
19:45 – 20.30	Gate practice and Pro-Section practice Men Junior, U23 and Elite

# Sunday:

Classes (morning - open race - all nations):

- Girls 8 & -, 9/10, 11/12, 13/14
- Boys 8 & -, 9/10, 11/12, 13/14
- Girls 15/16
- Boys 15/16
- Women 17+
- Men 17+
- Women Junior, Women U23, Men Junior, Men U23
- Women Elite, Men Elite

Pickup wristbands and Plates at chef d'équipe / Double-fee Registration					
Championship					
Warm-up for Girls & Boys 8 till 14					
Warm up Boys/Girls 15/16, Men 17+, Women 17+, Women Junior, Women U23, Women Elite (separate line in Prestarts and separate Gates for Women Junior, U23 and Elite)					
Pro Section Training Men Junior, Men U23, Men Elite					
Moto's for all classes					
1/8, 1/4, 1/2 and finals					
Award ceremony for classes without finals					
Award ceremony for all classes with finals					
At the last race: award ceremony for competition no. 1, 2 and 3 all classes except the cruisers.					

Time-schedule is subject to changes!

\* The Chef d'équipe can define the time for wristband and plate pickup.

# During practice on Sunday morning, rows 1 and 2 are reserved for the rider 5 up to and included 10 years old!



#### **ENTRANCE TICKETS MAX:**

- 13 years and over: Saturday € 8,00, Sunday: € 10,00, passe-partout: € 15,00.
- 5-12 years : Saturday € 5,00, Sunday: € 8,00, passe-partout: € 10,00.

#### **CONTACT INFORMATION:**

Organisor Abnatal	Pad Sport Club Waimar Abnatal				
Organiser Ahnatal	Rad Sport Club Weimar-Ahnatal				
	Carsten Rövenstrunk Parkstraße 18, D-34246 Vellmar				
	Tel.: +49-173-5408447				
	Email: <u>bmx@hessen-radsport.de</u>				
	Website: <u>www.rsc-weimar-ahnatal.eu/bmx.html</u>				
Organiser Peer	Peer BMX				
	Kathy Verachtert				
	Bosbeemdstraat 16, Belgium - 3990 Peer				
	Tel.: +32-472-455488				
	Email: info.peerbmx@gmail.com				
	Website: www.bmxpeer.be				
Organiser Uithoorn	UWTC Uithoorn				
	Mark van der Mast				
	Sportpark De Randhoorn				
	Randhoornweg 90				
	1422 NE Uithoorn				
	Tel.: +31 -651-849472				
	Email: <u>info@uwtc.nl</u>				
Dutch Federation	Evert-Jan Haarhuis				
Duten rederation	Tel.: +31-613 -450295				
	Email: ejfhaarhuiscbmx@gmail.com				
German Federation	Falk Putzke				
	Tel: +49-69-96780043				
	falk.putzke@bdr-online.org				
	Florian Ludewig				
	Tel.: +49-172-2140933				
	florian.ludewig@gmx.de				
Belgian Federation	Michel Vermeiren				
	Tel.: +32-476-438672				
	michel.vermeiren@belgiancycling.be				











# **POINTS TABLE:**

# Points table

Moto's	Result	Points	1/4 finals	Result	Points
	1	0		1	5
	2	0		2	5
	3	0		3	5
	4	0		4	5
	5	0		5	4
	6	0		6	3
	7	0		7	2
	8	0		8	1
1/16 finals	Result	Points	1/2 finals	Result	Points
	1	5		1	45
	2	5		2	40
	3	5		3	35
	4	5		4	30
	5	4		5	25
	6	3		6	20
	7	2		7	15
	8	1		8	10
1/8 finals	Result	Points	Finals	Result	Points
	1	5		1	100
	2	5		2	90
	3	5		3	80
	4	5		4	75
	5	4		5	70
	6	3		6	65
	7	2		7	60
	8	1		8	55

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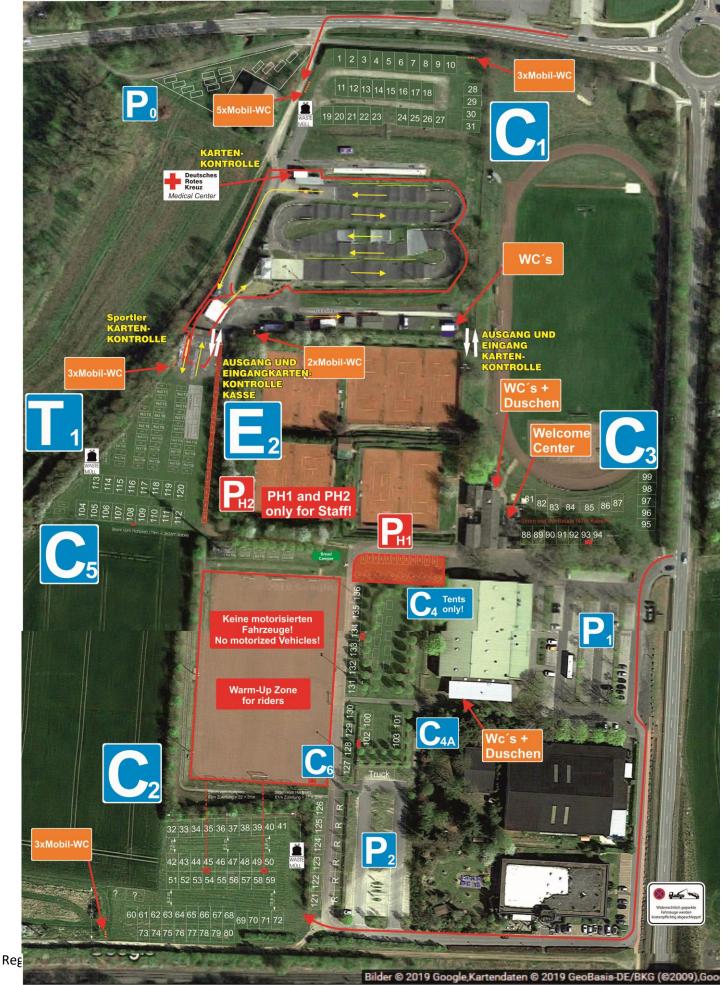








#### AHNATAL-VENUE:











#### CAMPING RESERVATION BMX-ARENA AHNATAL:

Camping Reservation is open from 12th May 2024 with this link: <u>CAMPING</u> (70,- € for Camper / 30,- € for Tent) Camping is possible from Thursday, 27<sup>th</sup> June 2024 till Monday, 1<sup>st</sup> July 2024! On arrival, please report to the Welcome Center first to take the documents!

#### TEAM-AREA RESERVATION BMX-ARENA AHNATAL:

Team-Area Reservation is open from 12<sup>th</sup> May 2024 with this link: <u>TEAMAREA</u> Team-Area is available for

- UEC registered Teams
- Trade Teams
- National Teams

Team Area is free for National Teams! All other Teams have to pay 60,- € for the entire weekend. (Tent 6x3m) Parking in connection to Team Paddock is available, max. 1 car / team! Each Team is getting 1 Team-Manager Pass!

On arrival, please report to the Welcome Center first to take the documents!

# TICKET ONLINE-SHOP:

https://www.eventimlight.com/de/a/60b0f7f3629b3840c9650bb4/e/65dc880e6d345052cd3e16d9

# CAMPING NEAR THE TRACK:

A little Camping site is near the track, named "Campingplatz Bühl". With a car you can be in 6min. at the track, with a bike it's about 15min.

Adress: <u>http://www.campingplatz-buehl.de/</u> Campingverein Bühl e.V. Am Bühl 24 34292 Ahnatal Phone: 0049(0)5609-9216

# CAMPING IN ZIERENBERG (11km, 15min. by car):

Adress: <u>http://campingplatz-zierenberg.de/Campingplatz\_Zierenberg.htm</u>

Campingplatz und Gasthaus "Zur Warme" Im Nordbruch 2 34289 Zierenberg Phone: 0049(0)5606-3966 Mobile: 0049(0)172-6456601 Mail: <u>kirchberg-peter@t-online.de</u>









CAMPING IN KASSEL (13km, 30min. by car):



Adress: <u>http://www.campingplatz-kassel.de/</u> Campingplatz Kassel Giesenallee 9 34121 Kassel Phone: 0049(0)561-707707 Mail: <u>info@campingplatz-kassel.de</u>

# LIST OF PRIVATE ROOMS IN AHNATAL:

https://www.ahnatal.de/kultur-freizeit-sport/unterkuenfte

# CHEAP GUEST ROOMS IN KASSEL:

Gästehaus Beckerwelt Felicitas Birgit Becker Weidestr. 9A (Office) 34127 Kassel Phone: 0049(0)172-6938667 E-Mail: <u>zimmerfrei@beckerwelt.de</u> Twitter: @beckerwelt Google: Beckerwelt Facebook: @beckerwelt http://beckerwelt.de/gaestezimmer/











# **HOTELS:**



Adress: <u>http://www.papen-aenne.de</u> Hotel und Gasthaus Papen Änne (3,6km from Track) Wolfhager Straße 425 34128 Kassel Mail: hotel@papen-aenne.de



Adress: <u>http://www.waldhotel-schaeferberg.de</u> Waldhotel Schäferberg (6km from track) Wilhelmsthaler Straße 14 34314 Espenau / Kassel **KEYWORD: BMX!** Mail: <u>info@schaeferberg.de</u>



Adress: <u>http://www.lastrada.de/startseite/</u> Hotel la Strada (14km from track) Raiffeisenstraße 10 34121 Kassel Mail: <u>info@lastrada.de</u>



Adress: <u>http://www.amsonnenhang.net</u> Hotel Sonnenhang (3,5km from track) Aspenstraße 6 - Sonnenhang 4 34128 Kassel Mail: <u>info@amsonnenhang.net</u>





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...wo jeder Gast ein König ist SCHLOSSHOTEL SCHLOSSHOTEL WILHELMSTHAL

Adress: <u>http://www.schlosshotel-wilhelmsthal.de</u> Schlosshotel Wilhelmsthal (3,3km from Track) Wilhelmsthal 3 34379 Calden Mail: <u>info@schlosshotel-wilhelmsthal.de</u>



Adress: <u>http://www.hotel-schweizerhof-kassel.de</u> Hotel Schweizer Hof (8km from Track) Wilhelmshöher Allee 288 34131 Kassel Mail: <u>info@hotel-schweizerhof-kassel.de</u>



Adress: <u>http://www.city-hotel-kassel.de</u> City Hotel Kassel (11km from Track) Wilhelmshöher Allee 38 - 42 34119 Kassel Mail: <u>kontakt@city-hotel-kassel</u>











Adress: <u>http://www.hotel-schoenewald.de</u> Hotel Haus Schönewald (12km from Track) Wilhelmstr.17 34233 Fuldatal Mail: hotel-schoenewald@t-online.de

# HOTELS KASSEL COMPLETE LIST:

Please find below our link to all Hotels in Kassel and around: <a href="http://www.hotel.de/de/kassel/hotels-36197/">http://www.hotel.de/de/kassel/hotels-36197/</a>

# **RESTAURANTS IN AHNATAL:**



Rinklin Weidegarten Heckershäuserstraße 28a 34292 Ahnatal – Weimar Phone: 0049-5609-803588 Mail: <u>info@rinklin-weidegarten.de</u>



Pizzeria Cavallino Hauptstraße 12 34292 Ahnatal – Heckershausen Phone: 0049-5609-808240













Remmler's Cafe und Gasthaus Im Kreuzfeld 2 34292 Ahnatal - Weimar Phone: 0049-5609-6766 Mail: info@remmlers.com

Pizzeria Palermo Oberstraße 2 34292 Ahnatal – Weimar Phone: 0049-5609-804080

Pizzeria Bistro Subito Am Kammerberg 46c 34292 Ahnatal – Kammerberg Phone: 0049-5609-804567



# **MOUNTAINBIKING IN AHNATAL:**

Around Ahnatal there are a variety of ways to discover the landscape by mountain bike! You can find some of them in KOMOOT:

https://www.komoot.de/guide/9488/mountainbike-touren-rund-um-ahnatal



# SIGHTSEEING KASSEL:

Please check this YouTube-Video:

https://www.youtube.com/watch?v=97gQBCofKik&t=25s

