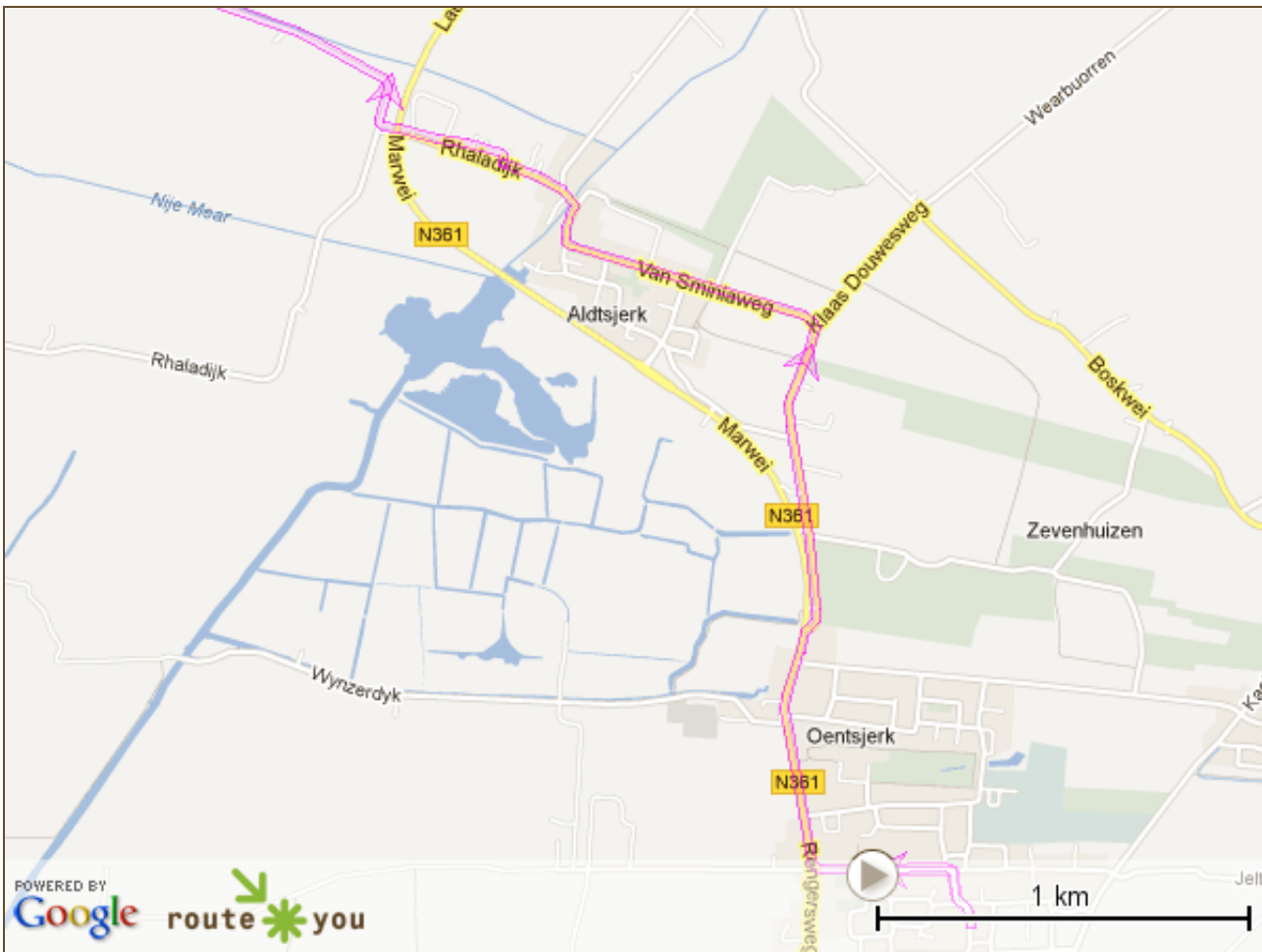




# Naar Wierum met de MTB via Holwerd en de zeedijk

 33.2 km



0 m  na 0 m ga rechtdoor

9 m 

na 9 m ga scherp links

25 m 

na 16 m ga scherp rechts

34 m 

na 9 m sla rechtsaf

40 m 

na 6 m ga schuin links

57 m 

na 17 m ga schuin links

60 m 

na 3 m sla linksaf

69 m 

na 9 m ga scherp links

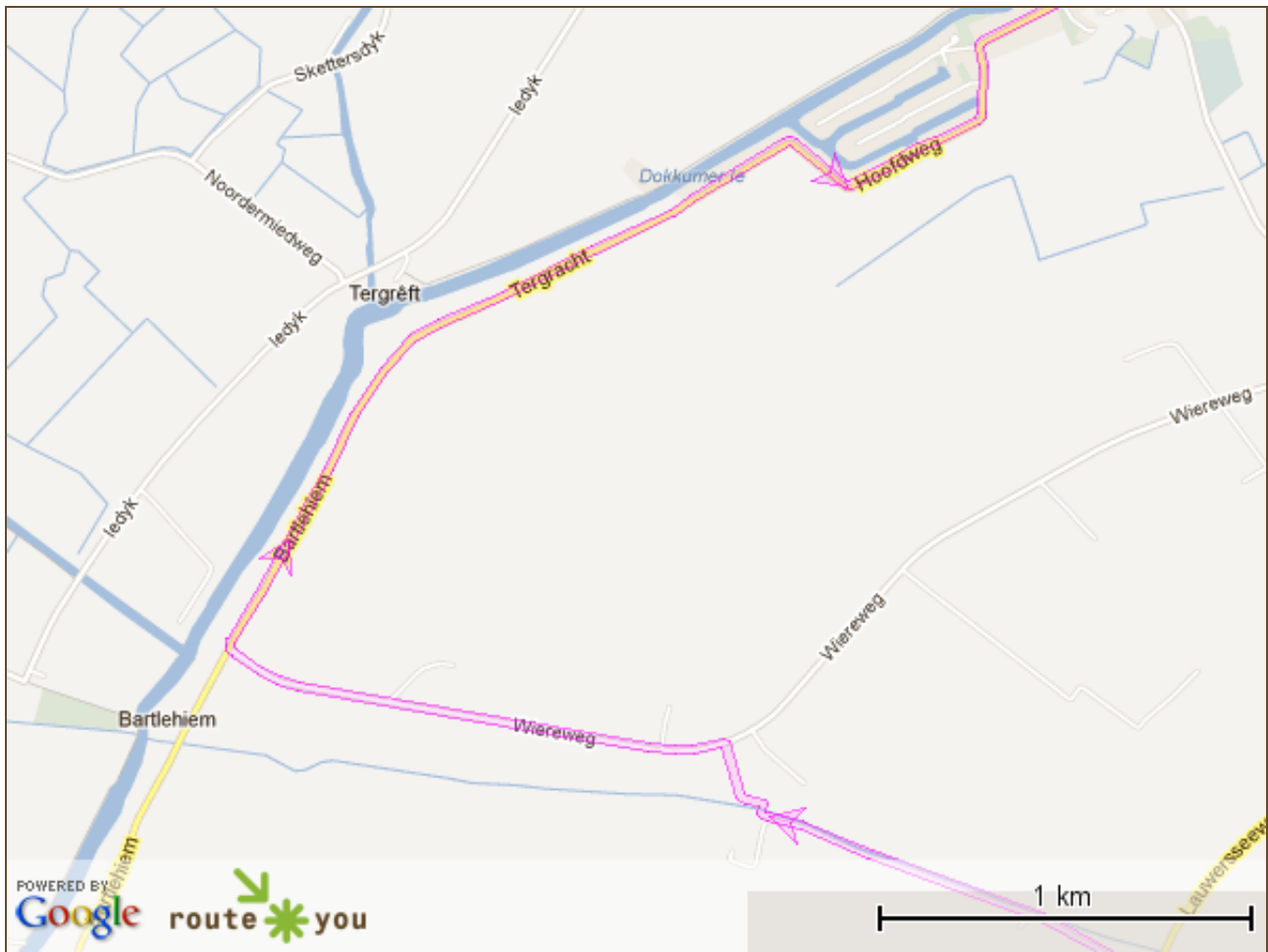
76 m 

na 7 m ga schuin links

	89 m	
na 13 m sla rechtsaf		
	299 m	
na 210 m ga rechtdoor		
	309 m	
na 10 m ga schuin rechts		
	319 m	
na 10 m ga schuin rechts		
	384 m	
na 65 m ga schuin links		
	406 m	
na 22 m ga schuin links		
	428 m	
na 22 m ga schuin rechts		
	448 m	
na 20 m ga schuin rechts		
	488 m	
na 40 m keer rechtsom		
	527 m	
na 39 m ga schuin links		
	546 m	
na 19 m ga schuin links		
	579 m	
na 33 m ga schuin rechts		
	652 m	
na 73 m ga schuin links		
	661 m	
na 9 m ga schuin links		
	1.01 km	
na 350 m ga rechtdoor		
	1.02 km	
na 13 m ga schuin rechts		
	1.04 km	
na 14 m ga schuin rechts		
	1.05 km	
na 13 m ga rechtdoor		
	1.41 km	
na 361 m ga rechtdoor		
	1.47 km	
na 60 m ga rechtdoor		

	1.5 km	↑
na 31 m ga rechtdoor		
	1.63 km	↑
na 128 m ga rechtdoor		
	1.68 km	↗
na 50 m ga schuin rechts		
	1.73 km	↖
na 45 m ga schuin links		
	1.76 km	↑
na 32 m ga rechtdoor		
	1.95 km	↑
na 187 m ga rechtdoor		
	2.26 km	↑
na 314 m ga rechtdoor		
	2.32 km	↗
na 61 m ga schuin rechts		
	2.34 km	↑
na 16 m ga rechtdoor		
	2.48 km	↑
na 140 m ga rechtdoor		
	2.52 km	↑
na 47 m ga rechtdoor		
	2.54 km	↖
na 15 m ga schuin links		
	2.55 km	↖
na 16 m ga schuin links		
	2.58 km	↖
na 30 m ga schuin links		
	3.24 km	↑
na 651 m ga rechtdoor		
	3.26 km	↗
na 26 m ga schuin rechts		
	3.27 km	↗
na 13 m ga schuin rechts		
	3.3 km	↑
na 28 m ga rechtdoor		
	3.33 km	↑
na 29 m ga rechtdoor		
	3.36 km	↑
na 27 m ga rechtdoor		

	3.37 km	
na 12 m ga schuin links		
	3.42 km	
na 46 m ga rechtdoor		
	3.49 km	
na 74 m ga rechtdoor		
	3.59 km	
na 102 m ga schuin links		
	3.6 km	
na 10 m ga scherp rechts		
	3.64 km	
na 35 m ga schuin links		
	3.74 km	
na 99 m ga rechtdoor		
	3.82 km	
na 81 m ga rechtdoor		
	3.92 km	
na 106 m ga rechtdoor		
	3.97 km	
na 48 m ga schuin rechts		
	3.98 km	
na 10 m ga schuin rechts		
	3.99 km	
na 11 m ga schuin rechts		
	4.05 km	
na 62 m ga rechtdoor		
	4.09 km	
na 32 m ga schuin links		
	4.11 km	
na 22 m ga schuin links		
	4.38 km	
na 267 m ga rechtdoor		



4.87 km ↑ na 499 m ga rechtdoor

5.07 km ↑

na 197 m ga rechtdoor

5.17 km ↑

na 94 m ga rechtdoor

5.19 km ↗

na 20 m ga schuin rechts

5.19 km ↗

na 6 m ga schuin rechts

5.22 km ↖

na 27 m sla linksaf

5.27 km ↗

na 48 m ga schuin rechts

5.29 km ↗

na 19 m ga schuin rechts

5.44 km ↖

na 150 m sla linksaf

5.52 km ↑

na 88 m ga rechtdoor

5.57 km ↑

na 48 m ga rechtdoor

5.64 km ↑ na 73 m ga rechtdoor

6.61 km ↑

na 963 m ga rechtdoor

6.66 km ↑

na 57 m ga rechtdoor

6.72 km ↑

na 57 m ga rechtdoor

6.81 km ↑

na 84 m ga rechtdoor

6.82 km ↗

na 13 m ga schuin rechts

6.83 km ↗

na 13 m ga schuin rechts

6.84 km ↗

na 13 m ga schuin rechts

6.99 km ↑

na 149 m ga rechtdoor

7.38 km ↑

na 386 m ga rechtdoor

7.54 km ↑

na 164 m ga rechtdoor

7.69 km ↑

na 147 m ga rechtdoor

7.8 km ↗

na 114 m ga schuin rechts

7.89 km ↑

na 82 m ga rechtdoor

8.08 km ↑

na 194 m ga rechtdoor

8.35 km ↑

na 270 m ga rechtdoor

8.59 km ↑

na 235 m ga rechtdoor

8.65 km ↑

na 64 m ga rechtdoor

8.94 km ↑

na 295 m ga rechtdoor

8.96 km ↗

na 15 m ga schuin rechts

8.97 km ↗

na 15 m ga schuin rechts

9.15 km ↘

na 177 m ga schuin links

9.17 km ↙

na 14 m ga schuin links

9.27 km ↑

na 106 m ga rechtdoor

9.38 km ↑

na 109 m ga rechtdoor

9.43 km ↑

na 47 m ga rechtdoor

9.55 km ↘

na 124 m ga schuin links

9.57 km ↙

na 15 m ga schuin links

9.58 km ↙

na 15 m ga schuin links

9.7 km ↘

na 123 m ga schuin links

9.76 km ↙


na 56 m ga schuin rechts




9.77 km  na 13 m ga schuin rechts

10.1 km 


na 327 m ga rechtdoor

10.2 km 


na 72 m ga rechtdoor

10.2 km 


na 56 m ga schuin rechts

10.3 km 


na 53 m ga schuin links

10.3 km 

na 11 m ga schuin links

10.3 km 


na 36 m ga rechtdoor

10.4 km 


na 40 m ga schuin links

10.4 km 


na 27 m ga rechtdoor

10.5 km 


na 82 m ga rechtdoor

10.5 km 

na 29 m ga rechtdoor

10.6 km 


na 67 m ga schuin rechts

10.6 km 


na 17 m ga scherp links

10.6 km 


na 29 m ga schuin rechts

10.8 km 


na 177 m ga rechtdoor

10.9 km 

na 83 m ga schuin rechts

10.9 km 

na 27 m ga schuin rechts

10.9 km 

na 39 m ga rechtdoor

11 km 

na 13 m ga schuin links

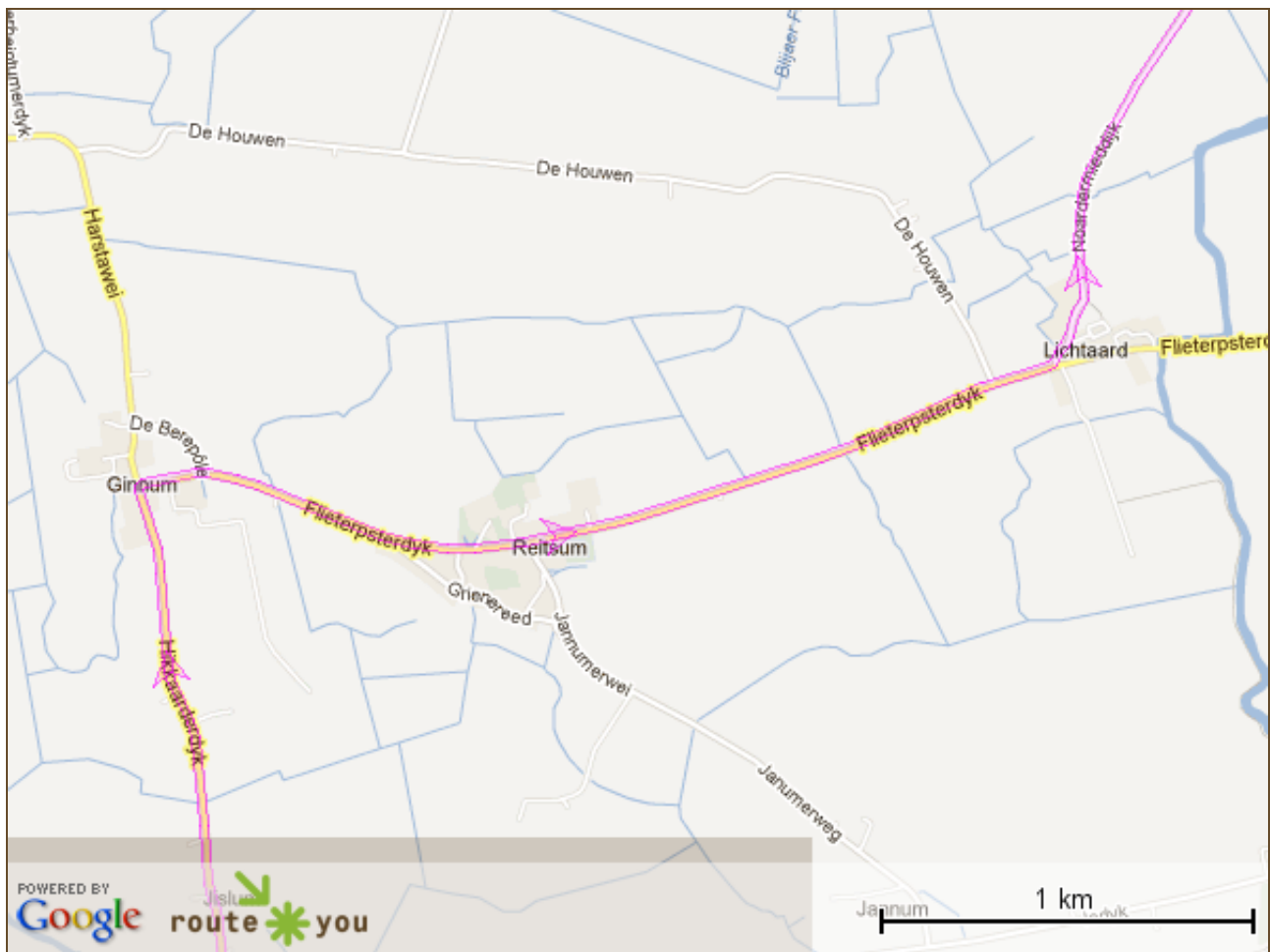
11 km 

na 14 m ga schuin links

11 km 



na 27 m ga rechtdoor	11.1 km	↑
na 84 m ga rechtdoor	11.1 km	↑
na 58 m ga rechtdoor	11.2 km	↑
na 88 m ga rechtdoor	11.5 km	↑
na 275 m ga rechtdoor	11.8 km	↑
na 255 m ga rechtdoor	11.8 km	↗
na 45 m ga schuin rechts	11.9 km	↑
na 62 m ga rechtdoor	12 km	↑
na 126 m ga rechtdoor	12 km	↑
na 32 m ga rechtdoor	12.1 km	↑
na 32 m ga rechtdoor	12.1 km	↗
na 47 m ga schuin rechts	12.4 km	↘
na 250 m ga schuin links	12.4 km	↘
na 48 m ga schuin links	12.4 km	↘
na 32 m ga schuin links	12.5 km	↑
na 47 m ga rechtdoor	12.6 km	↑
na 157 m ga rechtdoor	12.7 km	↑
na 102 m ga rechtdoor		



12.9 km ↑ na 153 m ga rechtdoor

13.1 km ↑

na 237 m ga rechtdoor

13.2 km ↑

na 47 m ga rechtdoor

13.3 km ↑

na 124 m ga rechtdoor

13.3 km ↑

na 31 m ga rechtdoor

13.6 km ↑

na 263 m ga rechtdoor

13.7 km ↑

na 63 m ga rechtdoor

13.8 km ↗

na 167 m ga schuin rechts

13.8 km ↗

na 12 m ga schuin rechts

13.8 km ↗

na 13 m ga schuin rechts

14 km ↑

na 147 m ga rechtdoor

14 km    ↑    na 31 m ga rechtdoor

14.1 km    ↑

na 78 m ga rechtdoor

14.2 km    ↑

na 62 m ga rechtdoor

14.5 km    ↑

na 363 m ga rechtdoor

14.6 km    ↑

na 91 m ga rechtdoor

14.7 km    ↑

na 90 m ga rechtdoor

14.8 km    ↑

na 76 m ga rechtdoor

14.9 km    ↑

na 133 m ga rechtdoor

15.2 km    ↑

na 291 m ga rechtdoor

15.8 km    ↑

na 542 m ga rechtdoor

15.9 km    ↑

na 130 m ga rechtdoor

16.2 km    ↑

na 354 m ga rechtdoor

16.4 km    ↑

na 187 m ga rechtdoor

16.4 km    ↙

na 14 m ga schuin links

16.5 km    ↑

na 28 m ga rechtdoor

16.5 km    ↑

na 31 m ga rechtdoor

16.5 km    ↑

na 29 m ga rechtdoor

16.6 km    ↑

na 59 m ga rechtdoor

16.6 km    ↙

na 46 m ga schuin links

16.6 km    ↑

na 17 m ga rechtdoor

16.7 km    ↑

na 49 m ga rechtdoor

16.8 km ↑

na 82 m ga rechtdoor

16.8 km ↑

na 64 m ga rechtdoor

16.9 km ↑

na 64 m ga rechtdoor

17 km ↑

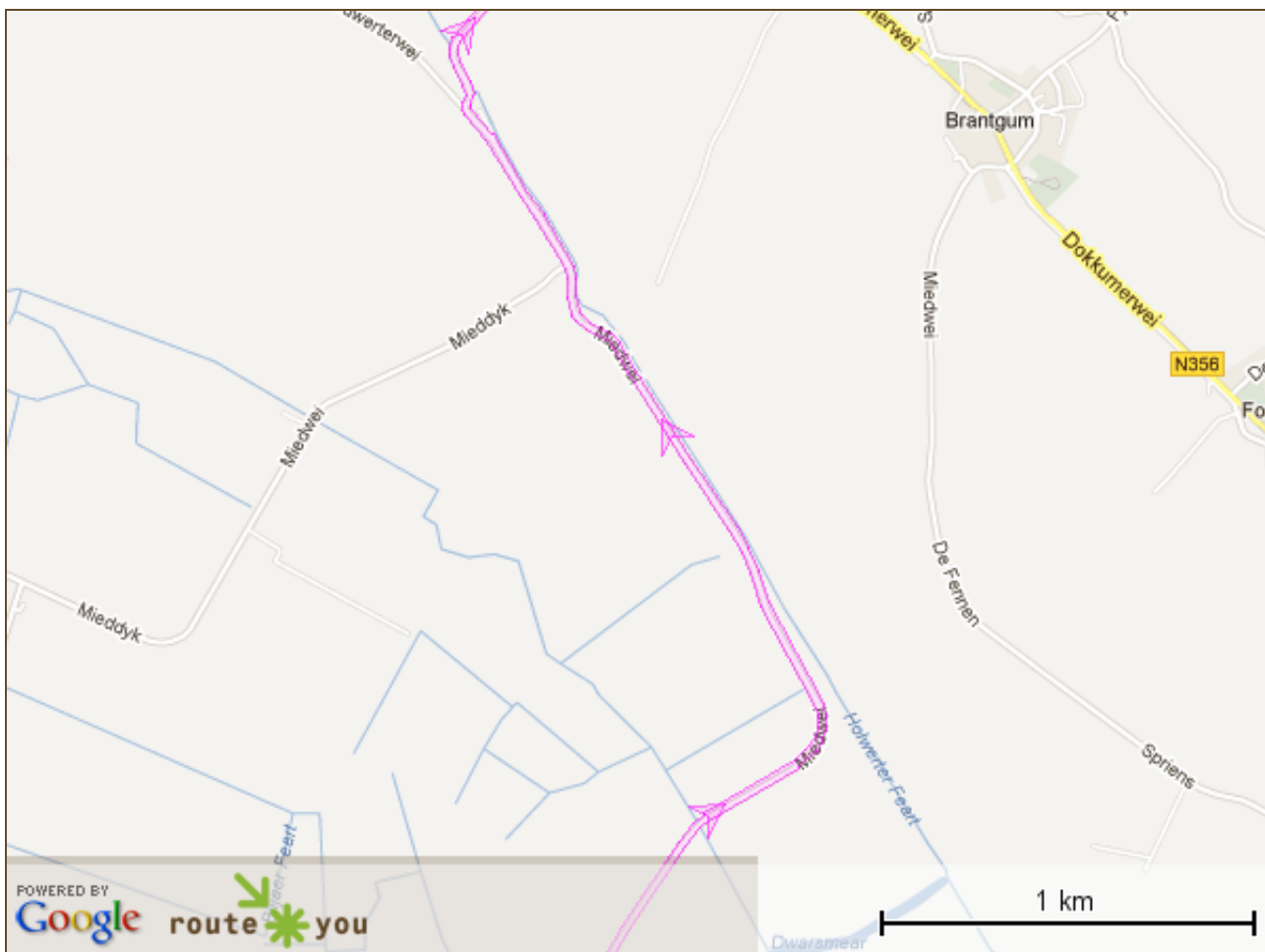
na 47 m ga rechtdoor

17 km ↑

na 31 m ga rechtdoor

17.3 km ↑

na 271 m ga rechtdoor



17.5 km ↑ na 274 m ga rechtdoor

17.6 km ↑

na 65 m ga rechtdoor

17.6 km ↑

na 32 m ga rechtdoor

17.9 km ↑

na 282 m ga rechtdoor

18 km ↘

na 62 m ga schuin links	18 km	↑
na 31 m ga rechtdoor	18 km	↑
na 31 m ga rechtdoor	18.1 km	↑
na 31 m ga rechtdoor	18.1 km	↙
na 31 m ga schuin links	18.4 km	↑
na 310 m ga rechtdoor	18.5 km	↑
na 94 m ga rechtdoor	18.6 km	↑
na 63 m ga rechtdoor	18.6 km	↑
na 62 m ga rechtdoor	18.8 km	↑
na 223 m ga rechtdoor	19.1 km	↑
na 287 m ga rechtdoor	19.2 km	↑
na 80 m ga rechtdoor	19.2 km	↙
na 32 m ga schuin links	19.3 km	↑
na 63 m ga rechtdoor	19.3 km	↑
na 31 m ga rechtdoor	19.4 km	↗
na 16 m ga schuin rechts	19.4 km	↗
na 47 m ga schuin rechts	19.5 km	↑
na 48 m ga rechtdoor	19.5 km	↙
na 31 m ga schuin links	19.6 km	↑
na 157 m ga rechtdoor	19.7 km	↑
na 77 m ga rechtdoor		

	19.9 km	↑
na 181 m ga rechtdoor	20 km	↑
na 88 m ga rechtdoor	20 km	↗
na 13 m ga schuin rechts	20 km	↑
na 12 m ga rechtdoor	20 km	↖
na 24 m ga schuin links	20.1 km	↑
na 34 m ga rechtdoor	20.1 km	↑
na 57 m ga rechtdoor	20.2 km	↗
na 29 m ga schuin rechts	20.2 km	↗
na 14 m ga schuin rechts	20.2 km	↗
na 26 m ga schuin rechts		



20.9 km ↖ na 665 m ga schuin links

20.9 km  na 19 m ga schuin links

21 km 


na 86 m ga rechtdoor

21.1 km 


na 135 m ga schuin rechts

21.2 km 

na 86 m ga rechtdoor

21.3 km 


na 103 m ga rechtdoor

21.3 km 


na 50 m ga schuin links

21.7 km 


na 351 m ga rechtdoor

21.7 km 


na 42 m ga schuin rechts

21.7 km 


na 11 m ga schuin rechts

21.8 km 


na 16 m ga schuin links

21.8 km 

na 33 m ga schuin rechts

21.8 km 


na 17 m ga schuin links

21.9 km 


na 67 m ga rechtdoor

22 km 


na 126 m ga rechtdoor

22.1 km 


na 63 m ga schuin links

22.1 km 


na 66 m ga rechtdoor

22.3 km 

na 187 m ga rechtdoor

22.4 km 


na 67 m ga rechtdoor

22.5 km 

na 67 m ga schuin rechts

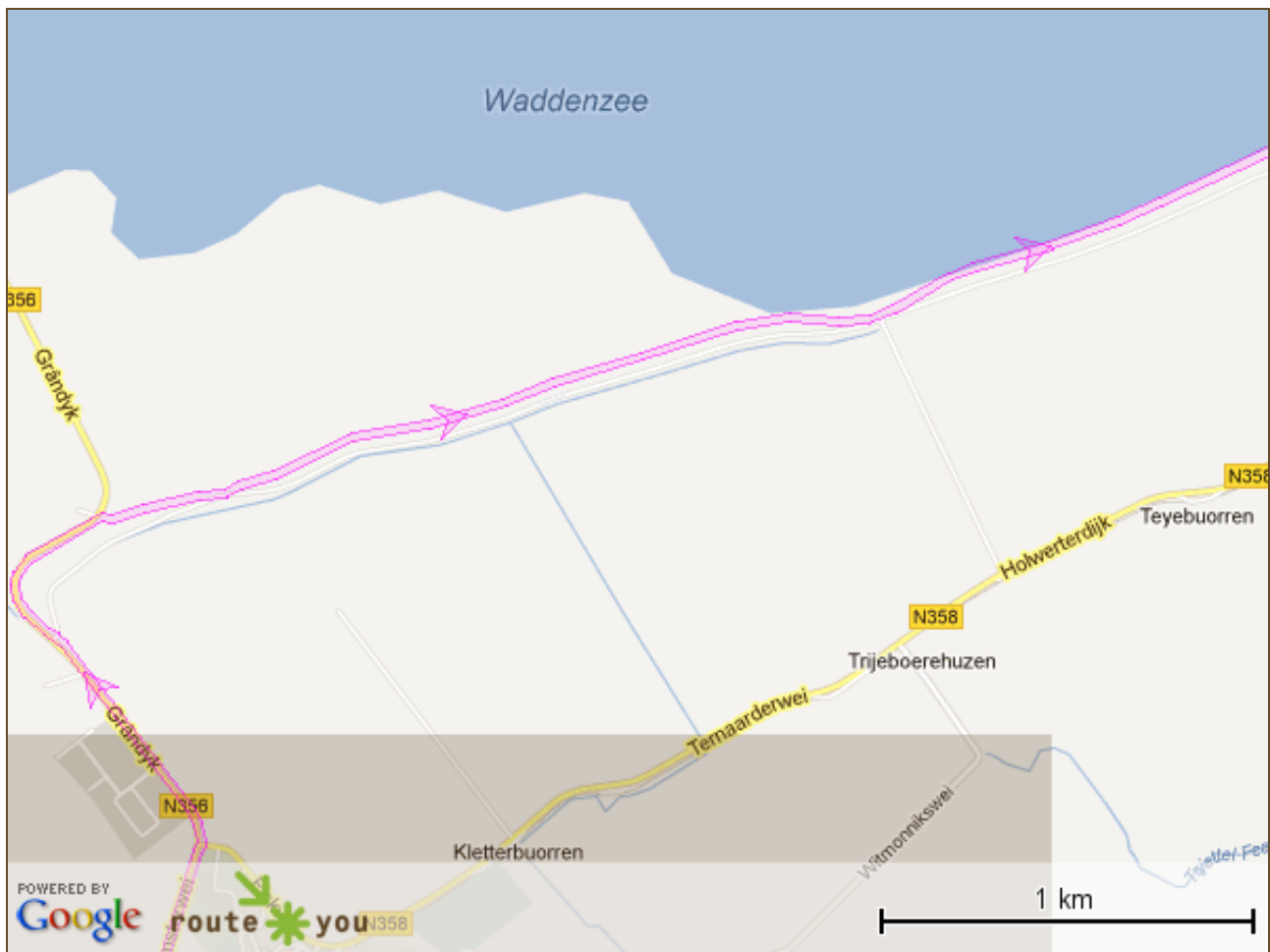
22.5 km 

na 67 m ga rechtdoor

22.6 km 

na 33 m ga rechtdoor	22.6 km	↑
na 66 m ga rechtdoor	22.7 km	↗
na 85 m ga schuin rechts	22.7 km	↘
na 21 m ga schuin links	22.8 km	↑
na 33 m ga rechtdoor	22.8 km	↑
na 61 m ga rechtdoor	22.9 km	↗
na 47 m ga schuin rechts	22.9 km	↑
na 32 m ga rechtdoor	22.9 km	↑
na 33 m ga rechtdoor	23.2 km	↑
na 264 m ga rechtdoor	23.2 km	↘
na 22 m ga schuin links	23.3 km	↑
na 56 m ga rechtdoor	23.3 km	↑
na 46 m ga rechtdoor		





23.9 km ↑ na 559 m ga rechtdoor

23.9 km ↙

na 29 m ga schuin links

na 31 m ga rechtdoor

na 67 m ga rechtdoor

na 47 m ga schuin rechts

na 43 m ga schuin rechts

na 31 m ga schuin rechts

na 47 m ga schuin rechts

na 201 m ga rechtdoor

na 31 m ga schuin rechts

na 25 m ga schuin links

23.9 km ↑

24 km ↑

24.1 km ↗

24.1 km ↗

24.1 km ↗

24.2 km ↗

24.4 km ↑

24.4 km ↗

24.4 km ↙

24.5 km ↑ na 96 m ga rechtdoor

24.7 km ↑

na 151 m ga rechtdoor

na 71 m ga schuin links

na 43 m ga rechtdoor

na 98 m ga rechtdoor

na 231 m ga schuin rechts

na 212 m ga rechtdoor

na 213 m ga rechtdoor

na 145 m ga rechtdoor

na 247 m ga rechtdoor

na 270 m ga rechtdoor

na 144 m ga rechtdoor

na 133 m ga rechtdoor

na 85 m ga schuin links

na 70 m ga rechtdoor

na 176 m ga rechtdoor

na 69 m ga rechtdoor

na 213 m ga rechtdoor

na 195 m ga rechtdoor

na 124 m ga rechtdoor

24.7 km ↘

24.8 km ↑

24.9 km ↑

25.1 km ↗

25.3 km ↑

25.5 km ↑

25.7 km ↑

25.9 km ↑

26.2 km ↑

26.3 km ↑

26.5 km ↑

26.6 km ↘

26.6 km ↑

26.8 km ↑

26.9 km ↑

27.1 km ↑

27.3 km ↑

27.4 km ↑

27.7 km ↑

na 297 m ga rechtdoor



27.9 km ↑ na 154 m ga rechtdoor

28.3 km ↑

na 394 m ga rechtdoor

28.7 km ↑

na 485 m ga rechtdoor

29 km ↑

na 295 m ga rechtdoor

29.2 km ↑

na 118 m ga rechtdoor

29.4 km ↑

na 258 m ga rechtdoor

29.7 km ↑

na 277 m ga rechtdoor

29.7 km ↗

na 40 m ga schuin rechts

29.8 km ↗

na 54 m ga schuin rechts

29.8 km ↗

na 40 m ga schuin rechts

29.9 km ↑

na 78 m ga rechtdoor

30 km ↑

na 78 m ga rechtdoor

30 km ↘

na 40 m ga schuin links

30.1 km ↘

na 41 m ga schuin links

30.1 km ↘

na 27 m ga schuin links

30.1 km ↑

na 28 m ga rechtdoor

30.3 km ↑

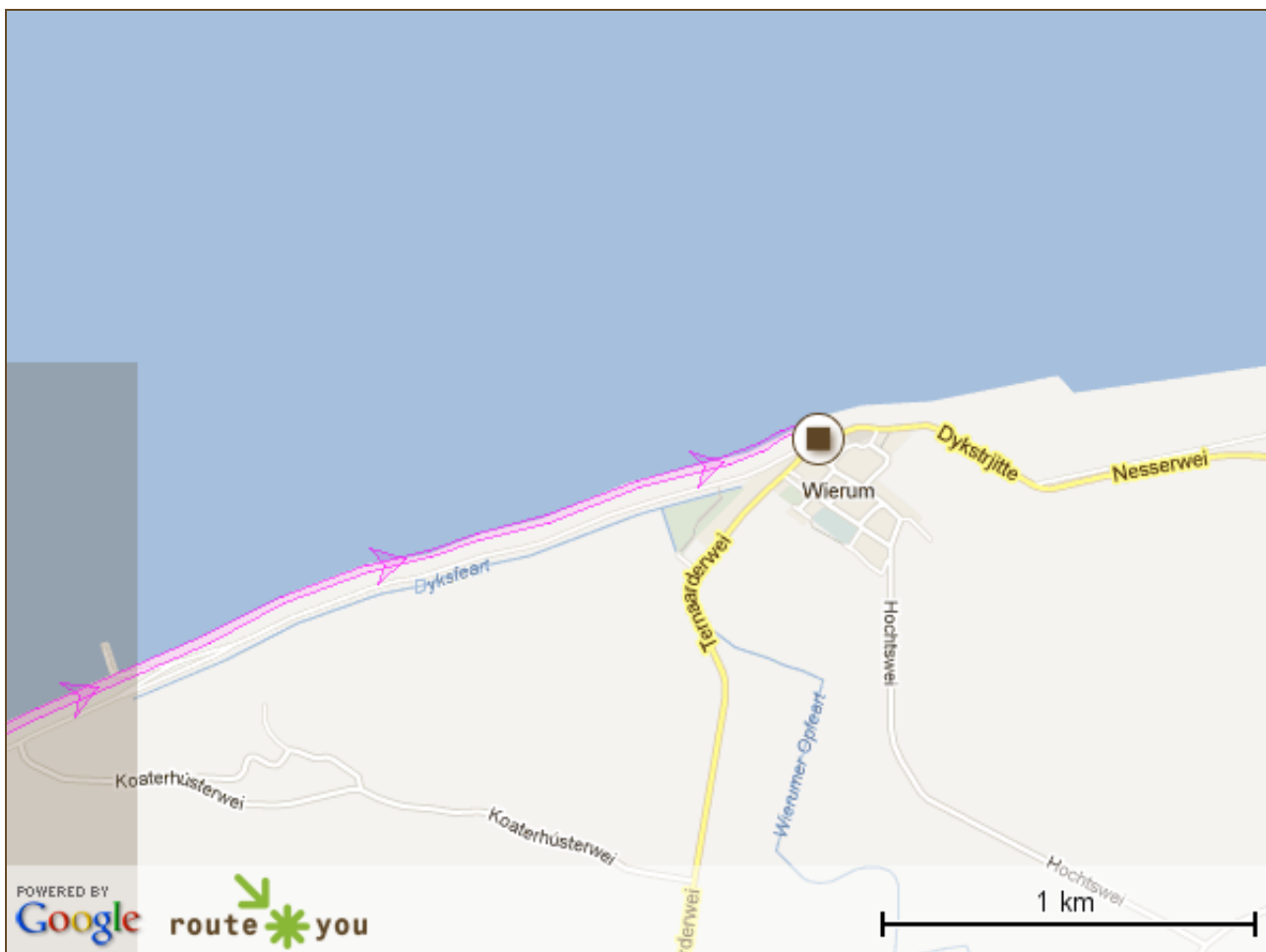
na 230 m ga rechtdoor

30.5 km ↑

na 175 m ga rechtdoor

30.9 km ↑

na 336 m ga rechtdoor



31.4 km ↑ na 495 m ga rechtdoor

31.6 km ↑

na 227 m ga rechtdoor

31.8 km ↑

na 246 m ga rechtdoor	32 km	↑
na 171 m ga rechtdoor	32.1 km	↑
na 138 m ga rechtdoor	32.3 km	↑
na 193 m ga rechtdoor	32.6 km	↑
na 263 m ga rechtdoor	32.8 km	↑
na 249 m ga rechtdoor	32.9 km	↑
na 95 m ga rechtdoor	33 km	↑
na 71 m ga rechtdoor	33.1 km	↗
na 94 m ga schuin rechts	33.2 km	↘
na 63 m ga scherp rechts	33.2 km	↙
na 40 m ga schuin links	33.2 km	↖
na 21 m ga schuin links	33.2 km	↑
na 20 m ga rechtdoor		