



# EXTRAS

## Barefoot Walk & Motor Skills Park

Right by the “Camping Kengert” campsite, the barefoot walk and the motor skills park invite you to give them a go. On the barefoot walk, 750 meters long, you can sharpen your sensory skills for a wide range of materials. How does it work? It’s very easy – shoes off, and let’s go! There are various stations, where you can experience materials under your feet such as wood chippings, leaves, or gravel. The motor skills park is another challenge for you: it tests your coordination, balance and fitness.

**Starting Point : Kengert - L-7633 Medernach**  
[www.mullerthal.lu](http://www.mullerthal.lu) - [info@mullerthal.lu](mailto:info@mullerthal.lu)

Other tours available



# DEN DALL VUN DER WÄISSER IERNZ in Medernach



**PC 5 Section from Supp to Medernach – Actionbound**  
 On this 5 km section, you can use the Actionbound app to learn more about the White Ernz valley and solve exciting puzzles. Warning! Actionbound only works if you start in Supp.

**PC 5 from Medernach to Koedange – The Valley of the White Ernz**  
 The PC 5 cycle path takes you over an easy route beside the White Ernz river, from Medernach to Koedange via Larochette and Supp. You can ride the route in both directions, as it is not a circular route.

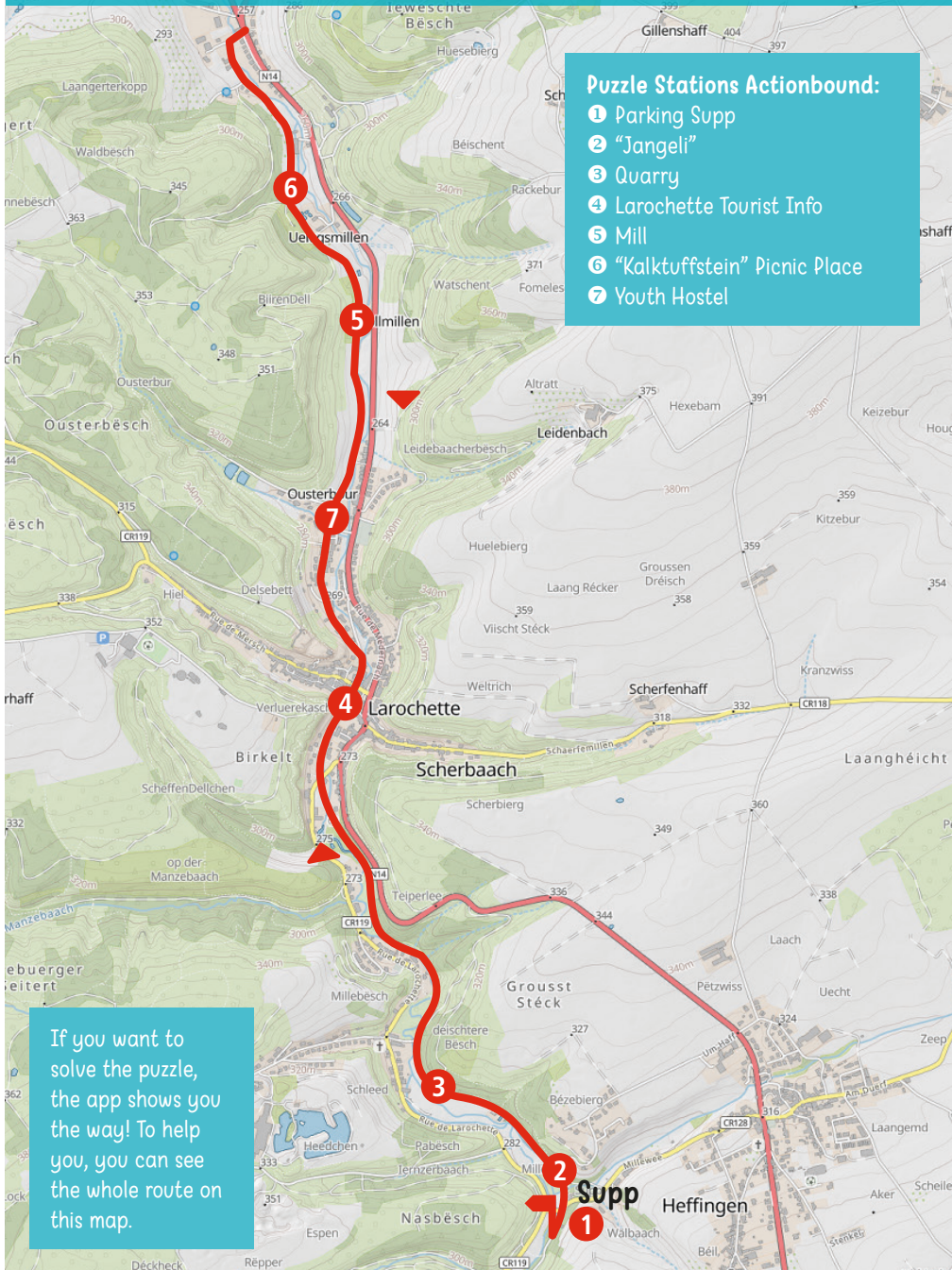
5,0 km	10,0 km	Supp until Medernach : 5,0 km (one path) – 10,0 km (back and forth)
9,6 km	19,2 km	Medernach until Koedange : 9,6 km (one path) – 19,2 km (back and forth)

(WC in Larochette)

**Starting Point Actionbound**  
**Supp-Medernach**  
 Parking « in der Supp » - L-7653 Heffingen

**Starting Point PC 5**  
**Medernach-Koedange**  
 Waasserwee - L-7661 Medernach

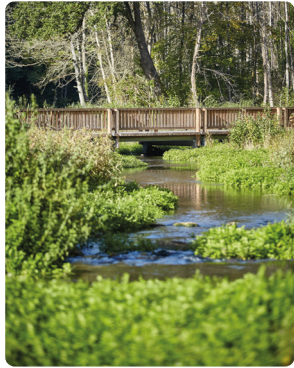
# PC 5 Cycle Path Supp-Medernach



- Puzzle Stations Actionbound:**
- 1 Parking Supp
  - 2 "Jangeli"
  - 3 Quarry
  - 4 Larochette Tourist Info
  - 5 Mill
  - 6 "Kalktuffstein" Picnic Place
  - 7 Youth Hostel

If you want to solve the puzzle, the app shows you the way! To help you, you can see the whole route on this map.

## Actionbound: "Searching for Traces in the White Ernz Valley"



Solve the mystery concerning your narrator's identity! On this exciting trail along the PC5 cycle path (Supp-Medernach-Supp), you are not only travelling on a journey into the past, but you also have to solve a series of challenges to find out who is your mystery narrator. Follow the "Supp-Medernach-Supp" section of the PC5, marked on your sheet, using the

Actionbound app to guide you. The cycle route out and back is 10 km long, with 7 stop-off points.

### Find the Word to solve the Puzzle

That was an exciting bike ride, with many thrilling stories. But who is the mystery narrator? Have you found out? Then tell us their name.

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For this, you need the Actionbound app. You can download the app free of charge. Scan the QR code, using the app.



That will take you straight to the puzzle questions.