

Mount Diablo LDT			
C/4/58 (5,400 feet)			
Guy 650-704-0895			
Start: Diablo Vista Park			
DIST	CUM	DIR	STREET
0.0	0.0	L	Tassajara Ranch Drive
0.1	0.1	R	Crow Canyon Road
			(becomes Black Hawk Rd)
4.0	4.1	R	Mount Diablo Scenic Blvd (Don't miss!)
	<b>4.1</b>	<b>X</b>	<b>REGROUP at Athenian School (after turn)</b>
6.7	<b>10.8</b>	<b>X</b>	<b>REGROUP at ranger station (RR/Water)</b>
	10.8	R	Summit Road
4.6	<b>15.4</b>	<b>X</b>	<b>REGROUP at summit(water/restroom)</b>
	15.4	U	Mount Diablo Summit
4.6	20.0	R	North Gate Road (at ranger station)
6.4	<b>26.4</b>	<b>X</b>	<b>REGROUP at park entrance</b>
1.3	27.7	R	Oak Grove Road
0.1	27.8	L	Walnut Avenue (at circle)
1.5	29.3	C	Bancroft Rd.
			<b>LUNCH at Country Wood Shopping Center (Noah's Bagels)</b>
<b>0.6</b>	<b>29.9</b>	<b>R</b>	
After lunch, left onto Bancroft, in the direction you came.			
0.3	30.2	R	Contra Costa Canal Trail (1st stop light)
0.9	31.1	X	cross Iron Horse Trail (left for "B" bailout)
3.0	<b>34.1</b>	<b>X</b>	<b>Westover Drive (REGROUP)</b>
0.2	34.3	L	Exit on small path to Mercury Way
		R	Mercury Way
0.5	34.8	C	Morello Avenue (across Taylor Blvd)
			Paso Nogal Rd ( <b>not</b> Paso Nogal Ct, which comes first)
0.9	35.7	L	
0.9	36.6	C	Virginia Hills Drive (across busy road)
0.7	37.3	L	Blue Ridge Drive (@ "T")
0.3	37.6	L	Reliez Valley Road (@ "T")
2.9	<b>40.5</b>		<b>REGROUP at top of hill (1603 Reliz Valley Rd)</b>
1.3	41.8	R	Pleasant Hill Road
0.6	42.4	L	Stanley Blvd (2nd stop light) (@Shell gas)
	<b>42.4</b>		<b>REGROUP at Shell Gas (water/drinks/snacks/RR)</b>
0.2	42.6	R	Camino Diablo
0.9	43.5	R	El Curtola Boulevard
<i>Caution: after short climb, 2 short downhills with stop sign at the bottom of each.</i>			
<i>Kinny Drive is hard left at 2nd stop sign.</i>			
0.4	43.9	L	Kinny Drive
0.2	44.1	R	Boulevard Way
0.4	44.5	C	Tice Valley Boulevard
1.9	46.4	R	Crest Avenue
0.6	47.0	L/C	Hillgrade Avenue (then quick right on trail)
<i>Watch for bike trail on RIGHT/BOTTOM OF HILL</i>			
0.1	<b>47.1</b>	<b>R</b>	<b>Iron Horse Regional Trail (REGROUP)</b>
			(water fountains along trail next 8 miles)
7.9	<b>55.0</b>	<b>L</b>	<b>Crow Canyon Rd. (REGROUP)</b>
3.1	58.1	R	Tassajara Ranch Drive
0.1	<b>58.2</b>	<b>R</b>	<b>Diablo Vista Park END</b>

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