

Mount Diablo LDT			
B/4/46 (4,400 feet)			
Start: Diablo Vista Park			
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
	4.1	X	REGROUP Athenian School (after turn)
6.7	10.8	X	REGROUP ranger station (restroom)
	10.8	R	Summit Road
4.6	15.4	X	REGROUP at summit (water/restroom)
	15.4	U	Mount Diablo Summit
4.6	20.0	R	North Gate Road (at ranger station)
6.4	26.4	X	REGROUP at park entrance
1.3	27.7	R	Oak Grove Road
0.1	27.8	L	Walnut Avenue (at circle)
1.5	29.3	C	Bancroft Rd.
0.6	29.9	R	LUNCH at Country Wood Shopping Center (Noah's Bagels)
After lunch, left onto Bancroft, in the direction you came then R onto bike path.			
0.1	30.0	R	Contra Costa Canal Trail (1st stop light)
0.9	30.9	L	Iron Horse Regional Trail (sign says "to Walnut Creek") REGROUP
2.2	33.1	X	At Newell Ave. cross R then L on <u>brick</u> crosswalk (to stay on bike trail).
1.0	34.1	X	Go under I-680, across Danville Road, then jog R then L back on trail
	34.1	C	Continue on Iron Horse Regional Trail
3.3	37.4	L	Hemme Park Restrooms/Water on left - REGROUP
	37.4	C	Iron Horse Regional Trail
5.2	42.6	X	REGROUP at umbrellas/benches before Crow Canyon Rd.
0.1	42.7	L	Crow Canyon Rd.
3.1	45.8	R	Tassajara Ranch Drive
0.1	45.9	R	Diablo Vista Park END

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