

# Mt. Diablo – Humane

Distance: 31.0 miles      Climb: 2,300 feet  
Start: Lafayette BART

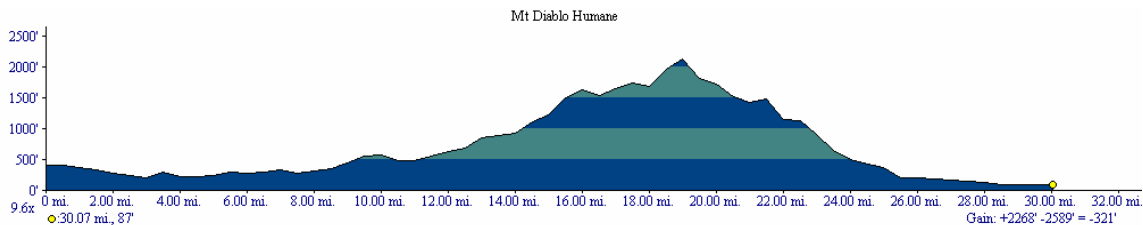
Dir	Street/Road	At	Go	Comments
E	out of parking lot	0.0	0.1	elevation 320 ft
R	Oak Hill Rd	0.1	0.1	
L	Mt Diablo Blvd	0.2	0.1	
R	Moraga Rd	0.3	0.2	
L	Moraga Blvd	0.5	0.3	
R	Foye Dr	0.8	0.1	
L	Bike path	0.9	0.9	
C	Olympic Blvd	1.8	1.2	
R	Tice Valley Blvd	3.0	1.9	
R	Crest Av	4.9	0.5	
L	Hillgrade Av	5.4	0.3	
R	Danville Blvd	5.7	1.5	
L	Stone Valley Rd	7.2	3.2	
R	Green Valley Rd	10.4	0.7	
L	Diablo Rd	11.1	1.6	
L	Diablo Scenic Rd	12.7	1.1	
C	South Gate Rd	13.8	5.8	
RG	ranger station			elevation 2,180 ft
C	North Gate Rd	19.6	8.0	
R	Castle Rock Rd	27.6	0.1	
L	Walnut Av	27.7	1.7	
X	Ygnacio Valley Blvd			
C	Bancroft Rd	29.4	0.5	
L	Contra Costa Canal bike trail	29.9	0.6	right turn after Amberwood Ln
R	Ironhorse bike trail	30.5	0.2	
R	Jones Rd	30.7	0.1	
X	Treat Blvd	30.8	0.2	
L	Pleasant Hill BART	31.0		elevation 80 ft

R=right L=left C=name change RG=regroup E=east U=turn around BR=bare right  
X=cross F=finish

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# Mt Diablo – Humane Intermediate Route

