Mount Diablo up South Gate down North Gate from WC BART 40 Miles, 4000 Feet Altitude Gain

Tot Miles	Turn	Street	For
0	~	Walnut Creek BART	0.0
0	R	North California Blvd	0.4
0.4	L	Civic Drive	0.1
0.5	R	North Main Street becomes Danville Blvd	4.0
4.5	L	Stone Valley Road	3.0
7.5	R	Green Valley Road	0.7
8.2	L	Diablo Road	1.5
9.7	L	Mt Diablo Scenic Blvd (South Gate)	6.9
16.6	~	Rangers Station (water)	0.0
16.6	R	Summit Road	4.6
21.2	~	Summit of Mt Diablo, take a break	0.0
21.2	~	Summit Road	4.6
25.8	S	North Gate Road	7.8
33.6	R	Oak Grove Road	0.1
33.7	L	Walnut Avenue	1.0
34.7	L	Blackstone	0.1
34.8	R	El Divisedero	0.4
35.2	R	San Antonio Drive	0.3
35.5	L	San Antonio Way	0.3
35.8	R	San Carlos Drive	0.1
35.9	R	Into mall to High Tech Burrito	0.0
35.9	R	Ygnacio Valley Road	0.4
36.3	L	Bancroft Road	0.6
36.9	L	Bike Path (do not take left when on path)	1.1
38.0	L	Oak Road becomes Civic Drive	1.6
39.6	R	California Blvd	0.4
40.0	End	Walnut Creek BART	0.0