EASY ALICE LAKE PARK FOUR LAKES TRAIL QUIET LAKE

Edith Lake

The quiet lake on the Four Lakes Trail in Alice Lake Provincial Park: easy walking, and park rules to know.

DO YOUR OWN RESEARCH FIRST. This is not a navigation tool and must not be your only source. Confirm everything with the land manager.

DIFFICULTY	FOUR LAKES LOOP	PARK
Easy	**≈ 6 km**	**Alice Lake**
Gentle forest trail	Our notes; BC Parks gives none	Provincial park

CYCLING	DOGS	QUIET HOURS
Restricted	**Leashed**	**10 pm – 7 am**
See BC Parks closures	Not on Alice Lake Trail	In the park



Approximate area only, not a trailhead or route. Map data © OpenStreetMap contributors.

Park	Alice Lake Provincial Park
Access	Paved, off Highway 99 north of Squamish
Four Lakes loop	≈ 6 km (our notes)
Cycling	Closed on Edith Lake to South Beach
Dogs	Leashed; not on Alice Lake Trail
Store	6 km away in Brackendale

Overview

Edith Lake is one of the lakes on the Four Lakes Trail in Alice Lake Provincial Park near Squamish. BC Parks names the Four Lakes Trail, Alice Lake Loop, Mike's Loop and Stump Lake Loop but gives no distances; local guides put the Four Lakes loop at about 6 km.

Our Alice Lake guide covers the park's beaches, campground and rules in detail.

Four Lakes Trail · Cycling limits · Leashed dogs · Alice Lake park

Getting there

Alice Lake Provincial Park The park is off Highway 99 north of Squamish, reached by paved road. The nearest store is 6 km away in Brackendale, per BC Parks.

Reservations BC Parks strongly advises reserving campsites for July through September.

Rules

Cycling Cycling is closed on the Edith Lake to South Beach section of the Four Lakes Trail. The rest of the Four Lakes Trail is closed to cycling May 1 to September 15.

Dogs Dogs must be leashed. They are allowed in the campground but not on the Alice Lake Trail, beaches, playground, picnic or day-use areas, or in park buildings.

Quiet hours Quiet hours are 10 pm to 7 am.

Questions

How long is the Four Lakes Trail?
BC Parks does not give a distance. Local guides put the loop at about 6 km.

Can I bike the trail?
Cycling is closed on the Edith Lake to South Beach section, and the rest of the Four Lakes Trail is closed to cycling May 1 to September 15.

Can I bring my dog?
On a leash, but not on the Alice Lake Trail, beaches, playground or picnic areas.

Safety checklist

Tell someone your plan Leave your route, group size and expected return time with someone you trust, and check in when you are back. BC AdventureSmart (adventuresmart.ca) has a free trip-plan form.

Check conditions the same day Look at the weather, road and trail conditions, closures and (in snow season) the avalanche forecast on the day you go, not last week. Use the land manager's page for this guide.

Set a turnaround time Pick a time to turn back whatever happens, start early, and carry a headlamp. Most trips go wrong in the last hours of the day.

Carry the essentials Water, food, navigation (map and offline GPS), light, first aid, extra layers, sun protection, a whistle and fire or shelter. A phone alone is not a plan.

Emergencies Call 911. Cell coverage is unreliable or absent in much of the Sea to Sky backcountry, so consider a satellite messenger and know your location.

Water and wildlife Wear a life jacket on the water: cold water can disable you in minutes. Carry bear spray where bears are present, keep food secured and give wildlife space.

Sources & disclaimer

This guide draws on BC Parks: Alice Lake Park; our own field notes.

Last checked November 18, 2026. Figures marked ≈ are approximate, and sources sometimes disagree. Always confirm with the land manager before you go.

Outdoor recreation involves risk, including serious injury and death. This guide is general information compiled from the public sources listed above and was last checked on November 18, 2026. Conditions, access, closures, fees and rules change, and some figures differ between sources. It is not a substitute for current information from the land manager, for proper skills, equipment and preparation, or for your own judgment. You are responsible for your own safety and decisions. To the extent permitted by law, Sea to Sky Trails and its authors accept no liability for loss, injury or damage arising from use of this guide.

> Do your own research first. This guide is not a navigation tool and must not be your only source: it is general information, last checked November 18, 2026, and conditions, access and rules change. Outdoor recreation is risky. Confirm everything with the land manager before you go, and read the terms of use & disclaimer. (seatoskytrails.com/disclaimer)