EASY RIVER VALLEY EAST OF SQUAMISH LIMITED DATA

The Mamquam

The Mamquam River valley east of Squamish: dike walks, forest roads and the access to Squamish's east-side alpine. Sourcing for this guide is thin.

> **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
Easy
Valley walks

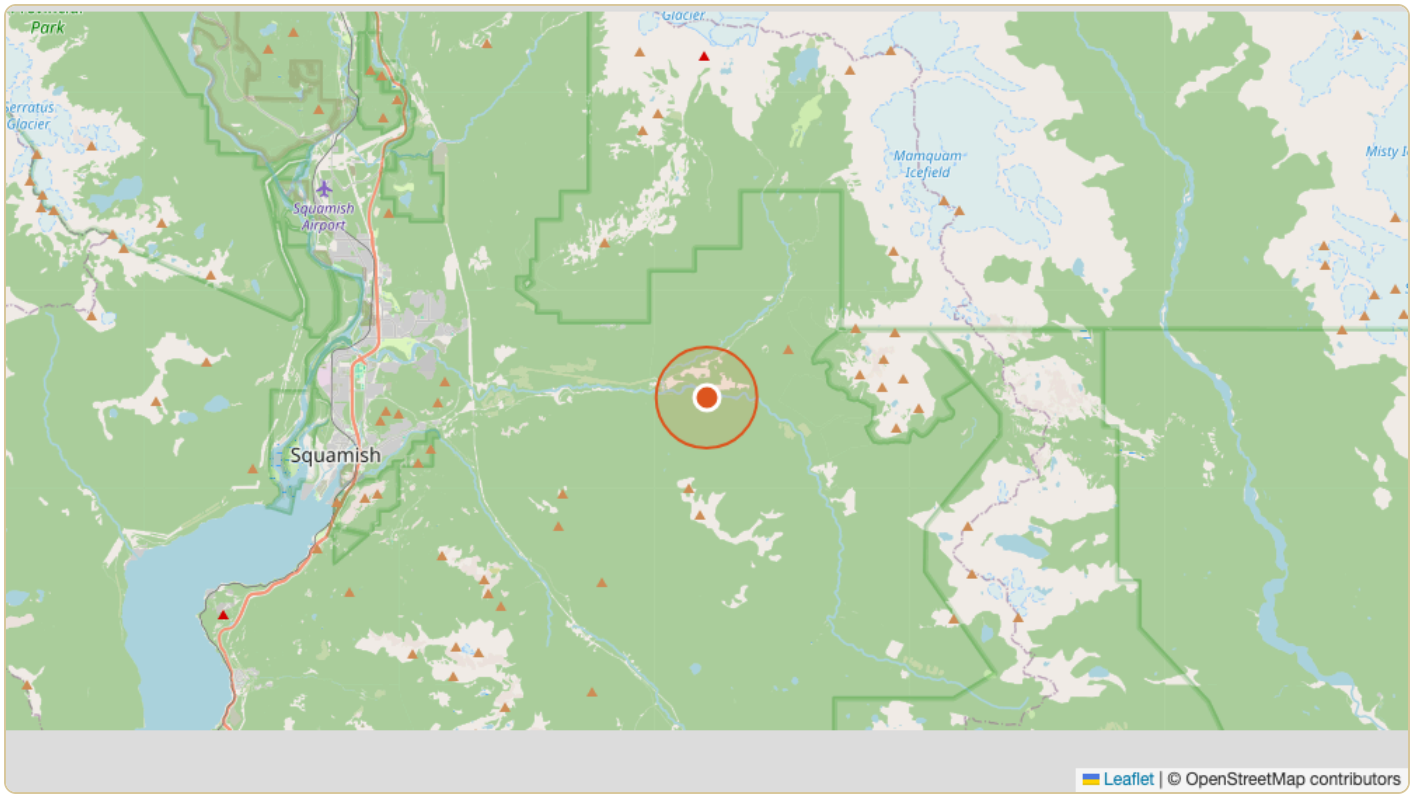
MAMQUAM TRAIL
≈ 3 mi loop
One listing

AREA
East of Squamish
River valley

ROAD
Mamquam FSR
Access to alpine trailheads

DATA QUALITY
Limited
Check local sources

SEASON
Year-round
Low-elevation



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

Area	Mamquam River valley, east of Squamish
Mamquam Trail	≈ 3 mi loop (one listing)
Road	Mamquam Forest Service Road
Sources	Thin: verify locally

Overview

The Mamquam River valley lies east of Squamish and is the gateway to several backcountry trailheads, including Watersprite Lake and Elfin Lakes (via Mamquam Road). One listing describes a 3-mile Mamquam hiking loop east of Squamish.

We found little current, authoritative information on this valley, so treat this page as an orientation, not a route guide, and verify trails, access and closures locally.

River valley · Gateway to alpine roads · Limited sourcing

Nearby guides

Watersprite Lake Reached by about 20 km of forest roads: see Watersprite Lake.

Elfin Lakes BC Parks says Mamquam Road to Garibaldi Park Road is 5 km of gravel with potholes: see Elfin Lakes.

Estuary paddling See the Squamish Estuary guide for tidal paddling near the Mamquam Blind Channel.

Know before you go

Forest roads Mamquam and Skookum forest roads change with weather and use. Check current conditions.

River The Mamquam is a glacier-fed river: stay back from banks in high water.

Limited data This page has limited sourcing. Confirm trails and access with local sources.

Questions

What is the Mamquam?
A river valley east of Squamish that gives access to several backcountry roads and trailheads.

Where does Mamquam Road go?
BC Parks says Mamquam Road to Garibaldi Park Road is 5 km of gravel with potholes on the way to the Diamond Head trailhead for Elfin Lakes.

Is there a loop trail?
One listing describes a 3-mile Mamquam loop east of Squamish. Verify locally.

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 10Adventures: Mamquam Trail; BC Parks: Garibaldi Provincial Park Trail Information.

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.

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