

# Biking: Alice Lake & Highlands

This diverse region has a little of everything. Trails like Rupert provide some of the most rewarding technical moves in Squamish, while trails such as Rollercoaster offer a perfect intro to smooth, winding descents.

## How to get there:

The area can be accessed from Alice Lake Provincial Park, Garibaldi Highlands Elementary outside school hours, and Garibaldi Village.

## Top Trails

◆ *Rupert* – This easy black offers diverse riding – XC, slabs, downhill rips, and some interesting wood-work. Intermediate options are signed by a chicken.

■ *50 Shades of Green* – A very well built climb that accesses the trail network around the Mashiter and Alice Lake. Complete in full or access the superior second half from Edith Lake.

■ *Tracks from Hell* – This is an old logging road that connects the Mashiter to Edith Lake. It can be ridden in both directions and features skinny boardwalk.

### Recommended Route

Mashiter > Mad Hatter > Ed's Bypass, Man Boobs, Bob Mac, 50 Shades pt 2, Rupert, Roller Coaster

## SORCA

The Squamish Off-Road Cycling Association (SORCA) is a volunteer driven mountain bike association with more than 1700 members. They maintain and expand the trail network, organize events, and represent the biking community.

You can visit [sorca.ca](http://sorca.ca) to join SORCA online or purchase a 'Trail Supporter' pass to support the development of our trails.



Photo: RideHub

Area Difficulty	■ - ◆◆	Moderate to Difficult
Total Trails	🚲	111
Primary Type	→→	Downhill
Total Distance	📏	94km
Total Vertical	↑↓	734m
Highest Trailhead		735m

### Equipment:

- Mountain Bike
- Helmet
- Grippy, close-toed shoes.
- Food & Water
- Map
- First Aid Kit
- Mobile Phone
- Optional: Gloves & Knee/Elbow pads

### Be Adventure Smart 🌲

- Plan ahead and prepare
- Leave what you find
- Dispose of waste properly
- Respect wildlife and control pets
- Be considerate of other visitors

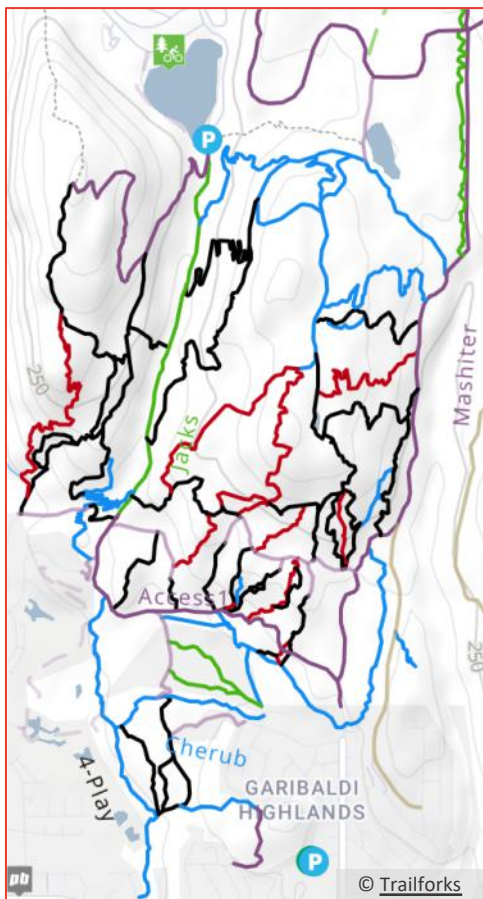


**SQUAMISH**

BRITISH COLUMBIA

This route description is intended solely as an aid for planning your route. It is NOT a substitute for properly planning your route and having the necessary equipment, skills and knowledge. Tourism Squamish accepts no responsibility for variations in the information given for whatever reason, including the route on the ground.

## Map



## Weather

Check the weather before you go. Take care in rain, high winds and low visibility. Beware sun exposure on hot days.

## Know before you go

- There is a basic skills park next to the public day parking and playground. It is a pump track aimed at entry level skill development.

## When to cancel plans

- Poor Weather.
- Inadequate equipment or fitness.
- Any situation which may jeopardise the safety of your group.

## Trailforks

Trailforks.com is a great resource to find more routes and plan trips. Check it out for maps, trail reports and updates on the latest conditions.

## Lets make the world a better place

- Feel free to take me, but If you want to *save* paper, take a photo of me instead.
- If I still look good when you're finished, please *return* me for someone else to use.
- If my time is done, *recycle* me!

## Have you?

- Checked the weather
- Checked route conditions
- Got correct equipment
- Checked group fitness
- Told someone where you're going

## Emergency

If you require emergency assistance, please call 911.