

Biking: Diamond Head

Squamish's most popular riding area offers unparalleled riding quality characterized by mammoth climbs and extended descents. Squamish classics such as Full and Half Nelson boast some of the smoothest flow in town, while more technical descents such as Angry Midget offer thrills for experienced riders.

How to get there:

Take the Mamquam FSR beginning past Quest University. The first parking lot is 300m down the dirt road, and the second lot is after the second switchback.

Top Trails

■ *Half Nelson* – Squamish's most popular trail is a machine built, 2km long, downhill pump track.

◆ *Pseudo-Tsuga* – This 3-part trail features small rollable jumps, a scenic bridge by a waterfall, and finishes with a high-speed roller coaster section.

■ *Angry Midget* – Intermediate trail that flows and winds on a loamy tread through the forest. No big features here, just occasional ladders crossing drainages and the ever-present root challenges.

Recommended Route

Legacy Climb > Half Nelson > FSR > Pseudotsuga

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 to join SORCA online or purchase a 'Trail Supporter' pass to support the development of our trails.



Photo: dialedincycling

Area Difficulty	■ - ◆◆	Moderate to Difficult
Total Trails	🚲	89
Primary Type	→→→	Downhill
Total Distance	📏	104km
Total Vertical	↑↓	1495m
Highest Trailhead		1595m

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

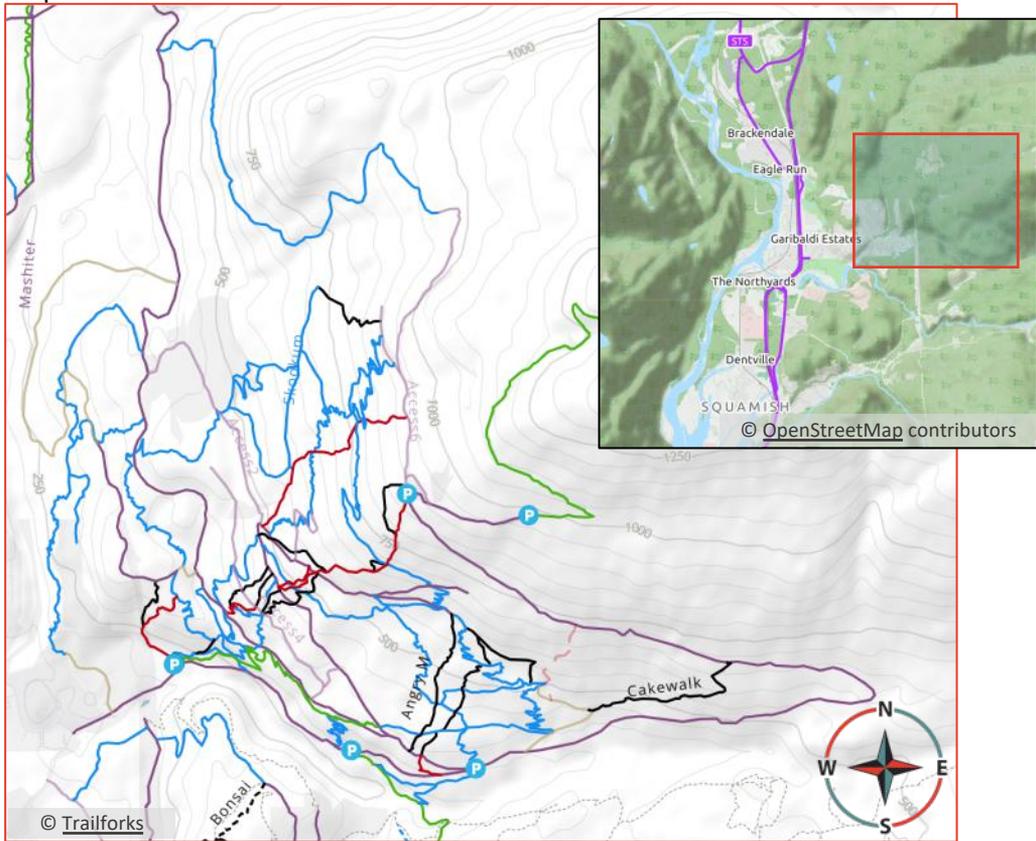


SQUAMISH

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

- Drivers should move slowly and watch for riders while driving up
- Driving up the Ring Creek FSR is prohibited, please park and ride from one of the two lots instead.

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**.