

# Lower Mainland Nature Viewing Region

## Sea-to-Sky Area

### Diamond Head – Elfin Lakes (Garibaldi Provincial Park)



*Elfin Lakes: photo by Bill Kinkaid*



*Elfin Lakes Camping Area: photo by Bill Kinkaid*

A full day or overnight hike to subalpine meadows and ridges with outstanding geological features.

#### [Photo Gallery](#)

<b>Geographical Description</b>	Coast Mountains.
<b>Area/ Trail Length</b>	Park size over 194,000 hectares. Trail to Elfin Lakes is 11 km one way, and a further 6.5 km one way to Opal Cone and 10 km to Mamquam Lake.
<b>Seasons to Visit</b>	Depending on snow conditions: hiking July to October, ski/snowshoe November to April.
<b>Habitat</b>	Coastal cedar-hemlock at low elevations; Englemann spruce-subalpine fir, subalpine meadows, alpine tundra at higher elevations.
<b>Viewing Highlights</b>	Good native plant communities and birding at all elevations.  Outstanding examples of recent (c. 10,000 years B.P.) volcanic and glacial landforms.  Excellent mountain views from Paul Ridge, Opal Cone and other high ridges.
<b>Other Features</b>	
<b>Main Access</b>	From Highway 99 in Squamish via Mamquam Road, a 16km logging road; the last few kilometres are steep and rocky but most vehicles can drive it. In winter, this road is snow and ice covered and chains are required.

**Secondary  
Accesses**

None.

**Cautions**

Portions of trails can be snow covered, wet and muddy, and snow may fall any time of year at high elevations. In winter the area is subject to high avalanche risks. This is a strenuous trail and anyone hiking it should be in good physical condition, equipped with good footwear, hiking poles, outdoor clothing, and food and water. There are several creek crossings which are subject to washouts. Do not disturb guests of the Elfin Lakes Shelter. Bears and cougars are rare but be watchful. Mobile phone service in this area is limited. Vehicle break-ins and vandalism are common at these trailheads; do not leave cash or valuables in your vehicle.

**Jurisdiction  
Regulations**

BC Parks.

No camping except in designated sites; no fires. No dogs; cycling on road section of trail and only as far as Elfin Lakes. Backcountry reservations are now required year-round at all campsites and huts in Garibaldi Provincial Park.

**Facilities**

Pit toilets, shelter and picnic tables at Red Heather Meadows (day use only) and at Elfin Lakes. Pit toilet at trailhead  
All services in Squamish.

**Other  
Recreational  
Activities****Other  
Connections**

None.

**History****FMI****Links**

[BC Parks](#)