

Be a Belcarra Beach Hero!

Belcarra Beach is home to many creatures – from tiny plankton to giant sea stars. Make your visit a positive experience for all living things! You can help keep Belcarra Beach healthy and diverse by following the etiquette tips on signs near the beach. To learn more about exploring the beach with minimal impact or to join Belcarra Beachkeepers, call 604-520-6442.

The Park Can Be Busy

On sunny, summer days, parking lots often fill quickly at both White Pine Beach on Sasamat Lake and at the Picnic Area near the ocean. To avoid disappointment, arrive early or travel to the park by foot, bicycle or bus. Seasonal pay parking was introduced in 2021. Please respect parking restrictions on adjacent municipal streets; there is no parking on Bedwell Bay Road.

Ecological Restoration Team

Help remove invasive plants and replant native species in regional parks. To volunteer for hands-on work parties, go to [meetup.com](https://www.meetup.com) and search 'regional parks.'

Sasamat Outdoor Centre

The Sasamat Outdoor Center is operated by the Association of Neighbourhood Houses of Greater Vancouver. For information call 604-939-2268.

Metro Vancouver Regional Parks Foundation

Find out how you can donate to the parks you love at [MVRPFoundation.ca](https://www.MVRPFoundation.ca).

Further information:

Area office for **təmtəmix^wtən/Belcarra**, 604-520-6442
Metro Vancouver, 604-432-6200
[metrovancouver.org](https://www.metrovancouver.org)

Mailing Address:

Metro Vancouver Regional Parks
4515 Central Blvd, Burnaby, BC
Canada V5H 0C6

Dec / 2022

təmtəmix^wtən BELCARRA

Regional Park

Belcarra/Anmore/Port Moody

Discover the intertidal life of Belcarra beach, bike through cool glades of towering hemlocks, stroll around Woodhaven Swamp or swim the refreshing waters of Sasamat Lake.



Trails and Recreation

Shared Trails



Cycling is permitted on Springboard Trail, Sugar Mountain, Saddle Ridge and Bear Claw trails are open to cyclists, but are rugged with steep sections. Cyclists yield to pedestrians. To minimize erosion and habitat damage, stay on designated trails.

Accessibility



All park washroom buildings are wheelchair accessible. At Belcarra Picnic Area, the picnic shelters, wharf and floats are wheelchair accessible. White Pine Beach has a wheelchair-accessible terrace and picnic tables.

Picnicking



Picnic tables and washroom facilities are located at White Pine Beach and the Belcarra Picnic Area which also has two shelters that each seat 75 people. To book a shelter, call 604-432-6352.

Fire Restrictions



Fires are ONLY permitted in the designated fire ring at the Belcarra Picnic Area shelters. Restrictions may apply during hot weather.

Swimming



Swim at your own risk. There are no lifeguards on duty at the park's beaches, including Sasamat Lake.

Canoeing and Kayaking



Canoeing and kayaking are permitted on Sasamat Lake; and paddleboats can access Belcarra Bay from the Picnic Area. Launching at both locations requires carrying your boat up to 200m from the parking lots to the water. Know your limits as a paddler – be aware of tides, currents and weather. Check Transport Canada's safe boating guide for mandatory gear.

Dogs



Dogs are welcome but must be leashed. Even well-trained dogs can frighten or injure park wildlife and visitors. Please scoop up your dog's poop and dispose of it in the dog waste bins. Dogs are prohibited at White Pine Beach; on the swimming and fishing decks of the Floatwalk; and at most pocket beaches along Sasamat Lake. To enjoy Sasamat Lake Loop Trail and avoid White Pine Beach, follow the Beach By-Pass route.

Fishing and Crab Fishing



For fishing in Sasamat Lake, a B.C. non-tidal angling license is required. For fishing and crab fishing in the ocean, a federal tidal fishing license is required. Contact Fisheries and Oceans Canada at 604-666-2828 to confirm current regulations, special restrictions and closures. To protect breeding stocks, only male crabs can be harvested. Harvesting of undersized crabs and female crabs is illegal. Report violators: 1-800-465-4336.

No Shellfish Harvesting



Burrard Inlet and Indian Arm are closed to clam, mussel and oyster harvesting.

No Liquor, No Cannabis and No Camping



Liquor, cannabis and camping are not permitted in the park. Park staff and local police are working together to conduct routine patrols and road checks.

No Smoking



Smoking is not permitted in regional parks, except in designated areas marked by signs. These areas allow the use of tobacco and e-cigarettes, but not cannabis.

No Vegetation Removal



To protect park habitats, vegetation removal is prohibited.



