**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.

**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.

**Regional Park**

* métis * BELCARRA

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 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.

Further information:

Area office for métis: 604-520-6442
Metro Vancouver: 604-432-6200 metrovancouver.org

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

Dec / 2022
## Trail Information

<table>
<thead>
<tr>
<th>Trail</th>
<th>Distance to Return</th>
<th>Time to Return</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EASY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bedwell Bay Trail</td>
<td>1.2 km</td>
<td>20 minutes</td>
<td>Gently sloped trail linking Belcarra Picnic Area to the tidal flats of Bedwell Bay.</td>
</tr>
<tr>
<td>Woodhaven Swamp Loop Trail</td>
<td>1.2 km</td>
<td>30 minutes</td>
<td>Gently sloped trail circles a drowned forest; watch for wildlife at this vibrant wetland.</td>
</tr>
<tr>
<td>Sasamat Lake Loop Trail</td>
<td>3.2 km</td>
<td>1 hour</td>
<td>Rolling forested trail along the shoreline of Sasamat Lake and across it via a floating walkway.</td>
</tr>
<tr>
<td>Springboard Trail</td>
<td>8 km</td>
<td>2 hours</td>
<td>Hardened path for cyclists and pedestrians. Some sections follow the road.</td>
</tr>
<tr>
<td><strong>INTERMEDIATE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Admiralty Point Trail</td>
<td>6 km</td>
<td>Admiralty Pt: 1.5 hrs Burns Pt: 2 hrs</td>
<td>Some sections follow rocky shoreline; beautiful views of Burrard Inlet.</td>
</tr>
<tr>
<td>Jug Island Beach Trail</td>
<td>6 km</td>
<td>2 hours</td>
<td>Several steep sections to reach a pocket beach with views of Indian Arm.</td>
</tr>
<tr>
<td>Woodhaven Trail</td>
<td>4.2 km</td>
<td>1.5 hours</td>
<td>Some steep sections through forest on trail linking Sasamat Lake to Woodhaven Swamp.</td>
</tr>
<tr>
<td><strong>CHALLENGING</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buntzen Ridge Viewpoint</td>
<td>5.2 km</td>
<td>2 hours</td>
<td>To continue to Buntzen Lake Trail allow an additional hour to return. Depends on your fitness level.</td>
</tr>
<tr>
<td>Buntzen Ridge Viewpoint via Sugar Mountain Trail</td>
<td>6.6 km</td>
<td>2.5 hours</td>
<td>To continue to Buntzen Lake Trail allow an additional hour to return. Follows power line right-of-way.</td>
</tr>
</tbody>
</table>

### Trail Guide

#### EASY
- **Bedwell Bay Trail**
  - 1.2 km
  - 20 minutes
  - Gently sloped trail linking Belcarra Picnic Area to the tidal flats of Bedwell Bay.

#### INTERMEDIATE
- **Admiralty Point Trail**
  - 6 km
  - Admiralty Pt: 1.5 hrs
  - Burns Pt: 2 hrs
  - Some sections follow rocky shoreline; beautiful views of Burrard Inlet.

#### CHALLENGING
- **Buntzen Ridge Viewpoint**
  - 5.2 km
  - 2 hours
  - To continue to Buntzen Lake Trail allow an additional hour to return.

---

**General Information**

**Park Hours**
The park is open at 7 am. Park hours are posted at park entrances; earliest closing is 5 pm. Gates are locked when the park is closed.

**Park Programs**
For information on programs, field trips and events, go to metrovancouver.org and search ‘nature programs.’

**Put Litter in its Proper Place**
Every year visitors leave several tonnes of garbage in the park - please use the bins! Consider making your next visit a zero waste one. Our website has tips on making less garbage.

**Bears and Cougars**
This park has extensive bear and cougar habitat. The animals that live here are wild and unpredictable. If you encounter a bear or cougar, stay calm and slowly back away. Do not approach or try to feed bears, and do not leave any garbage or unattended food.

**Regional Parks**
Regional parks are natural areas and can present hazards for the unprepared. Look and listen, and be aware of your surroundings. Be prepared for changing conditions and obey all signs. See our website for tips on personal safety.

**Emergencies**
In case of emergency, phone 9-1-1 for fire, ambulance, and police services.

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