

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 **təmtəmixʷtən/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

təmtəmixʷtən 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.



təmtəxwən • Belcarra Regional Park

HOW TO GET THERE

From St. Johns St/Barnet Hwy in Port Moody, go north on Ioco Rd. At the fourth light, turn left onto Ioco Rd, continue to 1st Ave and turn right. Follow 1st Ave, which becomes Bedwell Bay Rd, to the White Pine Beach entrance. To get to Belcarra Picnic Area, continue on Bedwell Bay Rd to the 3-way stop. Turn left, travel uphill to Tum-tumay-whueton Dr and keep right.

BELCARRA PICNIC AREA



Information

Parking

Toilets

Picnic Area

Picnic Shelter

Fishing

Scuba Diving

Swimming

Playground

Viewpoint

Boat Launch

Regional Park

Hiking Trail

Hiking/Cycling Trail

metrovancover

10/21

Enjoy the Park Safely

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

911

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

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.

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 metrovancover.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.

Park Conditions

To report conditions or situations requiring the assistance of Regional Parks, phone or leave a message at 604-520-6442.

Trail Information			
Trail	Distance to Return	Time to Return	Comments
EASY			
Rolling or gently sloped trails with fairly even surfaces			
Bedwell Bay Trail	1.2 km	20 minutes	Gently sloped trail linking Belcarra Picnic Area to the tidal flats of Bedwell Bay.
Woodhaven Swamp Loop Trail	1.2 km	30 minutes	Gently sloped trail circles a drowned forest; watch for wildlife at this vibrant wetland.
Sasamat Lake Loop Trail	3.2 km	1 hour	Rolling forested trail along the shoreline of Sasamat Lake and across it via a floating walkway.
Springboard Trail	8 km	2 hours	Hardened path for cyclists and pedestrians. Some sections follow the road.
INTERMEDIATE			
Some steep sections and/or rough, uneven surfaces			
Admiralty Point Trail	6 km	Admiralty Pt: 1.5 hrs Burns Pt: 2 hrs	Some sections follow rocky shoreline; beautiful views of Burrard Inlet.
Jug Island Beach Trail	6 km	2 hours	Several steep sections to reach a pocket beach with views of Indian Arm.
Woodhaven Trail	4.2 km	1.5 hours	Some steep sections through forest on trail linking Sasamat Lake to Woodhaven Swamp.
CHALLENGING			
Steep trails with many rocky and rough sections			
Buntzen Ridge Viewpoint via Buntzen Ridge Trail	5.2 km	2 hours	To continue to Buntzen Lake Trail allow an additional hour to return.
Buntzen Ridge Viewpoint via Sugar Mountain Trail	6.6 km	2.5 hours	To continue to Buntzen Lake Trail allow an additional hour to return. Follows power line right-of-way.
PLEASE STAY ON DESIGNATED TRAILS, RESPECT OTHER USERS AND KEEP YOUR DOG LEASHED.			