

Rare Sand Dune Habitat

Iona Beach is home to habitat that is rare in the province and even rarer on the South Coast. Plants such as beach pea, large-headed sedge and dune grass - that are adapted to the harsh conditions of life in the sand - flourish at Iona Beach. They, in turn, support a community of sand dune creatures such as shorebirds, butterflies and garter snakes.

Critical Rest Stop

During spring and fall migration, more than 300 species of birds stop at Iona Beach to rest and feed. Some birds have flown thousands of kilometres in their journey, so eating and regaining energy here is critical. That's why it's important to keep dogs on leash - birds can't afford to use valuable energy and feeding time to flee.

Wetland Habitat Restoration

Construction on Sea Island in the 1980s caused loss of wetland habitat. As compensation, the marsh was restored to provide habitat for a variety of plant and animal species, including the locally rare yellow-headed blackbird. In late spring, their unmistakable buzz-saw calls can be heard as they build nests and raise new generations of chicks in the marshes.

Regional Parks – Get Involved!

Do you like sharing your love of the outdoors, environmental education and protecting special places? Discover how you can get involved with stewardship projects, public events and educational programs. To learn about ways to get involved with regional parks, go to [metrovanancouver.org](http://metrovanancouver.org) and search ‘volunteering’.

Metro Vancouver Regional Parks Foundation

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

Further information:  
Area office for Iona Beach, 604-224-5739  
Metro Vancouver, 604-432-6200  
[metrovanancouver.org](http://metrovanancouver.org)

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

Aug / 2025

# Iona Beach

## Regional Park


Richmond

Wander where the tideline marks the transition between land and sea, watch herons, hawks and eagles soar above shore and grasslands, or experience the sweeping views of sea, sky and mountains.




### Trails and Recreation


Hiking

 Park trails stretch along both the Iona and North Arm jetties. (Please note there is no public access to the industrial area on the North Arm Jetty.) It's also possible to wander on the beach of the North Arm Jetty.


Cycling

 Cycling is permitted on the service road parallel to the Iona Jetty pipes. Bicycles are not permitted on the walking path on top of the pipes. To minimize erosion and habitat damage, please stay on designated trails.


Dogs

 Dogs must be leashed in all areas of the park except the lower road on the Iona Jetty. Please scoop up your dog's poop and dispose of it properly. To protect wildlife and habitat, dogs are not permitted in the marsh areas or on the intertidal flats.


Accessibility

 The washrooms, the picnic table, boardwalk and observation platform at South Marsh, and the cycle path on Iona Jetty are accessible.


Horseback Riding

 Horses are permitted on the Bridle Path that begins at the park gate and runs parallel to the entrance road.

Beach Activities

 Beach activities are permitted between Iona Jetty and North Arm Jetty. No supervision is provided; use at your own risk. Be alert to rapid tide changes. Water quality is tested and is safe for beach activities. For specific water quality information, consult Vancouver Coastal Health's beach water quality report.


Picnicking

 Picnic tables are located at the beach area, the west side of the South Marsh and near the Iona Jetty entrance.


No Liquor, No Camping, No Fires and No Hunting

 Not permitted in the park.

No Smoking

 Smoking is not permitted in regional parks, except in designated areas. Signs mark the designated areas.


No Vegetation Removal

 To protect park habitats, vegetation removal is prohibited. Take only photographs, leave only footprints.

### 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. Please obey all signs and enjoy your visit.

Emergencies

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

### General Information

Park Hours

In general, parks are open during daylight hours. Park hours are posted at park entrances; earliest closing is 5 pm. Gates are locked when the park is closed.

Park Programs and Facilities Reservations

For information on programs, field trips and events, go to [metrovanancouveronline.org](http://metrovanancouveronline.org) or call 604-432-6359.

Rules and You

Help ensure the future of our region's natural treasures. Please follow park regulations, established to protect park habitats, wildlife, and facilities. You can make a difference!

Park Conditions

Park conditions are posted on [metrovanancouver.org](http://metrovanancouver.org). To report conditions or situations requiring the assistance of Regional Parks, phone or leave a message at the Park Area office: 604-224-5739.

# IONA BEACH REGIONAL PARK

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Parking

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Information

Toilets

Picnic Area

Drinking Water

Viewpoint

Beach Activities

No Beach Access

Hiking Trail

Leash-required

Cycling Trail

Leash-optional

Hiking/Equestrian Trail

No Dogs Allowed

Regional Park

No Public Access

Marsh

Gravel Road

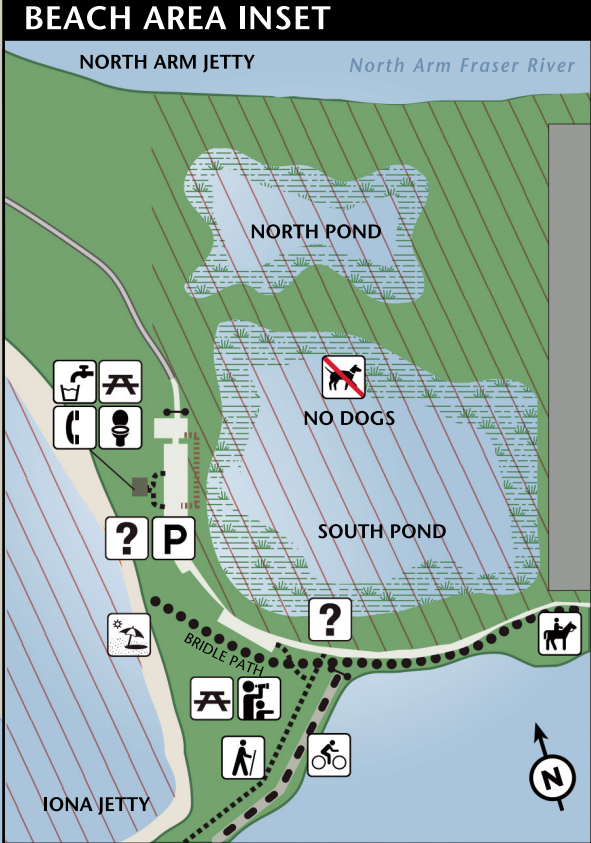
Boardwalk

Gate

Distance Marker

metro

vancouver



TRAIL INFORMATION				
Trail	Distance to Return	Time to Return	Terrain	Comments
Iona Jetty	8.0 km	2.5 hours	Flat, exposed	Enjoy 360° views of sea, sky and mountains. Can be very windy!
North Arm Jetty	4.8 km	2 hours	Sandy beach	Walking on the North Arm Jetty is allowed only on the beach below the high tide line.
Bridle Path	1.0 km	10 minutes	Flat, rough	Walkers and horses share this trail.

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BEACH  
REGIONAL PARK

