Beach Activities

Natural, undeveloped rock and cobble beaches extend along the foreshore from Acadia Beach to the historic monument. Beach access trails are steep (except for Acadia Beach) and the slipside trail between Trail 6 and Trail 7 can be challenging. The beach, except at Acadia Beach, is clothing optional. Toilets are at Trail 6 and Acadia Beach. Please carry litter out to trailhead garbage cans. Swim at your own risk; no lifeguards are on duty.

No Liquor, No Camping, No Fires and No Harvesting

Liquor, camping and fires are prohibited. To protect park habitat, collecting mushrooms, fiddleheads or other vegetation is prohibited.

Enjoy the Park Safely

Regional parks are natural areas and can present hazards for the unprepared. Look, 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 time is 5 pm. Gates are locked when the park is closed.

Park Programs

For information on programs, field trips and events, go to metrovancouveronline.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!
Forests in this park provide important habitat for wildlife. Please stay on trails shown on this map. Off-trail entry only with approved permit.