**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.

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**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.

**Swimming**

Swim at your own risk. There are no lifeguards on duty at Belcarra’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.

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**Belcarra Can Be Busy**

Access to White Pine Beach may be limited on sunny, summer days. When parking lots are full, the gates are closed and there are no pick-up or drop-off options. To avoid disappointment, arrive early or travel to the park by foot, bicycle or bus.

Parking at the Picnic Area may also be limited. If you are planning a group outing, consider booking a picnic shelter and either carpooling or using a bus to get to the park.

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**Ecological Restoration Team**

Help remove invasive plants and replant native species in regional parks. To volunteer for hands-on work parties, call 604-520-6442.

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**Sasamat Outdoor Centre**

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

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**Pacific Parklands Foundation**

Pacific Parklands Foundation is a registered charity dedicated to the conservation and enhancement of Metro Vancouver’s regional parks. For information or to make a donation, call 604-451-6168 or visit www.pacificparklands.com.

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Further information:

Area office for Belcarra, 604-520-6442

Metro Vancouver, 604-432-6200

metrovancouver.org

Mailing Address:

Metro Vancouver Regional Parks
4730 Kingsway, Burnaby, B.C.
Canada V5H 0C6

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Feb / 2018
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, and continue to 1st Ave and turn right. Follow 1st Ave, which becomes Bedwell Bay Rd to the 3-way stop. Turn left, travel uphill to entrance. To get to Belcarra Picnic Area, follow Tum-tumay-whueton Dr and keep right.

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
Call 9-1-1 for Fire, Ambulance and Police.

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.

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.

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.

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.

METROVANCOUVER.COM

TRAIL INFORMATION
Trail | Distance to Return | Time to Return | Comments
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EASY | | | |
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 | | | |
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 | | | |
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.