

Regional Parks – Get Involved!

Do you like sharing your love of the outdoors and environmental education? Are you concerned about conserving our sensitive intertidal ecosystems? Join our team of Belcarra Beachkeepers (604-520-6442) and learn about beach wildlife and ecology while helping educate the public on proper beach exploration etiquette. Beachkeeper training starts each spring. To find out about other Park Partner activities in other regional parks, visit www.parkpartners.ca.

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.

Sasamat Outdoor Centre

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

Park Conditions

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

Further information

Area office for Belcarra, 604-520-6442
Metro Vancouver, 604-432-6200
www.metrovancouver.org

Mailing Address

Metro Vancouver
Regional Parks Department
4330 Kingsway, Burnaby, B.C.
Canada V5H 4G8



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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...*



**metro
vancouver**

www.metrovancouver.org

BELCARRA REGIONAL PARK

HOW TO GET THERE

From St. Johns St (Port Moody) or Barnet Highway (Coquitlam), go north on Knowles Rd to loco Rd. Turn left onto loco Rd, continue to 1st Ave and turn right. Follow 1st Ave as it becomes Bedwell Bay Rd to the White Pine Beach entrance.

To get to Belcarra Picnic Area, continue on Bedwell Bay Rd to the three-way stop. Turn left, travel uphill to Tum-tumay-whueton Dr and keep right.

BELCARRA PICNIC AREA



- Information
- Parking
- Toilets
- Telephone
- Picnic Area

- Picnic Shelter
- Fishing
- Scuba Diving
- Swimming
- Playground

- Viewpoint
- Horse Unloading
- Boat Launch
- Regional Park
- No Public Access

- Hiking Trail
- Hiking/Cycling Trail
- Hiking/Cycling/Equestrian Trail



Trails and Recreation

Shared Trails



The Trail Users' Courtesy Code requests that pedestrians yield to equestrians; cyclists yield to pedestrians and equestrians; and that equestrians respect other users. To minimize erosion and habitat damage, stay on designated trails.

Hiking



Most trails have rough, uneven surfaces and some steep sections. **USE CAUTION DURING RAINY WEATHER; FOOTBRIDGES AND BOARDWALKS CAN BE SLIPPERY.**

Cycling



Cycling is permitted on the Springboard Trail. Mountain bikes are allowed on Sugar Mountain, Bear Claw and Saddle Ridge shared trails.

Horseback Riding



Horseback riding is permitted on designated, shared trails originating from Buntzen Lake Recreation Area. Unload horse trailers at the Buntzen Lake equestrian parking lot.

Wheelchair Access



All park washroom buildings are wheelchair accessible. At Belcarra Picnic Area, the picnic shelters, wharf and floats are wheelchair accessible. White Pine Beach has wheelchair-accessible picnic tables and water access.

Pets



Pets must be leashed. Even well-trained pets can frighten or injure park wildlife and visitors. Please show courtesy to other park visitors by removing your pet's droppings.

For health and safety reasons, pets are prohibited year-round at White Pine Beach; on the swimming and fishing decks of the floating walkway; and at most pocket beaches along Sasamat Lake. Keep pets in designated areas.

Beach By-Pass



To reach Sasamat Lake Loop Trail and water access for pets, follow these signs.

Swimming



Swim at your own risk. There is no lifeguard on duty at Belcarra's beaches, including Sasamat Lake.

Quiet Beach



For the enjoyment of other park visitors, do not use amplifying systems, radios or stereos.

Crab Fishing



Crab fishing is permitted by holders of a valid federal tidal fishing license. Check regulations and contact Fisheries and Oceans Canada at 604-666-2828 for information on special restrictions and closures. Burrard Inlet and Indian Arm are closed to clam, mussel and oyster harvesting. To protect breeding stocks, only male crabs can be harvested. Harvesting of undersized crabs is illegal. To report violators, call 604-666-3500.

Fishing



Fishing is permitted but a B.C. non-tidal angling license is required for Sasamat Lake and a federal tidal fishing license is required for the ocean.

Fires



Fires are permitted only in the fire ring at the Belcarra Picnic Area shelters. Restrictions may apply during hot weather.

No Liquor and No Camping



Liquor and camping are not permitted in the park. Park staff and the police are working together to conduct routine patrols and road checks.

No Vegetation Removal



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

Enjoy the Park Safely

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



Call 9-1-1 for Fire, Ambulance and Police. A pay phone is located at the Picnic Area kiosk.

Bear Safety



The park has some 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. Look for our "What About Bears?" brochure in park kiosks or on our website.

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 Facility Reservations

We offer public programs and field trips for all ages to experience nature. The Picnic Area is a popular destination for group picnics. To book a picnic shelter or a program, call 604-432-6352.

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. For transit information, call 604-953-3333.

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

MV Zero Waste Challenge: Target Your Trash

You can help keep the park clean - put litter in its proper place. Remember garbage goes in the green cans; recycling in the blue cans; and cigarette butts in the special containers.

TRAIL INFORMATION				
Trail	Distance To Return	Time To Return	Terrain	Comments
Admiralty Point Trail	6 km	Admiralty Pt: 1.5 hrs Burns Pt: 2 hrs	Trail follows rocky shoreline in some sections.	Beautiful views of Burrard Inlet.
Bedwell Bay Trail	1.2 km	20 minutes	Gentle slope	Links Belcarra Picnic Area to muddy tidal flats of Bedwell Bay.
Jug Island Beach Trail	6 km	2 hours	Several steep sections.	Destination is a pocket beach with views of Indian Arm and the North Shore Mtns.
Springboard Trail	8 km	2 hours	Long uphill section from Belcarra Picnic Area.	Hardened path for cyclists & pedestrians. Some sections follow the road.
Woodhaven Swamp Loop Trail	1.2 km	30 minutes	Flat	Trail circles an eerie drowned forest. Watch for wildlife at this vibrant wetland.
Woodhaven Trail	4.2 km	1.5 hours	Some steep sections.	Links Sasamat Lake to Woodhaven Swamp.
Sasamat Lake Loop Trail	3.2 km	1 hour	Rolling	Forested trail along the shore of Sasamat Lake and across it via a floating walkway.
Buntzen Ridge Viewpoint via Buntzen Ridge Trail	5.2 km	2 hours	Some steep, rocky & rough sections.	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	Some steep, rocky & rough sections. Follows power line right-of-way.	To continue to Buntzen Lake Trail allow an additional hour to return.