

## **Belcarra Regional Park:**

### **Jug Island Beach Trail and Admiralty Point Trail**

October 28, 2023 – Gerard Laman

It was a great Saturday morning with a clear sky. The temperature at the start of the hike was at -1° C, but warmed up to about 6° C at the end of the hike.

We started with 8 club members from the picnic area in Belcarra Regional Park. Our first destination was to Jug Island Beach. The trail was easy at the beginning but became harder with several short climbs near the end. We stopped at the beach for a water and snack break and also the valued group's photo. We returned after this on the same trail to the Belcarra picnic area where we had our lunch.

After lunch we started with the second part of our hike on the Admiralty Point Trail that ended at Burns Point. This trail is mainly along the Burrard Inlet and provided us with several good view points of the Burrard Inlet with the Iron Workers Bridge in the distance spanning Burrard Inlet.

The total distance of this hike was about 12 km with a accumulated elevation gain of 290 meter.

We all enjoyed the hike in perfect weather condition.

Thanks to the drivers, Catherine and Gerard.