

Brae Island Regional Park is on McMillan Island, on the Fraser River. It has riverfront beaches, greenspace, trails, a day use area and a campground named Fort Camping. This park is a great place for exploring nature along the Fraser River. You can walk or bike to Derby Reach Regional Park, that is only 3.5 km away, via the nearby Fort-to-Fort Trail.

Experience the Fraser

Brae Island Regional Park is part of a bold future-thinking vision, named Experience the Fraser, to link by trail and river, points of interest from Hope to the Salish Sea. Discover how it and other parks, trails, greenways and blueways are connected to each other and the Fraser River by exploring local maps and sites.

Regional Parks – Get involved!

Do you like sharing your love of the outdoors, environmental education and protecting special places? Have fun and meet new people while volunteering for events, nature education, and habitat restoration. Find more opportunities at metrovancover.org (search ‘park volunteer’) or call 604-530-4983.

Metro Vancouver Regional Parks Foundation

Find out how you can donate to the parks you love at MVRPFoundation.ca.

Park Conditions

To report conditions or situations requiring the assistance of Regional Parks, phone or leave a message at 604-530-4983

Further information:  
Area office for Brae Island, 604-530-4983  
Metro Vancouver, 604-432-6200  
metrovancover.org

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

# Brae Island

## Regional Park



Township of Langley

Stroll, cycle, paddle by, picnic, and camp along the Fraser River. Enjoy beautiful river and mountain views, and watch for wildlife ranging from beavers to raptors, including the great horned owl.




## Trails and Recreation

Shared Trails




Most park trails are for walking and cycling. Cycling is not permitted on the pedestrian-only access trails to the shoreline. To minimize erosion and habitat damage, stay on designated trails.

Camping




Brae Island’s campground, Fort Camping, is open year round. It offers a family camping experience, a variety of services, and sites for RV’s, tents, and group camping. Recreational programs are available for campers of all ages. Visit: [www.fortcamping.com](http://www.fortcamping.com)

Dogs




Dogs are welcome but must be leashed and under control at all times. Even well-trained dogs can frighten or injure park wildlife and visitors. Please scoop your dog’s poop and dispose of it properly.

Fishing




Contact Fisheries and Oceans Canada for tidal sports fishing licenses at [www.pac.dfo-mpo.gc.ca](http://www.pac.dfo-mpo.gc.ca). or 604-666-2828.

Accessibility



Accessible washrooms are available near the parking lot. Currently there is one universally accessible picnic table at the beach picnic area. Tavistock Point Trail and Tavistock Loop are level and have firm, crushed rock or gravel surfaces.

Designated Fire Rings



Fires are permitted only in the designated fire rings at Fort Camping campsites. Booking is required. Seasonal restrictions may apply.

Park Programs

We offer public programs, including field trips, for all ages to experience nature and heritage sites. For information or to book a program, go to [metrovancover.org](http://metrovancover.org) (search ‘nature programs’).

Ecological Restoration Team

Want to lend nature a helping hand and have fun at the same time? Join our ecological restoration team. Info: [meetup.com/Regional-Parks-Connect-Metro-Vancouver](http://meetup.com/Regional-Parks-Connect-Metro-Vancouver)


## 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. Know your limits, be prepared for changing conditions and obey all signs.

Hazards


Log booms are located along some sections of the shoreline. For your safety, keep off them.

No Swimming



Swimming is not recommended because of swift currents and changing water quality.

Wildlife




Brae Island Regional Park is home to a variety of wildlife. Never feed, disturb or approach wildlife, or leave any garbage behind.

River Bank Stabilization, Not for Digging

While it may be tempting to dig into sand banks along the edge of the Fraser River, we ask all to refrain from digging sand banks. Sand digging has destabilized the banks, causing erosion and degradation of the park edges and shoreline. Plantings were done by staff and volunteers to repair damage from digging and to help stabilize river banks.

No Vegetation Removal



To protect park habitats, vegetation removal is prohibited.

No Liquor, No Cannabis and No Smoking



Liquor and cannabis are not permitted in the park. Smoking is not permitted in regional parks, except in designated areas marked by signs. These areas allow the use of tobacco and e-cigarettes, but not cannabis.

Emergencies



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

## General Information

Park Hours

The park is open at 7 am. Park hours are posted at the park entrance; earliest closing is 5 pm. Gates are locked when the park is closed.

BRAE ISLAND REGIONAL PARK



TRAIL INFORMATION				
Trail	Distance to Return	Time to Return	Terrain	Comments
Tavistock Point Trail	4.2 km	1.5 hrs (walking)	Flat	Stroll or cycle through floodplain forest with viewpoints on Bedford Channel and the Fraser River.
Fort-to-Fort Trail west to Derby Reach Regional Park	7 km	2 hrs (walking)	Mostly flat with gentle rolling hills.	Links Fort Langley National Historic Site with the original fort site in Derby Reach Regional Park. Access the trail in Fort Langley. Native wildflowers, lush vegetation and river views.
Fort Langley to Glen Valley Regional Park	18 km	1 hr (cycling@ 18 km/hr)	Flat.	Cycle along quiet country roads. Picnic at Poplar Bar.