Although Research has shown that the south coast of British Columbia (BC) has experienced changes in relative sea level and climate since deglaciation (~15 cal ka ago), there has been little study of the landscape’s response to these changes. On Savary Island, in the Strait of Georgia, there exist large parabolic dunes that are unique to the region. These dunes are stabilized, supporting mature forest growing in well-developed soil, and they contain eroded palaeosols indicating that their formation was punctuated by periods of stability. Optical ages from K-feldspar indicate that dune formation began prior to 7.69 ± 0.71 cal ka and stabilized by about 5.47 ± 0.36 cal ka when relative sea level rise was slowing and climate was becoming cooler and moister. Periods of landscape stability during dune formation were brief, probably lasting only a few hundred years.