

# BIKE PARK MAP



WHISTLER MOUNTAINBIKEPARK

Free Wi-Fi powered by TELUS

## EMERGENCIES & FIRST AID

You might not be able to anticipate an accident, but you can at least be prepared for one. For first aid assistance in the Bike Park, call patrol for help and let them know your location. If possible, move to the side of the trail and out of the way.

## ON-MOUNTAIN EMERGENCIES AND FIRE EMERGENCIES:

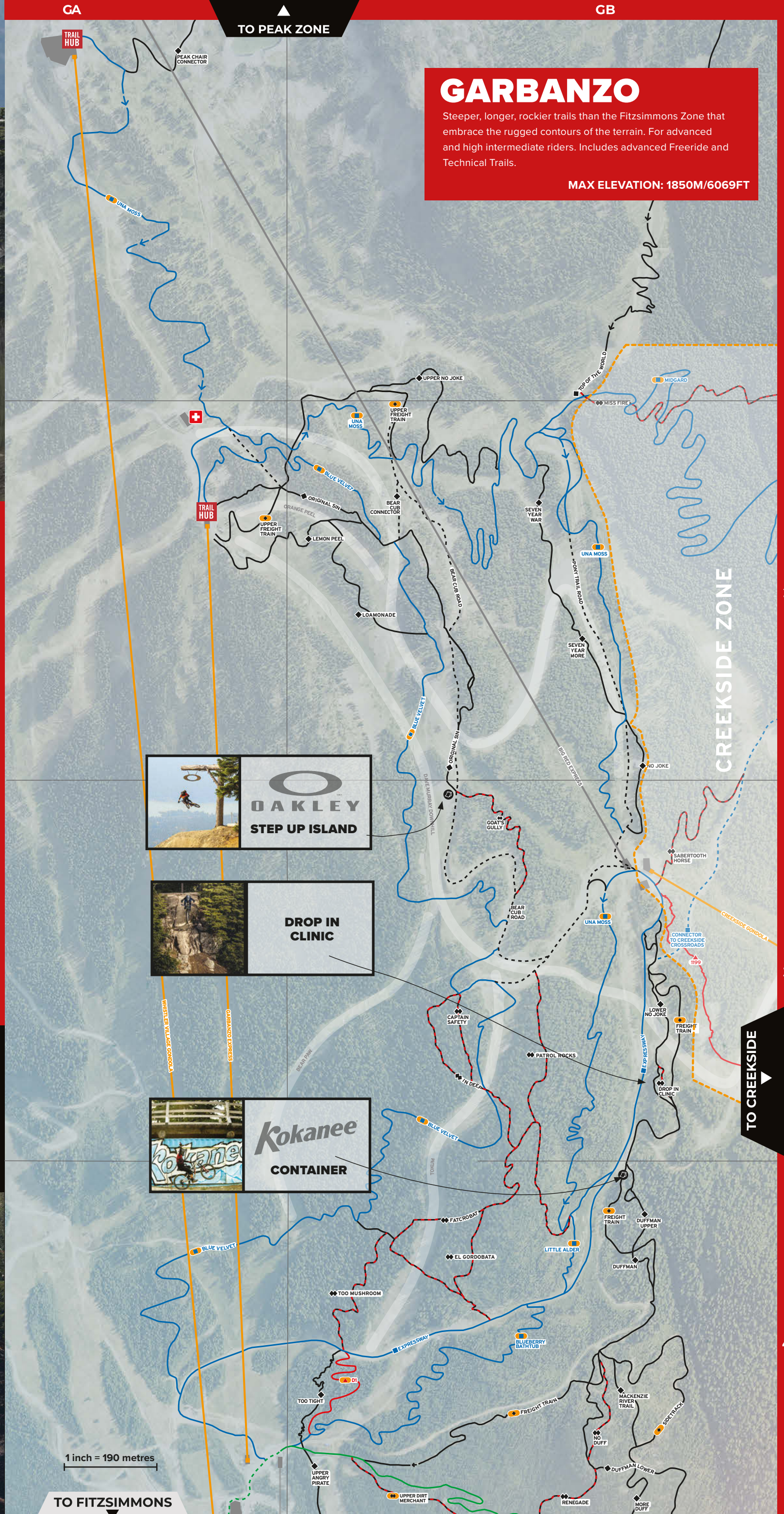
**604.935.5555**

# WHISTLER MOUNTAIN BIKE PARK

EXPLORE THE #1 LIFT-SERVICED BIKE PARK IN THE WORLD. 100+KM OF EXPERTLY CRAFTED TRAILS. 4 MOUNTAIN ZONES.



WHISTLER MOUNTAINBIKEPARK



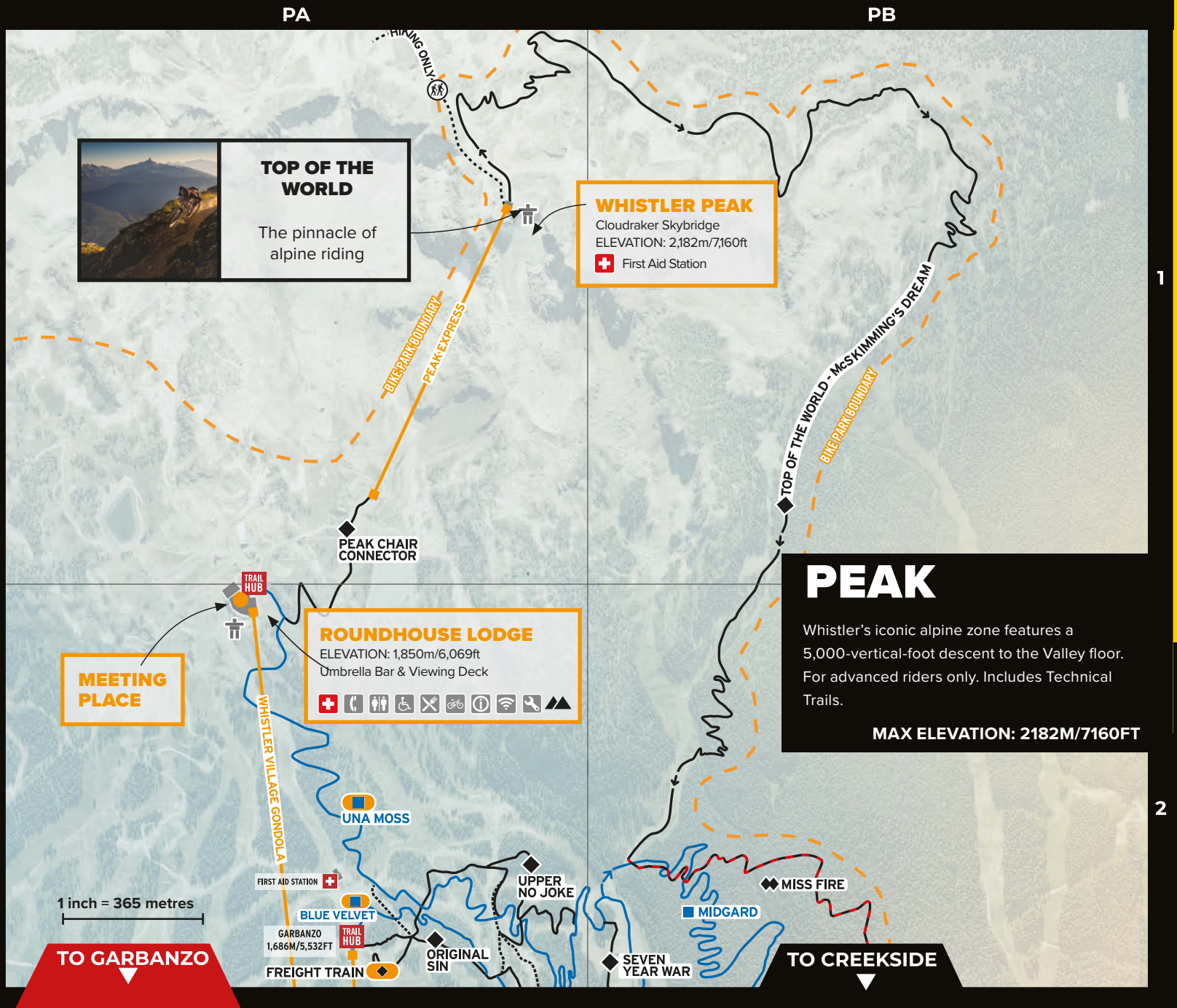
**GARBANZO**  
Steeper, longer, rockier trails than the Fitzsimmons Zone that embrace the rugged contours of the terrain. For advanced and high intermediate riders. Includes advanced Freeride and Technical Trails.  
MAX ELEVATION: 1850M/6069FT

**OAKLEY**  
STEP UP ISLAND

**DROP IN CLINIC**

**Kokanee**  
CONTAINER

1 inch = 190 metres



**TOP OF THE WORLD**  
The pinnacle of alpine riding

**WHISTLER PEAK**  
Cloudraker Skybridge  
ELEVATION: 2,182m/7,160ft  
First Aid Station

**ROUNDHOUSE LODGE**  
ELEVATION: 1,850m/6,069ft  
Umbrella Bar & Viewing Deck

**PEAK**  
Whistler's iconic alpine zone features a 5,000-vertical-foot descent to the Valley floor. For advanced riders only. Includes Technical Trails.  
MAX ELEVATION: 2182M/7160FT

1 inch = 365 metres



**CREEKSIDE**  
The Bike Park's freshest and purest singletrack area boasts more than 30km of trail with more to come. Recommended for intermediate to expert riders looking to ride alongside cascading creeks through lush, green forests.  
MAX ELEVATION: 1442M/4730FT

**CREEKSIDE GONDOLA**  
ELEVATION: 1,300m/4,264ft

**CREEKSIDE VILLAGE**  
Guest Services, Can-Ski Creekside, Dusty's Bar & Grill

**1199 DOWNHILL RACE TRACK**  
For competition races only

1 inch = 375 metres

# MOUNTAIN BIKER'S RESPONSIBILITY CODE

## BE AWARE RIDE WITH CARE

MOUNTAIN BIKING INVOLVES THE RISK OF SERIOUS INJURY OR DEATH. KNOWLEDGE AND CAUTION CAN REDUCE THE RISK. FOR YOUR SAFETY AND THE SAFETY OF OTHERS, PLEASE ADHERE TO THE CODE.

1. **RISE IN CONTROL AND WITHIN YOUR ABILITY LEVEL.** You must be able to stop and avoid other people or objects. You must understand bike park signage, trail ratings and trail progression. Start slow and small. Ride trails and features matching your ability.
2. **PROTECT YOURSELF.** Helmets are mandatory in Bike Parks and strongly recommended on all other trails. Other protective equipment is strongly recommended.
3. **DO NOT RIDE** if your ability or judgement is impaired by drugs, alcohol or fatigue.
4. **INSPECT AND MAINTAIN YOUR BIKE** or have it checked by a qualified bike mechanic before you ride.
5. **OBEY SIGNS AND WARNINGS.** Stay on marked trails. Do not cut switchbacks and keep off of closed areas.
6. **INSPECT TRAILS AND FEATURES.** Conditions change constantly on trails and features. Inspect features before use and throughout the day.
7. **BE LIFT SMART.** Make sure you have the physical dexterity, ability and knowledge to safely load, ride and unload lifts when riding at lift access resorts. Ask for assistance with chairlifts and surface lifts if unsure.
8. **LOOK OUT FOR OTHERS.** Avoid riders ahead of you. They have the right of way. Yield to other riders when entering a trail.
9. **BE VISIBLE.** Do not stop where you obstruct a trail or are not visible from above.
10. **COOPERATE.** If you are involved in or witness a collision or accident, you must identify yourself to the Bike Patrol, staff member or local authority.

KNOW AND FOLLOW THE CODE - BE SAFETY CONSCIOUS. IT IS YOUR RESPONSIBILITY! PARK PRIVILEGES MAY BE REVOKED FOR BREACH OF THIS CODE.

## MAKE YOURSELF AWARE OF THE AREA'S SPECIFIC REGULATIONS

### PEAK ZONE LIMITED ACCESS

Due to the sensitivity of the trail, the number of riders accessing the Peak Zone is limited per day and requires an additional Top of the World lift ticket.

IT IS A DELICATE ENVIRONMENT THAT REQUIRES EVERY VISITOR TO BE RESPONSIBLE ABOUT PRESERVING ITS NATURAL STATE.

1. Bikes are not permitted in Garibaldi Provincial Park. Lift privileges revoked for violation.
2. Mountain weather changes quickly. Be prepared with appropriate clothing and footwear.
3. Stay on marked trails. Do not cut corners.
4. Always ride in control.
5. Be aware of unmarked obstacles and trail changes.
6. Ride with a partner.
7. Body armour and a full-face helmet are recommended.



WHISTLER MOUNTAINBIKEPARK  
Trail Status

THESE TRAILS ARE LISTED IN ORDER OF DIFFICULTY FROM GREEN BEING THE EASIEST TO RED BEING PRO LEVEL.

GB-4	CRABAPPLE HITS	FITZSIMMONS
FB-1	DWAYNE JOHNSON	FITZSIMMONS
FB-3	LOWER DIRT MERCHANT	FITZSIMMONS
FB-1	UPPER DIRT MERCHANT	FITZSIMMONS
FB-1	FADE TO BLACK	FITZSIMMONS
FA-1	A-LINE	FITZSIMMONS
GA-2	FREIGHT TRAIN	GARBANZO
FB-1	RIPPIN' RUTABAGA	FITZSIMMONS
CB-1	INSOMNIA	CREEKSIDE
GB-4	SIDETRACK	GARBANZO
CB-1	SHAKE AND BAKE	CREEKSIDE
FA-1	CAT'S MEOW	FITZSIMMONS
FB-4	JOY CROSS	FITZSIMMONS
CB-1	MIDGARD	CREEKSIDE
FA-2	C-MORE	FITZSIMMONS
FA-1	CRANK IT UP	FITZSIMMONS
GA-2	BLUE VELVET	GARBANZO
CB-1	PALM CORNERS	CREEKSIDE
CB-1	ELKIR	CREEKSIDE
GA-1	UNA MOSS	GARBANZO
GB-4	LITTLE ALDER	GARBANZO
GB-4	BLUEBERRY BATH TUB	GARBANZO
CB-2	EARTH CIRCUS	CREEKSIDE
CB-2	BENGAL BEAR	CREEKSIDE
CB-1	SOUTH-PARK	CREEKSIDE
FB-3	HEART OF DARKNESS	FITZSIMMONS
FA-1	B-LINE	FITZSIMMONS
FB-2	WORLD CUP SINGLE TRACK	FITZSIMMONS
FC-1	GOLDEN TRIANGLE	FITZSIMMONS
FB-1	CRABAPPLE TURNS	FITZSIMMONS
FB-1	EZ DOES IT	FITZSIMMONS

FREERIDE TRAILS

TECHNICAL TRAILS

**PROGRESSION MATRIX**

FC-1	ROD	FITZSIMMONS
FC-1	TODD	FITZSIMMONS
FB-2	GINES OF MAR GABLES	FITZSIMMONS
FB-2	SHADY ACRES	FITZSIMMONS
FB-2	DEL BOCCA VISTA	FITZSIMMONS
FB-3	HO CHI MIN	FITZSIMMONS
FA-1	FANTASTIC	FITZSIMMONS
FB-4	HORNET	FITZSIMMONS
FB-4	NAUGHTY HANDS	FITZSIMMONS
CB-2	BCC	CREEKSIDE
FB-1	SHAOLIN CHIPMUNK	FITZSIMMONS
FA-1	NINJA COUGAR	FITZSIMMONS
FB-2	KARATE MONKEY	FITZSIMMONS
CB-2	CALL ME MAYBE	CREEKSIDE
CB-1	BARKING DUCK	CREEKSIDE
CB-2	SPINGNAR	CREEKSIDE
FB-2	SMOKE & MIRRORS	FITZSIMMONS
FB-3	WEDNESDAY NIGHT DELIGHT	FITZSIMMONS
FB-3	DEVIL'S CLUB	FITZSIMMONS
FB-2	SAMURAI PIZZA CAT	FITZSIMMONS
FB-1	LOWER ANGRY PIRATE	FITZSIMMONS
FB-2	BLUESEUM	FITZSIMMONS
FA-2	FUNSHINE ROLLY DROPS	FITZSIMMONS
GB-2	LEMON PEEL	GARBANZO
CB-2	ODESA	CREEKSIDE
GB-4	TOO TIGHT	GARBANZO
FB-4	MONKEY HANDS	FITZSIMMONS
GB-4	MACKENZIE RIVER TRAIL	GARBANZO
FB-1	UPPER ANGRY PIRATE	FITZSIMMONS
CA-1	7 YEAR WAR/MORE	CREEKSIDE
GB-2	LOAMONADE	GARBANZO
FC-1	MORE DUFF	FITZSIMMONS
FB-3	AFTERNOON DELIGHT	FITZSIMMONS
GB-4	DUFFMAN	GARBANZO
GA-2	LOWER WHISTLER DH	FITZSIMMONS
CB-1	DELAYED FUSE	CREEKSIDE
CB-2	LINE OF CONTROL	CREEKSIDE
GB-2	NO JOKE	GARBANZO
CB-2	DARK MATTER	CREEKSIDE
GA-2	ORIGINAL SIN	GARBANZO
PA-1	TOP OF THE WORLD	PEAK
CB-1	LOWER RIDE DON'T SLIDE	CREEKSIDE
GB-3	DROP IN CLINIC	GARBANZO
GB-3	FATCROBAT	GARBANZO
CB-1	MISS FIRE	CREEKSIDE
FA-1	UPPER WHISTLER DH	FITZSIMMONS
FA-1	SCHLEYER	FITZSIMMONS
GB-4	NO DUFF	GARBANZO
FA-2	UPPER JOYRIDE	FITZSIMMONS
FB-3	POLP FICTION	FITZSIMMONS
FB-3	CLOWN SHOES	FITZSIMMONS
CB-2	BC'S TBAIL	CREEKSIDE
CB-2	PUMPKIN MOON	CREEKSIDE
FB-3	TATIANA	FITZSIMMONS
FA-2	LOWER JOYRIDE	FITZSIMMONS
FA-2	DETROIT ROCK CITY	FITZSIMMONS
FA-2	CANADIAN OPEN DH	FITZSIMMONS
CB-2	TECH NOIR	FITZSIMMONS
FA-2	FRENCH CONNECTION	FITZSIMMONS
GB-3	IN DEEP	GARBANZO
GB-3	PATROL ROCKS	GARBANZO
GB-4	TOO MUSHROOM	GARBANZO
FC-1	RENEGADE	FITZSIMMONS
CA-1	SABERTOOTH HORSE	CREEKSIDE
GB-3	CAPTAIN SAFETY	GARBANZO
GB-4	EL GORDOBATA	GARBANZO
GB-3	GOAT'S GULLY	GARBANZO
CA-2	1199	CREEKSIDE

**FITZSIMMONS**

The original Bike Park zone with the largest variety of trails and features for every skill level. Includes Technical, Freeride, and beginner trails for all abilities.

MAX ELEVATION: 1019M/3346FT

**SKILLS CENTRE**

- For the beginner to intermediate rider.
- Small berms to practice cornering.
- Small wooden features to practice bridges and other man-made features found on blue Technical trails.
- Progression rollers and jumps to practice features found on blue Freeride trails.

**FOX DEN SKILLS ZONE**

A purpose-built skills centre for beginners to learn features, build confidence, and progress in a fun, controlled environment.

**GATORADE SKILLS PARK**

- For intermediate to advanced riders.
- Medium size jump and drop features.
- Progress on technical features.

**JOYRIDE JUMP PARK**

- Advanced jump and drop zone.
- For riders looking to progress from intermediate freeride skills to advanced freeride skills.

**COMMENCAL AIRBORNE FEATURE**



**UNDERSTANDING BIKE PARK SIGNAGE**

All routes within the Bike Park are designated by colour-coded trail markers at the start of each descent. Trails with an orange oval indicate Freeride trails with man-made features and require jumping skills. Work your way up to more advanced trails and features based on your progression, skill and comfort level.

**FREERIDE**

Freeride trails are machine-cut and contain man-made features. Routes are enhanced with dirt jumps, ride-on features, gaps, narrow surfaces, wallrides, berms and other natural or constructed features. All Freeride trails are identified with an orange oval.

**TECHNICAL**

Technical trails are designed to embrace the rugged shape and terrain of the mountain, utilizing a majority of natural terrain. Routes are typically hand-built and feature organic obstacles and stunts such as rocks, roots, logs, drops, jumps and other natural or constructed features that require technical riding skills. Technical trails are identified by their difficulty symbol. Jumping skills may be required.

Here are examples of some of the signage you might encounter.

**BIKE PARK BOUNDARY NOT PATROLLED**

**CLOSED** PASSENGERS WILL BE REVENDED FOR MISFEIT

**WARNING** RISKY POSSIBLE INJURY POSSIBLE (SEE SIGN)

**YIELD**

**GAP JUMP**

**JUMPING SKILLS REQUIRED**

**DO NOT RIDE ON ROAD** Bike Park Privileges Revoked

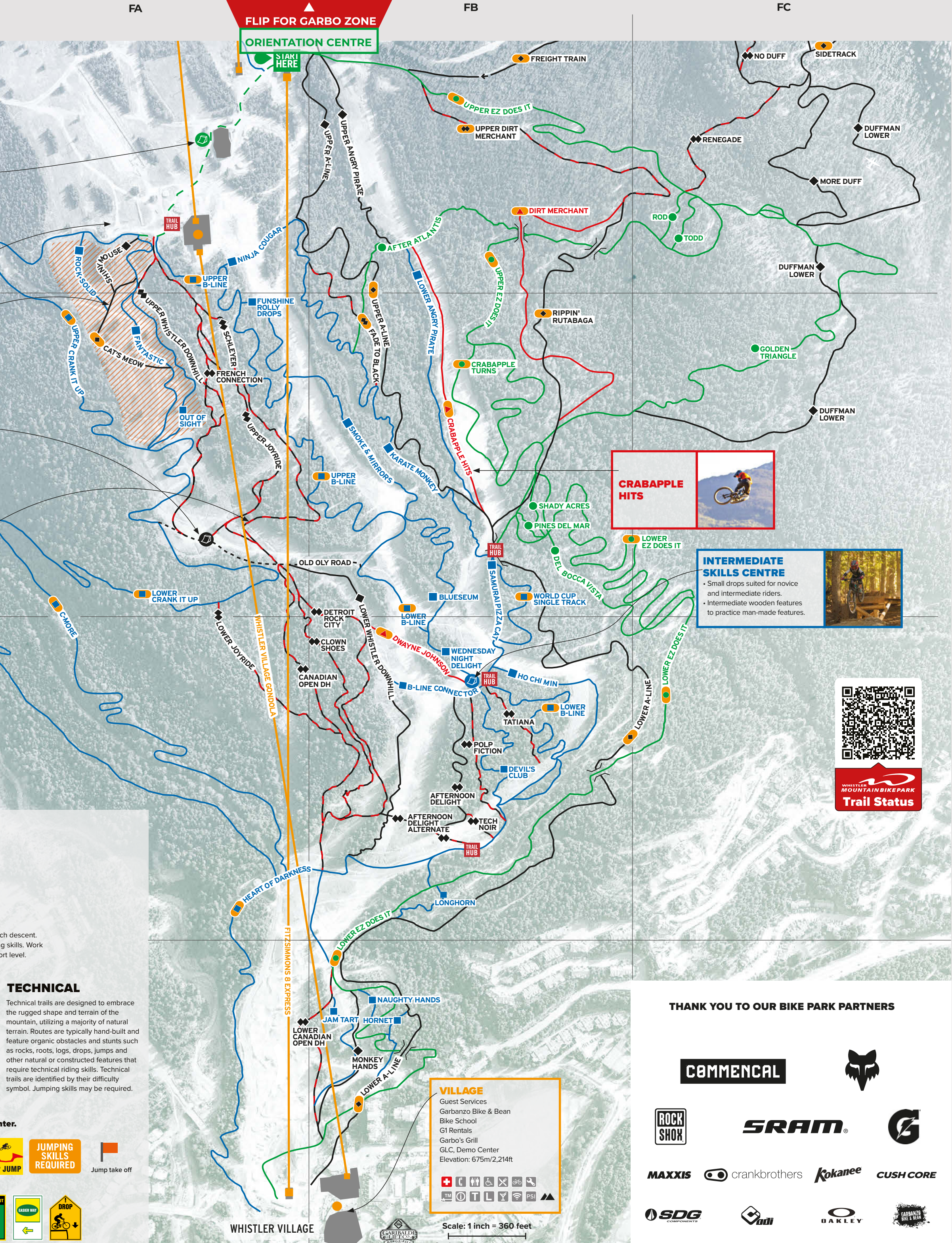
**NO BIKING OR HIKING uphill beyond this point.**

**NO STOPPING** ON BLACK TRAIL

**BIKE YIELD**

**STOP**

**DROP**



FIRST TIME AT WHISTLER BIKE PARK?

**START HERE**

**ORIENTATION CENTRE**

- Designed for first time Bike Park riders.
- Free orientation sessions to learn bike handling skills and how to navigate trails.
- Smooth, gradual gradients for practicing bike positioning, braking and cornering.

**KNOW WHAT YOU'RE RIDING**

It's important to learn to navigate the trails with confidence. Follow our recommended routes which are designed for progression. These routes start small and let you build your skills by linking together various terrain and features you'll find around the Bike Park. Just reference the Trail Progression Chart to the left of the Fitzsimmons map. Or take a lesson from our Bike School and we show you all the best trails for your level.

**THE SMART WAY TO START**

Crashes can happen anytime, especially on your first lap. Ride the trail multiple times to get familiar with the features and equipment you're on so you can confidently push your limits without pushing your threshold. The best way to remember this is with the graphic below. A PRE, RE, and FREE-RIDE mentality should be used by riders of all ages and skill levels.

**PRE-RIDE** Wake up the brain and body. Inspect the trail at low speed.

**RE-RIDE** Lap the trail a few times to get the flow of the features.

**FREE-RIDE** Start small and work your way up to faster speeds and larger features.

**NEW RIDERS**

If you're new to the Bike Park, all riders should take the Fitzsimmons Express chairlift and ride 'EZ Does It' back down to the village. Repeat until you feel 100% comfortable on your bike and with the trail.

**EZ DOES IT**

**WHAT'S NEXT:** Now that you're feeling confident, try this trail route at a slow speed. Move on when you feel 100% ready.

**EZ DOES IT**

**CRABAPPLE TURNS**

**DEL BOCCA VISTA**

**EZ DOES IT**

**WHAT'S NEXT:** Head to 'B-Line' for larger rollers and berms.

**EXPERIENCED RIDERS**

It doesn't matter your experience level, everyone needs a warm up lap on 'EZ Does It' and 'B-Line' to start their day.

**EZ DOES IT**

**B-LINE**

**WHAT'S NEXT:** After your warm up lap try the following route of Freeride and Technical trails to help you ease into your day.

**B-LINE**

**NINJA COUGAR**

**KARATE MONKEY**

**SAMURAI PIZZA CAT**

**HO CHI MIN**

**EZ DOES IT**

**WHAT'S NEXT:** Try linking 'Funshine Rolly Drops', 'Smoke & Mirrors', 'Bluesium' and 'Wednesday Night Delight' from 'B-Line'. From there you can move on to 'Crank It Up', and re-ride it until you master all the features on that trail.

**THANK YOU TO OUR BIKE PARK PARTNERS**

**COMMENCAL**

**ROCK SHOX**

**SRAM**

**MAXXIS**

**crankbrothers**

**Kokanee**

**CUSH CORE**

**SDG**

**OAKLEY**

**VILLAGE**

Guest Services  
Garbanzo Bike & Bean  
Bike School  
GI Rentals  
Garbo's Grill  
GLC Demo Center  
Elevation: 675m/2,214ft

Scale: 1 inch = 360 feet  
Scale: 2.54 cm = 110 meters

