

### 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 \$23 Top of the World lift ticket. Advanced purchase is strongly encouraged.

See Guest Services for more details.

**RIDING IN THE ALPINE IS A PRIVILEGE THAT NEEDS TO BE RESPECTED. 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.

### BIKE PARK ORIENTATION GUIDE

New to downhill or the Whistler Mountain Bike Park? Download our Orientation Guide, packed with tips and pointers for new riders to the Bike Park.

**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.

### SAFETY FIRST

We make every effort to ensure our Bike Park is built for fun and safety, but all riders have the responsibility to come prepared for whatever the trails bring. Before you ride, take note of your bike equipment, new trail conditions and how you're feeling throughout the day. It's important to stay hydrated, eat a snack or take a break, especially in the summer. Don't push it if you aren't feeling it. Mountain biking is a sport with inherent risks and serious injury can occur.

### GEAR UP

A helmet is mandatory for every rider, but we strongly recommend padding up with additional protective gear, carrying basic tools to fix a flat tire and hydrating throughout the day. Equipment, including spare parts, extra tubes, clothing and tools, is available at Garbanzo Bike & Bean at the Carleton Lodge. Test ride the industry's latest bikes from the Demo Centre, featuring a range of bikes from Santa Cruz, GT, Norco, Scott and Devinci. Hourly, single and multi-day rentals available.

### GET ORIENTED

New to the Bike Park or unsure of where to begin? Start at the Orientation Centre located at the top of the Fitzsimmons Express, where instructors will help you get comfortable on your bike and learn how to navigate the Bike Park. Afterwards, progress your skills at the Fitzsimmons Skills Centre, where you can practice riding on small features, cornering, jumping and balancing.

### FUEL YOUR RIDE

Kickstart your ride with a coffee or breakfast on the go at Garbanzo Bike & Bean inside the Carleton Lodge, where you can load up on official Whistler Mountain Bike Park gear while you wait for a snack. For a longer midday break, head to the legendary GLC or Dusty's to get your fill of food and drink with prime views of the Bike Park.

### NOTICE TO ALL WHISTLER BIKE PARK RIDERS

**SAFETY - INHERENT RISK - EXCLUSION OF LIABILITY**

As with many adventure sports, riding in the Whistler Bike Park involves the risk of injury, including serious injury, head injury, paralysis or death. The risk of injury increases with the degree of difficulty of the trail and the speed of descent. Although the risk of injury can never be eliminated, the rider can manage the risk through controlling speed and choosing terrain appropriate for the rider's skill and experience. Orientation sessions, lessons, clinics and coaching offered through the Whistler Bike Park will also assist the rider in managing the risk of injury.

The use of the Whistler Bike Park is subject to the Bike Park release of liability, waiver of claims and assumption of risk agreement.

For further details, please contact Guest Services.

## BIKE PARK ZONES

**ON-MOUNTAIN EMERGENCIES:**

**604.935.5555**

**OFF-MOUNTAIN EMERGENCIES:**

**911**

**FIRE EMERGENCIES:**

**604.938.FIRE**

## BIKE PARK MAP



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

GB - 4		D1	GARBANZO
FB - 1		CRABAPPLE HITS	FITZSIMMONS
FB - 3		DWAYNE JOHNSON	FITZSIMMONS
FB - 1		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
GB - 4		SIDETRACK	GARBANZO
GA - 2		BLUE VELVET	GARBANZO
CB - 1		SHAKE AND BAKE	CREEKSIDE
FA - 2		C-MORE	FITZSIMMONS
GB - 4		LITTLE ALDER	GARBANZO
FA - 1		CRANK IT UP	FITZSIMMONS
CB - 1		PALM CORNERS	CREEKSIDE
CB - 1		INSOMNIA	CREEKSIDE
CB - 1		ELIXIR	CREEKSIDE
CB - 1		MIDGARD	CREEKSIDE
CB - 2		EARTH CIRCUS	CREEKSIDE
GA - 1		UNA MOSS	GARBANZO
GB - 4		BLUEBERRY BATHTUB	GARBANZO
CB - 2		BENGAL BEAR	CREEKSIDE
CB - 1		SOUTHPARK	CREEKSIDE
FB - 4		FAMILY CROSS	FITZSIMMONS
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

## PROGRESSION MATRIX

FC - 1		ROD	FITZSIMMONS
FC - 1		TODD	FITZSIMMONS
FB - 2		DEL BOCA VISTA	FITZSIMMONS
FB - 2		SHADY ACRES	FITZSIMMONS
FB - 3		HO CHI MIN	FITZSIMMONS
FA - 1		FANTASTIC	FITZSIMMONS
FB - 4		HORNET	FITZSIMMONS
FA - 1		NINJA COUGAR	FITZSIMMONS
FB - 2		KARATE MONKEY	FITZSIMMONS
FB - 2		BLUESEUM	FITZSIMMONS
FB - 2		SMOKE & MIRRORS	FITZSIMMONS
FB - 3		WEDNESDAY NIGHT DELIGHT	FITZSIMMONS
FB - 3		DEVILS CLUB	FITZSIMMONS
FB - 2		SAMURAI PIZZA CAT	FITZSIMMONS
FB - 1		LOWER ANGRY PIRATE	FITZSIMMONS
CB - 1		CAPTAIN JACK	CREEKSIDE
FA - 2		FUNSHINE ROLLY DROPS	FITZSIMMONS
FB - 4		MONKEY HANDS	FITZSIMMONS
FB - 1		UPPER ANGRY PIRATE	FITZSIMMONS
GB - 4		TOO TIGHT	GARBANZO
GB - 4		MCKENZIE RIVER TRAIL	GARBANZO
FB - 3		AFTERNOON DELIGHT	FITZSIMMONS
GB - 4		DUFFMAN	GARBANZO
CB - 1		MISS FIRE	CREEKSIDE
GB - 2		NO JOKE	GARBANZO
CB - 1		DELAYED FUSE	CREEKSIDE
CA - 1		SABERTOOTH HORSE	CREEKSIDE
CB - 1		LOWER RIDE DON'T SLIDE	CREEKSIDE
CB - 2		LINE OF CONTROL	CREEKSIDE
GA - 2		ORIGINAL SIN	GARBANZO
PA - 1		TOP OF THE WORLD	PEAK
CB - 2		BC'S TRAIL	CREEKSIDE
FA - 2		LOWER WHISTLER DH	FITZSIMMONS
GB - 3		FATCROBAT	GARBANZO
GB - 3		DROP IN CLINIC	GARBANZO
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
GB - 3		IN DEEP	GARBANZO
FB - 3		TECH NOIR	FITZSIMMONS
FA - 2		LOWER JOYRIDE	FITZSIMMONS
FA - 2		DETROIT ROCK CITY	FITZSIMMONS
FA - 2		CANADIAN OPEN DH	FITZSIMMONS
FA - 2		FRENCH CONNECTION	FITZSIMMONS
GB - 3		CAPTAIN SAFETY	GARBANZO
GB - 3		GOAT'S GULLY	GARBANZO

## FREERIDE TRAILS

## TECHNICAL TRAILS

## 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.

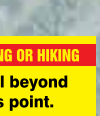
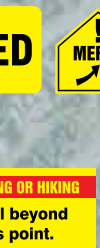
JUMPING SKILLS REQUIRED

	BEGINNER
	INTERMEDIATE
	ADVANCED
	EXPERT ONLY
	PROLINE

## 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.



NO USE OF EXCESSIVE CONTACT SERVICES



## 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.