

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.

- Bikes are not permitted in Garibaldi Provincial 4. Always ride in control.

 Park. Lift privileges revoked for violation. 5. Be aware of unmarked obstacles and trail

 - 6. Ride with a partne
 - 7. Body armour and a full-face helmet are



BIKE PARK ORIENTATION GUIDE

Whistler Mountain Bike Park? Pick up a copy of our Orientation uide, packed with tips and pointers for new riders to the Bike Park.















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.

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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 and in Creekside. 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 Bike Park gear while you wait for a snack. For a longer n break, head to the legendary GLC or Dusty's to get your fill of food and drink with prime views of the Bike Park. The GLC is open late for after-park food, cocktails and nightlife.







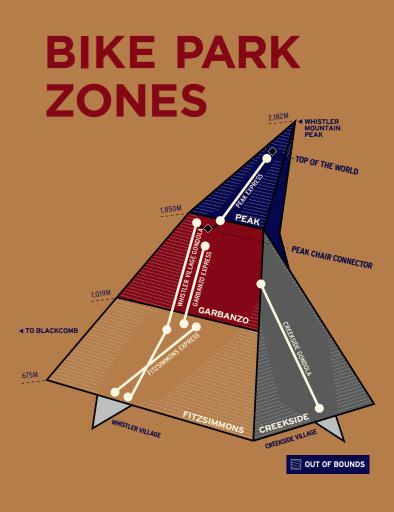
NOTICE TO ALL WHISTLER BIKE PARK RIDERS

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.



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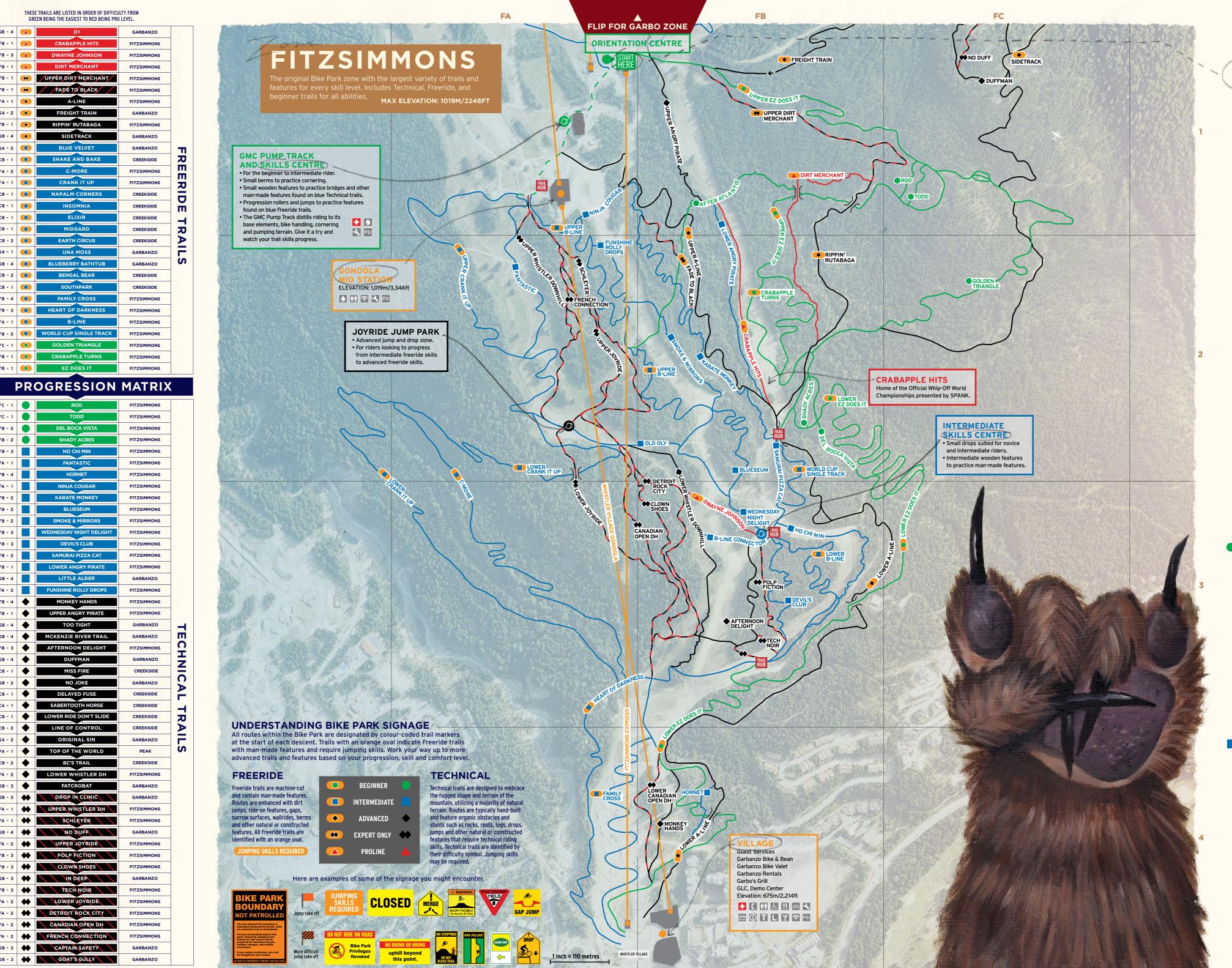
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FIRST TIME AT WHISTLER BIKE PARK?

START HERE

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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.

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.



Wake up the brain and body. Inspect the trail at low speed.

Lap the trail a few times to get the flow of the features.

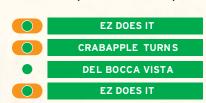
Start small and work your way up to faster speeds and larger features.

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.



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.



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



WHAT'S NEXT: Try linking 'Funshine Rolly Drops', 'Smoke & Mirrors', 'Blueseum' 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.