



BIKE PARK ORIENTATION GUIDE

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





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

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

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.

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 untain Bike Park gear while you wait for a snack. For a longer midda 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,

biking is a sport with inherent risks and serious injury can occur.







SAFETY FIRST

GEAR UP

rentals available.

GET ORIENTED

FUEL YOUR RIDE

cocktails and nightlife.











ON-MOUNTAIN EMERGENCIES:

604.935.5555

OFF-MOUNTAIN EMERGENCIES:

FIRE EMERGENCIES:

604.938.FIRE







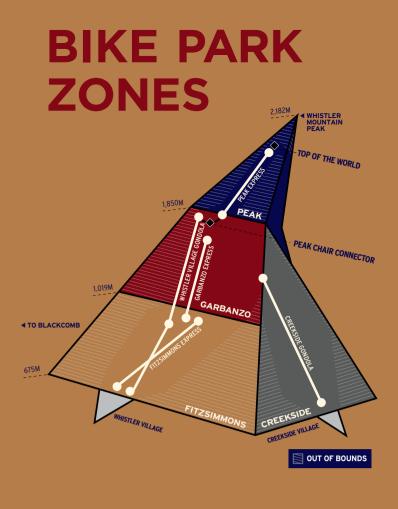
NOTICE TO ALL WHISTLER BIKE PARK RIDERS

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.







FIRST TIME AT WHISTLER BIKE PARK?

START HERE

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• Designed for first time Bike Park riders.

ORIENTATION CENTRE

- 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.