ORIENTATION GUIDE

WHISTLER MOUNTAIN BIKE PARK

GETTING STARTED

Welcome to the Whistler Mountain Bike Park, the number one lift-accessed downhill bike park in the world. With over 90 expertly-crafted trails spread throughout four distinct mountain zones, we are proud to offer the most terrain of any bike park in North America. Riders will find plenty of fun throughout the Bike Park with exciting trails designed for every level and ability.

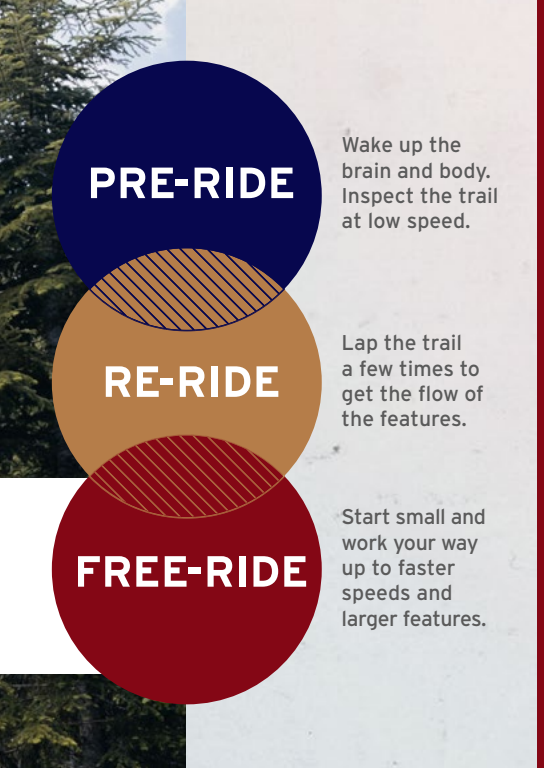


BIKE PARK MAP
Don't forget to pick up your trail map at Guest Services.

Cover Photography: Robin O'Neill **Rider:** Paul Stevens

WARMING UP

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 that you can confidently push your limits without pushing your threshold. The best way to remember this is with the graphic to the right. 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.

KNOW BEFORE YOU GO

Get the right downhill techniques and tips from the start with a lesson at the Whistler Mountain Bike Park. Whether you need the fundamentals or want to refine your tricks, our expert coaches teach the best skills required for navigating the Bike Park. You'll gain confidence to ride the mountain and get a tour of the trails suited to your ability.

New to the Bike Park or unsure of where to begin? Start at the Orientation Centre, 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.

BIKE SCHOOL FROM $196

INTRO TO PARK

Three-hour lesson tailored for beginner riders and those who are new to the Bike Park, the Intro To Park clinic helps riders get a taste of downhill mountain biking and an orientation. Program includes a three-hour lift ticket, lesson, bike rental and protective gear.

ADULT LESSONS

Group and private lessons are designed to optimize your learning experience, giving you more of what you want. Programs include full or half-day tickets and lessons to help you brush up on your technique and gain confidence, while taking your skills to the next level.

KIDS DFX LESSONS

Our kids program offers lessons that will provide children with the fundamental foundations of the sport, in groups that are suitable for any level of experience. Program includes a full-day lift ticket, lesson and lunch.

Additional programs available. Book a lesson at Guest Services or ask a bike guide for help in choosing the best program for you

FREERIDE TRAILS



Freeride trails (marked with an orange oval around the difficulty symbol) 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.

Jumping skills required.

BEGINNER

- Smooth, wide surfaces with gentle corners and rolling terrain.
- Designed for new Bike Park riders.

INTERMEDIATE

- Smooth surfaces on steeper terrain, including larger corners, rollers and small jumps.
- Raised features like bridges and wallrides require jumping skills and speed.
- Suited for riders who have mastered all beginner Freeride trails.

ADVANCED

- Mix of smooth and rough riding surfaces on steep and fast grades.
- Larger man-made features, including jumps, raised bridges and steep wallrides.
- Advanced jumping skills required.
- Suited for riders who have mastered all intermediate Freeride trails.

EXPERT ONLY

- Trails with steep terrain, very fast speeds which require expert jumping skills.
- Mandatory jump features that require knowledge of gaps and landings.
- Suited for the most advanced riders only.

PRO LINE

- Largest gaps and mandatory jump features.
- Expert jumping skills required.
- Suited for professional riders only.



TECHNICAL TRAILS

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 just their difficulty symbol.

Jumping skills may be required.

BEGINNER
- Rougher singletrack trails with small rocks and tree roots.
- Designed for new Bike Park riders comfortable with beginner Freeride trails.

INTERMEDIATE
- Rougher terrain with tighter corners and steeper slopes.
- Larger natural obstacles, including roots and rocks.
- Suited for riders who have mastered all beginner Technical trails.

ADVANCED
- Steep grades with large technical features, including rocks, roots and drops.
- Technical handling through tight trees and rough sections.
- Suited for riders who have mastered all intermediate Technical trails.

EXPERT ONLY
- Steepest grades with the most technical features.
- Warming up on intermediate and advanced trails encouraged.
- Suited for the most advanced riders only.

PRO LINE
- Most difficult technical terrain on the mountain mixed with Freeride features.
- Proficient handling of all bike skills required.
- Suited for professional riders only.

HONE YOUR SKILLS

Take your confidence up a notch at one of our progressive skills centres, designed specifically for learning freeride tricks and technical skills. Look for these locations on the Whistler Mountain Bike Park trail map.

ORIENTATION CENTRE

Start your day here with an introduction to familiarize yourself with the Bike Park, basic downhill skills and riding techniques. Free instruction offered daily.

FITZSIMMONS SKILLS CENTRE

Small berms, wooden features and rollers introduce riders to the obstacles found on intermediate trails.

INTERMEDIATE SKILLS CENTRE

A series of drops and wooden features enable novice and intermediate riders to progress their confidence on technical obstacles. Find the GMC Pump Track here.

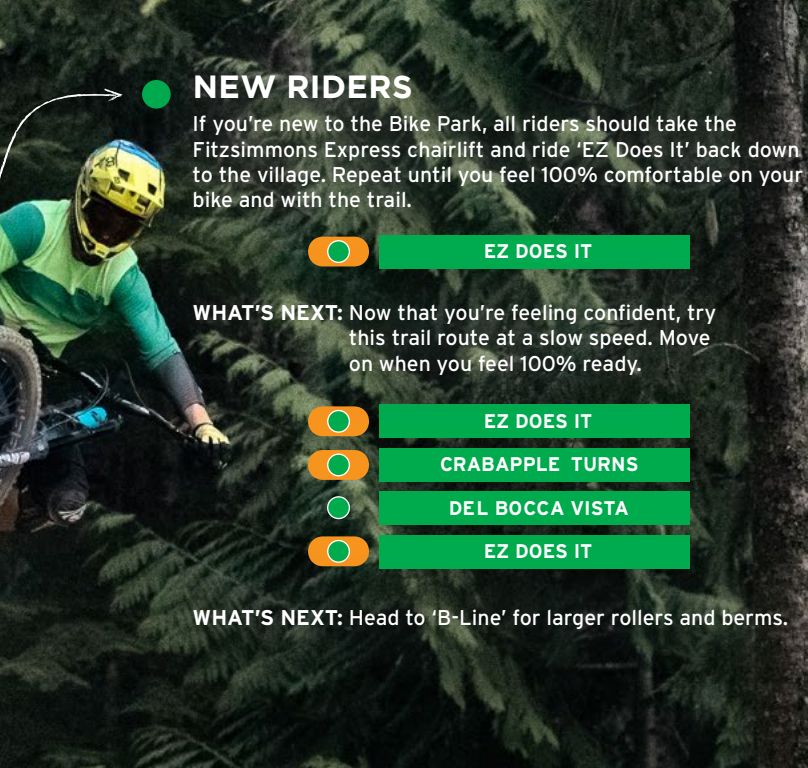
JOYRIDE JUMP PARK

Advanced jumps and drops designed for intermediate to advanced riders to practice their freeride skills.

See Guest Services or visit **whistlerblackcomb.com/bike** for details.

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 that you'll find around the Bike Park. Just reference the Trail Progression chart to the left of the Fitzsimmons map.



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 your day.

- EZ DOES IT
- B-LINE

WHAT'S NEXT: 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', 'Blueseum' and 'Wednesday Night Delight' from 'B-Line'.

GEAR GUIDE

Don't let weather, obstacles or crashes put an early end to your day. Protect your body from a range of elements or injuries with these protective equipment picks, designed exclusively for downhill mountain biking. A helmet is mandatory for every rider, and additional protective gear is required for beginners.

All protective gear exclusively provided by iXS, available at Garbanzo Bike & Bean and Garbanzo Rentals in Whistler Village. Gear available at GBB Creekside as well.

WHAT TO WEAR

HELMET (MANDATORY)
A helmet is required for all riders in the Bike Park. We strongly encourage a full-face helmet to provide a greater range of protection for your head.

GOGGLES
Wrap-around goggles are the best choice for eye protection against dirt, branches and other objects that you'll encounter on the trail or in a fall.

NECK BRACE (NOT SHOWN)
A neck brace protects your spinal cord and neck from compressing or severely injuring vital body parts in a crash or fall.

BODY ARMOUR
Upper body armour wraps your chest, ribs, spine, torso, shoulders and arms in hard-shell pads to minimize impact and injuries in a crash.



LONG SLEEVES
Long-sleeved shirts and pants add a thin but crucial barrier against skin abrasions.

ELBOW PADS
Hard-shell elbow pads protect one of the most sensitive parts of your arm.

GLOVES
Full-finger gloves provide better bike control and offer protection from blisters and weather.

KNEE PADS OR SHIN GUARDS
Protect your knees or shins from impact with hard-shell pads or guards.

CLOSED-TOE SHOES
Shoes with a durable toe box prevent injuries if your feet get jammed on a rock or roots.

CHOOSE YOUR RIDE

No bike? No problem. Riding the Whistler Mountain Bike Park requires a different setup than what you might be used to. Garbanzo Rentals, located in Whistler Village and Creekside, offers the latest mountain bikes for downhill riding exclusively from GT.

Head into the shop to get fitted with the right bike and proper gear. Rentals are available hourly, daily or weekly. Pre-book online and save up to 20%. Visit whistlerblackcomb.com/bikerentals to find out more.



Downhill-specific bikes are intended for all levels of riders who want to enjoy the most from the Bike Park. A full suspension, downhill-specific bike like the GT Fury handles the Bike Park's technical and freeride terrain and is especially designed for descending, not climbing. We recommend this bike for any type of rider in the Bike Park.



All-mountain bikes combine full suspension in the front and rear with a more upright design, allowing riders to climb and descend hills. At minimum, Bike Park riders should have an all-mountain, full-suspension bike, similar to the GT Force, which is best suited for beginner and intermediate terrain only. Please note, uphill riding is not permitted in the Bike Park.



CROSS-COUNTRY

Cross-country bikes generally have less suspension than most mountain bikes, making them ideal for pedaling long distances. The GT Avalanche Sport is a hardtail bike (no rear suspension) that's ideal for the cross-country trails in the Whistler Valley.

CROSS-COUNTRY BIKES ARE NOT RECOMMENDED IN THE BIKE PARK.

TERMINOLOGY

What do you call that, again? Learn the lingo of the trail features you'll encounter in the Bike Park.









BERM
A raised bank on the outside of a corner that allows a rider to maintain speed without losing traction or sliding out.

DROP
A vertical drop in the trail, usually at the end of a log, rock or abrupt slope.

GAP
A jump that has a gap in between the takeoff and landing.

LADDER
An elevated wooden feature slightly wider than a skinny. Also known as a bridge.

RAMP
The angled takeoff or landing on a jump or feature.

RIDE-AROUND
An alternate and easier route that usually avoids a technical obstacle.

ROCK GARDEN
Any section of trail filled with rocks, roots and other rough features.

ROLLERS
A series of small bumps that can either be rolled or gapped.

SKINNY
A narrow, wooden trail feature raised off the ground.

SLOPESTYLE
A type of riding characterized by man-made features, including jumps, wallrides and berms.

STEP-DOWN
A jump that has a landing lower than its takeoff.

STEP-UP
A jump that has a landing higher than its takeoff.

TABLETOP
A jump shaped with relatively even ramps on both sides and a flat, table-like deck in the middle.

WALLRIDE
A vertical or near-vertical wall-like surface.



- THE -

BIKE PARK ZONES

GARBANZO

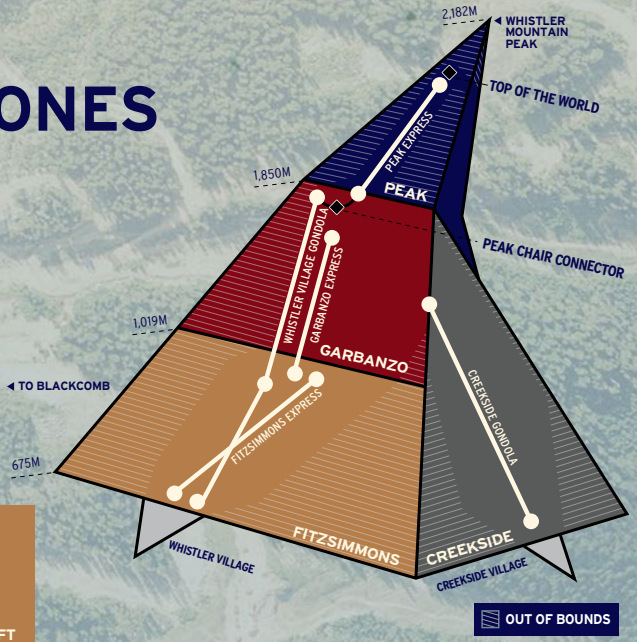
Steeper, longer, rockier trails than the Fitzsimmons Zone that embrace the rugged contours of the terrain. For advanced and high intermediate riders. Includes advanced Freeride and Technical Trails.

MAX ELEVATION: 1850M/6069FT

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/2246FT



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

CREEKSIDE

The Bike Park's freshest and purest singletrack area will see **four new trails open in 2020**, with more to come. Recommended for intermediate to expert riders looking to ride alongside cascading creeks through lush, green forests.

MAX ELEVATION: 1442M/4730FT

NOTICE TO BIKE PARK RIDERS

In regards to safety, inherent risk, and 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.

ON-MOUNTAIN EMERGENCIES:
604.935.5555

OFF-MOUNTAIN EMERGENCIES:
911

FIRE EMERGENCIES:
604.938.3473

GT BICYCLES · SRAM · ROCK SHOX · iXS · OAKLEY
pb pinkbike · STANS NO TUBES · DAKINE · MAXXIS · HT · fabric · RC RIDE CONCEPTS

2020 PRICING

The Bike Park has a range of pricing options for you. Whether you're looking for three laps or three hundred, we've got you covered.

TICKETS & PASSES	ADULT RATES
1-Day Ticket	$80
5-Day Pass	$355
10-Day Pass	$575
Unlimited Season Pass	$865
Twilight Season Pass (Ride evenings from 4:30pm - 8pm)	$355
Top of The World Season Pass (Limited quantity available)	$355
Top of The World Ticket (Limited riders per day)	$23

SAVE ON DAY TICKETS BY BUYING ONLINE TWO DAYS IN ADVANCE OF USE

All pricing is in CDN dollars, subject to tax. Adult Regular Season window rates listed. Youth, Senior and Child rates also available. All tickets and passes are non-transferable and non-refundable and are valid for the season which they are purchased. Pricing is subject to change without notice.