

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

GB - 4	A	D1	GARBANZO
FB - 1	A	CRABAPPLE HITS	FITZSIMMONS
FB - 3	A	DWAYNE JOHNSON	FITZSIMMONS
FB - 1	A	DIRT MERCHANT	FITZSIMMONS
FB - 1	A	UPPER DIRT MERCHANT	FITZSIMMONS
FB - 1	A	FADE TO BLACK	FITZSIMMONS
FA - 1	A	A-LINE	FITZSIMMONS
GA - 2	A	FREIGHT TRAIN	GARBANZO
FB - 1	A	RIPPIN' RUTABAGA	FITZSIMMONS
GB - 4	A	SIDETRACK	GARBANZO
GA - 2	B	BLUE VELVET	GARBANZO
CB - 1	B	SHAKE AND BAKE	CREEKSIDE
FA - 2	B	C-MORE	FITZSIMMONS
FA - 1	B	CRANK IT UP	FITZSIMMONS
CB - 1	B	NAPALM CORNERS	CREEKSIDE
CB - 1	B	INSOMNIA	CREEKSIDE
CB - 1	B	ELIXIR	CREEKSIDE
CB - 1	B	MIDGARD	CREEKSIDE
CB - 2	B	EARTH CIRCUS	CREEKSIDE
GA - 1	B	UNA MOSS	GARBANZO
GB - 4	B	BLUEBERRY BATHTUB	GARBANZO
CB - 2	B	BENGAL BEAR	CREEKSIDE
CB - 1	B	SOUTHPARK	CREEKSIDE
FB - 4	B	FAMILY CROSS	FITZSIMMONS
FB - 3	B	HEART OF DARKNESS	FITZSIMMONS
FA - 1	B	B-LINE	FITZSIMMONS
FB - 2	B	WORLD CUP SINGLE TRACK	FITZSIMMONS
FC - 1	B	GOLDEN TRIANGLE	FITZSIMMONS
FB - 1	B	CRABAPPLE TURNS	FITZSIMMONS
FB - 1	B	EZ DOES IT	FITZSIMMONS

FREERIDE TRAILS

PROGRESSION MATRIX

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

GB - 3	B	GOAT'S GULLY	GARBANZO
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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.

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', '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.