



BIKE PARK ORIENTATION GUIDE

Pick up a copy of our Orientation Guide, 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.

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 ntain 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, cocktails and nightlife.







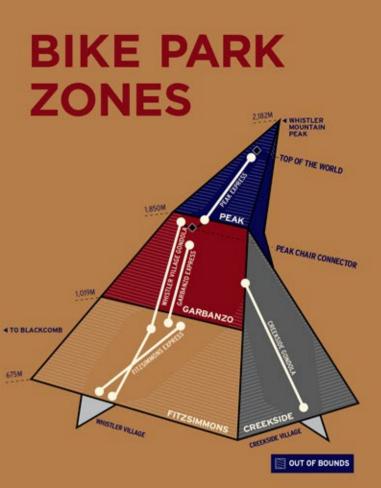
NOTICE TO ALL WHISTLER BIKE PARK RIDERS

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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OFF-MOUNTAIN EMERGENCIES:

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