

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.

1. Bikes are not permitted in Garibaldi Provincial Park. Lift privileges revoked for violation.
2. Mountain weather changes quickly. Be prepared with appropriate clothing and footwear.
3. Stay on marked trails. Do not cut corners.
4. Always ride in control.
5. Be aware of unmarked obstacles and trail changes.
6. Ride with a partner.
7. Body armour and a full-face helmet are recommended.

BIKE PARK ORIENTATION GUIDE

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

GT Bicycles SRAM ROCK SHOX IBSS

Kenda GMC PIRELLI MONSTER MAXIS DAKINE

HT STRAS fabric epe CLIF AC

EMERGENCIES & FIRST AID

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 Mountain Bike Park gear while you wait for a snack. For a longer midday 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.

CARLETON LODGE GARBANZO BIKE & BEAN DUSTY'S

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.

BIKE PARK ZONES

ON-MOUNTAIN EMERGENCIES:

604.935.5555

OFF-MOUNTAIN EMERGENCIES:

911

FIRE EMERGENCIES:

604.938.FIRE

BIKE PARK MAP

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

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

FREERIDE TRAILS

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

PROGRESSION MATRIX

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

| | | | |
|--------|------------------------|--------------|----------|
| GB - 3 | <div><div></div></div> | GOAT'S GULLY | GARBANZO |
|--------|------------------------|--------------|----------|



UNDERSTANDING BIKE PARK SIGNAGE
All routes within the Bike Park are designated by colour-coded trail markers at the start of each descent. Trails with an orange oval indicate Freeride trails with man-made features and require jumping skills. Work your way up to more advanced trails and features based on your progression, skill and comfort level.

FREERIDE

Freeride trails 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. All Freeride trails are identified with an orange oval.

JUMPING SKILLS REQUIRED

| | | |
|------------------------|--------------|------------------------|
| <div><div></div></div> | BEGINNER | <div><div></div></div> |
| <div><div></div></div> | INTERMEDIATE | <div><div></div></div> |
| <div><div></div></div> | ADVANCED | <div><div></div></div> |
| <div><div></div></div> | EXPERT ONLY | <div><div></div></div> |
| <div><div></div></div> | PROLINE | <div><div></div></div> |

TECHNICAL

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 their difficulty symbol. Jumping skills may be required.

Here are examples of some of the signage you might encounter.



FIRST TIME AT WHISTLER BIKE PARK?

START HERE

ORIENTATION CENTRE

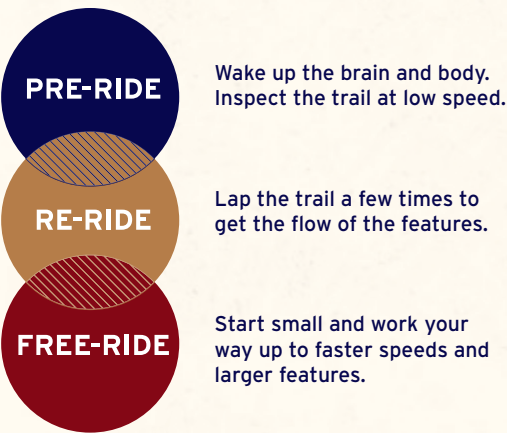
- Designed for first time Bike Park riders.
- Free orientation sessions to learn bike handling skills and how to navigate trails.
- Smooth, gradual gradients for practicing bike positioning, braking and cornering.

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.



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.