

# ORIENTATION GUIDE



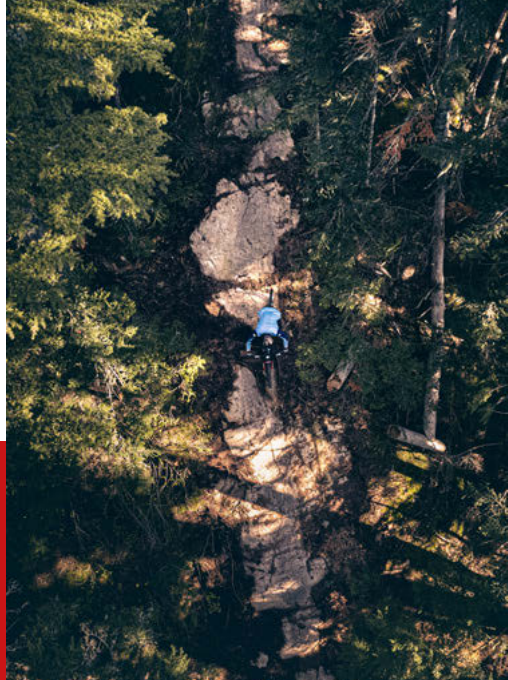
  
WHISTLER  
MOUNTAINBIKEPARK

# GETTING STARTED

Welcome to the Whistler Mountain Bike Park, the number one lift-accessed downhill bike park in the world. With over 120 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.

## 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 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.

**ALL RIDERS SHOULD PRE-RIDE TRAILS. RATINGS ARE SET BY EACH BIKE PARK AND MAY BE MORE DIFFICULT THAN SIMILAR RATINGS AT OTHER RESORTS.**

# 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 on small features, balancing, cornering and jumping.

## BIKE SCHOOL FROM \$269

### 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.

### CUSTOM CLINICS

Each lesson is designed to optimize your learning experience, giving you more of what you want. Lesson, lift and rental package options available. We'll 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. Full day lesson, lift and rental packages available.

**Additional programs available. Book a lesson at Bike School Sales or ask a bike guide for help in choosing the best program for you.**

# ABILITY LEVEL GUIDE

## BIKE PARK EXPERIENCE

### BEGINNER

- ☑ I can comfortably ride on pavement or wide gravel trails, maintain balance and can use disc brakes.
- ☑ Little to no experience riding mountain bike trails.
- ☑ Little or no experience in a Downhill Mountain Bike Park.

### NOVICE

- ☑ I can comfortably ride on green and easy blue single track and freeride trails in the Bike Park or cross country.
- ☑ I am confident to ride and carry momentum through bumpy, rooty sections of trail without putting a foot down and have good brake control.
- ☑ I have a little experience riding Bike Parks.

### INTERMEDIATE

- ☑ I am comfortable on all blue technical trails and can ride all green and easy blue freeride trails in the park. My wheels rarely leave the ground.
- ☑ I can maintain my momentum and ride through rocky, rooty sections and am starting to look at increasing speed.
- ☑ I can comfortably ride raised ladder bridges and small rock faces.
- ☑ I have some experience riding in a Bike Park.

### STRONG INTERMEDIATE

- ☑ I am a strong rider on all blues and easy blacks and I can ride all or most of the features.
- ☑ I ride at a moderate but safe speed and carry my momentum.
- ☑ I can do small jumps (7ft +/- table tops) and drops safely.
- ☑ I am excited to ride steep roll downs, raised ladder bridges and technical trails.

### ADVANCED

- ☑ I am comfortable at fast speeds on all black trails both cross country and in the Bike Park.
- ☑ I can pick a line through difficult technical sections, ride steep rock faces and raised skinnys.
- ☑ I have good technique and can carry and judge my speed to do medium jumps (12ft +/- table tops) and drops.

### EXPERT

- ☑ I am confident at high speeds on all trails, I can ride all the features on black and some double black trails both cross country and in the Bike Park.
- ☑ I can clear large drops and jumps (20ft +/- table tops) with correct technique.

# FREERIDE TRAILS



## EASIEST

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



## MORE DIFFICULT

- 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.



## MOST DIFFICULT

- 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.



## PROLINE


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



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 may be required.

# 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.



## EASIEST

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



## MORE DIFFICULT

- 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.



## MOST DIFFICULT

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



## EXPERTS ONLY

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



## PROLINE

- 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 pump track here.



## GATORADE SKILLS PARK

For intermediate to advanced riders. Medium size jump and drop features. Progress on technical features.



## JOYRIDE JUMP PARK

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



# 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 on the Trail Map. Or take a lesson from our Bike School and we show you all the best trails for your level.

## NEW RIDERS

If you're new to the Bike Park, all riders should take the Whistler Village Gondola and get off at the mid station. 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'.



# ADAPTIVE MOUNTAIN BIKING

WMBP uses an adaptive mountain bike trail rating system with considerations specifically tailored to the needs of those users. Pay special attention to the aMTB specific rating as it may differ from the traditional trail rating. The rating system was created by the Kootenay Adaptive Sports Association, to learn more about the ratings, please visit [kootenayadaptive.com](http://kootenayadaptive.com)

## FOR NEW AMTB RIDERS

If you have never ridden your adaptive bike at the WMBP, start with Whistler Village Gondola and get off at the mid station. Ride EZ Does it back down to the village.



**EZ DOES IT**

**WHAT'S NEXT:** Now that you're feeling confident, choose from a Flow Trail or a Technical Trail.



**B-LINE**



**HO CHI MIN**

**WHAT'S NEXT:** For summer 2025, not all trails in the WMBP have been given an aMTB rating. The absence of a sign at the trail head means that it has not yet been rated. If you have any questions about a trail that has not been given an aMTB rating, please visit our orientation centre for details.

### SPECIAL CONSIDERATIONS FOR aMTB:

Prolonged rescue/mechanicals, challenging corners, and some uphill sections in the zone.



aMTB  
GREEN



aMTB  
BLUE



aMTB  
BLACK



aMTB  
DOUBLE  
BLACK



aMTB  
PRO

# 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 FOX, available at Garbanzo Bike & Bean and Garbanzo Rentals in Whistler Village.

## 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 and/or shin guards

Protect your knees and/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, offer the latest mountain bikes for downhill riding exclusively from Commencal.

Head into the shop to get fitted with the right bike and proper gear. Bikes must have a brake for each wheel. Rentals are available hourly, daily or weekly.

## DOWNHILL



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 Commencal FRS 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



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 Commencal Meta SX, which is best suited for beginner and intermediate terrain. 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. Hardtail bikes with no rear suspension are ideal for the cross-country trails in the Whistler Valley.

**Cross-country bikes are not recommended in the Bike Park.**

Pre-book online. Visit [whistlerblackcomb.com/bikerentals](https://whistlerblackcomb.com/bikerentals) for details.

# TERMINOLOGY

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



**GAP**



**BERM**



**ROCK GARDEN**

## **BERM**

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

## **LADDER**

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

## **GAP**

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

## **STEP-DOWN**

A jump that has a landing lower than its takeoff.

## **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.



# TERMINOLOGY

## WALLRIDE



## DROP

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

## STEP-UP

A jump that has a landing higher than its takeoff.

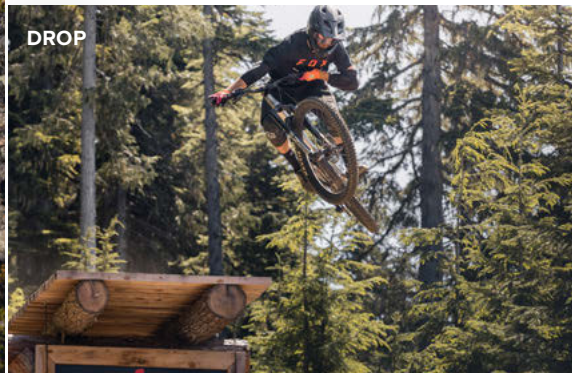
## TABLETOP

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.

## DROP



# BIKE PARK ZONES

## GARBANZO

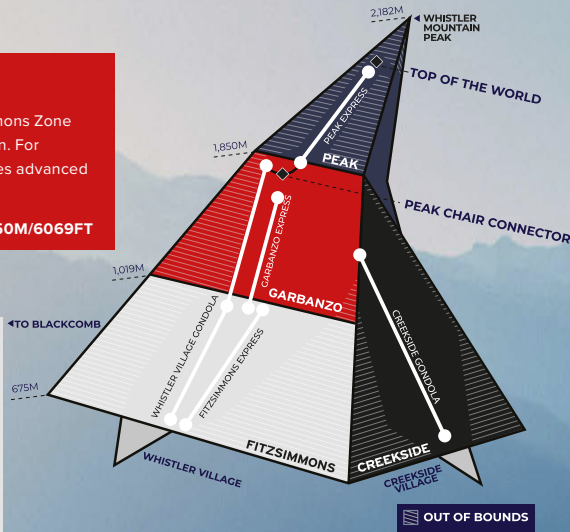
Steeper, longer, rockier trails than the Fitzsimmons Zone that embrace the rugged contours of the terrain. For advanced and high intermediate riders. Includes advanced Freeride and Technical Trails.

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 boasts **more than 30km of trail** with more to come. Recommended for intermediate to expert riders looking to ride alongside cascading creeks through lush, green forests.

MAX ELEVATION: 1442M/4730FT



# MOUNTAIN BIKER'S RESPONSIBILITY CODE

## BE AWARE RIDE WITH CARE

**MOUNTAIN BIKING INVOLVES THE RISK OF SERIOUS INJURY OR DEATH. KNOWLEDGE AND CAUTION CAN REDUCE THE RISK. FOR YOUR SAFETY AND THE SAFETY OF OTHERS, PLEASE ADHERE TO THE CODE.**

- 1. RIDE IN CONTROL AND WITHIN YOUR ABILITY LEVEL.** You must be able to stop and avoid other people or objects. You must understand bike park signage, trail ratings and trail progression. Start slow and small. Ride trails and features matching your ability.
- 2. PROTECT YOURSELF.** Helmets are mandatory in Bike Parks and strongly recommended on all other trails. Other protective equipment is strongly recommended.
- 3. DO NOT RIDE** if your ability or judgement is impaired by drugs, alcohol or fatigue.
- 4. INSPECT AND MAINTAIN YOUR BIKE** or have it checked by a qualified bike mechanic before you ride.
- 5. OBEY SIGNS AND WARNINGS.** Stay on marked trails. Do not cut switchbacks and keep off of closed areas.
- 6. INSPECT TRAILS AND FEATURES.** Conditions change constantly on trails and features. Inspect features before use and throughout the day.
- 7. BE LIFT SMART.** Make sure you have the physical dexterity, ability and knowledge to safely load, ride and unload lifts when riding at lift access resorts. Ask for assistance with chairlifts and surface lifts if unsure.
- 8. LOOK OUT FOR OTHERS.** Avoid riders ahead of you. They have the right of way. Yield to other riders when entering a trail.
- 9. BE VISIBLE.** Do not stop where you obstruct a trail or are not visible from above.
- 10. COOPERATE.** If you are involved in or witness a collision or accident, you must identify yourself to the Bike Patrol, staff member or local authority.

**KNOW AND FOLLOW THE CODE - BE SAFETY CONSCIOUS. IT IS YOUR RESPONSIBILITY!  
PARK PRIVILEGES MAY BE REVOKED FOR BREACH OF THIS CODE.**

**MAKE YOURSELF AWARE OF THE AREA'S SPECIFIC REGULATIONS**



## 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.

**ON-MOUNTAIN EMERGENCIES AND FIRE EMERGENCIES**

**604.935.5555**