

# WHISTLER MOUNTAINBIKEPARK 2022 MAP

## 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

## GARBANZO

Steeper, longer, rockier trails than the Fitzsimmons Zone that embrace the rugged contours of the terrain. For advanced and intermediate riders. Includes advanced Freeride and Technical trails. MAX ELEVATION: 1850M/6069FT

EXPECT INTERMITTENT CLOSURES DUE TO LIFT CONSTRUCTION. PLEASE RESPECT ALL BOUNDARIES AND SIGNAGE.

## 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/3346FT

## GATORADE SKILLS PARK

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

SLEEP LATER

## THE SMART WAY TO START

- 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.

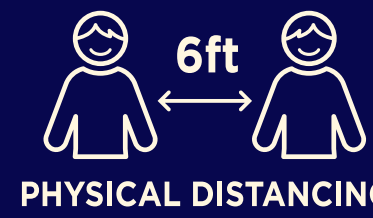
## EMERGENCIES & FIRST AID

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:  
**604.935.5555**

OFF-MOUNTAIN EMERGENCIES:  
**911**

FIRE EMERGENCIES:  
**604.938.FIRE**



PHYSICAL DISTANCING



ENHANCED CLEANING AND SANITIZATION



EMPLOYEE PROTOCOLS AND TRAINING



WASH HANDS FREQUENTLY



WEAR A MASK



STAY HOME IF SICK

## 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. 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.



## 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

- BEGINNER
- INTERMEDIATE
- ADVANCED
- EXPERT ONLY
- PROLINE

## 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.



## 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.

- 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.
- PROTECT YOURSELF. Helmets are mandatory in Bike Parks and strongly recommended on all other trails. Other protective equipment is strongly recommended.
- DO NOT RIDE if your ability or judgement is impaired by drugs, alcohol or fatigue.
- INSPECT AND MAINTAIN YOUR BIKE or have it checked by a qualified bike mechanic before you ride.
- OBEY SIGNS AND WARNINGS. Stay on marked trails. Do not cut switchbacks and keep off of closed areas.
- INSPECT TRAILS AND FEATURES. Conditions change constantly on trails and features. Inspect features before use and throughout the day.
- 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.
- LOOK OUT FOR OTHERS. Avoid riders ahead of you. They have the right of way. Yield to other riders when entering a trail.
- BE VISIBLE. Do not stop where you obstruct a trail or are not visible from above.
- 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

