

**ON-MOUNTAIN  
EMERGENCIES:  
604.935.5555**

**OFF-MOUNTAIN  
EMERGENCIES:  
911**

**FIRE  
EMERGENCIES:  
604.938.3473**

**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 inside 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 Garibaldi Lift Company, located at the final drop on lower A-Line, and get your fill of food and drink with prime views of the GLC drops. The GLC is open late for after-park food, cocktails and nightlife.



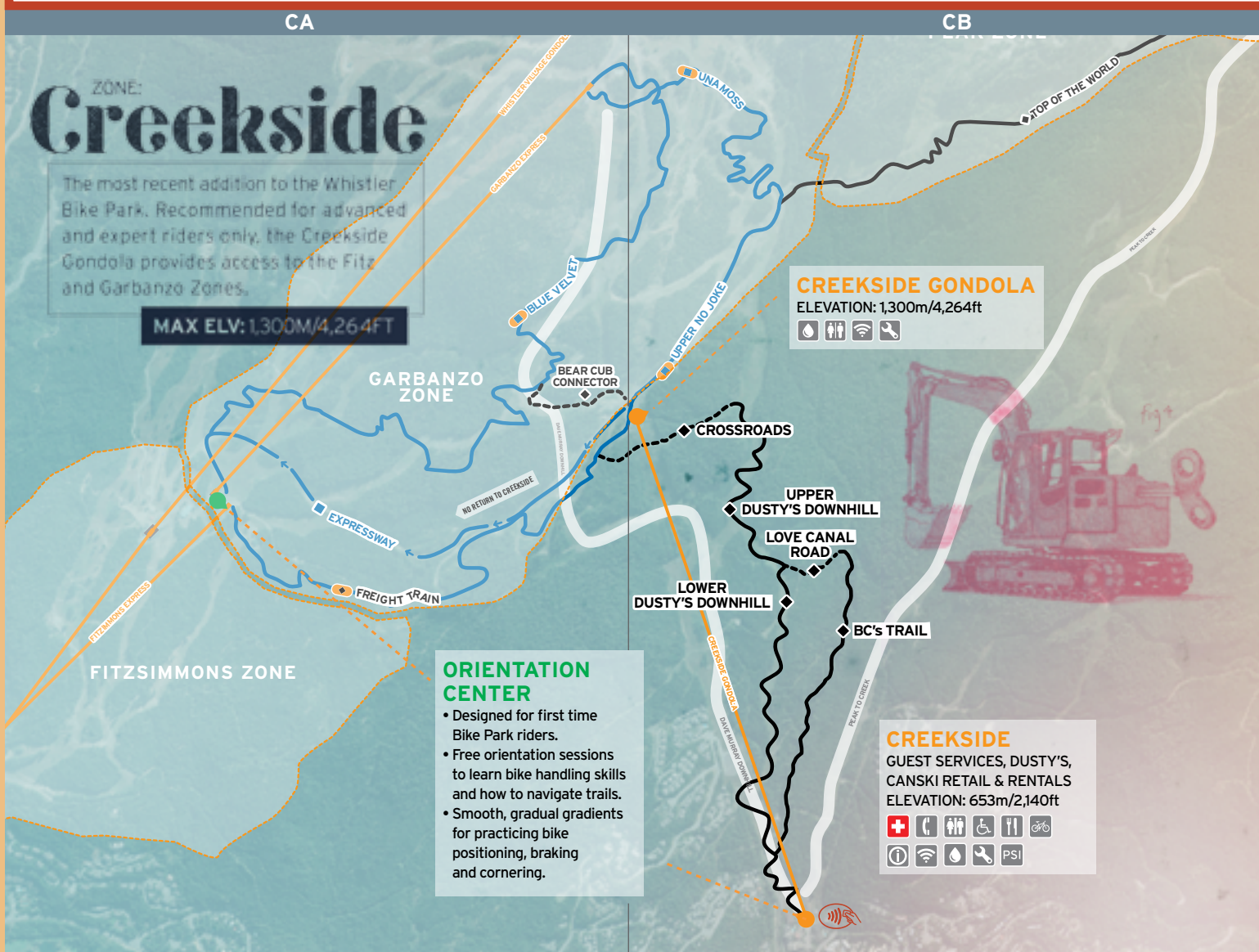
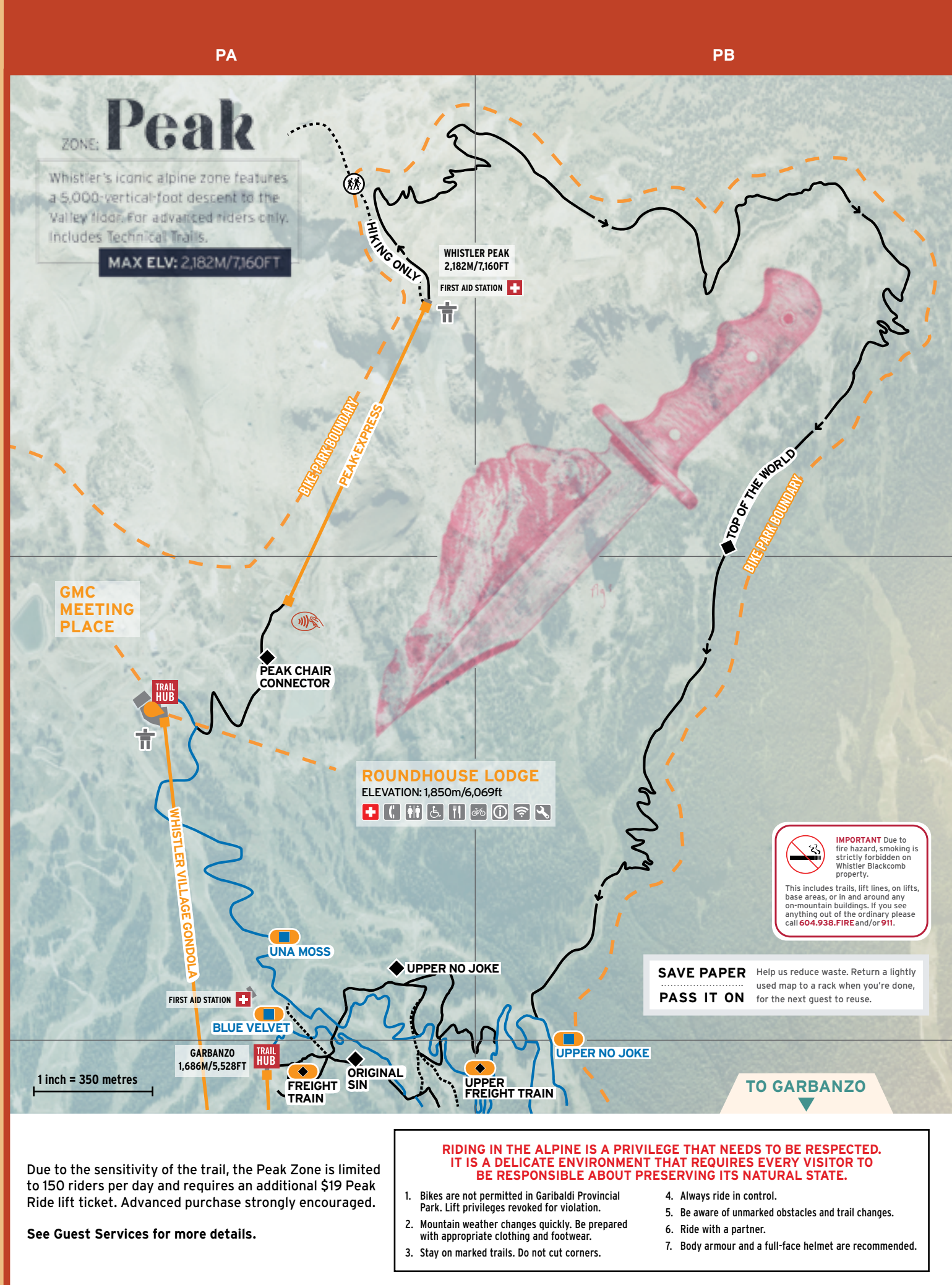
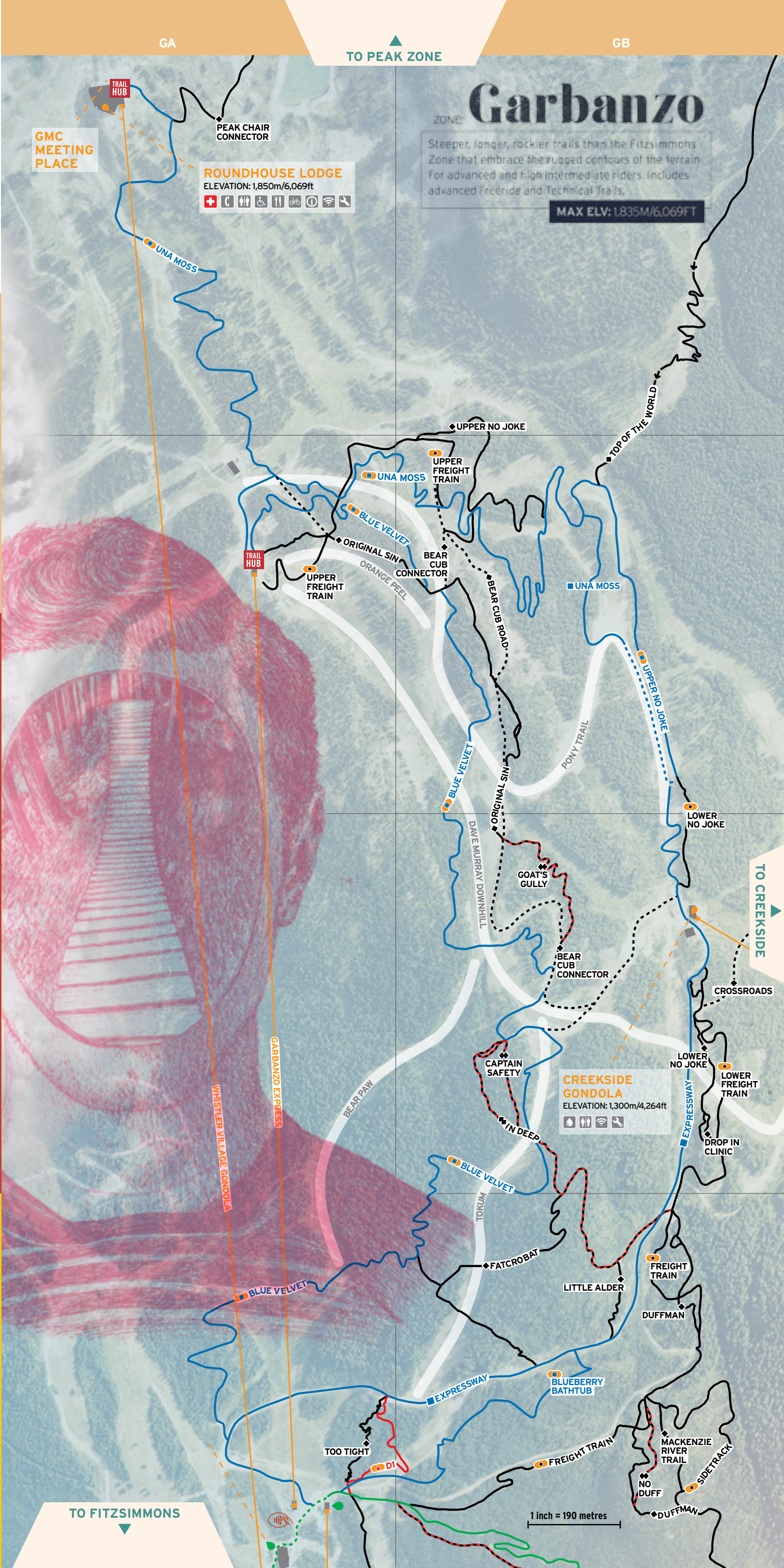
**NOTICE TO BIKE PARK RIDERS**

**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.



**WHISTLER BLACKCOMB**

**LIVE**

powered by **TELUS**

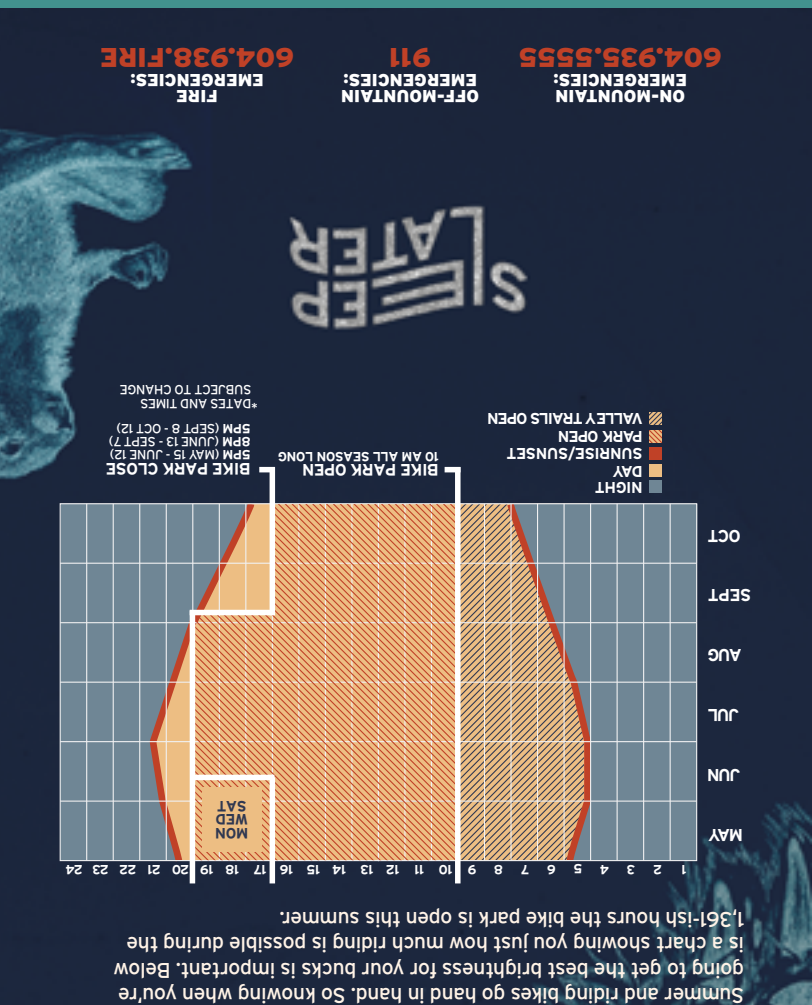
Real-time trail information direct from the source. Bike Park trail status, forecast & temperatures, web cams, events calendar & more.

Download the FREE app now!

Now featuring RFID passes. Track your vertical and earn badges on WB+.

**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.





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

GA - 4	▲	D1	GARBANZO
FB - 1	▲	CRABAPPLE HITS	FITZSIMMONS
FB - 3	▲	DWAYNE JOHNSON	FITZSIMMONS
FB - 1	▲	FADE TO BLACK	FITZSIMMONS
FB - 1	▲	DIRT MERCHANT	FITZSIMMONS
FA - 1	▲	A-LINE	FITZSIMMONS
GB - 4	▲	SIDETRACK	GARBANZO
GA - 2	▲	FREIGHT TRAIN	GARBANZO
CB - 1	▲	DUSTY'S DH	CREEKSIDE
FA - 1	▲	NINJA COUGAR	FITZSIMMONS
GA - 2	▲	BLUE VELVET	GARBANZO
GB - 4	▲	BLUEBERRY BATHTUB	GARBANZO
FA - 2	▲	C-MORE	FITZSIMMONS
FA - 1	▲	CRANK IT UP	FITZSIMMONS
FB - 3	▲	HEART OF DARKNESS	FITZSIMMONS
FB - 3	▲	FAMILY CROSS	FITZSIMMONS
GA - 1	▲	UNA MOSS	GARBANZO
FA - 1	▲	B-LINE	FITZSIMMONS
FB - 3	▲	B-LINE CONNECTOR	FITZSIMMONS
FB - 2	▲	WORLD CUP SINGLE TRACK	FITZSIMMONS
FB - 1	▲	CRABAPPLE TURNS	FITZSIMMONS
FB - 1	▲	EZ DOES IT	FITZSIMMONS

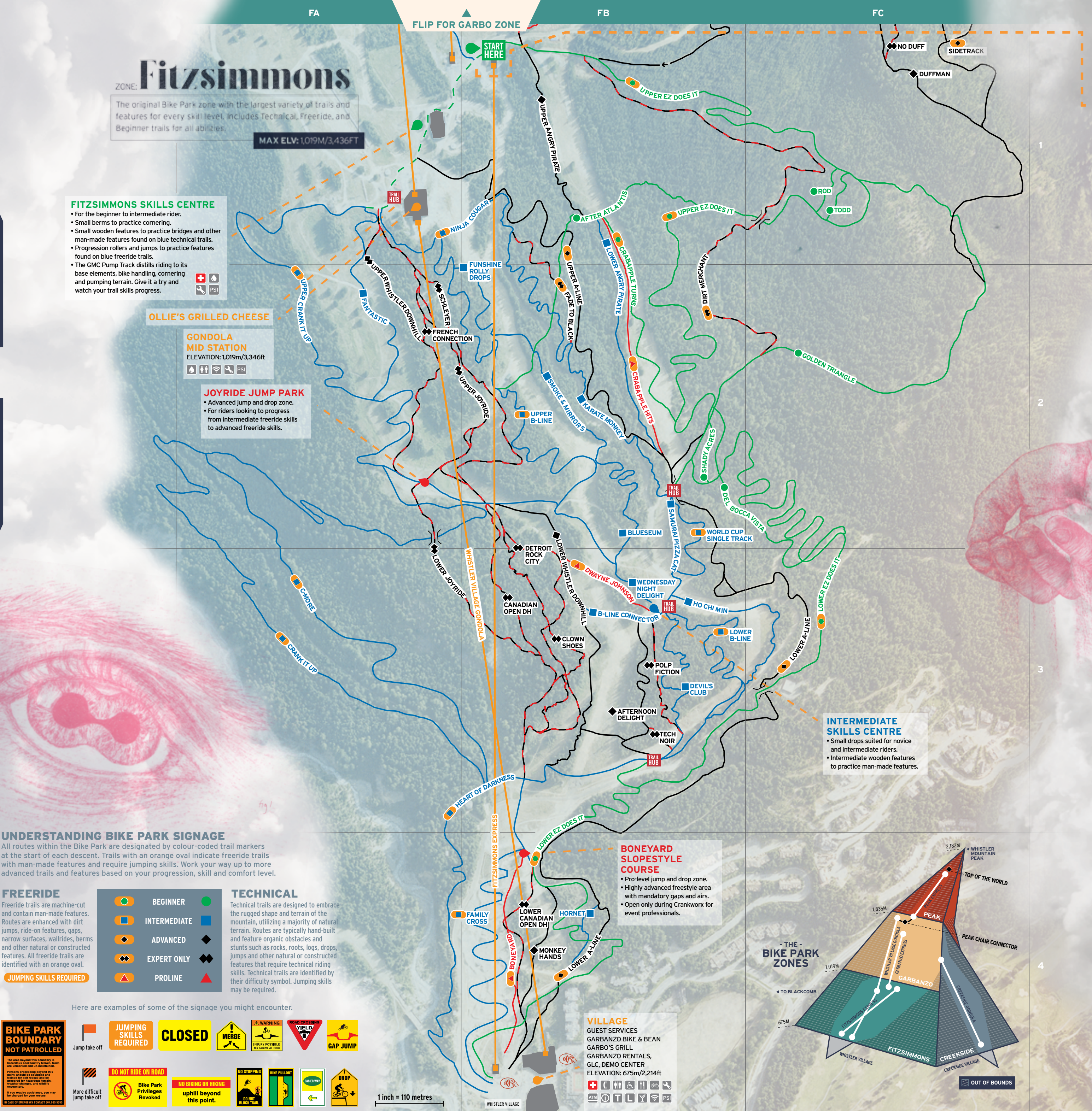
START HERE AND WORK YOUR WAY UP

TRAIL PROGRESSION

START HERE AND WORK YOUR WAY DOWN		
FB - 1	●	AFTER ATLANTIS
FC - 1	●	GOLDEN TRIANGLE
FB - 2	●	DEL BOCA VISTA
FB - 2	●	SHADY ACRES
FC - 1	●	ROD
FC - 1	●	TODD
GB - 3	■	EXPRESSWAY (ROAD)
FB - 3	■	HO CHI MIN
FA - 1	■	FANTASTIC
FB - 2	■	KARATE MONKEY
FB - 2	■	BLUESEUM
FB - 2	■	SMOKE & MIRRORS
FB - 3	■	WEDNESDAY NIGHT DELIGHT
FB - 4	■	HORNET
FB - 1	■	LOWER ANGRY PIRATE
FB - 3	■	DEVIL'S CLUB
GA - 1	■	UNA MOSS
FB - 2	■	SAMURAI PIZZA CAT
FA - 2	■	FUNSHINE ROLLY DROPS
GB - 2	◆	BEAR CUB (ROAD)
PA - 2	◆	PEAK CHAIR CONNECTOR
FB - 4	◆	MONKEY HANDS
GA - 4	◆	UPPER ANGRY PIRATE
GA - 4	◆	TOO TIGHT
GB - 4	◆	MCKENZIE RIVER TRAIL
GB - 4	◆	DUFFMAN
GB - 4	◆	LITTLE ALDER
CB - 1	◆	BC'S TRAIL
GB - 4	◆	FATCROBAT
GB - 2	◆	NO JOKE
GA - 2	◆	ORIGINAL SIN
PA - 1	◆	TOP OF THE WORLD
FB - 3	◆	AFTERNOON DELIGHT
GB - 3	◆	DROP IN CLINIC
FB - 2	◆	LOWER WHISTLER DH
FB - 3	◆	TECHNOIR
FA - 1	◆	SCHLEYER
GB - 4	◆	NO DUFF
GB - 3	◆	IN DEEP
GB - 3	◆	CAPTAIN SAFETY
FB - 3	◆	CLOWN SHOES
FA - 2	◆	UPPER JOYRIDE
FA - 2	◆	LOWER JOYRIDE
FB - 3	◆	POLP FICTION
FA - 1	◆	UPPER WHISTLER DH
FB - 2	◆	DETROIT ROCK CITY
FB - 2	◆	CANADIAN OPEN DH
GB - 3	◆	GOAT'S GULLY
FA - 2	◆	FRENCH CONNECTION

FREERIDE TRAILS

TECHNICAL TRAILS

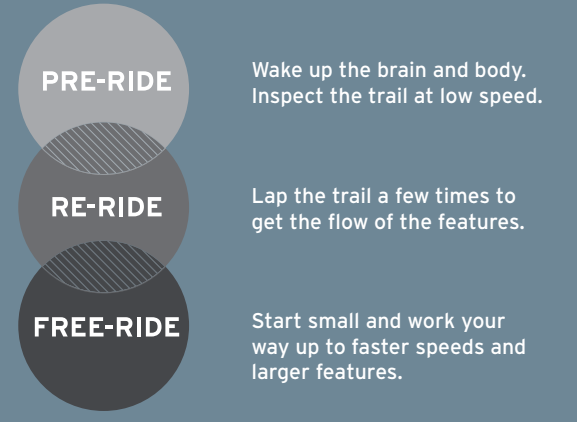


FIRST TIME AT WHISTLER BIKE PARK? Start Here. ORIENTATION CENTRE

- 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.

**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**

**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.

**BEGINNER**  
**INTERMEDIATE**  
**ADVANCED**  
**EXPERT ONLY**  
**PROLINE**

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

**BIKE PARK BOUNDARY NOT PATROLLED**

**JUMPING SKILLS REQUIRED**

**CLOSED**

**WARNING**

**ROAD CROSSING**

**GAP JUMP**

**DO NOT RIDE ON ROAD**

**NO BIKING OR HIKING uphill beyond this point.**

**NO STOPPING**

**BIKE POLLUTED**

**CAUTION**

**DROP**

1 inch = 110 metres