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 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

we strongly recommend padding up with additional protective gear, carrying basic too 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, progres your skills at the Fitzsimmons Skills Centre, where , you can practice riding on small features, cornerin jumping and balancing.

FUEL YOUR RIDE

GLC, Ollies or Dusty's to get your fill of food and open late for after-park food, cocktails and nightl







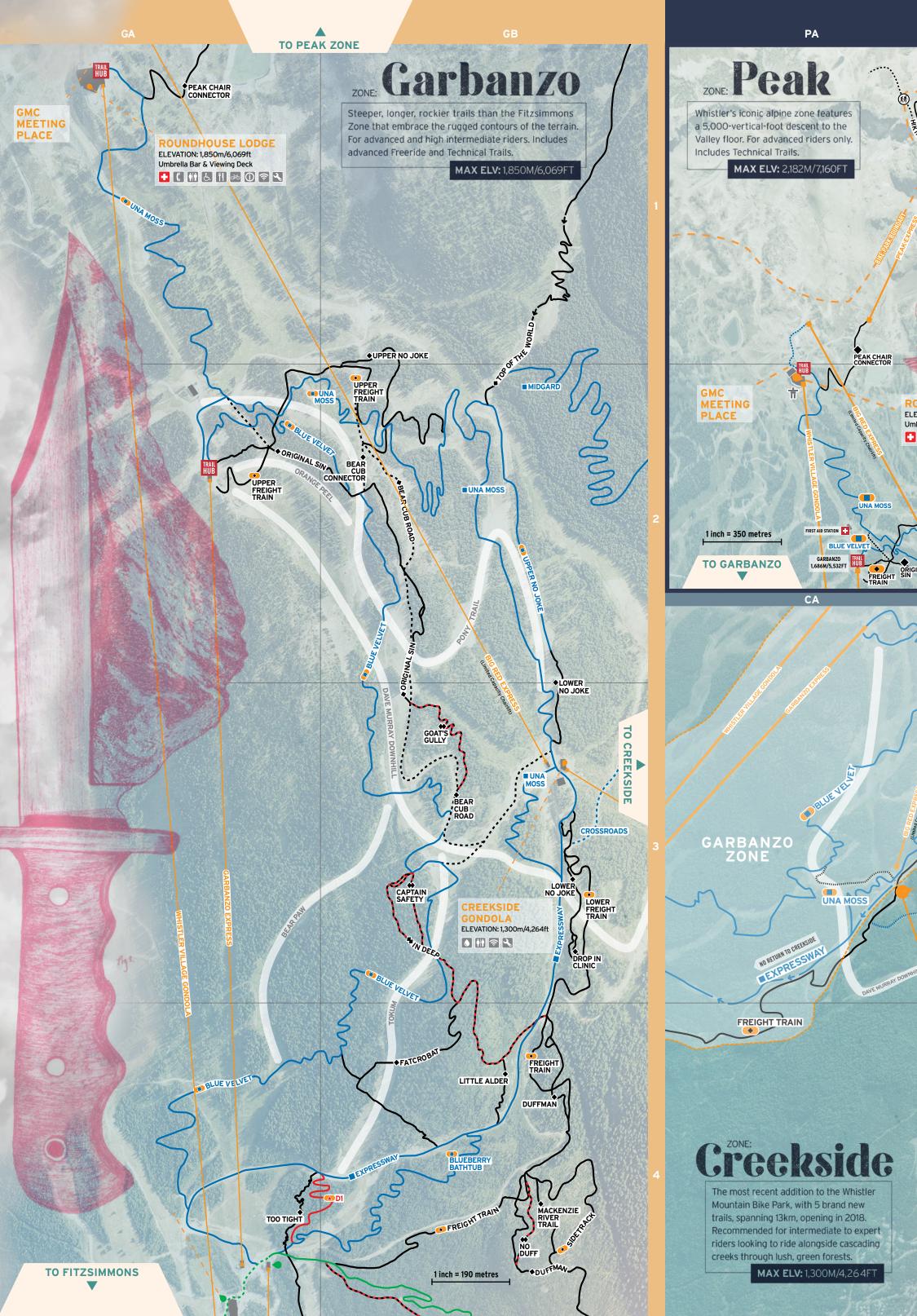
NOTICE TO BIKE PARK RIDERS

SAFETY - INHERENT RISK - EXCLUSION OF LIABILITY

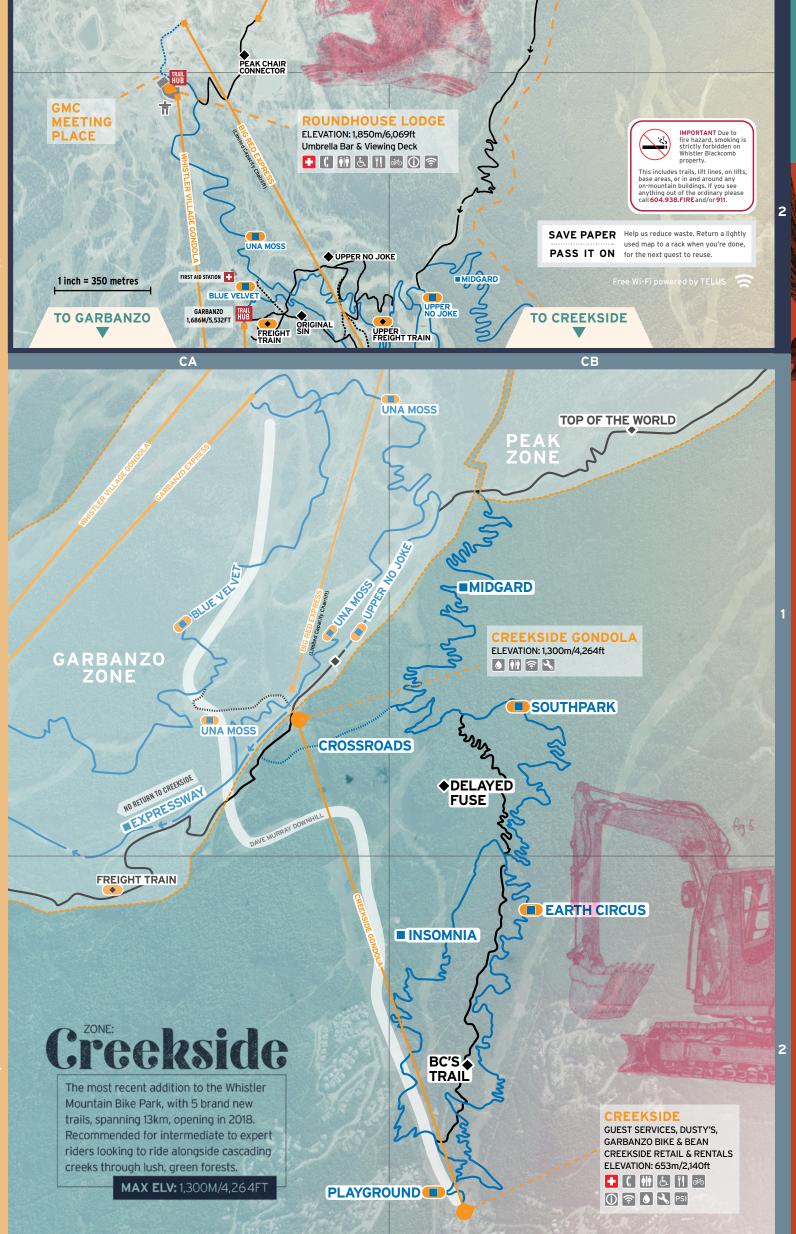
As with many adventure sports, riding in the Whistler Bike Park involves the risk of injury, including serious injury, head injury, paralysis or death. The risk of injury increases with the degree of difficulty of the trail and the speed of descent. Although the risk of injury can never be eliminated, 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

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.







Peak Zone is limited per day and requires an additional \$21 Peak Ride lift ticket. Advanced purchase is strongly encouraged.





BIKE PARK ORIENTATION GUIDE

Whistler Mountain Bike Park? Pick up a copy of our Orientation uide, packed with tips and pointers













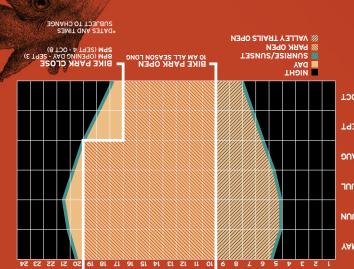












1,335-ish hours the bike park is open this summer. going to get the best brightness for your bucks is important. Below Summer and riding bikes go hand in hand. So knowing when you're TIMES TO RIDE



whistlerblackcomb.com/bike

