

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 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, Oines or Duff 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.



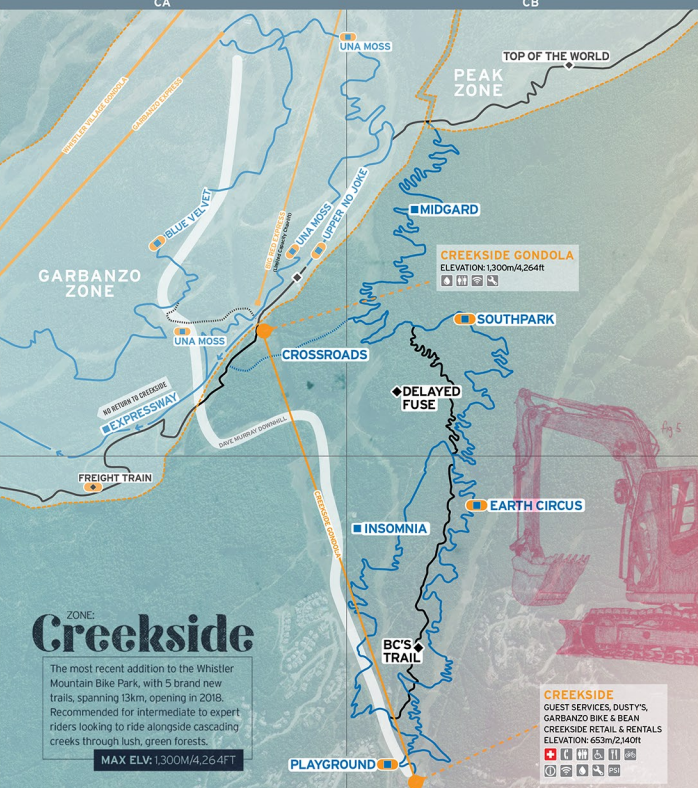
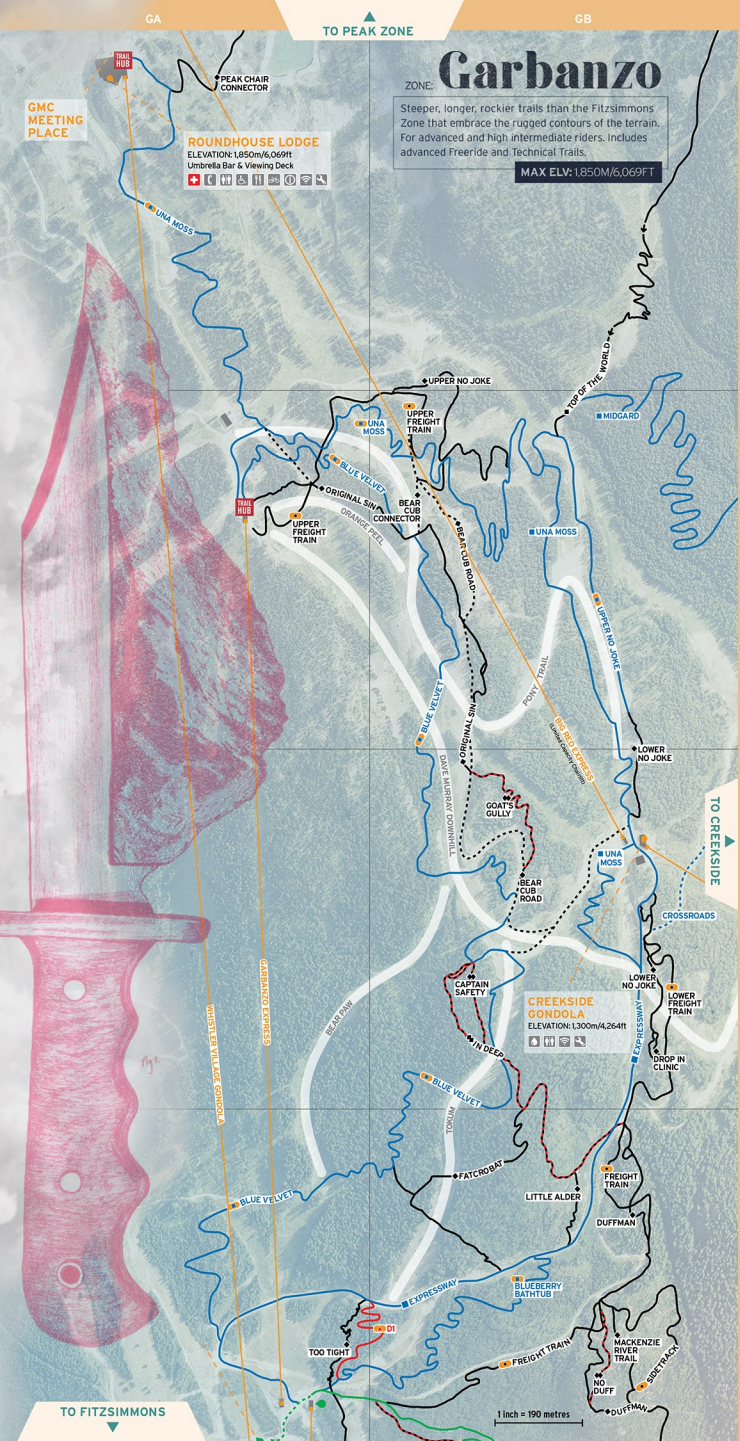
NOTICE TO BIKE PARK RIDERS

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.



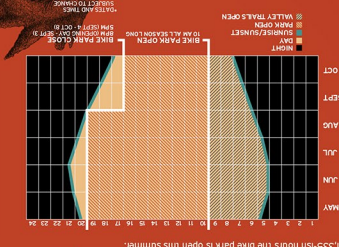
Due to the sensitivity of the trail, the number of riders accessing the Peak Zone is limited per day and requires an additional \$21 Peak Ride lift ticket. Advanced purchase is strongly encouraged.

- 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 TAKE RESPONSIBILITY ABOUT PREPARING FOR A WINTER WILDLIFE CONTACT.**
1. Bikes are not permitted in Garbanzo/Peakside Park. Lift privileges reserved for violation.
 2. Monitor weather closely. Always be prepared with appropriate clothing and footwear.
 3. Stay on marked trails. Do not cut corners.
 4. Minimize wildlife contact.
 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 riding in 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.



SLEEP LATER
604.938.3473
911
OFF-MOUNTAIN EMERGENCIES: 604.935.5555
ON-MOUNTAIN EMERGENCIES: 604.935.5555



TIMES TO RIDE
Summer and riding bikes go hand in hand. So knowing when you're going for the best riding times is an important decision. 1,330+ish hours this bike park is open this summer.

2018 Map BIKE PARK



whistlerblackcomb.com/bike