

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

PEAK ZONE LIMITED ACCESS

Due to the sensitivity of the trail, the number of riders accessing the Peak Zone is limited per day and requires an additional Top of the World lift ticket.

IT IS A DELICATE ENVIRONMENT THAT REQUIRES EVERY VISITOR TO BE RESPONSIBLE ABOUT PRESERVING ITS NATURAL STATE.

- Bikes are not permitted in Garibaldi Provincial Park. Lift privileges revoked for violation.
- Mountain weather changes quickly. Be prepared with appropriate clothing and footwear.
- Stay on marked trails. Do not cut corners.
- Always ride in control.
- Be aware of unmarked obstacles and trail changes.
- Ride with a partner.
- Body armour and a full-face helmet are recommended.



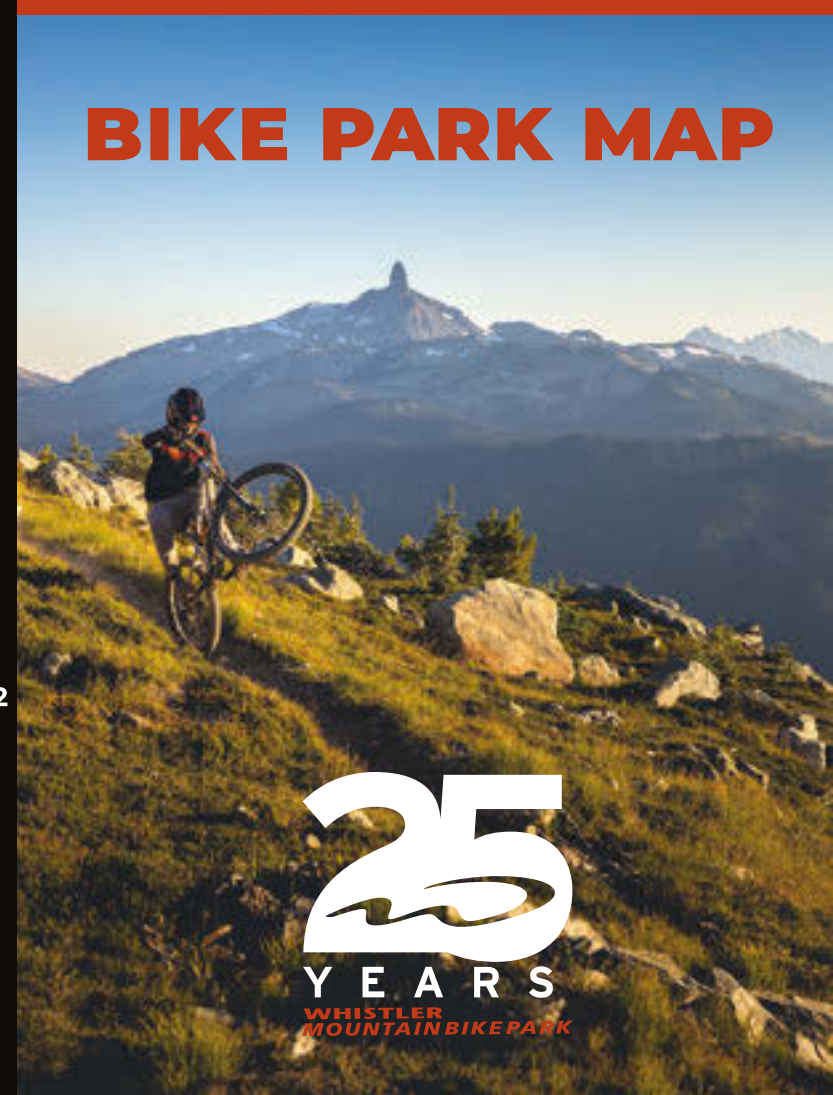
Free Wi-Fi powered by TELUS

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



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

GB-4	DI	GARBANZO
FB-1	CRABAPPLE HITS	FITZSIMMONS
FB-3	DWAYNE JOHNSON	FITZSIMMONS
FB-1	LOWER DIRT MERCHANT	FITZSIMMONS
FB-1	UPPER DIRT MERCHANT	FITZSIMMONS
FB-1	FADE TO BLACK	FITZSIMMONS
FA-1	A-LINE	FITZSIMMONS
CA-2	FREIGHT TRAIN	GARBANZO
FB-1	RIPPIN' RUTABAGA	FITZSIMMONS
CB-1	INSOMNIA	CREEKSIDE
GB-4	SIDETRACK	GARBANZO
CB-1	SHAKE AND BAKE	CREEKSIDE
FA-1	CAT'S MEOW	FITZSIMMONS
FB-4	JOY CROSS	FITZSIMMONS
CB-1	MIDCARD	CREEKSIDE
FA-2	C-MORE	FITZSIMMONS
FA-1	CRANK IT UP	FITZSIMMONS
GA-2	BLUE VELVET	GARBANZO
CB-1	PALM CORNERS	CREEKSIDE
CB-1	ELDIR	CREEKSIDE
GA-1	UNA MOSS	GARBANZO
GB-4	LITTLE ALDER	GARBANZO
GB-4	BLUEBERRY BATHTUB	GARBANZO
CB-2	EARTH CIRCUS	CREEKSIDE
CB-2	BENGAL BEAR	CREEKSIDE
CB-1	SOUTHPARK	CREEKSIDE
FB-3	HEART OF DARKNESS	FITZSIMMONS
FA-1	B-LINE	FITZSIMMONS
FB-2	WORLD CUP SINGLE TRACK	FITZSIMMONS
FC-1	GOLDEN TRIANGLE	FITZSIMMONS
FB-1	CRABAPPLE TURNS	FITZSIMMONS
FB-1	EZ DOES IT	FITZSIMMONS

FREERIDE TRAILS

PROGRESSION MATRIX

FC-1	ROD	FITZSIMMONS
FC-1	TODD	FITZSIMMONS
FB-2	PINES OF MAR CABLES	FITZSIMMONS
FB-2	SHADY ACRES	FITZSIMMONS
FB-2	DEL BOCCA VISTA	FITZSIMMONS
FB-3	HO CHI MIN	FITZSIMMONS
FA-1	FANTASTIC	FITZSIMMONS
FB-4	HORNET	FITZSIMMONS
FB-4	NAUGHTY HANDS	FITZSIMMONS
CB-2	BCC	CREEKSIDE
FA-1	NINJA COUGAR	FITZSIMMONS
FB-2	KARATE MONKEY	FITZSIMMONS
CB-2	CALL ME MAYBE	CREEKSIDE
CB-1	BARKING DUCK	CREEKSIDE
CB-2	SPINGNAR	CREEKSIDE
FB-2	SMOKE & MIRRORS	FITZSIMMONS
FB-3	WEDNESDAY NIGHT DELIGHT	FITZSIMMONS
FB-3	DEVIL'S CLUB	FITZSIMMONS
FB-2	SAMURAI PIZZA CAT	FITZSIMMONS
FB-1	LOWER ANGRY PIRATE	FITZSIMMONS
FB-2	BLUESEUM	FITZSIMMONS
FA-2	FUNSHINE ROLLY DROPS	FITZSIMMONS
GB-2	LEMON PEEL	GARBANZO
CB-2	ODESA	CREEKSIDE
GB-4	TOO TIGHT	GARBANZO
FB-4	MONKEY HANDS	FITZSIMMONS
GB-4	MACKENZIE RIVER TRAIL	GARBANZO
FB-1	UPPER ANGRY PIRATE	FITZSIMMONS
CA-1	7 YEAR WAR/MORE	CREEKSIDE
FC-1	MORE DUFF	FITZSIMMONS
FB-3	AFTERNOON DELIGHT	FITZSIMMONS
GB-4	DUFFMAN	GARBANZO
GA-2	LOWER WHISTLER DH	FITZSIMMONS
CB-1	DELAYED FUSE	CREEKSIDE
GA-4	TOO MUSHROOM	GARBANZO
CB-2	LINE OF CONTROL	CREEKSIDE
GB-2	NO JOKE	GARBANZO
CA-2	ORIGINAL SIN	GARBANZO
PA-1	TOP OF THE WORLD	PEAK
CB-1	LOWER RIDE DON'T SLIDE	CREEKSIDE
GB-3	DROP IN CLINIC	GARBANZO
GB-3	FATCROBAT	GARBANZO
CB-1	MISS FIRE	CREEKSIDE
FA-1	UPPER WHISTLER DH	FITZSIMMONS
FA-1	SCHLEYER	FITZSIMMONS
GB-4	NO DUFF	GARBANZO
FA-2	UPPER JOYRIDE	FITZSIMMONS
FB-3	POLP FICTION	FITZSIMMONS
FB-3	CLOWN SHOES	FITZSIMMONS
CB-2	BC'S TRAIL	CREEKSIDE
CB-2	PUMPKIN MOON	CREEKSIDE
FB-3	TATIANA	FITZSIMMONS
FA-2	LOWER JOYRIDE	FITZSIMMONS
FA-2	DETROIT ROCK CITY	FITZSIMMONS
FA-2	CANADIAN OPEN DH	FITZSIMMONS
CB-2	TECH NOIR	FITZSIMMONS
FA-2	FRENCH CONNECTION	FITZSIMMONS
GB-3	IN DEEP	GARBANZO
CB-3	PATROL ROCKS	GARBANZO
FC-1	RENEGADE	FITZSIMMONS
CA-1	SABERTOOTH HORSE	CREEKSIDE
GB-3	CAPTAIN SAFETY	GARBANZO
GB-4	EL GORDOBATA	GARBANZO
GB-3	GOAT'S GULLY	GARBANZO
CA-2	1199	CREEKSIDE

TECHNICAL TRAILS

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



SKILLS CENTRE

- For the beginner to intermediate rider.
- Small berms to practice cornering.
- Small wooden features to practice bridges and other man-made features found on blue Technical trails.
- Progression rollers and jumps to practice features found on blue Freeride trails.



GATORADE SKILLS PARK

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



JOYRIDE JUMP PARK

- Advanced jump and drop zone.
- For riders looking to progress from intermediate freeride skills to advanced freeride skills.



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

	EASIEST		
	MORE DIFFICULT		
	MOST DIFFICULT		
	EXPERTS 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.

FLIP FOR GARBO ZONE

ORIENTATION CENTRE



CRABAPPLE HITS



INTERMEDIATE SKILLS CENTRE

- Small drops suited for novice and intermediate riders.
- Intermediate wooden features to practice man-made features.



VILLAGE
 Guest Services
 Garbanzo Bike & Bean
 Bike School
 C1 Rentals
 Garbo's Grill
 CLC, Demo Center
 Elevation: 675m/2,214ft

1 inch = 110 metres

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

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.

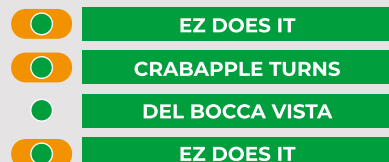
	PRE-RIDE	Wake up the brain and body. Inspect the trail at low speed.
	RE-RIDE	Lap the trail a few times to get the flow of the features.
	FREE-RIDE	Start small and work your way up to faster speeds and larger features.

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.



WHAT'S NEXT: Now that you're feeling confident, try this trail route at a slow speed. Move on when you feel 100% ready.



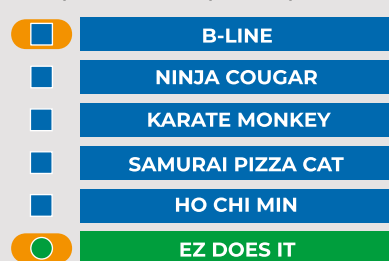
WHAT'S NEXT: Head to 'B-Line' for larger rollers and berms.

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.



WHAT'S NEXT: After your warm up lap try the following route of Freeride and Technical trails to help you ease into your day.



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.

THANK YOU TO OUR BIKE PARK PARTNERS
