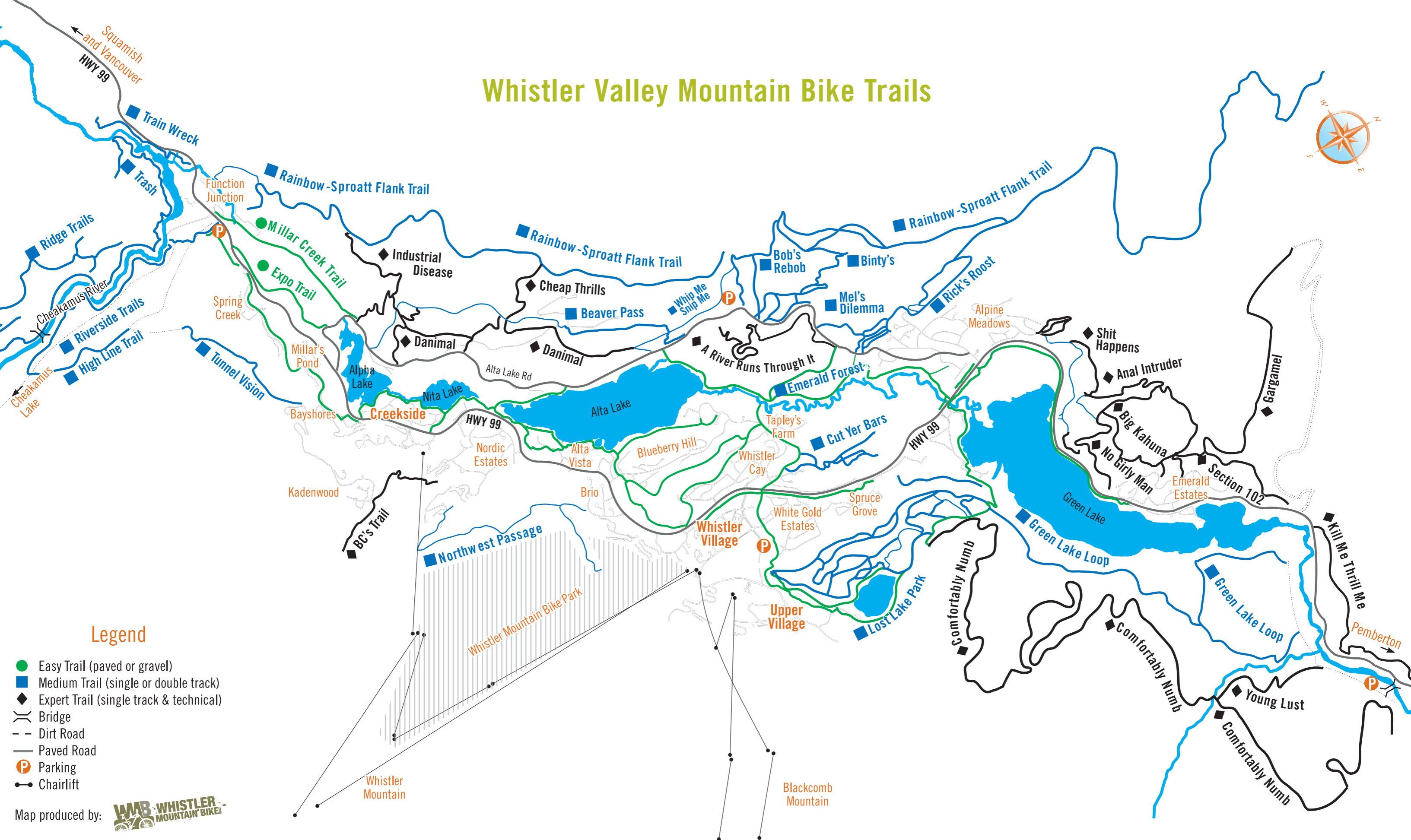


# Whistler Valley Mountain Bike Trails



## Legend

- Easy Trail (paved or gravel)
- Medium Trail (single or double track)
- ◆ Expert Trail (single track & technical)
- ⌒ Bridge
- - - Dirt Road
- Paved Road
- P Parking
- Chairlift

Map produced by: **WHISTLER MOUNTAIN BIKE**



# Featured Whistler Valley Mountain Bike Trails

## From easy greens to epic black diamonds - it's your choice.

Whistler has something for every rider – from technical singletrack and hundreds of miles of networked trails through old-growth forest, to the paved Valley Trail system and arguably the best mountain bike park in the world. Here are some popular trails and areas to get you started:

### ● ■ Lost Lake Park

Lost Lake offers wide singletrack, twisty forested trails or a plush gravel road that loops around one of Whistler's most popular lake areas. And although most would classify it as a perfect spot for beginners, intermediate riders will still find much joy riding trails that offer some great technical sections and challenging terrain. And it's right in the heart of Whistler Village.

**Directions:** Lost Lake Park is accessible from the Valley Trail and by walking from the Village. Take the trail that runs past the skate park in the day lots and under the Lorimer Road bridge. A free shuttle runs from the Village during July and August, as there is no parking at the park during those months. A detailed map of the Lost Lake Park trails is available from Village Hosts and at the Whistler Visitor Centre.

### ■ Riverside Trails

Riverside offers some of the smoothest, buffed singletrack in the resort. An excellent trail for both intermediate and expert riders, Riverside features incredible scenery coupled with fast and long downhill, plus a route to an isolated lake right off the trail. It's also a relatively quick trail to complete, coming in at about 2.5 hours from start to finish.

**Directions:** The Riverside Trails are located in Whistler's Interpretive Forest at the south end of town across from Function Junction. Just head south on Highway 99 from Whistler Village and turn left at the lights at Function Junction. Follow the road across a little bridge to a parking lot and look for the signs.

### ● ■ Emerald Forest

Emerald Forest is an area with two distinct riding personalities. First, there's a doubletrack trail that runs through the forest providing access to a river and the alpine trails. Then there's also a network of intermediate singletrack trails without man-made stunts. Emerald is the place to ride if your style of biking leans more towards an exploration experience – just pick a trail and see where it leads.

**Directions:** Head north along Highway 99 from Whistler Village and turn left at Lorimer Road. Follow Lorimer Road until it ends. Park on the side of the road and walk across the bridge over the River of Golden Dreams.

### ◆ A River Runs Through It

If one bike trail can be called Whistler's signature trail – this is it! With teeter-totters, log pyramids, and possibly the most challenging river crossing around (hence the trail's name), A River Runs Through It is an expert rider's dream. It's not so hairy that you can't stop, take a bit of a rest and enjoy the scenery, and with little change in elevation, you'll be breathing easy as you ride this local favourite.

**Directions:** Ride to the bottom of Lorimer Road (West end), across the bridge and railway tracks and ride on the dirt road to the left side of the gravel pit. If you follow this road it will come to another clearing and have a short climb at the other side. The trail entrance is on your left just up the climb.

You're not going to find anywhere on the globe that can compare with the sheer variety of mountain biking terrain that Whistler has to offer.

### ◆ Comfortably Numb

Epic. That's Comfortably Numb in a nutshell. This grueling 26-kilometre trail reaches elevations of over 1,000 metres and is Whistler's longest and most physically challenging singletrack ride. With long climbs, challenging rock faces, elevated bridges and spectacular views, Comfortably Numb is a must-ride for technically advanced riders, and something mere mortal bikers can set as a riding goal.

**Directions:** 12 kilometres north of Whistler Village you'll find the turn off for Wedge Mountain parking lot. Take your first left then the next right and look for the sign.

### ● Valley Trail System

A 35-kilometre (22-mile), paved, pedestrian/bike trail that links Whistler Village with the resort's parks, beaches, playgrounds, neighbourhoods and cross-country trails, the Valley Trail is perfect for a family ride, a warm-up, or an easy cruise that's more focused on sightseeing than heavy riding.

**Directions:** The Valley Trail runs almost the entire length of the resort from Emerald Estates to Spring Creek, so there exist numerous access points from Whistler's village, neighbourhoods and parks.

So no matter what type of biking you prefer – beginner, intermediate or expert – Whistler has the perfect ride for you.

## Trail Etiquette

- Ride on open trails only
- Respect other trail users
- Respect the environment
- Always stay on the trail
- Pack it out
- Know your limits

Photos: Sterling Lorence, Robin O'Neill

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