

CONTENTS

Acknowledgements	5
Introduction	11
Trail Development	12
Permission and Ethics	12
Mountain Bike Safety	13
Climate and Weather	20
Eats and Sheets	22
How to Use this Guide	24
(1) The Valley Trail	27
(2) The Flank Trail	41
(3) Whistler Trails	49
(4) Whistler Mountain Bike Park	131
(5) Lost Lake Park	151
(6) Municipal Parks	161
Conclusion	165
Tony's Ultimate Ride	166
Glossary	168
Index of Trails	170
About the Authors	172
Whistler Blackcomb Ad	6
Chromag Ad	16
Ziptrek Ad	23

