



Mountain biking in Whistler

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## TRIP IDEAS

# WHISTLER OUTDOOR ADVENTURES

Life in Whistler is all about finding outdoor adventure. From mountain biking to river rafting, here are a few ways to explore the spectacular alpine surroundings of Sea to Sky country.

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## Hike the Chief

On the way to Whistler from Vancouver, the Sea to Sky Highway passes the sheer wall of the Stawamus Chief in Squamish. There are often rock climbers on the face, but there's an easier way up – take the steep but lovely trail that leads through lush forest to the top. Have a pair of rock shoes? Warm up on the boulders or get onto the granite for some fun single-pitch sport climbing with one of the local climbing companies.

## Whistler Hiking

Whistler has endless opportunities for hiking in the high country. The High Note Trail is a popular day trip option, with alpine wildflowers and stunning views of Black Tusk peak. Experienced hikers can venture into the backcountry of Garibaldi Provincial Park.

## Water Activities

In the warmth of summer, spend some time on the water. Take a rafting trip through the tumbling rapids of the Elaho, or try a more gentle paddle along the River of Golden Dreams. Go on a fishing trip to cast for trout, char or salmon. The waters of the Squamish Spit offer ideal winds for windsurfing and kiteboarding.

## Biking in Whistler

To get a taste of Whistler's gravity addiction, spend a day hitting the trails of the Whistler Mountain Bike Park. It's the town's hub of summer activity, and has more than 50 trails. For those who prefer to earn their descent, there are another 200km/124 mi of trails surrounding Whistler Village. Strap on a helmet for flowing downhill runs and fear-inducing drops, features and natural lines. For something on the mellower side, the paved Valley Trail winds past parks and lakes.

## Relaxing

Visitors quickly discover that Whistler's pace is pretty relaxed. Take time to slow down and spend a sunny afternoon swimming and napping at Rainbow Park, where Whistler's original lodge opened almost a century ago. Later, stop in at the Squamish Lil'wat Cultural Centre for interactive exhibits and artworks that embody the timeless traditions of the area's First Nations. Or cast your mind back to 2010 as you enjoy an outdoor concert at Whistler's Olympic Plaza.

## Whistler Restaurants

The Whistler area has a fantastic food scene, with nearly a hundred options ranging from stylish bistros like Araxi to

pizza joints like Fat Tony's. Stroll through Whistler Village's pedestrian-only walkways to get familiar with what's available.

The après hours are when Whistler lets loose. Skiers' Plaza, the large square at the base of the Village Gondola, is the place to be in the late afternoon. The patio of the Longhorn Saloon is one of the best spots to sit back with a beer and soak up the sun.

It's always worth stepping out for some fine dining at least once on every trip. The Rim Rock Café is a Whistler favourite (try the Seafood Trio with grilled tiger prawns, rare ahi tuna and the fish of the day). Headed to the trails in Squamish? Stop in at the Zephyr Café. The breakfast burritos and vegan cookies are filling.

## Whistler Accommodation

Crave a quieter scene? Check out the Edgewater Lodge located a few minutes outside of the village, where they offer gourmet dining, horse-drawn sleigh rides, wilderness trains and waterfront rooms. Centrally located, Whistler Village Inn & Suites is just steps from the village gondolas and other activities. Enjoy a year-round heated pool, hot tubs, saunas and a fitness centre. Callaghan Lodge, located in the Callaghan Valley, offers cross-country skiing, backcountry skiing, snowshoeing and many other activities.

## Local Secrets

- **Bike gear:** Local stores like Summit Sports and The Bike Co. offer sales and rentals of everything for riders.
- **Blake Jorgenson Gallery:** Check out Whistler's cultural scene at this gallery in the Westin Resort and Spa, which features art and photos from local talented artists.
- **Mount Currie Coffee Co.:** Just up the road in Pemberton, Mount Currie serves some of the area's best artisan espresso and features local art.

## Whistler Transportation

Follow the two-hour Sea-to-Sky Highway driving route from Vancouver to Whistler. Cool stops en route include the Britannia Mine Museum and the West Coast Railway Heritage Park.

Like trains? Ride the Rocky Mountaineer's Whistler Sea to Sky Climb train from Vancouver to Whistler. Or go by floatplane: Whistler Air flies from downtown Vancouver to Whistler's Green Lake in about 30 minutes (May to September). Combine the train and plane for a great round trip. Once in Whistler, it's easy to get around by foot, bus or bike.



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