



May 16<sup>th</sup> – May 22<sup>nd</sup>, 2022

## Whistler Experience Guide Schedule

MONDAY May 16 <sup>th</sup>	TUESDAY May 17 <sup>th</sup>	WEDNESDAY May 18 <sup>th</sup>	THURSDAY May 19 <sup>th</sup>	FRIDAY May 20 <sup>th</sup>	SATURDAY May 21 <sup>st</sup>	SUNDAY May 22 <sup>nd</sup>
<b>*TRAIN WRECK HIKE</b> 9:00am- 11:30am	<b>*RAINBOW FALLS HIKE</b> 9:00am-11:30am	<b>*POLAR BEAR LAKE DIP</b> 9:00am-10:30am	<b>*LOST LAKE HIKE</b> 9:00am-11:00am	<b>*BRANDYWINE FALLS</b> 9:00am-11:30am	<b>*TRAIN WRECK HIKE</b> 9:00am- 11:30am	<b>*RAINBOW FALLS HIKE</b> 9:00am-11:30am
<b>WHISTLER MUSEUM</b> 11:45am- 1:00pm	<b>WHISTLER MUSEUM</b> 11:45am- 1:00pm	<b>SQUAMISH LIL WAT CULTURAL CENTRE</b> 11:45am- 1:00pm	<b>AUDAIN ART MUSEUM</b> 11:45am- 1:00pm  "WOLVES: THE ART OF DEMPSEY BOB"	<b>SQUAMISH LIL WAT CULTURAL CENTRE</b> 11:45am- 1:00pm	<b>AUDAIN ART MUSEUM</b> 11:45am- 1:00pm  "WOLVES: THE ART OF DEMPSEY BOB"	<b>SQUAMISH LIL WAT CULTURAL CENTRE</b> 11:45am- 1:00pm
<b>*LAKE LOOP SHUTTLE TOUR</b> 1:00pm-3:30pm	<b>*VILLAGE TOUR</b> 1:00pm-3:30pm	<b>*LOST LAKE HIKE</b> 1:00pm-3:30pm	<b>*VALLEY TRAIL WALK</b> 1:00pm- 3:30pm	<b>*AXE THROWING</b> 2:00pm-3:30pm	<b>*LAKE LOOP SHUTTLE TOUR</b> 1:00pm-3:30pm	<b>*VILLAGE TOUR</b> 1:00pm-3:30pm

## Fitness Class Schedule

MONDAY May 16 <sup>th</sup>	TUESDAY May 17 <sup>th</sup>	WEDNESDAY May 18 <sup>th</sup>	THURSDAY May 19 <sup>th</sup>	FRIDAY May 20 <sup>th</sup>	SATURDAY May 21 <sup>st</sup>	SUNDAY May 22 <sup>nd</sup>
<b>YOGA</b> 7:00am-8:00am	<b>YOGA</b> 7:00am-8:00am	<b>YOGA</b> 7:00am-8:00am	<b>YOGA</b> 7:00am-8:00am	<b>YOGA</b> 7:00am-8:00am	<b>YOGA</b> 7:00am-8:00am	<b>YOGA</b> 7:00am-8:00am
<b>YOGA</b> 8:30am-9:30am	<b>YOGA</b> 8:30am-9:30am	<b>YOGA</b> 8:30am-9:30am	<b>YOGA</b> 8:30am-9:30am	<b>YOGA</b> 8:30am-9:30am	<b>YOGA</b> 8:30am-9:30am	<b>YOGA</b> 8:30am-9:30am
<b>AQUA FIT</b> 9:00am-10:00am		<b>AQUA FIT</b> 9:00am-10:00am		<b>AQUA FIT</b> 9:00am-10:00am		
				<b>TENNIS CLINIC – KIDS</b> 9:00am-10:00am	<b>TENNIS CLINIC – KIDS</b> 9:00am-10:00am	<b>TENNIS CLINIC – KIDS</b> 9:00am-10:00am
				<b>TENNIS CLINIC – ADULTS</b> 10:00am-11:00am	<b>TENNIS CLINIC – ADULTS</b> 10:00am-11:00am	<b>TENNIS CLINIC – ADULTS</b> 10:00am-11:00am
<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am- 3.30pm	<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am- 3.30pm	<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am- 3.30pm	<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am-3.30pm	<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am- 3.30pm	<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am- 3.30pm	<b>* LULU LEMON PRIVATE BOOKINGS AVAILABLE</b> 10:00am- 3.30pm
	<b>AQUA FIT</b> 5:45pm-6:45pm					



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## Activities and Class Description

**YOGA | Sign up at the Concierge Desk or the Health Club | Meet: Yoga Studio 353 \*Limited space available.\***  
Come join our in-house yoga instructors and take part in a mind and body opening experience. It is also the perfect opportunity to aid muscle recovery and prevent stiffness afterwards. Leave the class smiling, energized, and rebalanced. All levels are welcome and all equipment is provided. For best results, arrive with an empty stomach. **We recommend coming 10 minutes prior to the class start time.**

**LULULEMON MIRROR | Sign up at the Health Club | Meet: At the Health club desk**

Experience an exercise class like no other. Let the Lululemon MIRROR take you through a virtual exercise and wellness experience. MIRROR virtual classes are delivered by some of the best instructors in North America, and over 10,000 exercise classes are available. All levels are welcome and all equipment is provided.

**AUDAIN ART MUSEUM | Sign up at the Concierge Desk, Health Club or dial '0' from your room | Meet in front of the Frontenac Ballroom located on the lobby level.**

The Whistler Experience Guide will take you on a short walk to the Audain Art Museum, located in the heart of Whistler Village. As British Columbia's newest museum, it is dedicated to art that has been created throughout our diverse province and along its multiple shores. **Wolves: The Art of Dempsey Bob is the first ever retrospective of this brilliant carver's career from the 1970's to the present. The exhibition features a critical selection of masks, panels, wall sculptures, vessels and regalia, complimented in Bob's work in bronze casting, goldsmithing, printmaking and vestment production from public and private collections across Canada. Adults \$20, Young Adults \$10, Under 18 Free. Payable at facility- self guided.**

**AXE THROWING | Sign up at Concierge Desk by 12:00pm day of | \*Limited space available.\* Children can participate from age 12 with guardian | Meet in front of the Frontenac Ballroom located on the lobby level.**

Forged Axe Throwing is Whistler's only indoor axe throwing venue. Come out and enjoy an hour of throwing whether you are a first timer looking to try axe throwing or an experienced timber sports veteran. Our Whistler Experience Guide will be your transportation to and from Forged Axe Throwing.

**\$39.99 per person, closed toe shoes required. Payable at facility. Guests must show proof of vaccination.**

**LAKE LOOP SHUTTLE EXPERIENCE | Sign up at the Concierge Desk. \*Limited space is available\* | Meet in front of the Frontenac Ballroom located on the lobby level.**

Join our Whistler Experience Guide as they take you to the lakes in Whistler via shuttle. You can jump out and take photos of the stunning scenery Whistler has to offer!

**LOST LAKE HIKE | Meet in front of the Frontenac Ballroom located on the lobby level | Sign up at the Concierge Desk, Health Club or dial '0' from your room**

This hike will take you around the entire Lost Lake with some great viewing points and connecting with the Valley Trail. Join one of our Whistler Experience Guides for a relaxing and laid back hike. **Moderate fitness level required. Please wear appropriate foot wear. We recommend you bring water with you.**

**VILLAGE TOUR | Meet in front of the Frontenac Ballroom located on the lobby level.**

Join one of our Whistler Experience Guides as they take you through the North Village, the Village Centre and back to the Upper Village. This guided walking tour will include multiple stops from the Olympic Plaza to the Mountain Square and everything in between. You will also learn the History behind Whistler and how it has expanded into what it is now. **Please wear appropriate foot wear.**

**VALLEY TRAIL WALK | Sign up at the Concierge Desk, Health Club or dial '0' from your room | Meet in front of the Frontenac Ballroom located on the lobby level.**

Join one of our Whistler Experience Guides for a relaxing and laid back casual hike along the Valley Trail. Hike along creeks and across forest beds on this intertwined trail. **Please wear appropriate foot wear. We recommend you bring water with you.**



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**MOUNTAIN TOUR** | \*Limited space available.\* Pre-purchased lift ticket is required for the tour. Intermediate level of skiing is required for this tour (Blue Terrain). Must be accompanied by a parent/guardian if you are under 18 | Meet at the back of the Ski Valet at the top of the stairs, under the Fairmont tent.

Explore North America's largest ski resort with a true local! It's similar to having a backstage pass to the best skiing and riding at Whistler Blackcomb. Let one of our whistler Experience guides show you easy less congested runs from the top, longer laps and breathtaking views. **Please be aware you are responsible for the cost of your own lift tickets and booking your own reservation. Available for purchase at the Mountain Adventure Centre on the lower level or at Whistler Blackcomb Guest Services.**

**POLAR BEAR LAKE DIP** | Meet in front of the Frontenac Ballroom located on the lobby level. | Sign up at the Concierge Desk, Health Club or dial '0' from your room |

Refresh with an invigorating early morning plunge into Lost Lake. We'll bring the towels and smiles! Please bring your bathing suit, or change of clothes if required, and something warm to wear after your quick dip. Public washrooms are available. Little Dippers and Big Dippers welcomed.

**TRAIN WRECK HIKE** | Sign up at the Concierge Desk. \*Limited space is available\* | Meet in front of the Frontenac Ballroom located on the lobby level. Guests are required to wear a mask on the shuttle.

Enjoy a casual hike along the glacier-fed Cheakamus River to the remains of a train derailment from the 1950's. At the wreck there are 5 train cars scattered along the forest floor with massive Coastal evergreen trees that have grown around them. Some local artists have decorated the cars with amazing graffiti work. **Great for a family hike. Moderate fitness level required. Please wear appropriate foot wear. We recommend you bring water with you.**

**RAINBOW FALLS HIKE** | \*Limited space available.\* Sign up at the Concierge Desk, Health Club or dial '0' from your room \*Limited space available.\* | Meet in front of the Frontenac Ballroom located on the lobby level.

Enjoy a beautiful hike that ascends through the forest along 21 mile creek to the beautiful Rainbow Falls. We will be stopping at scenic points along the way. **Active fitness level required. Please wear appropriate foot wear. We recommend you bring water with you.**

**SECRETS OF THE CHATEAU** | \*Limited space available.\* Sign up at the Concierge Desk, Health Club or dial '0' from your room.

Meet in front of the Frontenac Ballroom located on the lobby level.

Learn all about Fairmont Chateau Whistler on a guided tour with one of our amazing Whistler Experience Guides. Explore our wonderful Chateau while learning about its history and seeing all operations of the different areas in the hotel, like our pastry kitchen or staff cafeteria, Oscars! **Wear closed toe shoes.**

**SQUAMISH LIL'WAT CULTURAL** | Sign up at the Concierge Desk, Health Club or dial '0' from your room | Meet in front of the Frontenac Ballroom located on the lobby level. Meet in front of the Frontenac Ballroom located on the lobby level.

This region's Indigenous people have preserved their history, culture, and heritage at this world class Indigenous museum. Enjoy a truly authentic experience while learning the significance of the mountains, seas and rivers to the Squamish and Lil'wat people. **Adults \$20, Young Adults \$15, Student \$7, Children \$5. Payable at facility- self guided.**

**WHISTLER MUSEUM** | Sign up at the Concierge Desk, Health Club or dial '0' from your room | Meet in front of the Frontenac Ballroom located on the lobby level. The Whistler Experience Guide will take you on a short walk to the Whistler Museum, located in the heart of Whistler Village. You will learn about whistler's journey from wilderness to a world-class resort – with stories from fun loving pioneers, to the creation of Whistler Blackcomb, to the 2010 Winter Olympic Games. The Whistler Museum has plenty of interactive exhibits. **Entry by donation.**