

Summer 2019 - Alpine Trail Network Updates

What is the Alpine Trail Network?

The Resort Municipality of Whistler (RMOW) is undertaking a multi-year program to restore and develop a network of hiking-only and non-motorized multi-use trails on Mount Sproatt and Rainbow Mountain. Once complete, the network will include almost 40 km of trails, providing a unique opportunity for alpine hiking and mountain biking experiences conveniently accessed from the resort.

Alpine Trail Network

The [Alpine Trail Network](#) includes: Mount Sproatt **multi-use trails** which are used primarily by mountain bikers, but are open to hikers and trail runners. Rainbow Mountain trails are **hiking/running-only**.

Trail opening

The Alpine Trail Network typically opens between mid-July and the start of August, depending on snow melt and weather conditions.

Trailheads and parking

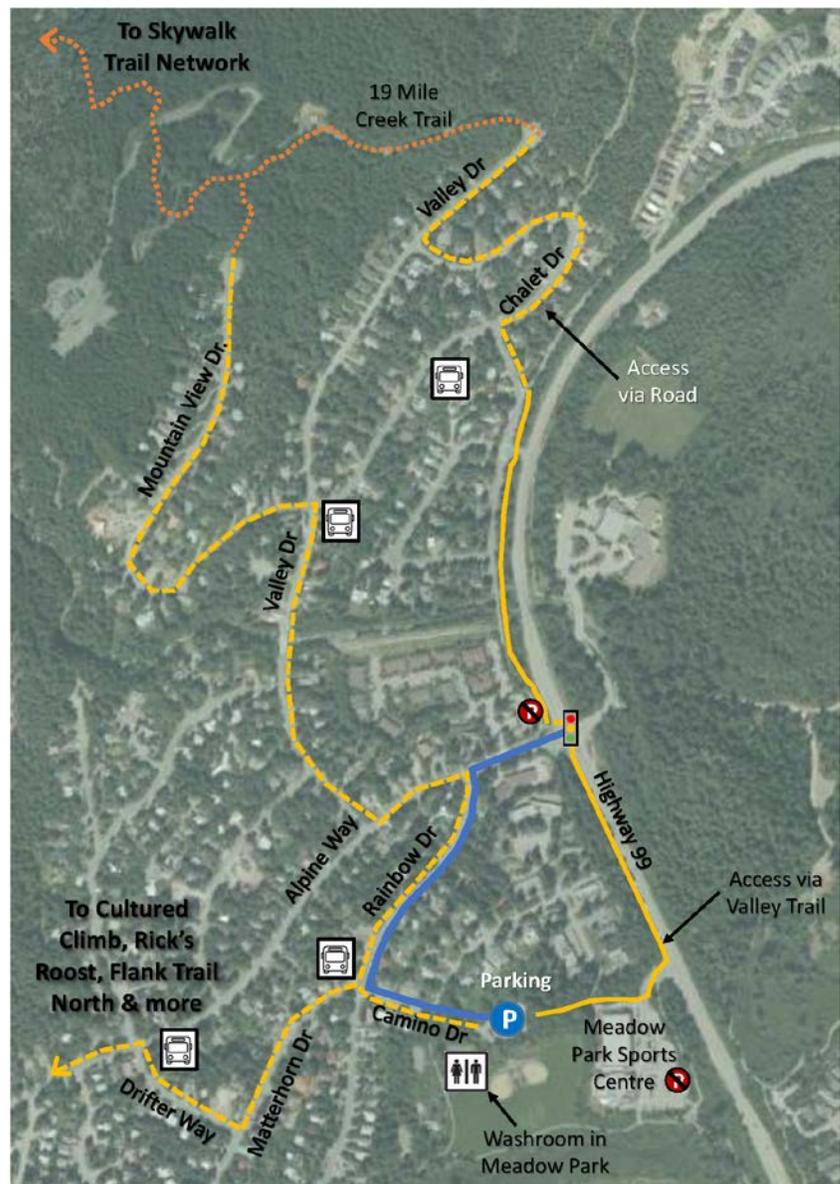
To access the following trails above the Alpine Meadows neighbourhood, **please park at the rear parking lot of Meadow Park Sports Centre**, accessed from Camino Drive:

- Skywalk
- Cultured Climb
- Rick's Roost
- Green Monster Flank Trail North
- Howler
- Screaming Cat Lake

This location offers ample parking, washrooms and a spectacular park to relax in after your strenuous hike or bike.

Whistler Transit can get you closer to trail access points, and it's free on weekends and holiday Mondays until September 2. Learn more at bctransit.com/whistler.

Trail users are reminded to be respectful of residents when accessing trails from residential neighbourhoods. Bylaw enforcement is in effect.





Maps

There is signage and cell phone coverage along most of the trails. Updated maps of all official hiking and mountain biking trails are available at trailheads and online:

- Free maps and current trail reports are available at trailforks.com.
- Download detailed maps for [Mount Sproatt](#) and [Rainbow Mountain](#).

Safety

The Alpine Trail Network provides a backcountry experience that requires a high level of fitness and preparedness for a day-long bike or hike in remote, strenuous and alpine conditions.

Ensure bikes are well-tuned, and pack spare parts, food, water and appropriate clothing for changing weather conditions. Be prepared for self-rescue. Be adventure smart, and follow safety tips for hiking and biking on Whistler's trails. Learn more at whistler.ca/adventuresmart.

Respect the environment

The Alpine Trail Network passes through sensitive alpine vegetation. Please stick to the marked trails to avoid damaging the environment.

The Rainbow Lake trails are located within the municipal water supply area. Camping, biking, swimming and dogs are **not permitted** in this area to protect Whistler's water supply. In all areas, pack out all garbage, use outhouses, take only photos and leave no trace.

Bears

Grizzly and black bears exist in the Whistler area, including the Alpine Trail Network. Find more information at whistler.ca/bears. All trail users should be bear aware by:

- carrying bear spray and knowing how to use it in the event of an encounter,
- never hiking or biking alone,
- being alert to bear signs (scat, prints, tree markings),
- being able to differentiate between grizzly and black bears, and
- respecting trail closures.

What's new in 2019

- **Mount Sproatt/Rainbow Mountain Alpine Ranger Program** – Expanded hours are being offered by on-site rangers, whose duties include trail monitoring and maintenance, public education, wildlife and wildfire data collection, first aid, and communication with RMOW staff and partners.
- **Dogs prohibited from all Sproatt and Rainbow alpine trails.**
- **E-bikes** – The municipality will be implementing a policy for e-bike use on Whistler's trails this summer. E-bikes will not be permitted in alpine areas, including the Alpine Trail Network above Flank Trail. Learn more at whistler.ca/ebikes.
- **Recreation Trails Strategy** – Later this year the RMOW will be initiating a year-long project to establish policies for the development, management and improvement of new and existing trails.

Funding

Funding for the program to restore and develop the Alpine Trail Network has been provided through the Province of British Columbia's [Resort Municipality Initiative \(RMI\)](#).

Find more information

- Program underway: whistler.ca/alpinetrailprogram
- Alpine Trail Network overview: whistler.ca/alpinetrails
- Contact: parks@whistler.ca