



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



# Watching Your Wallet in Whistler

## **Whistler, 3 Days**

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# Guide Description



**AUTHOR NOTE:** Whistler has an extensive amount of summer activities that involve very little money. With more hiking and biking trails than you could possibly do in one week, you won't be bored, or broke. The many lakes in Whistler offer a cool haven for water lovers, and you don't need to stay at some fancy, high-priced hotel to enjoy it. There are plenty of charming Bed and Breakfasts that will treat you like Royalty, and leave you with some change to spare. Whistler is also home to many talented artists and there is no shortage of free art galleries to browse through in Whistler Village. Bungee jumping is an optional treat, but it's your one big splurge to live a little!

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Whistler

**DAY NOTE:** During the seasons when the snow has melted, Whistler's hiking trails show their pretty little paths. Starting your day off on one of the alpine or glacial trails will get your adrenaline going, but keep your wallet safely at bay. No amount of money could pay for the views that you will see while you're in Whistler. That's also one of the best parts of this city; you don't have to be rich to enjoy the nature. After a long morning of hiking, head into Whistler Village and go to Ciao-Thyme Bistro. Try and get a spot on the patio, it will make your lunch that much more enjoyable! After an energetic morning, spend the afternoon window-shopping in Whistler Village. There are plenty of shops to look at and hotels to browse through. Just because you won't be spending money, doesn't mean you can't look. A budget friendly dinner at Kypriaki Norte is flagging you down. Try the Warmed Goats Cheese Salad and the chicken Souvlaki - so good! A comfortable room at the Golden Dreams B & B is ready for your weary head. The owners are very welcoming and make you feel just at home. There's even a hot tub for you to sink into!



### Backcountry Tours

Experience Whistler's True Beauty



### Ciao-Thyme Bistro

Fresh, creative dishes



### Whistler Village

The social hub of Whistler



### Kypriaki Norte

Dining Amidst Nature



### Golden Dreams B&B

Bed & Breakfast

homemade meals that won't leave you broke. The Beetroot Café can be a popular spot for lunch, so you may have to wait a bit to grab a table. Depending on your stomach, you may not wish to eat a lot - bungee jumping is next on your itinerary. This is the pricey part of the trip; your first jump is \$120, but after that you can get a discounted rate. It's a pretty awesome feeling to be in the middle of a forest and jumping off a bridge, that overlooks a river. Whistler Bungee is not for the faint at heart, but if you do muster up the nerve to do it, you certainly won't regret it. They are even able to accommodate those in wheelchairs - pretty awesome! Dinner in Whistler Village at Earl's Bistro will make you feel like you're treating yourself. The menu has some innovative dishes and is a very popular place to go. There's usually a wait at Earl's, but that's a good sign to see so many people heading to this hot spot. After a long day, head back to the Golden Dreams B&B and take a dip in the hot tub before going to bed.



### Whistler Museum and Archives Society

Whistler's history



### Black Tusk Gallery

Dramatic artwork



### The Beetroot Café

Delicious organic eats



### Whistler Bungee

Fearless free-falling



### Earl's Bistro

Fresh bistro



### Golden Dreams B&B

Bed & Breakfast

## Day 2 - Whistler

**DAY NOTE:** The smell of fresh coffee and warm toast will wake you up. The owners at the Golden Dreams B&B make a delicious breakfast of fresh coffee, waffles, homemade jams and delicious eggs with smoked salmon. Who needs to go out for breakfast when you have such divine dishes at your B&B? After eating, head into Whistler Village and learn a little about Whistler's history at the Whistler Museum and Archives Society. After you leave, you will come out with new knowledge and better insight. Next, head over to the Black Tusk Gallery where you will see some really interesting works of art. Galleries are a great way to appreciate art, without having to pay the hefty price to buy it. The Beetroot Café is a family run business that serves fresh,

## Day 3 - Whistler

**DAY NOTE:** After another gourmet and leisurely breakfast from your lovely hosts at the Golden Dreams B&B, you can head into Whistler Village to take a browse around Luminaura Whistler. There you will be exposed to many different forms of art. Along the way, you may see a few other galleries, so feel free to pop in and take a browse - it's free to look in most art galleries in Whistler! Grab a warm crepe from Crepe Montagne; they have plenty of options to choose from, but the ham and Swiss is a classic you just can't go wrong with. The lunch prices are reasonable and will satisfy your hunger. Elfin Lakes is a great way to spend the afternoon. If you're into swimming, there's plenty of water to keep you busy and for those that love biking and hiking,

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

there's no shortage of great trails. Elfin Lakes is another great, free activity! You've swum, biked, hiked and browsed in galleries; you must be hungry! Dinner at Zen Sushi is both delicious, and reasonable. Order by the roll or choose from one of their specials. Sushi is a great way to eat economically because you can order enough food to fit your hunger, rather than pay a set price for a huge meal you could never eat. Zen Sushi will leave you saying "Sake-to-me!" - it's that good.



## Luminaura Whistler

Funky art



## Crêpe Montagne

Fondues, crepes, and so much more!



## Zen Sushi

Edible art

# Day 1 - Whistler

## QUICK NOTE

**DAY NOTE:** During the seasons when the snow has melted, Whistler's hiking trails show their pretty little paths. Starting your day off on one of the alpine or glacial trails will get your adrenaline going, but keep your wallet safely at bay. No amount of money could pay for the views that you will see while you're in Whistler. That's also one of the best parts of this city; you don't have to be rich to enjoy the nature. After a long morning of hiking, head into Whistler Village and go to Ciao-Thyme Bistro. Try and get a spot on the patio, it will make your lunch that much more enjoyable! After an energetic morning, spend the afternoon window-shopping in Whistler Village. There are plenty of shops to look at and hotels to browse through. Just because you won't be spending money, doesn't mean you can't look. A budget friendly dinner at Kypriaki Norte is flagging you down. Try the Warmed Goats Cheese Salad and the chicken Souvlaki - so good! A comfortable room at the Golden Dreams B & B is ready for your weary head. The owners are very welcoming and make you feel just at home. There's even a hot tub for you to sink into!

### contact:

tel: +1 604 938 2769 / +1 604 938 7759

[http://www.tourismwhistler.com/www/tourism\\_whistler/whistler\\_activity\\_centre.asp](http://www.tourismwhistler.com/www/tourism_whistler/whistler_activity_centre.asp)

### location:

4010 Whistler Way  
Whistler BC V0N 1B4

### hours:

M-Su 10a-6p

## 1 Backcountry Tours

**DESCRIPTION:** Whistler, British Columbia is the base for unlimited back country experiences all year round. It's not uncommon to see a group of back country explorers trekking up the mountain in the snow ready to discover untouched, remote mountain wilderness. Some of the tours given include summer rock climbs, glacier treks, wilderness tours, and alpine hikes. If you're curious to know what's beyond the borders of Whistler - and get away from the crowds - then contact any one of the companies below and inquire about a back country tour. © wcities.com



photo courtesy of Backcountry Tours

### contact:

tel: 604 932 7051  
fax: 604 932 9794

<http://www.chefbernards.ca/restaurant/index.asp>

### location:

#1-4573 Chateau Boulevard  
Whistler BC V0N 1B4

### hours:

Mo to Su from 08:00 AM to  
10:00 PM

## 2 Ciao-Thyme Bistro

**DESCRIPTION:** Ciao-Thyme Bistro uses the freshest of local ingredients to prepare your dish in the bistro's open kitchen, serving crepes, salmon, and natural beef dishes to name a few. Ciao-Thyme serves breakfast and lunch, as well as dinner during the winter season, and offers full-menu service. Ciao-Thyme extends its catering services to your private home if you prefer that most intimate setting. © wcities.com



Photo courtesy of Ciao-Thyme Bistro

### contact:

[http://www.tourismwhistler.com/www/about\\_whistler/whistler\\_village.asp](http://www.tourismwhistler.com/www/about_whistler/whistler_village.asp)

### location:

Whistler BC V0N 1B4

## 3 Whistler Village

**DESCRIPTION:** Whistler Village is where it's at – hotels, restaurants, shops, art galleries and cafes are clustered together in the no car zone area. If you're hungry, there are a multitude of world class restaurants, fun pubs and relaxing cafes. After a hard day on the mountain, you will not lack in choice for where to go for Apres ski. If you want to take a



Photo courtesy of jeffwilcox

break from all of the physical activities you can spend your day browsing through the many shops, catch a movie at the local movie theatre and stroll through the many art galleries. Whistler Village also has grocery stores, banks, a walk-in clinic and library. © NileGuide

**contact:**

tel: +1 604 938 0601  
fax: +1 604 938 0601  
<http://www.kypriaki.net>

**location:**

4122 Village Green  
Whistler BC V0N 1B4

**hours:**

Su-Th 5p-10p, F-Sa 5p-11p

**4 Kypriaki Norte**

**DESCRIPTION:** Conveniently located in the Whistler Village stroll close to the TELUS Whistler Conference Centre with parking close by, Kypriaki Norte offers an extensive menu. You can chose from succulent steaks, fresh seafood, or traditional paellas. With a variety of dishes to cater to almost any palate, a warm ambiance and friendly staff you'll experience a true Mediterranean escape. © wcities.com



Photo courtesy of Kypriaki Norte

**contact:**

tel: +1 604 932 2667 / +1 800 668 7055 (Toll Free)  
<http://www.bedandbreakfast.com/british-columbia-whistler-goldendreamsbb.html>

**location:**

6412 Easy Street  
Whistler BC V0N1B6

**5 Golden Dreams B&B**

**DESCRIPTION:** Whistler Hosted the 2010 OLYMPIC AND PARALYMPIC GAMES! Bobsled, Luge, Alpine skiing and all Nordic venues were constructed and open over 2 years ahead of schedule. In winter, come ski the 2010 Men's or Women's Downhill course! Be surrounded by nature's beauty and awake to wholesome breakfast. Relax in OUTDOOR HOT TUB with mountain views, or the private guest living room with wood fireplace. Choose our unique RAINRFORREST, BLACK BEAR OR WILD WEST 'theme' rooms, featuring cozy featherbeds and duvets, bath robes, sherry decanter. Some rooms with ensuite pedestall sinks. LUXURIOUS HEATED TILE FLOORS in bathrooms and entrance warm ski boots! Breakfast is different every day! Ann creates poppyseed waffles, homemade jams/syrups or "EGGS GOLDEN DREAMS" with SMOKED SALMON and West Coast Dark Roast Coffee. Breakfast is worth getting up for! Easy access to all the valley offers - JUST ONE MILE to the village gondolas! The BUS STOPS at our back driveway for easy access to the village/mountain lifts. Our property is adjacent to the "VALLEY TRAIL" winding around golf course to village and connecting lakes, beaches and parks. SAVE WITH US! We offer DISCOUNT multi-day ski/sightseeing passes and recommend DISCOUNT ski/snowboard rentals locations. STAY WITH LOCALS! Live-in World Cup ski coach and #1 instructor for Whistler/Blackcomb for 2005! Let us recommend SEASONAL DISCOUNTS, and make reservations to some of our favourite restaurants...as locals we know where to go!



more at BedandBreakfast.com

# Day 2 - Whistler

## QUICK NOTE

**DAY NOTE:** The smell of fresh coffee and warm toast will wake you up. The owners at the Golden Dreams B&B make a delicious breakfast of fresh coffee, waffles, homemade jams and delicious eggs with smoked salmon. Who needs to go out for breakfast when you have such divine dishes at your B&B? After eating, head into Whistler Village and learn a little about Whistler's history at the Whistler Museum and Archives Society. After you leave, you will come out with new knowledge and better insight. Next, head over to the Black Tusk Gallery where you will see some really interesting works of art. Galleries are a great way to appreciate art, without having to pay the hefty price to buy it. The Beetroot Café is a family run business that serves fresh, homemade meals that won't leave you broke. The Beetroot Café can be a popular spot for lunch, so you may have to wait a bit to grab a table. Depending on your stomach, you may not wish to eat a lot - bungee jumping is next on your itinerary. This is the pricey part of the trip; your first jump is \$120, but after that you can get a discounted rate. It's a pretty awesome feeling to be in the middle of a forest and jumping off a bridge, that overlooks a river. Whistler Bungee is not for the faint at heart, but if you do muster up the nerve to do it, you certainly won't regret it. They are even able to accommodate those in wheelchairs - pretty awesome! Dinner in Whistler Village at Earl's Bistro will make you feel like you're treating yourself. The menu has some innovative dishes and is a very popular place to go. There's usually a wait at Earl's, but that's a good sign to see so many people heading to this hot spot. After a long day, head back to the Golden Dreams B&B and take a dip in the hot tub before going to bed.

### contact:

tel: +1 64 932 219

fax: +1 64 932 277

<http://www.whistlermuseum.org/>

### location:

4329 Main Street  
Whistler BC VN 1B

### hours:

September - June: F-Su

1a-4p, Th 1a-8p July -

August: F-W 1a-4p, Th 1a-8p

## 1 Whistler Museum and Archives Society

**DESCRIPTION:** The Whistler Museum is the place to discover Whistler's human and natural history, Olympic story and unique mountain life. The Whistler Museum & Archives is dedicated to the collection, preservation, documentation, and interpretation of mountain resort life. The Whistler Museum & Archives was founded in 1986 as a non-profit organization for the purpose of collecting, cataloging and conserving artifacts and photographs of the pioneer history of the Whistler Valley. © wcities.com



Photo courtesy of Tourism Whistler

### contact:

tel: +1 604 905 5540 / +1 877

905 5540(Toll Free)

fax: +1 604 905 5542

<http://www.blacktusk.ca/>

### location:

4293 Mountain Square Art  
Gallery Row  
Whistler British Columbia V0N  
1B4

### hours:

Winter: Daily 12p-8p

## 2 Black Tusk Gallery

**DESCRIPTION:** The Black Tusk Gallery represents leading Northwest Coast Native artists. You will find the finest in masks, prints, sculptures, totem poles, baskets, bowls, paintings and jewelry, as well as insight into the art of Indigenous British Columbian groups. These groups are thought to have been creating in wood on the Pacific Northwest for the past 7,000 years, and now these large and dramatic artworks are found at Black Tusk Gallery, created by members of native tribes, many renown throughout the world for their skills. The Black Tusk Gallery staff also holds informal and informative discussions twice weekly. Call for details. © wcities.com



Photo Courtesy of Carl Howard

**contact:**

tel: 604 932 1163  
http://www.tourismwhistler.com/www/about\_whistler/business\_directory.asp

**location:**

129-4340 Lorimer Road  
Whistler BC V0N 1B4

**hours:**

Daily 7:30a-4p

**3 The Beetroot Café**

**DESCRIPTION:** The Beetroot Café is a warm spot to nestle into on a cold Whistler day. This family owned café treats diners to the tasty treats that are all made with a surge of fresh, mostly organic, high quality ingredients. The Beetroot Café serves delicious breakfasts that will leave you energized for a day on the hill; the breakfast burrito with a cup of freshly brewed coffee will do the trick to get the blood flowing. If you're taking a break from walking around Whistler Village, step inside and grab one of the fresh soups and a hearty sandwich. The Beetroot Café is a great place to grab a quick bite to eat from morning to evening. © NileGuide



"Photo courtesy of The Beetroot Cafe"

**contact:**

tel: +1 64 938 9333  
fax: +1 866 597 1844  
http://www.whistlerbungee.com/

**location:**

At Function Junction and Cal-Cheak Forestry Road  
Whistler BC V0N 1B4

**hours:**

June 15-Aug 3, Daily 12p-5p.  
Sept-June 14, Call to book times.

**4 Whistler Bungee**

**DESCRIPTION:** Bungee jumping is one of the most popular and talked-about Whistler activities all year long. This is one of only two bungee jump zones in British Columbia, so take advantage of this thrilling, once-in-a-lifetime opportunity while in Whistler. Whistler Bungee is located 8 km south of Function Junction. You jump from a pedestrian bridge that spans an awesome canyon while a whitewater river flows underneath. It's a 16-foot free fall to the bottom. Jump, swan dive, flip, or simply hold your breath and go limp. Whistler Bungee operates a convenient shuttle bus for hotel pick ups, or you can drive to the site yourself, just 15 minutes south of Whistler Village. No reservations are necessary in the summer season for groups under 1. For special occasions, corporate rates, stag and stagette parties, or larger groups, accommodations can easily be made. © wcities.com



wcities

**contact:**

tel: 604 935 3233  
fax: 604 935 3233  
http://www.earls.ca

**location:**

220 - 4295 Blackcomb Way  
Whistler BC V0N 1B4

**5 Earl's Bistro**

**DESCRIPTION:** Earl's Bistro has created a name for themselves in Western Canada. A chain restaurant that prides itself on innovative, tasty food that's affordable. Earl's takes it up a notch and has created a dining environment that evokes contemporary style and casual chic. Earl's is a favourite among many age groups, but is quite popular among young adults and hip parents. Sit at the bar, or dine at a table; either way, you're getting great food, wet drinks and great company. © NileGuide



"Photo courtesy of Earl's Bistro"

**contact:**

tel: +1 604 932 2667 / +1 800 668 7055 (Toll Free)  
<http://www.bedandbreakfast.com/british-columbia-whistler-goldendreamsbb.html>

**location:**

6412 Easy Street  
Whistler BC V0N1B6

6 **Golden Dreams B&B**

**DESCRIPTION:** Whistler Hosted the 2010 OLYMPIC AND PARALYMPIC GAMES! Bobsled, Luge, Alpine skiing and all Nordic venues were constructed and open over 2 years ahead of schedule. In winter, come ski the 2010 Men's or Women's Downhill course! Be surrounded by nature's beauty and awake to wholesome breakfast. Relax in OUTDOOR HOT TUB with mountain views, or the private guest living room with wood fireplace. Choose our unique RAINRFORREST, BLACK BEAR OR WILD WEST 'theme' rooms, featuring cozy featherbeds and duvets, bath robes, sherry decanter. Some rooms with ensuite pedistall sinks. LUXURIOUS HEATED TILE FLOORS in bathrooms and entrance warm ski boots! Breakfast is different every day! Ann creates poppyseed waffles, homemade jams/syrups or "EGGS GOLDEN DREAMS" with SMOKED SALMON and West Coast Dark Roast Coffee. Breakfast is worth getting up for! Easy access to all the valley offers - JUST ONE MILE to the village gondolas! The BUS STOPS at our back driveway for easy access to the village/mountain lifts. Our property is adjacent to the "VALLEY TRAIL" winding around golf course to village and connecting lakes, beaches and parks. SAVE WITH US! We offer DISCOUNT multi-day ski/sightseeing passes and recommend DISCOUNT ski/snowboard rentals locations. STAY WITH LOCALS! Live-in World Cup ski coach and #1 instructor for Whistler/Blackcomb for 2005! Let us recommend SEASONAL DISCOUNTS, and make reservations to some of our favourite restaurants...as locals we know where to go!



more at [BedandBreakfast.com](http://BedandBreakfast.com)

# Day 3 - Whistler

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## QUICK NOTE

**DAY NOTE:** After another gourmet and leisurely breakfast from your lovely hosts at the Golden Dreams B&B, you can head into Whistler Village to take a browse around Luminaura Whistler. There you will be exposed to many different forms of art. Along the way, you may see a few other galleries, so feel free to pop in and take a browse - it's free to look in most art galleries in Whistler! Grab a warm crepe from Crepe Montagne; they have plenty of options to choose from, but the ham and Swiss is a classic you just can't go wrong with. The lunch prices are reasonable and will satisfy your hunger. Elfin Lakes is a great way to spend the afternoon. If you're into swimming, there's plenty of water to keep you busy and for those that love biking and hiking, there's no shortage of great trails. Elfin Lakes is another great, free activity! You've swum, biked, hiked and browsed in galleries; you must be hungry! Dinner at Zen Sushi is both delicious, and reasonable. Order by the roll or choose from one of their specials. Sushi is a great way to eat economically because you can order enough food to fit your hunger, rather than pay a set price for a huge meal you could never eat. Zen Sushi will leave you saying "Sake-to-me!" - it's that good.

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**contact:**

tel: +1 604 905 3891  
<http://www.tourismwhistler.com>

**location:**

4599 Chateau Blvd  
Whistler British Columbia V0N 1B4

## 1 Luminaura Whistler

**DESCRIPTION:** Luminaura is Whistler's newest gallery, specializing in contemporary artifacts and jewelry. For those seeking the truly unusual and distinctively beautiful handmade decorative and functional artworks, you will find at Luminaura Whistler a contemporary crystal glass collection involving unique dichroic coatings that literally bring crystal leaves, seashells and starfish to life! Additionally, gorgeous hand-blown and kiln-slumped glassworks, along with impressive turned jade vessels will dazzle and intrigue. Luminaura's selection of one-of-a-kind jewelry showcases an array of stunning materials - from Venetian glass to keishi pearls, faceted BC jade to Canada's internationally unique gemstone Ammolite, not to mention stunning necklaces from mammoth tusk bark and funky bracelets made with shards of Absolut vodka bottles. © wcities.com

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**contact:**

tel: 604 905 4444  
fax: 604 932 0359  
<http://www.crepemontagne.com/>

**location:**

#116-4368 Main Street  
Whistler BC V0N 1B4

**hours:**

Mo to Su from 08:00 AM to  
09:30 PM

## 2 Crêpe Montagne

**DESCRIPTION:** You don't have to be in the Alps to experience an authentic French crêperie, head to Crêpe Montagne and you will be delighted. The menu offers an extensive list of both sweet and savory crêpes for breakfast, lunch and dinner. The cheese fondues and raclettes are a fun way to get everyone involved. Forget what your mother told you about not playing with your food; Crêpe Montagne has a name for that, it's called Fondue! Now pass the cheese, please. © NileGuide

**contact:**

tel: 604 932 3667

fax: 604 932 3883

<http://www.zensushi.ca/main2.swf>

**location:**

101-2202 Gondola Way  
Whistler BC V0N 1B2

**hours:**

Daily 5:30p-10p

**3 Zen Sushi**

**DESCRIPTION:** Zen Japanese restaurant is committed to providing guests with the ultimate dining experience. The company philosophy is to offer the highest quality of service to complement the innovative approach to Japanese cuisine. The use of only the finest and freshest ingredients available provides a touch of West Coast flare and makes Zen a true expression of edible art. © wcities.com



Photo courtesy of Zen Sushi

**contact:**

tel: +1 604 932 2522

fax: +1 604 932 6711

[http://www.coasthotels.com/hotels/canada/bc/whistler/coast\\_whistler/overview](http://www.coasthotels.com/hotels/canada/bc/whistler/coast_whistler/overview)

**location:**

4005 Whistler Way

Whistler BC V0N 1B4



## Coast Whistler Hotel

**DESCRIPTION:** The Coast Whistler Hotel is located in Whistler Village, adjacent to the Arnold Palmer designed Whistler Golf Course and Practice Facility. Steps away from the valley trail, both mountain lifts for hiking and sightseeing, village shops, and restaurants. Facilities include a heated outdoor pool and jacuzzi, sauna, meeting space, in-house movies, air conditioning, shiatsu and massage. © wcities.com

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# Whistler Snapshot

## Local Info

Whether it's winter, summer, spring or fall, Whistler is a city that has it all. People come from all over the world to ski on Whistler/Blackcomb and take in the awe inspiring views, while their adrenaline is pumping on a ski run or hike. Whistler has everything from skiing, snowboarding, dog sledding, zip lining, hiking, mountain biking, swimming, golfing and river rafting; it's impossible to get bored in this city. If you're not into high energy action and want to visit Whistler for the view and the vibe, there are plenty of art galleries, restaurants, cafés, spas and shops to keep you occupied. The city is quite compact, making it easy to get from one neighborhood to another.

**Village** If you're looking for action, Whistler Village is the place to go. It's the city's main hub where restaurants, shops, hotels, art galleries and cafes run rampant. If you're in the mood for retail therapy, you will find stores like Lululemon Athletica, Gap, The Olympic Store and many independent art, clothing and sports stores to take care of all your retail needs. Many hotels offer ski in/ski out access for their guests, which makes a day on the hill that much easier. Some of the hotels you will find in Whistler Village are The Four Seasons Resort Whistler, The Fairmont Chateau Whistler and The Crystal Lodge. If you're looking for a night out at a restaurant or bar, head over to The Mix, Araxi (which has been featured on Gordon Ramsey's Hell's Kitchen) or The Brewhouse for something a little more low key. There's also a movie theatre for those rainy days, along with Expressions Art Gallery where you can paint pottery, make jewelry and various other crafts.

**Upper Village** The Upper Village is where the skiing and hiking action is at. Head up the gondola and ski down the slopes of Whistler Blackcomb Mountain and enjoy the snow beneath your feet and wind in your hair. If you get a little peckish mid-ski, the Roundhouse Lodge and the Wildflower Restaurant are within ski pole's reach. When it's time to catch some sleep the Westin Resort & Spa offers luxurious rooms and top of the line amenities. Summer in Whistler is always a treat; the warm weather and lush green foliage set the perfect scene for a round of golf at The Fairmont Chateau Whistler Golf Club.

Village North Village North is only a stone's throw away from Whistler Village, but offers visitors a slower paced environment with all of the convenience of home: movie stores, a grocery store, cafés and banking. Whistler Mountain and Blackcomb gondolas are also only a short walk away, which makes skiing an easy option.

**Tapley's Farm/Nesters** Just a 3km drive from Whistler Village and you're in an area where golfing, hiking/walking trails and lakes are at your fingertips. When hunger hits, visitors have the convenience of a grocery store and many restaurants to choose from in this area. The Beetroot Café is a local favorite for its fresh healthy food and rich coffee. British Columbia is known for having some of the World's finest salmon and that's because there are many rivers for these fish to call home. The rocky river beds are perfect for white water rafting and Whistler River Adventures are great guides for a day on the water.

**Alpine Meadows/Nicklaus North** If you're into cross country skiing or nature tours, Alpine Meadows is the right place to be.

The scenic paths and mountain fresh air will delight any outdoor fanatic. When the snow has melted, offers golfers idyllic greens with mountain views. Take a day out on the mountain up a notch and go on an adventure with Powder Mountain Catskiing- it's unlike anything you have done before. During the summer months there are plenty of outdoor activities to do and Whistler Nature Tours Ltd can point you in the right direction.

**Whistler Creekside** Whistler Creekside was the original access to Whistler Mountain in 1966. Today, skiers can still access the Mountain using the Creekside Gondola. Creekside provides visitors with an alternative to Whistler Village and has everything you need- a grocery store, banks, cafés, restaurants, skiing, rental apartments, hotels and a liquor store. The Beaches at Alta Lake give people the perfect blanket of sun, sand and water to spend a warm summer day. Cool off in the fresh water with a kayak, or just yourself. If staying in Whistler Village isn't your thing and you would prefer something a little more low key, Whistler Creek Ridge is another great option to spend the night and get some rest. Raven's Nest Mountain

Deli is a local hidden gem, so make sure to check it out for some great eats.

Function Junction Drive South of Whistler Village for 10 short minutes and you will find yourself amongst local art galleries, antique shops, second hand stores and design studios. This area is further away from the main hustle and bustle of Whistler, but certainly does not disappoint as you might just find that perfect Whistler souvenir to take back home.

© NileGuide

## History

Named for the shrill whistle sound of the Western Hoary Marmot, "Whistler" was not always a vacation playground. The Coast Salish First Nations people inhabited the land around Whistler for many thousands of years, hunting and gathering and living a nomadic lifestyle long before European settlers arrived.

The Whistler Valley was an isolated wilderness frequented by the Lil'wat Nation from the Mount Currie area and the Squamish Nation who lived in an area stretching from present day North Vancouver to the Squamish River watershed and the northern area of Howe Sound (Gibson's Landing). Whistler was often a way point for First Nation trading routes between the Squamish and Lil'wat Nations as it was rich with wildlife and resources. At one time tens of thousands of Coast Salish First Nations people lived, traded and thrived in the areas between Vancouver, Howe Sound and the Lillooet areas. In fact, some of the hiking routes between Howe Sound and Deep Cove (east of Vancouver) are the same routes traveled on by the Coast Salish First Nations peoples.

With the opening of the Pemberton Trail north of Vancouver in 1877, trappers and fur traders began to move to the area, bringing back with them a surge of interest in the natural beauty and incredible wildlife of what was then Alta Lake. Word spread and many families began packing up their lives to start anew on the cheap land and burgeoning logging industry. Soon after families and settlers began arriving, the name Whistler was decided, paying homage to its local rodents.

## Whistler Snapshot continued

It wasn't until 1914 with the arrival of The Great Pacific Eastern Railway when Whistler was officially linked to the outside world. The arrival signified the start of what would be a massive industry of mining and logging shaping the future look of Whistler and the surrounding areas. Soon after the areas first settlers, Myrtle and Alex Philip, bought their ten acres of land and built the Rainbow Lodge on Alta Lake, other settlers gradually began coming, building lodges and hotels of their own. With the abundant fish stocks, excellent weather, and natural beauty, scores of people began making the trip to Whistler, establishing the area as a top summer destination, long before it was a winter one; even more popular than Jasper or Banff!

Beginning in the 1950's, Whistler made a virtue out of its extreme weather conditions with a gravel road to Squamish that was carved from the cliffs of Howe Sound enabling many to safely make the 5-hour trip into and around the area from Vancouver. At this time, the Garibaldi Whistler Mountain was named, creating a lodge, double ski-lift, gondola and a subsequently serious ski industry. Since then Whistler has made a name for itself in winter sports, having one of the largest ski resorts in North America, Blackcomb, and having been awarded (along with Vancouver) as the site for the 2010 Winter Olympics. Whistler has, and will always be, a top destination for the avid historian, sports enthusiast, or outdoorsman for generations to come.

©

### Hotel Insights

With so much so close, there is no dispute that Whistler's primary appeal is its incredible natural beauty and some of the world's most exciting outdoor activities. But as awe-inspiring as Whistler's natural attributes are, much of its development as a premier destination is result of world-class lodging that keeps visitors warm and cozy. Whistler boasts a wonderful array of accommodation options, from luxurious mountain chalets to economical hotels.

### Top End

The finest Whistler has to offer is proudly offered to those willing and able to afford it. A number of outstanding five-star hotels are along the Whistler Village mountainside.

Those fortunate enough to experience these first-class getaways soon find that relaxation can be just as exciting as any day spent carving the ski slopes. The Westin Resort & Spa, fitted into the natural landscape of Whistler Mountain, will pamper you with unrivaled service, luxurious amenities and of course, rich, breathtaking surroundings. Depending on whether you prefer to be slope-side or in the heart of vibrant Whistler Village, The Pan Pacific Whistler Mountainside and The Pan Pacific Whistler Village Centre aim to impress with opulent suites situated in what are often dubbed Whistler's two best addresses. Just to the north, considered the flagship hotel resort in the area, The Fairmont Chateau Whistler has been consistently ranked among the top Ski and Golf resorts in North America. At this deluxe slope-side accommodation, the best of Whistler is literally at your doorstep. The Fairmont Chateau Whistler sits just at the base of Blackcomb Mountain, allowing you to ski in and out of North America's best slopes right from your room. In the summer, you may wish to stroll up to the first tee at the lush Robert Trent Jones Jr. designed golf course that lines the hotel.

### Mid Range

Of course, the excellence of Whistler resorts and hotels is also available for slightly more moderate rates. A number of fine four-star accommodations allow you to rest peacefully in the splendor of Whistler on a reasonable budget. The pet-friendly Summit Lodge & Spa offers unparalleled convenience to Whistler Village with service and amenities you might expect to find in the luxurious five-star resorts. If you're looking for a family-friendly, full-feature condo or even a romantic suite with ready access to Whistler's famous restaurants and clubs, turn to the always popular Delta Whistler Village Suites. Also in the center of town, the slope-side Mountainside Lodge is home to one of Whistler's favourite restaurants, Trattoria di Umberto. Visitors to Whistler looking for a quieter vacation getaway without the hustle and bustle of the lively Whistler Village find First Tracks Lodge a more than worthy, cozy alternative, located in nearby Creekside.

### Budget

For those on a stricter budget, looking for value while staying in Whistler, the options are also plentiful. Just a three-minute walk

to the Village lifts, the Tantalus Lodge offers two-bedroom suites, each equipped with a full kitchen and fireplace. The site also offers an outdoor pool, volleyball courts, and bbq facilities. Its no wonder this is a popular choice of large families and groups of young people. Possibly the best value in town, Pinnacle International Hotel, looks and feels like some of the more exclusive Whistler accommodations, but surely won't leave you broke. Also, one of Whistler's favorite restaurants, Quattro at Whistler is located on site.

Whether its a five-star honeymoon or a fun packed family vacation, Whistler and the excitement of all its natural blessings are made accessible by a variety of accommodations that are bound to make your stay a memorable one.

©

### Restaurants Insights

No matter how breathtaking the panoramic views from Whistler Peak or how thrilling the descent down the powdery slopes, half the fun of any vacation is when it's finally time to eat.

If you can't tear yourself from the mountains for even a moment, you will have no trouble finding a spot to dine. Casual-dining restaurants pepper the mountainside, starting at the top of 7th Heaven Express with Horstman Hut, which offers an array of snacks, drinks, and an outdoor BBQ at 7494 feet above sea level. At mid-station on Whistler Mountain, tucked into the pines, is Raven's Nest Mountain Deli, where you can enjoy soups, salads, and sandwiches while you admire the sweeping valley below. At the base of Blackcomb Mountain, Monk's Grill Steak House & Bar lures the weary skier with its outdoor patio, spicy chicken wings, fresh seafood, and an exceptional selection of draught beer.

If you're looking for white linen table cloths to complement the snowy peaks, try Christine's, where at 6000 feet up, you can taste savory gourmet soups as part of a multi-course lunch, and top it off with fondue. Or indulge in the culinary expertise of Aubergine Grille with a menu that changes seasonally and floor-to-ceiling windows that frame the majestic Rainbow and Sproat Mountains.

For those who can venture a little ways from the slopes (though surely not very

## Whistler Snapshot continued

far) to explore the restaurants nestled in the village below, Whistler offers fare of all varieties. To satisfy that sushi craving, try Zen Sushi, Teppan Village, or Sushi Village, with its unique Sake Margaritas to warm up your hands and feet in a flash. For Italian-style cuisine, Trattoria di Umberto offers hearty pasta and mouth-watering meat dishes. To complement its award-winning wine list, Quattro at Whistler has roaring fireplaces, silk chandeliers overhead and contemporary Italian cuisine.

For great Mediterranean, Kyriaki Norte delivers a warm atmosphere and a sizable menu full of seafood, steak, and traditional paellas. French cuisine finds its way into this pine paradise at Crêpe Montagne, where patrons choose between a variety of scrumptious crepe delicacies served for breakfast, lunch and dinner. For a warm bowl of ramen, Amani, located on the second floor of The Sundial Boutique Hotel, specializes in rice, soup, and noodle dishes, offering a 10% discount on take-out orders for those looking to cozy up in their hotel rooms for the evening.

Vegetarians, please be advised: Gone Bakery's extensive soup selection always includes 3 savory, meatless options. And be sure to check out The Beetroot Café, where organic ingredients are fashioned into healthy snacks, from breakfast burritos to black bean burgers.

A mecca of eclectic tastes, Whistler nourishes its vacationers and adventurers with cuisine from all corners of the globe. With décor that is never lacking, whether casual or candlelit, Whistler restaurants dazzle the palate and stun the sightseer with windows that look out onto spectacular mountain views.

©

### Nightlife Insights

The charm of Whistler is well-documented. While there are only 10,000 permanent residents, Whistler attracts over two million visitors a year. As a world-famous resort town, most go to Whistler with the intention of hitting the ski lifts. But don't limit yourself to the snow; enjoy all that Whistler has to offer, from great hikes to a lively art scene.

#### Outdoor Activities

As home of the 2010 Olympics, Whistler is by all means a winter wonderland. Their ice, slope, and snow activities are a must

when you plan a trip to British Columbia. Powder Mountain Catskiing Ltd. is as good a place as any for the world-famous Whistler ski experience. With over 4,3000 acres spread over five peaks, spend a day exploring Powder Mountain. If you want to take walk on the wild side, try Whistler Heli-Skiing. Instead of a traditional ski-lift, ride a helicopter to the top of a remote mountain and figure out a way to the bottom with a group of fellow extreme-sports enthusiasts. Of course, not everyone needs to get their adrenalin running to have a grand old time. For couples on vacation, look no further than the Blackcomb Horsedrawn Sleigh Rides. Sorry, no deer. But feel free to cuddle up with that special someone and let horses escort you throughout the town.

But let's not forget spring, summer, and fall. If winter isn't your season of choice, Whistler offers a wide range of outdoor activities that don't involve thermals or mittens. Conveniently located five minutes from Whistler Village, Whistler Paintball offers premiere paintball for individuals and large groups alike. For trekking aficionados that prefer to take the road less traveled, check out Backcountry Tours. Their activities include rock climbing, alpine hikes, wilderness tours, and breathtaking glacier treks. And if you are the type that likes to find his/her meals amidst the great outdoors, then contact the good folk at Whistler Fly Fishing. They will show you the best fishing spots around Whistler. For that low-key fun in the sun, play eighteen holes at Whistler Golf Club, Canada's first Arnold Palmer designed course.

### Museums and the Arts

During the summer months, the Whistler Theatre Project provides professional entertainment with a repertoire that includes musical, classical, and contemporary performances. With all of their productions occurring outdoors, the audience can enjoy the magnificent views of the local mountains and skies while appreciating what's on stage.

Believe it or not, you can actually find indoor shelter in Whistler. Of course, Whistler wasn't born yesterday, so learn a bit about the city at the Whistler Museum and Archives Society. The museum houses exhibitions on the areas natural history and wildlife as well as a display on Whistler's Olympic bid. For that live music kick you have been craving, Whistler has some of

the best venues for live music in British Columbia. Check out Garfinkel's Night Club for an electrified ambiance or swing by Merlin's for the punk scene. Ending a Whistler night on a live music kick will make you all the more ready to hit the ski-lifts the following morning.

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## Things to Do Insights

### Winter Wonderland

With the arrival of the first snow at Whistler, this small town gears up for its world-class winter season. But the typical slopes are not the only options for profiting from this abundance of snow. More advanced skiers will enjoy Powder Mountain Catskiing Ltd., a company that takes a groups of 12 high up into the Coastal Range to find the best powder skiing runs virtually untouched by other skiers. No lines, no waiting, and a long, exciting ski down the face await you! Definitely not novice skiers. Not much of a skier at all? Hop on a Sno-Limo and glide down the slopes in luxury. The Sno-Limo Mountain Ecotouring Inc. offers you the ride of a lifetime! Their custom-built chairs are designed with skis on the bottom and handles for the instructor, so all you have to do is sit back and relax and get whisked down the slopes in comfort. Snowmobiles are a fun way to explore the mountain with speed and comfort with Canadian Snowmobile Adventures. Equally fantastic is the opportunity to ski or snowboard the obscure slopes with your own helicopter chauffeur. Whistler Heli-Skiing and Coast Range Heliskiing Ltd. offers intermediate and advanced skiers and snowboarders a prestigious and private experience in the Coastal Range. Journey back in time to the time before motorized snow vehicles and glide along the snow behind a team of huskies. The winter landscape shall be at your fingertips with Whistler Dogsledding in their various tours of the mountains around Whistler. The early winter months are also the time when Bald Eagles are most easy to spot near Brackendale. Take a bus out to Bald Eagle Viewing and witness the majesty of these great birds as they nest and hunt for salmon in the river. Need to get away from the kids? Want to rekindle your romance? Take an old-fashioned sleigh ride with Blackcomb Horsedrawn Sleigh Rides and get the fire started. A lovely activity in itself, the sleigh ride can also include a

## Whistler Snapshot continued

delicious fondue dinner, hot cocoa, and a bonfire to top off a perfect evening.

### Family Fun Tour

Though known mainly for its world-class skiing, Whistler is also a great place to bring the whole family for some outdoor bonding time. Winter or summer, an incredible variety of activities await you! Start the day at beautiful Rainbow Park located on the shore of Lake Alta. A perfect place for a family picnic, the park has a long bike trail, large grassy areas, mature trees, and panoramic natural beauty.

Sandy beaches and shallow waters make this a great place to stay for the day, or simply for a quick and fun outing! If your family is feeling adventurous, head to Peak Adventure or Wedge Rafting, both will be the trip of a lifetime! The Peak Adventure includes a gondola ride to the Lodge, a chairlift to the base of the mountain, and a ride to the top! From there hiking and truly stunning 360 degree views of Whistler await you. Wedge Rafting is also a great option, from full day journeys to two-and-a-half hour trips. Everything is included, and you only need to bring your family and some sun block. Wetsuits, boots, rafting equipment, and transportation to and from the base is provided. Another great place for families (especially kids) is Whistler Blackcomb's Whistler Kids, where children of all ages participate in a variety of nature based activities, summer and winter. Kids will be ecstatic at the prospect of horseback riding, snowboarding, or archery. It's no wonder that Whistler draws so many nature lovers season after season!

### Summer Getaway

While Whistler's fame derives primarily from its snowy slopes, the spring melt washes in a host of topnotch fair weather fun. Pass an unforgettable vacation in this mountain resort exploring the region's infinite possibilities. Start out with a trip crashing through the rapids in the magnificent scenery with Whistler River Adventures. Continue your exploration by land on horseback at Horseback Riding and survey the land from the peaks. Although the ocean is out of reach, the Beaches at Alta Lake are a lovely spot to take a dip and bask in the sun. Bring a picnic and make a day of it. Or enjoy your open-air Saturday lunch in the fields, sampling the local flavors at Feast of Fields. For lessons on all the ins and outs of fishing, Valley

Fishing Guides Ltd. will teach you where and how to find that big catch.

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## Travel Tips

### Getting There

**By Air** Vancouver International Airport (YVR) is the first stop for visitors. The distance between Vancouver International Airport and Whistler is about a two-hour drive along the lovely Sea-to-Sky highway. (+1 604 207 7077/ <http://www.yvr.ca/>)

The major airlines servicing YVR include:

Air Canada (+1 888 247 2262/<http://www.aircanada.ca/>) American Airlines (+1 800 433 7300/<http://www.aa.com/>) British Airways (+1 800 247 9297/<http://www.british-airways.com/>) Delta Airlines (+1 800 221 1212/<http://www.delta.com/>) Frontier Airlines (+1 800 432 1359/<http://www.frontierairlines.com/>) Lufthansa (+1 800 563 5954/<http://www.lufthansa-ca.com/>) Northwest Airlines (+1 800 225 2525/<http://www.nwa.com/>) Qantas Airways (+1 800 227 4500/<http://www.qantas.com.au/>) US Airways (+1 800 428 4322/<http://www.usairways.com/>) United Airlines (+1 800 241 6522/<http://www.united.com/>)

### Rental Car Companies

Alamo Rent-a-Car (+1 800 462 5266/<http://www.alamo.ca/>) Avis Rent-a-Car (+1 800 331 1212/<http://www.avis.com/>) Budget Car Rental (+1 800 472 3325/<http://www.budget.com/>) Dollar Rent-a-Car (+1 604 606 1673/<http://www.dollar.com/>) Hertz Canada (+1 800 654 3131/<http://www.hertz.com/>) National Car Rental (+1 800 227 7368/<http://www.nationalcar.ca/>) Thrifty Car Rental (+1 604 606 1655/<http://www.thrifty.com/>)

### Bus Services

Perimeter Transportation (+1 877 317 7788/<http://www.perimeterbus.com/>) offers direct shuttle service from Vancouver International Airport to Whistler's major hotels and lodgings.

Greyhound Bus Service (+1 800 661 8747/<http://www.greyhound.ca/>) offers 8 daily departures from Vancouver to Whistler. The bus terminal is approximately 9 miles from the airport and is accessible by taxi or Airporter shuttle.

Snobus (+1 866 766 9287/<http://www.snobus.ca/>) leaves from several locations in Vancouver and the nearby Richmond. Although booking ahead is advisable, Snobus does allow passengers to pay their fare at the time of pick-up, depending on seat availability. Prices for a one-way fare to Whistler start from \$21.

### Luxury Transportation

The following limousine transportation providers are available for a private trip to Whistler:

Legacy Limousine (+1 866 244 7090/<http://www.legacylimousine.ca/>) Limojet Gold Limousine Services (+1 604 273 1331/<http://www.limojetgold.com/>) Pearl International Limousine Service Ltd. (+1 877 977 3275/<http://www.pearllimousine.com/>) STAR Limousine Service Ltd. (+1 800 803 9222/<http://www.starlimousine.com/>) Time Limousine (+1 888 416 1478/<http://www.timelimo.com/>) Whistler Limos.com (+1 866 905 7779/<http://www.whistlerlimos.com/>)

### Float Planes & Charter Aircraft

Whistler has its own Float Plane dock and Heliport for your convenience. Flying into Whistler over the spectacular coast mountain range is an experience of a lifetime.

Helijet International provides transport between Vancouver Airport and Victoria. They also offer charter services from their Vancouver Airport base. (+1 604 273 4688/<http://helijet.com/>) Blackcomb Helicopters Ltd. (+1 800 330 4354/<http://www.blackcombhelicopters.com/>) West Coast Air (+1 800 347 2222/<http://westcoastair.com/>)

### Getting Around the Village

Whistler is a pedestrian-only town, which means once you park your car you never need it again (until you leave). Everything is located close and convenient. The Village is safe for strollers, young children, and dogs on leashes. You are never far from telephones, public washrooms, or visitor centers such as the Whistler Activity Centre.

The free Village Shuttle helps you get around the Village even more. It runs from Marketplace (Village North) to the Upper Village loop seven days a week from 8a-mid. The front of the bus

## Whistler Snapshot continued

always reads "Village Shuttle" for easy identification. In the summer, the Village Shuttle extends to Lost Lake Park, when parking private cars is prohibited.

The resort also offers a public transit system called the Whistler and Valley Express, also known as WAVE (<http://www.busonline.ca/regions/whi/default.cfm>). The service offers convenient routes throughout the Village and its various neighborhoods.

To encourage use of public transit, Whistler offers free transit on important days throughout the year, including World Earth Day on April 22, Clean Air Day in June, International Car Free Day in September and New Year's Eve.

### Parking in the Village

The day lots in Whistler are free year-round. They are located a 2 minute walk from the Blackcomb and Whistler Mountain lifts and the Village. Marketplace and Village North parking is free for two hours. Underground parking beside the TELUS Whistler Conference Centre is free for three hours.

### Getting Around the Slopes

The Sno-Limo Mountain Ecotouring Inc. specializes in whisking you around the beautiful snowy slopes without any hassle! You sit in their comfortable, custom-built chairs designed with skis and handles, relax, and take in the sights and sounds as you glide effortlessly down the mountains. Fun for all ages, and especially convenient for those with special needs.  
©

### Fun Facts

Whistler

Province: British Columbia

Country: Canada

Whistler By The Numbers:

Population: 10,000 permanent residents, over 40,000 during peak months

Elevation: Whistler Village: 652 meters, 2,141 feet, Whistler Mountain: 2,182 meters, 7,160 feet

Average Annual Snowfall at Mountain Summit: 10 meters, 33 feet

Average January Temperature: -5°C, 23°F

Average July Temperature: 19°C, 66°F

Quick Facts:

Major Industries: Tourism

Electricity: 110 volts, 60Hz, standard two pin plugs

Time Zone: UTC-8h

Country Dialing Code: +1

Area Code: 604

Did You Know?

Whistler became the first designated resort municipality in Canada in 1975, after being developed with hopes for Vancouver to host the Olympics in 1968. Though Vancouver lost this honor to Grenoble, France, a resort destination was born, and their persistence paid off; Vancouver will be host to the 2008 Olympics.

Orientation:

Whistler is situated 75-miles/120 km north of Vancouver, at the base of Whistler Mountain.

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