IRONMAN Itineraries

Itinerary for IRONMAN Supporters

Thursday: Arts, Culture and the Great Outdoors
**Morning** – Get cultural and connect with Whistler’s vibrant arts and culture scene with a visit to the Squamish Lil’wat Cultural Centre or the Audain Art Museum.

**Afternoon** – Spend the afternoon with a trip to Whistler Olympic Park in the Callaghan Valley where you can play a round of disc golf, experience the sport of Biathlon, explore the park’s true beauty on a comfortable electric assist mountain bike ride or hike up the ski jumps and experience breathtaking and exhilarating views.

**Evening** – In the evening, watch Whistler’s forests come to life at Vallea Lumina, a multimedia night walk through an enchanted forest in pursuit of hidden wonders.

Friday: A Trip to Whistler’s Function Junction

**Morning** – Explore one of Whistler’s most unique spots with a short hike to the Train Wreck, where you’ll find a handful of railway boxcars, painted by local graffiti artists, scattered in the forest next to the majestic Cheakamus River.

**Afternoon** – Conveniently located in Function Junction by Train Wreck feel free to head over to channel your inner lumberjack at Forged Axe Throwing. Prefect for first timer looking to try axe throwing, or an experienced timber sports veteran.

**Evening** – Continue with your experience in the funky Function Junction area as you experience Whistler’s brewery scene. Newcomer, Coast Mountain Brewing and longtime favourite, Whistler Brewing, both offer delicious craft beers and a fun atmosphere.
Saturday: Experience Whistler’s Adventure

Morning – There’s no better way to start the morning than by conquering your fears. Test your limits and get an adrenaline rush on Superfly Ziplines or experience Ziptrek’s Sasquatch Tour®, North America’s longest zipline! Or if you’re feeling extra brave, try bungee jumping with Whistler Bungee.

Afternoon – Spend the afternoon enjoying the ultimate gravity-fed downhill biking experience in the Whistler Mountain Bike Park. If you’re new to the sport, we recommend the Bike Park 101 lesson.

Evening – If you’re looking for an unforgettable adventure and dining experience, check out Canadian Wilderness’ by ATV. Climb 6,000 ft. up Blackcomb Mountain on four wheels to enjoy a salmon dinner on the spectacular patio at the Crystal Hut.

Sunday: Cheer for your IRONMAN!

Morning – After an early morning of cheering on your IRONMAN Athlete at Rainbow Park, indulge in a delicious brunch at one of Whistler’s many great breakfast spots.

Afternoon – Pack a picnic and go explore one of Whistler’s many iconic parks. Have the pooch in tow? Remember dogs must be leashed except in designed off-leash parks located in Alpha Lake, Bayly, Rainbow and at “Canine Cove” at Lost Lake park.

Evening – Celebrate your IRONMAN’s sweet victory at one of Whistler’s amazing restaurants.

Monday: Iconic Attractions and Sights

Morning – Jump on a bike and go exploring Whistler’s relaxing paved Whistler Valley Trail system, the adventuresome gravel forest trails of Lost Lake or seek the adrenaline fueled mountain trails of Whistler Bike Park. If BMX is more your style, look no further then Bayly Park in Cheakamus, this track and club caters to a wide range of abilities, from beginner riders to national level athletes.

Afternoon – Experience Whistler’s one-of-a-kind gondola – the PEAK 2 PEAK, which links Whistler and Blackcomb mountains. Access to this stunning 360-degree view can be achieved through the Blackcomb, Whistler Village and Whistler Creekside Gondolas.
**Evening** – Book an evening tee time and enjoy a round of golf at one of Whistler’s famous golf courses - Whistler Golf Club, Nicklaus North Golf Course or the Fairmont Chateau Whistler Golf Club.

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**Itinerary for Families with Children**

**Thursday: Splash and Play**

**Morning** – Get breakfast on the run than enjoy a peaceful morning paddle by either canoe, kayak or SUP at either Wayside Park or Lakeside Park, both located on Alta Lake. Whistler Eco Tours and Backroads Whistler both specialize in guided and unguided tours.

**Afternoon** – Looking to cool down from the afternoon sun? Take a fun family trip to the kids’ water park located behind Meadow Park sports arena. Want to stay active? Head indoors to swim laps, splash around in the leisure pool, or relax in the hot tub or sauna.

**Evening** – Take part in a real life gaming experience at ESCAPE! Whistler. Be prepared for fun, creative, and interactive obstacles as you try to solve the challenges laid out for you in one of four escape rooms.

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**Friday: Visit Pemberton**

**Morning** – Enjoy some of Pemberton’s summer sunshine with a trip to Mile One Lake or Pemberton’s mini water park.

**Afternoon** – Take a trip out to North Arm Farm to pick your own strawberries or head to the Pemberton Farmer’s Market for fresh foods and crafts from 3 – 6:30 PM.

**Evening** – Enjoy a sit down dinner or grab some grub on the go from Mile One, a local favourite with a kid friend menu!

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**Saturday: Experience Family Adventure**

**Morning** – Spend the morning high in the sky while ziplining on Ziptrek’s Bear Tour, or journey high among the treetops on a guided TreeTrek Canopy Walk through a spectacular network of suspension bridges, suspended stairways and boardwalks. Suitable for children 6 years of age and over.

**Afternoon** – Head to the Family Adventure Zone, located at the base of Blackcomb Mountain for a variety of activities guaranteed to get everyone in your party excited.
Evening – After you’re done at the Adventure Zone, grab your PEAK 2 PEAK + Mountain Top Feast ticket and head up to the top of Whistler Mountain for an unforgettable dining experience.

Sunday: Cheer for your IRONMAN!

Morning – Fuel up for a big day of cheering with a kid-friendly breakfast or opt for a sweeter breakfast treat at the famous purebread, as you catch the swim start on the big screen at Whistler Olympic Plaza.

Afternoon – A day full of cheering in the sunshine deserves a delicious afternoon treat. Don’t miss a trip to Cows Creamery for some delicious ice cream, or to satisfy the sweet tooth check out the Great Glass Elevator candy Shop or one of Whistler’s great chocolate outlets, Rogers’ Chocolate & Rocky Mountain Chocolate Factory.

Evening – End the long day with take-out or dine in at any of Whistler’s many family friendly restaurants.

Monday: Kids’ Day Out

Morning – Give your kids the opportunity get connected with a journey of adventure and discovery at any of Whistler’s arts and culture locations - Squamish Lil’wat Cultural Centre, the Audain Art Museum, Whistler Public Library or the Whistler Museum.

Afternoon – Spend the afternoon exploring Whistler Village or Whistler Creekside. Enjoy a ride on a swing in the children’s zone located in both Whistler Olympic Plaza and Whistler Creekside, or journey over to Whistler’s very own Skate park, located between the Village and Fitzsimmons Creek.

Evening – In the evening, watch Whistler’s forests come to life at Vallea Lumina, catch a movie at Imagine Cinemas Village 8 or enjoy a meal at the Garibaldi Lift Co as you watch mountain bikers tackle the Whistler Bike Park.
Post-race Itinerary for Athletes

Monday, July 29 – Rest & Relaxation

**Morning** – Celebrate your victory with a hearty breakfast on one of Whistler’s many restaurant patios. Finish off the morning stretching it out at a yoga class.

**Afternoon** – Take time to unwind with a leisurely paddle (SUP, canoe or kayak) at either Wayside Park or Lakeside Park, both located on Alta Lake. Whistler Eco Tours and Backroads Whistler both specialize in guided and unguided tours.

**Evening** – Loosen tense muscles with a trip to the Spa. Enjoy the amazing hydrotherapy of a traditional Scandinavian bath at the Scandinave Spa, or relax with the breathtaking views of Nita Lake following a much needed massage from the Spa at Nita Lake Lodge.