



PROGRESSION PARK

SUMMER 2025

If you're new to biking, start here at the **Progression Park**.

Once you've mastered the green trails, the next step is **Easy Wind**, accessed by the Sundance Express chairlift. After Easy Wind, move onto **Morning Dew** then to the **9km Level Up** trail.

For more experienced riders the Progression Park offers blue technical and freeride trails, perfect for further developing your skills.

FEATURES



JUMP ZONE

An area of various sized, dirt built jumps to practice getting air, landing techniques and tricks.



TABLE TOPS

A jump with a flat deck. Start with smaller jumps and work your way up to bigger ones in the Bike Park.



WALL RIDE

Typically made of wood, this can be a curved extension to the berm or a straight wall. The aim is to ride up on the wall, jumping or riding off the end.



WOOD/LOGS

Log rides and wooden ramps are features that add an exciting and skill testing element.



ROLLERS

Rollers are used to generate speed and may be used to jump. They can be linked together for double or triple jumps.



STEP UP/DOWN

An even raised wooden platform, to hop up, and drop down back to the trail.



ROCKS

A relatively flat rock in the trail, practice riding over and down this natural element, or try jumping it!



BERMS

A banked corner providing more support and traction than flat corners. An opportunity to gain speed and practice leaning your bike.



FLAT DROP

A drop often made out of wood, that is built into a trail.



Mountain bike rentals, parts, gear, accessories, tuning and repairs, located in the Sun Peaks Grand Hotel. Open daily.



Experienced bike instructors from Sports School can teach you foundational skills to help you push your limits and progress to the next level.

PLEASE OBEY WARNING SIGNS

Terrain beyond the DESIGNATED BIKE PARK NETWORK is not patrolled. BIKING or HIKING is not recommended beyond this point. Please obey all signage and respect closures.

ON-HILL EMERGENCY: +1.250.578.5521 EMERGENCY: 911



NO QUARTERS
GRAVITY GHOSTS
WARP ZONE
TWO BITS
DUNGEON CRAWL
PINBALL WIZARD
LEVEL UP

TRAILS LISTED ABOVE ARE RANKED IN ORDER OF DIFFICULTY

Freeride Trails are enhanced with jumps, ride-on features, gaps, narrow surfaces, wallrides, berms and other natural or constructed features.

FREERIDE

PROGRESSION PARK
 ELEVATED SKILLS ARE REQUIRED AS TRAILS PROGRESS

Start building mountain biking skills in the PROGRESSION PARK, accessible by the Carpet Lifts.

TECHNICAL

Technical Trails are typically hand-built and feature organic obstacles and stunts such as rocks, roots, logs, drops, jumps & other natural or constructed features that require technical riding skills.

TRAILS LISTED BELOW ARE RANKED IN ORDER OF DIFFICULTY

SIDE QUEST
BOSS BATTLE
BONUS LEVEL