

FIRST-TIMERS MOUNTAIN BIKING 2-DAY ITINERARY

Located in British Columbia's Nature's Heartland, along the Rainforest to Rockies route, Sun Peaks' reputation as a must-visit summer destination continues to grow. Sun Peaks offers adventure-enthusiasts everything from a lift-accessed bike park, BC's highest golf course to alpine hiking amidst the wildflowers.

DAY 1: PROGRESSION PARK DAY

Sun Peaks is home to the legendary Sun Peaks Bike Park with lift-access downhill and cross-country trails, as well as a growing cross-country network in the valley. With 595 meters of lift-access vertical and over 89 kms of trails, there is no shortage of choices for riders of all levels.

Pick up your 2-day lift ticket and bike rental at Elevation Bike, Ski and Board and meet your instructor for the Discover Progression Park lesson. This four-hour lesson will help you gain the skills and confidence needed to progress into the Sun Peaks Bike Park. You'll learn body positioning and stance, as well as bike control, while exploring the trails in the Progression Park

TIP: After a full day of biking, relax and enjoy some refreshments on a slopeside patio. Mantles Restaurant, Bottoms Bar & Grill, or Cahilty Creek Kitchen & Taproom are all great options.

DAY 2: GREEN BIKE PARK DAY

Fuel up for another day of riding with breakfast at one of the many cafés and restaurants in the Sun Peaks Village. Fresh pastries at Bolacco Café, smoothies at Vertical Café or a sit-down breakfast at Cahilty Creek Kitchen & Taproom are just a few favourites. Now that you've gained confidence in the Progression Park, you're ready to head into the Sun Peaks Bike Park. Meet your instructor for the day as you take in another four-hour clinic called "Flow Green Park". You will explore the lift-access green trails and ride one of Sun Peaks' newest trails, Level Up, a 9km top-to-bottom progression trail.

TIP: After two full days on your bike, stop by the Sun Peaks Spa to enjoy a relaxing massage.



WHERE TO STAY

Sun Peaks offers a variety of accommodation options from 9 hotels & lodges, to private condos, townhomes and chalets:

- Bear Country Vacation Rentals
- Sundance Lodge
- Hearthstone Lodge
- Nancy Greene's Cahilty Lodge
- Sun Peaks Grand Hotel
- The Residences at Sun Peaks Grand
- Sun Peaks Lodge
- Top of the Mountain Accommodations

EXPLORE MORE

Paddle the beautiful McGillivray Lake with a canoe or kayak rental. Located a short 6km from the Sun Peaks Village, this lake is the perfect place to unwind and escape into nature. Check-in at Guest Services, and then drive yourself to the lake to begin your adventure.

Rent an E-Bike at Elevation Bike, Ski and Board or McSporties and explore the cross-country trails in the valley