

PROGRESSION PARK 101: A GUIDE

Sun Peaks Resort is committed to your safety.

Please review the information below and enjoy our bike trails in a safe manner.



Valid lift tickets are mandatory for all lift-access trails at all times. Tickets are NOT transferable.



Helmets are mandatory for ALL riders. Other protective equipment is highly recommended.



Please respect all trail closures for the safety of guests and employees.



Run bikes are permitted to be used in the Progression Park, provided they have a minimum of one (1) hand operated rear brake.



Bikes are designed for one (1) rider; additional seating or towing devices are prohibited from all our lift-access trails.



Uphill riding is only permitted on lift access
Sun Peaks Bike Park trails marked as 'XC', such as
Altitude and Big Rock Ride.
Riders should follow the trail direction on these trails at all times. Riding uphill on any other trails in the Bike Park is extremely dangerous and is strictly prohibited.

Always show courtesy to others and be aware that there are elements of risk that common sense and personal awareness can help reduce.

Please adhere to the mountain bike code and share with others the responsibility for a safe outdoor experience.



skisafety.ca/bike-parks