

# ROAD CYCLING ROUTES IN THE SEA TO SKY

Communities in the Sea to Sky Corridor are thrilled to host road cycling events and welcome cyclists to train or just enjoy the region's spectacular cycling routes. The corridor offers a variety of rides, many of which can be combined to increase the distance or challenge. For directions, as well as repairs, parts and accessories, visit any of the fine bike shops in Squamish, Whistler or Pemberton.

## ORIENTATION

Highway 99 — the Sea to Sky Highway — is the spine that links most rides between Horseshoe Bay and Pemberton. The highway generally runs north (towards Pemberton) and south (towards Vancouver). Vehicle traffic on the highway is steady, but the shoulders between Horseshoe Bay and Whistler are excellent for riding. Between Whistler and Pemberton the shoulders are rougher but still suitable for cycling.

### Some things to keep in mind:

- Whistler is the high point (670 metres elevation) on Highway 99. It's downhill to Pemberton (210 metres) and downhill to Squamish (sea level);
- Food and water are not available between Whistler and Pemberton (32 km) or between Whistler and Squamish (58 km), so carry your own;
- Wind is often from the south;
- There is little shade on Highway 99.

## GRANFONDO WHISTLER

**Start:** Downtown Vancouver

**Finish:** Whistler Village

122 km, 1,700 metres elevation gain

For one day each September, the RBC Granfondo Whistler provides 5,000 cyclists with a dedicated lane all the way from Vancouver to Whistler. The rest of the year cyclists can ride the shoulder on Highway 99 and enjoy all or part of the spectacular route. From Horseshoe Bay to Squamish is 45 km with 639 metres of elevation gain and amazing views of Howe Sound. Squamish to Whistler is 58 km with almost 1,100 metres of climbing. Views of the Tantalus range, Cheakamus Canyon and the peaks surrounding Whistler are highlights of the northern portion of the route.

## PARADISE AND SQUAMISH VALLEYS

**Start:** Squamish downtown

**Turnaround:** End of Paradise Valley Road, 24 km/48 km return to start.

**Turnaround:** End of Squamish Valley Road, 32 km/64 km return to start.

These quiet, flat, two-lane roads meander through dense, moss-covered rain forests in the heart of the Coast Mountains. Follow Government Road north through Squamish, Brackendale and past the airport. Turn left onto Squamish Valley Road and cross the Cheakamus River. At this point the road splits — turn right onto Paradise Valley Road or continue left on Upper Squamish Valley Road.

## WHISTLER OLYMPIC PARK

**Start:** Whistler Village

**Turnaround:** Biathlon Stadium 27 km/54 km return to start

875 metres total elevation gain

Probably the most popular ride in Whistler, this route takes cyclists up the Callaghan Valley to Whistler Olympic Park, site of the Nordic events for the 2010 Olympic and Paralympic Winter Games. Head south on Highway 99, 13.7 km to the Callaghan Valley turnoff. The climbing

starts right away, but the pitches are interspersed with plateaus where you can recover. The road is quiet and black bears are often seen grazing in the area. Leave them alone and give them space and they'll ignore you and we'll all get along just fine. The Biathlon Stadium is 13 km from the highway. Enjoy the descent and the views of Black Tusk on your return.

## TOUR DE WHISTLER

**Start and Finish:** Whistler Village

Various distances and elevation gains

Essentially a loop around the valley with a number of up-and-back climbs through some of Whistler's most exclusive neighbourhoods. You can choose to do all of the climbs, some of the climbs or just do the 20-km loop (315 metres elevation gain/loss). From the Village, head north 4.5 km on Highway 99 to the Rainbow subdivision and climb to the top. Return to the highway and head south to the stoplight at Alpine Meadows. Follow Alpine Way to the first stop sign then turn left on Rainbow Drive, which becomes Alta Lake Road. Follow Alta Lake Road south to Stonebridge, which is the second climb. Return to Alta Lake Road and continue south crossing the railway tracks to Highway 99. Follow the highway north and choose your climbs along the way: through Bayshores to Kadenwood, Bear Ridge at Creekside, Nordic Estates to Taluswood and Panorama Ridge at Brio. Once back to the Village you can climb Glacier Drive to Base 2 on Blackcomb then try Painted Cliff Road. Kadenwood is perhaps the toughest of the climbs at 3.3 km and 240 metres elevation gain.

## IRONMAN CANADA ROUTE

**Start:** Rainbow Park

**Finish:** Whistler Village

180 km, 2,632 metres elevation gain

This route incorporates Whistler Olympic Park, Whistler-Pemberton and Pemberton Meadows rides. From Rainbow Park, ride north on Alta Lake Road through Alpine Meadows to Highway 99. Turn south on the highway all the way to the Callaghan Valley turnoff and climb to Whistler Olympic Park. Descend back to the highway and head north, past Whistler to Pemberton. Turn left at the stoplight in Pemberton and follow Pemberton Meadows Road through the beautiful Pemberton Valley. It's a flat, 25-km ride to the end of the meadows. Turn around and enjoy the views of Mount Currie on the return to Pemberton. Please respect farm vehicles and livestock. Hopefully you've got something in reserve for the climb back to Whistler on Highway 99.

## PEMBERTON TO D'ARCY

**Start:** Pemberton

**Turnaround:** D'Arcy 46 km/92 km return to start

This is a quiet, scenic route with lots of rolling terrain. Follow Highway 99 to Mount Currie and head north across the railway tracks on Portage Road. At 30 km you reach Birken, on Gates Lake. This is the high point on the ride and where many riders turn around. D'Arcy, on Anderson Lake, is a further 16 km.

## DUFFEY LAKE ROAD

**Start:** Pemberton

**Turnaround:** Joffre Lakes parking lot 30 km/60 km return to start

1,118 metres elevation gain

From one extreme to the other. The route follows Highway 99 from Pemberton through Mount Currie to Lillooet Lake. This first 17 km are about as flat as it gets... and then suddenly the road tilts way up for the 13-km climb to Joffre Lakes. The first 3 km of switchbacks are the steepest — over 12 per cent — and then you can settle down for a long, steady climb. Lillooet is another 70 km from the Joffre Lakes parking lot.

For further route and map information visit [whistlercyclingclub.ca](http://whistlercyclingclub.ca)

# ROAD CYCLING IN THE SEA TO SKY

## Routes and Safety Tips



Credit: Tourism Whistler / Mike Crane

KNOW THE RULES AND SHARE THE ROAD

There's room for all of us

Resort Municipality of Whistler  
[whistler.ca/roadcycling](http://whistler.ca/roadcycling)





Credit: Tourism Whistler / Mike Crane

# CYCLIST TIPS FOR SHARING THE ROAD

To minimize the risk of collisions or injuries, here are some tips for sharing the road so everyone stays safe.

## RIDE SINGLE FILE

Do not ride abreast of another cyclist on the roadway.

## FOLLOW TRAFFIC DIRECTION

Ride in the same direction as vehicle traffic.

## BE PREDICTABLE

Do not weave in and out of lanes. Pass with care.

## BE VISIBLE

Wear a helmet and use lights at night (both required by law in B.C.).

## HAND SIGNALS

Use hand signals when turning or changing lanes.

## USE SHOULDER AREA

When stopped, move onto the shoulder and out of traffic.

## REPORT A MAINTENANCE PROBLEM

Report Highway 99 maintenance issues from Horseshoe Bay to Function Junction to Miller Capilano (1-866-918-1010) and from Function Junction to Pemberton to Mainroad Howe Sound Contracting (1-866-904-0209).



Credit: Tourism Whistler / Mike Crane

# DRIVER TIPS FOR SHARING THE ROAD

## PASS CAREFULLY

When passing a cyclist, do so as if you were passing another car and allow at least one metre between your vehicle and a cyclist. At speeds above 60 km/h, give even more room.

## TURN CAUTIOUSLY

Cyclists may be moving faster than you think. Give them plenty of room when turning onto or off a road.

## MAKE SAFETY YOUR PRIORITY

That cyclist you see might be your friend, neighbour, co-worker, child, spouse, mother, grandchild, grandfather...

Municipalities in the Sea to Sky corridor are actively working with the BC Ministry of Transportation and Infrastructure to improve maintenance, signage and infrastructure along Highway 99 as well as secondary roads in the Callaghan, Squamish/Paradise Valley, and Pemberton.

## RESOURCES

- |                       |                        |
|-----------------------|------------------------|
| Bike Sense BC         | bikesense.bc.ca        |
| MOTI Bike BC          | th.gov.bc.ca/BikeBC    |
| ICBC Road Safety      | icbc.com/road-safety   |
| Whistler Cycling Club | whistlercyclingclub.ca |

## VISITOR INFORMATION

- [tourismsquamish.com](http://tourismsquamish.com)  
[whistler.com](http://whistler.com)  
[tourismpembertonbc.com](http://tourismpembertonbc.com)



## Welcome to the roads of the Sea to Sky.

There are plenty of scenic routes to choose from in British Columbia's Sea to Sky region – Squamish, Whistler, Pemberton and the surrounding areas. The communities of the corridor want to ensure the best experience for everyone on the roads whether on a bike or in a vehicle.

While it's easy to get distracted with the beautiful scenery and views along the Sea to Sky Highway (Hwy 99), remember that road cyclists and drivers must share the road, obey all traffic signs, and follow the rules of the road. Cyclists will need to take additional care where the shoulder is narrow and around drains, pavement cracks, potholes and train tracks.

# RULES OF THE ROAD

- Share the road and show respect.
- Cyclists have the same rights and duties as drivers of motor vehicles.
- Cyclists must ride as close as possible to the right side of the highway.
- Cyclists are permitted to ride to the left of the white line if the condition of the shoulder is hazardous.
- Cyclists are not required to ride on any part of the highway that is not paved.

BC's Motor Vehicle Act assigns cyclists the same rights and responsibilities as drivers. Here are some tips for sharing the road – know your responsibilities and understand the rules so that everyone enjoys the highway and routes safely in the Sea to Sky.



Credit: Christian Boone



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