



FOUR SEASONS  
RESORT AND RESIDENCES  
WHISTLER

# SUMMER

*RESORT GUIDE*





# A SEASON OF *WELLNESS* IN THE *MOUNTAINS*

This summer, wellness is not just a part of your stay,  
it is woven into every moment.

Start your day with nourishing breakfast offerings, reconnect  
with nature through forest bathing and celestial stargazing  
sessions or explore breathtaking landscapes by e-bike.

Return to the ease of the outdoors with restorative time at our  
pool and whirlpools, restore your natural rhythm at The Spa,  
and gather with loved ones over exceptional dining at **SIDECUT**  
Steakhouse and Braidwood Tavern.

*Kindly note that the details outlined in this Summer Resort Guide are  
valid from June 22 to September 13, 2026.*

# TOP SUMMER ACTIVITIES

## BEAR VIEWING

Experience pristine views as you are guided through old growth forest to visit active bear dens, day beds, and feeding sites. You may also experience the Olympic Park in the Callaghan Valley known to be home to most of Whistler's black bears.

## HIKING

Hike through giant Douglas firs and enjoy the calm of ancient cedar groves. Visit a land of glaciers, lakes, and snow-capped mountains with an experienced mountain guide or go for a casual stroll starting here at the Resort.

Consult our Concierge team for self-guided or guided hiking tour suggestions. There are opportunities for guests of every age and activity level, subject to weather conditions.

## GLACIER SEAPLANE TOUR

Enjoy panoramic views of Whistler Village as you enjoy the city's ultimate lift ticket. Fly beyond the valley to explore the rugged peaks, majestic glaciers and alpine meadows of the Coast Mountain range, then marvel at the turquoise waters of Garibaldi Lake.

## MOUNTAIN BIKING

Experience the thrill of mountain biking at Whistler Blackcomb, home to one of the world's premier bike parks. Offering both private and group lessons tailored to all skill levels, you can choose between immersive full-day adventures or quick, exhilarating half-day sessions.

Stop by Concierge to pick up a Whistler Blackcomb card to receive up to 20% off bike rentals and 10% off retail shopping.

## VALLEA LUMINA

Join a twilight expedition to discover the landscape in a new light, guided by sound, illumination and subtle effects. This shared experience invites guests of all ages along a pathway of hidden wonder, unfolding a story as the evening deepens.

## AUDAIN ART MUSEUM

Created by Vancouver philanthropist, developer and art collector, Michael Audain, the museum showcases an incredible collection of British Columbian art, as well as rotating international exhibits.

# CANADIAN WILDERNESS ADVENTURES

## MOUNTAIN EXPLORER ON BLACKCOMB

Experience the thrill of driving your own ATV or share the adventure with a friend as you explore the enchanting trails on Blackcomb Mountain. Challenge yourself in the terrain park on your fully automatic ATV or marvel at the breathtaking views of the Whistler valley and surrounding snow capped peaks. This tour is the top choice for beginners.



## CALL OF THE WILD

Experience the next step in adventure ATVing! On this tour, aimed at guests with some experience, you can progress to explore more exciting terrain of the Callaghan Valley. Come try our single track trails and tackle the naturally rugged terrain.

## SALMON BAKE BY ATV OR JEEP

Enjoy the incredible experience of climbing to 6,000ft on Blackcomb Mountain to the Crystal hut, and take in breathtaking views from Whistler's best patio.



## JEEP SIGHTSEEING TOURS

Explore Blackcomb Mountain's beautiful scenery on one of Canadian Wilderness Adventure's Jeep 4x4 tours. Enjoy spectacular mountain vistas and wildlife in their natural habitat. No two tours are the same as changing mountain colours and wildlife create new paths for exploration.

## ODYSSEY OFF-ROAD BUGGY

Take this tour to learn how to drive your very own off-road vehicle. During this family-friendly tour you will climb rugged mountain roads and forested trails up to scenic mountain viewpoints on this epic journey.



# RECONNECT *IN NATURE*

Forest bathing invites you to connect with nature in a relaxed, open state of mind, immersing yourself in the quiet energy of the surrounding landscape. This guided experience leads you through a meditative journey, with a gentle focus on sound healing and breathwork, encouraging a deeper sense of calm within the natural setting.

**Available Fridays at 10:00am**



# DINING

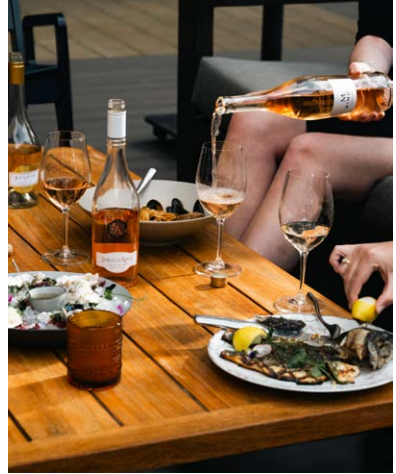
## *AROUND THE RESORT*

### BRAIDWOOD TAVERN & PATIO

Breakfast | Lunch | Dinner  
Open daily from 7:00am to 11:00pm

Braidwood Tavern is a vibrant yet inviting retreat, inspired by the warmth of a coastal lodge and the spirit of a modern tavern. Rooted in approachable, shareable cuisine designed for relaxed gatherings, the menu offers expertly prepared dishes for breakfast, lunch and dinner, complemented by thoughtfully prepared cocktails, craft beer and wine.

Join us for 'Pura Vida' Patio Thursdays beginning June 25th.



### SIDECUT STEAKHOUSE & PATIO

Open daily from 6:00 pm to 9:30 pm  
Reservations are encouraged

Every meal is an experience as SIDECUT presents a refined expression of culinary excellence, featuring Canadian Prime beef and the showstopping Seafood Spectacular, each dish is thoughtfully prepared to highlight premium ingredients, technique, and a sense of occasion.

### POOL BAR

Open daily from 11:00am to 8:00pm

Sip and unwind at our vibrant Pool Bar, where chilled cocktails and mountain views create the perfect retreat after your mountain adventures.

### BRAIDWOOD CAFÉ

Lobby | Open Monday to Friday 7:00am to 11:00am / Saturday & Sunday 7:00am to 1:00pm



# IN-ROOM *INDULGENCE*

Blending the warmth of home with your flavours from around the world, our in-room dining menu offers a distinctive experience shaped by our mountain setting. Designed for comfort and ease, the menu reflects our culinary perspective, pairing local inspiration with carefully sourced ingredients. From vibrant breakfasts to late-night indulgences, each dish is thoughtfully prepared to offer familiarity, effortless enjoyment and quiet satisfaction.

## IN-ROOM DINING

All-Day Dining | Available 24-hours, order through your in-room tablet



## SIGNATURE BREAKFAST TOWER

Start your morning with something extraordinary.

Our Signature Breakfast Tower is a feast for the senses, layered with thoughtfully selected breakfast favourites and designed for sharing. Whether preparing for a day of adventure or easing into a slower pace, it is best enjoyed with sweeping mountain views from your private balcony.

24-hour notice is required to order.



# *PURA VIDA* THURSDAYS

Offering a vibrant expression of summer evenings at Braidwood Tavern, Pura Vida brings the vibrant spirit of Latin America to Whistler.

Bold flavours, refreshing cocktails and live music come together to create a rhythmic dining experience, designed to ease into the warmth of long summer nights in the mountains.



Every Thursday from 5:00pm to 8:00pm,  
starting June 25th.

# CELESTIAL STARGAZING

Thursdays from 10:00pm to 11:00pm at the Pool Deck



# RESET & RECHARGE AT THE SPA

## FOUR SEASONS POOL AND WHIRLPOOLS

*Open daily from 7:30am to 10:00pm | Food and beverage service from 11:00am to 8:00pm*

Take in forest views from the free-form outdoor heated pool. Soak in one of three hot spring-style whirlpools or unwind in the cedar barrel sauna. Kindly note a waitlist may be required during peak times and availability.

## THE SPA & RETAIL

*Open daily from 8:00am to 9:00pm*

After an adventurous day in the mountains, relax and recover with a variety of healing massages. Following your treatment, explore our retail selection highlighting local brands such as Paume and Skwálwen Botanicals.

## URSA MAJOR SIGNATURE EXPERIENCE

Inspired by the connection between land and sky, this restorative treatment begins with a Moor mud salt exfoliation and nourishing body wrap. While cocooned, enjoy a revitalising scalp treatment, followed by a deeply moisturising full-body massage using firming body oil, leaving skin replenished and the body restored.

## SALISH SALT STONE MASSAGE

Inspired by the quiet strength of the mountains and the intuitive movement of streams, this deeply intentional treatment unfolds as a grounding journey. To complement the full body massage, your therapist utilizes heated salt stones in combination with releasing techniques to ease tension and support detoxification.

## ELEMENTAL GOLD REPAIR FACIAL

An advanced anti-aging facial powered by colloidal gold to help repair micro-damage and balance the complexion. Vitamin A, Vitamin C, and Omegas target hyperpigmentation, fine lines, and loss of elasticity. Finished with a Knesko Nanogold mask to refine texture and boost natural radiance.

## FITNESS STUDIO

*Open daily, 24-hours*

A variety of fitness classes are available daily; please refer to weekly class schedule. Advanced registration is encouraged, as space is limited. Private fitness classes are available upon request, please visit The Spa reception for more information.

# DAILY RESORT ACTIVITIES

## COFFEE STATION

*Lower Lobby | Daily from 5:00am to 9:00am*

Early risers can enjoy a complimentary coffee on the lower lobby level.

## SQUAMISH LIL'WAT CULTURAL CENTRE GUIDED TOURS

*Daily at 10:00am and 3:00pm*

Learn more about the two First Nations communities that live in the Whistler area. Please register and collect your tickets at the Concierge desk for this limited activity.

## E-BIKES

*Daily at 10:00am; 11:30am; 1:00pm; 2:30pm; and 4:00pm*

E-bikes are available on a complimentary basis for a 1-hour use. Advance registration with our Concierge team is encouraged, as space is limited.

## SEASONAL BEVERAGE STATION

*Lower Lobby | Daily from 3:00pm to 5:00pm*

Wind down after a day of mountain exploration of the great outdoors with a rotating selection of seasonally inspired iced teas or freshly prepared lemonade.

## WINE RECEPTION

*Lower Lobby | Daily from 4:00pm to 5:00pm*

Join us for our complimentary wine reception, featuring a curated selection of British Columbia red and white varietals.

## MAPLE TAFFY

*Wednesday through Sunday from 4:00pm to 5:00pm*

Enjoy a taste of Canadian tradition where warm maple syrup transforms into taffy when poured over ice.

## TREATS BY THE CABIN

*The Cabin at Braidwood Patio | Daily from 4:00pm to 6:00pm*

A rotating selection of nostalgic favourites, thoughtfully prepared to enjoy under mountain skies, from refreshing slushies to s'mores, popcorn and ice cream.

## FITNESS CLASSES

*Fitness Studio at The Spa*

Explore our diverse range of fitness classes, each designed to support your individual wellness goals. Please refer to our weekly class schedule for specific dates and times. Advance registration with our Concierge team is encouraged, as space is limited.

# WEEKLY RESORT ACTIVITIES

*Advance registration with our Concierge team is encouraged, as space is limited.*

## MONDAY

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### FORAGING FOREST WALK 🌲

*Lobby | From 10:00am to 11:30am | For guests ages 12 and over*

Discover native plants and traditional remedies on a guided foraging walk through Whistler forests.

## TUESDAY

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### PAINT YOUR VIEW 🌲

*Lobby | From 9:00am to 11:00am | For guests ages 16 and over*

Journey to a outdoor Whistler viewpoint and bring the landscape to life on canvas with guidance from an instructor. Guests under 16 are welcome when accompanied by a parent or guardian.

### SEA-TO-SKY CRAFT BEER TASTING ✂️

*Braidwood Tavern Bar | From 3:00pm to 4:00pm | For guests ages 19 and over*

Discover our local craft beers, featuring a rotating selection from breweries across the Sea to Sky corridor.

## WEDNESDAY

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### CREATE YOUR OWN SPA SCRUB WORKSHOP 🌲

*Braidwood Tavern Chef's Table | From 2:00pm to 3:00pm | For guests ages 12 and over*

Craft your own spa scrub using locally sourced botanicals and ingredients, guided by our spa experts.

## THURSDAY

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### CANDLE MAKING WORKSHOP 🌲

*Braidwood Tavern Chef's Table | From 2:00pm to 3:00pm | For guests ages 12 and over*

A guided workshop, blending natural ingredients and essential oils to craft a self-care keepsake inspired by your time in the mountains.

### CELESTIAL STARGAZING 🌲

*Pool | 10:00pm to 11:00pm | For guests ages 12 and over*

Settle into a poolside lounge and be guided through a celestial stargazing meditation designed to quiet the mind and ease the body under the night sky. Kindly note this activity is weather-dependent.

## FRIDAY

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### WHISTLER CUBS 🌲

*Level 1 (Lower Lobby) | 10:00am to 12:00pm | For young guests ages 5 to 12*

A guided program for children featuring interactive games and hands-on crafts designed to engage and inspire young guests.

### FOREST SENSORY BATHING 🌲

*Lobby | 10:00am -11:30am | For guests ages 16 and over*

A journey to reconnect with nature's rhythms, ground your senses, and reconnect with nature as you explore our stunning surroundings.

### SEA-TO-SKY CRAFT BEER TASTING ✂️

*Braidwood Tavern Bar | From 3:00pm to 4:00pm | For guests ages 19 and over*

Discover our local craft beers, featuring a rotating selection from breweries across the Sea to Sky corridor.

### QUEEN HONEYBEE EXPERIENCE 🌲

*Lower Lobby Courtyard | From 4:00pm to 5:00pm | For guests ages 12 and over*

Our Apiarist presents a demonstration hive including a Queen Bee with her workers. Learn about our friendly pollinator friends and our initiative to support locally adapted bees.

## SATURDAY

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### WHISTLER CUBS 🌲

*Level 1 (Lower Lobby) | From 10:00am to 12:00pm | For young guests ages 5 to 12*

A guided program for children featuring interactive games and hands-on crafts designed to engage and inspire young guests.

### CREATE YOUR OWN SPA SCRUB WORKSHOP 🌲

*Braidwood Tavern Chef's Table | From 2:00pm to 3:00pm | For guests ages 12 and over*

Craft your own spa scrub using locally sourced botanicals and ingredients, guided by our spa experts.

## SUNDAY

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### WHISTLER CUBS 🌲

*Level 1 (Lower Lobby) | 10:00am to 12:00pm | For young guests ages 5 to 12*

A guided program for children featuring interactive games and hands-on crafts designed to engage and inspire young guests.

### CANDLE MAKING WORKSHOP 🌲

*Braidwood Tavern Chef's Table | From 2:00pm to 3:00pm | For guests ages 12 and over*

A guided workshop, blending natural ingredients and essential oils to craft a self-care keepsake inspired by your time in the mountains.

# TRANSPORTATION *AT THE RESORT*

## SHUTTLE SERVICE

Available daily from 7:00am to 10:45pm | See schedule below

A complimentary shuttle service between the Resort, Private Residences and Whistler Village provides easy access to restaurants and shopping around Whistler.

7:00am to 5:00pm - Resort > Residence > Brewhouse > Sundial

5:00pm to 10:45pm - Resort > Residence > Sundial > Delta > Summit Lodge

## HOUSE CAR SERVICE

Available daily from 10:00am to 10:00pm

The Resort offers a fleet of spacious luxurious SUVs for individual transportation. Service is offered at a first-come, first-serve basis, cannot be reserved in advance, and is subject to boundaries.

Please see our guest services team on the driveway for transport assistance to destinations outside of the main village.



## LIVE SHUTTLE INFORMATION

Scan the QR code to view shuttle route and track shuttle location.

## EV CHARGING

Charge your electric vehicle with connectors offering up to 16kW. Kindly note, a one-time fee of \$10 applies. Available upon request.





## MEET MARSHMALLOW

The bear whose heartwarming tale of adventure and sweet dreams has captured the imagination of many. From his home in the forest near the Four Seasons Whistler, Marshmallow embarked on a journey filled with wonder. Now, you can bring home Marshmallow and keep the spirit alive! A portion of each purchase supports B.C. Children's Hospital.



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## CHAT WITH US THROUGH *THE FOUR SEASONS APP*

- Make and manage reservations.
- Wait-free check-in and check-out.
- Room service
- Easily book restaurant and spa reservations.
- Extra pillows, forgot-to-pack toiletries, and turndown services when you want them.

