



FOUR SEASONS
RESORT AND RESIDENCES
WHISTLER

SUMMER

Resort Guide



Share your stay
@fswhistler



Embrace
wellness & wonder
this season

This summer, wellness isn't just a part of your stay,
it's the essence of every experience.

Start your day with nourishing breakfast options, connect with the tranquil beauty with guided nature walks and forest bathing sessions, and cycle through breathtaking vistas on an e-bike.

Return to comfort in our outdoor pool and hot tubs, rejuvenate at our elevated spa, and gather with loved ones to savor exquisite meals at Sidecut Steakhouse and Braidwood Tavern.

Forest *Sensory* Bathing

Thursdays and Fridays at 10am



Dining Options

Around The Resort

BRAIDWOOD TAVERN

Braidwood Tavern and Braidwood Patio | Open daily from 7:00am to 11:00pm

Building upon its legacy as a haven for innovative cocktails, craft local beers, and delectable global comfort favourites, Braidwood now invites guests to embark on a culinary journey with its seafood-inspired dinner concept. Embracing the bounty of the sea, the tavern sets the stage for unforgettable evenings filled with exceptional flavours and cherished moments.



SIDECUT STEAKHOUSE & PATIO

*Open daily from 6:00pm to 9:00pm
Reservations are recommended*

Every meal is an experience as SIDECUT sets a new standard in culinary excellence with the debut of an extraordinary offering: a multisensory tasting menu by Executive Chef Sajish Kumar Das featuring A5 olive fed wagyu. Available Sunday to Thursday on a 48 hour notice. CAD 195/person.

THE 0% LOUNGE & PATIO

Lobby | Open daily from 3:00pm to 8:00pm starting June 28th

Welcome to the newly unveiled pop-up in our lobby, The 0% Lounge & Patio. Here, indulge in an exclusive selection of spirit free beers, wines, and expertly crafted mocktails designed to sync perfectly with the summer vibe.

BRAIDWOOD CAFÉ

Lobby | Open daily from 7:00am to 1:00pm starting June 20th

POOL BAR

Open daily from 11am to 8pm starting June 21st

Don't miss the Poolside BBQ available Fridays and Saturdays from 11am to 5pm.

La Dolce Vita Thursdays

Bask in the sunshine and take in the mountain vistas as we invite you to experience the best of Canadian summer, Italian style!

La Dolce Vita is all about celebrating life's simple pleasures, and what better way to do it than with live music, fresh pasta, and a tiramisu espresso martini in hand.



Available every Thursday from 5:00pm to 8:00pm
starting June 20th. CAD 65/person

Weekly Included Activities

WINE RECEPTION

Lower Lobby Bar | Available daily from 4:00pm to 5:00pm

Join us for our complimentary wine reception, featuring British Columbia's varietals of red and white wines.

SEASONAL ICED TEA / LEMONADE 🌿

Lobby Level | Available daily from 2:00pm to 4:00pm

Wind down after an adventurous day exploring the great outdoors with a complimentary refreshment.

BEAR STONE SCULPTURE CLASS FOR KIDS

Lower Lobby | Available on Thursdays from 4:00pm to 5:00pm.

Unleash your child's creativity with our Bear Stone Sculpture Class! In this unique hands-on experience, children will learn the art of hand-carving stone sculptures, guided by skilled artisans. Each participant will create their very own bear pendant or mini sculpture to take home. Please register with the concierge team.

MEET OUR RESIDENT QUEEN HONEYBEE 🐝

Lower Lobby Courtyard | Available on Fridays from 4:00pm to 5:30pm.

Our Apiarist will be present with a demonstration hive including one of our Queen Bee from our Rooftop along with her workers. Come and learn about our friendly pollinator friends and our initiative to support locally adapted Bees. Please register with the concierge team.

SEA-TO-SKY CRAFT BEER TASTING

Braidwood Bar | Available Wednesdays at 3:00pm

Experience our local craft beer program, featuring different beers from local breweries along the Sea to Sky corridor. Please register with the concierge team.

COFFEE STATION

Lobby level | Available daily from 5:00am to 7:00am

Early risers can grab a complimentary coffee next to Front Desk.

SQUAMISH LILWAT CULTURAL CENTRE GUIDED TOURS

Available on Thursdays and Sundays | 10:00am and 3:00pm

Learn more about the two First Nations communities that live in the Whistler area with a guided museum tour experience. Please register with the concierge team.

Weekly Included Activities

SLUSHY BY THE CAMPER

Patio | Daily at 4:00pm to 6:00 pm

Recap your favourite summer adventure with a refreshing slushy by the picturesque patio camper.

E-BIKES 🌲

Daily at 10:00am; 12:30pm; and 3:00pm

E-bikes are available on a complimentary basis for a 2-hour rental. Please register with the concierge team as this activity has limited availability.

GUIDED LOST LAKE WALK 🌲

Sundays at 10:00am

Discover the wonders of Whistler as you explore Lost Lake and its surroundings with a guided walk. Please register with the concierge team.

FOREST SENSORY BATHING 🌲

Thursdays and Fridays at 10:00am

Embrace the art of forest bathing: a journey to reconnect with nature's rhythms, ground your senses, and reconnect with nature as you explore our stunning surroundings. Please register with the concierge team.

DAILY FITNESS CLASSES 🌲

Fitness Centre - Movement Studio

Explore our diverse range of fitness classes including Yoga, Pilates, Spin, and Bootcamp. Each session is designed to meet your wellness needs. Please check our weekly class schedule for specific dates and times.

🌲 *Resort wellness activities*

Please see weekly activities schedule for more information.



The Spa

THE SPA & RETAIL

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

After an adventurous day on the slopes, relax and recover with a wide variety of healing massages. Using Canadian ingredients and traditions, our signature treatments are designed to calm and pamper the body and mind. After your treatment, explore our retail selection featuring local brands such as Brahmi and Skwálwen Botanicals.

SKWÁLWEN TREATMENTS BY SKWÁLWEN BOTANICALS

Skwálwen is an Indigenous skincare line that honors Skwxwú7mesh (Squamish) plant knowledge and ancestral First Nations traditions by using sustainably harvested and sourced organic plants to balance, repair, strengthen, hydrate and protect the skin.

SACRED SPACE MASSAGE

This indulgent full-body treatment begins with a Wild Rose foot exfoliation and foot massage using a hydrating salve containing nettle and arnica. Easing into a full body massage, our expert team will use relaxing strokes and botanical infused oils to allow you to reap the benefits of the healing power of nature.

SACRED SOLES PEDICURE

Unwind with us during this nature infused pedicure. A wild rose and yarrow soak begins this treatment before our team expertly maintains and pampers your soles, cuticles, and nails. A cranberry rose mask will be applied before a soothing botanical balm is used to massage feet and lower legs. Choice of polish colour concludes this journey.

FOUR SEASONS POOL AND WHIRPOOLS

Open daily from 7:30am to 10:00pm

Take in pine views from the free-form outdoor heated pool. Soak in one of three hot spring-style whirlpools. During peak times, usage of the pool will be limited to a maximum of three continuous hours per day. Kindly note you may need to sign up for a waitlist.

FITNESS CENTRE

Open 24hrs daily

An array of fitness classes are available daily. Please refer to weekly classes schedule for dates and times. **Advanced registration with the concierge team is required.*

POOLSIDE FUN

Sizzle, savour, and soak up the sun this summer with our poolside BBQ series. Dive into fresh familial favourites, hot off the grill, every Friday and Saturday starting June 21st from 11:00am to 5:00pm.



Introducing *the 0% Lounge*

Indulge in an exclusive selection of spirit free beers, wines, and expertly crafted mocktails that capture the essence of summer. Whether you're lounging in the comfort of our mountain inspired interior or basking in the sunshine on our terrace, this space promises a chic, refreshing escape.

Open daily from 3:00pm to 8:00pm starting June 28th.



Transportation *To & From 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 - Hotel | PR | Brewhouse | Sundial

5:00pm to 10:45pm - Hotel | PR | 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 on a first-come first-serve basis, cannot be reserved in advanced, and is subject to boundaries. Please see our guest services team on the driveway for transport assistance to destinations outside of the main village.

Go green! An electric house car is available upon request.



BUSWHERE

Download the BusWhere app and track the Four Seasons Shuttle on your phone!

1. Scan the QR code to download the BusWhere app
2. Enter code: FOURSEASONS



EV CHARGING

EV connectors, up to 16 kW. \$10 one time charge will be applied.

Top Summer *Activities in Whistler*

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.

Stop by the Concierge desk for suggestions on self-guided or guided hiking tours. There are opportunities for people of every age and activity level, subject to weather conditions.

LOVE IS IN THE AIR

Take in the spectacular peaks and valleys that mark the iconic landscape with a helicopter tour of the Coast Mountains. Stop for a mountaintop rendezvous that invites you to get cozy and sweet with our signature hot cocoa and snowmen, surrounded by panoramic 360-degree views.

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.

SQUAMISH LIL'WAT CULTURAL CENTRE

Dedicated to the history and culture of local First Nations, the Squamish Lil'wat Cultural Centre celebrates the joint history of the Squamish and Lil'wat First Nations, past and present, by showcasing their histories, creative works, and cultures in an interactive format.

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 | *ATV Tours*

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.

ODYSSEY OFF-ROAD BUGGY TOUR

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 single-track trails up to scenic mountain viewpoints on this epic journey.

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.

SALMON BAKE BY ATV OR JEEP

Enjoy the incredible experience of climbing 6,000 ft up Blackcomb Mountain to the Crystal Hut with the most spectacular patio. A truly unforgettable experience!





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.



CHAT WITH US THROUGH THE FOUR SEASONS APP

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



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2. Download the Press Reader app from your app store or scan the QR code.
3. Launch PressReader, pick your title and enjoy reading!

