

# PROGRESSION PARK

If you're new to biking, start here at the **Progression Park**. Once you've mastered the green trails take your skills to the top of Sunburst Chairlift to the **9km Level Up trail** or try out the green trails off the Sundance Chairlift. For more experienced riders the Progression Park offers blue and black trails, perfect for further developing your skills.

## FEATURES



JUMP ZONE

An area that includes various sizes of dirt built jumps that a rider can practice getting air, landing techniques and tricks.



TABLE TOPS

A jump with a flat deck great for practicing. Start with these smaller jumps and then work your way up to bigger ones in the main Bike Park.



WALL RIDE

Typically made of wood, this can be a curved extension to the berm or just a straight wall. The aim is to ride up on the wall, jumping or riding off the end.



WOOD/LOGS

Log rides and wooden ramps are common features that add an exciting and skill testing element to the park.



ROLLERS

Rollers are used to generate speed and may be used to jump. They can be linked together to be double or triple jumps.



STEP UP/DOWN

An even raised wooden platform, to hop up, and drop down back to the trail.



ROCKS

A relatively flat rock found in the trail, practice riding over and down this new natural element, or try jumping it!



BERMS

A banked corner providing more support and traction than flat corners. An opportunity to gain speed and practice leaning your bike.



FLAT DROP

A drop often made out of wood, that is built into a trail.



Mountain bike rentals, parts, gear, accessories, tuning and repairs, located in the Sun Peaks Grand Hotel. Open daily.

Experienced bike instructors from Sports School can teach you foundational skills to help you push your limits and progress to the next level.



Celebrating 25 years of the Sun Peaks Bike Park!



### PLEASE OBEY WARNING SIGNS

Terrain beyond the AREA BOUNDARY is not patrolled. BIKING or HIKING is not recommended beyond this point. Please obey all signage and respect closures.

ON-HILL EMERGENCY: +1.250.578.5521 EMERGENCY: 911