

Into the Mystic/Lord of the Squirrels – Rider Information Sheet

The Whistler Off-Road Cycling Association (WORCA) and the Resort Municipality of Whistler (RMOW) are excited to welcome locals and visitors alike to enjoy our new non-motorized alpine mountain biking and hiking trail network on Mount Sproatt. This new trail system represents 5 years of planning and building work, with more planned for the future. This information sheet is meant to help answer questions and prepare riders for what to expect to safely complete this epic backcountry ride.

DO NOT UNDERESTIMATE THIS RIDE! THIS ROUTE IS LONG WITH A HUGE CLIMB. IT MAY TAKE YOU 4-10 HOURS TO RIDE. ARE YOU MENTALLY AND PHYSICALLY PREPARED FOR THIS?

For many intermediate riders, this route is potentially the longest distance, largest amount of climbing, and most sustained descending that you're likely to have experienced in your riding life. If you are not experienced in remote backcountry mountain biking, please take the time to adequately train your body, and prepare your bike, for a ride of this magnitude. Less experienced riders should treat this ride as a long term goal to achieve over a season rather than a bucket list item to get done as soon as possible. This ride is something to train for and work towards to ensure that you are set up to successfully and safely finish the ride, while being able to fully enjoy the riding experience, environment, and amazing views. While Whistler Village is visible from the top of this trail, you should be prepared as if you were in the backcountry with adequate provisions, including food, water, tools, first aid, warm clothes, and communications.

ONCE YOU ARE IN THE ALPINE THERE IS NO EASY WAY DOWN. THERE IS NO FOOD OR WATER. YOU ARE ON YOUR OWN.

Route

Whistler Trail Standards Rating – Blue

"Challenging riding with steep slopes and/or obstacles, possibly on narrow trail with poor traction. Requires riding experience"

Into the Mystic dist/elv gain – 8.6km/+928m

On the Rocks dist/elv gain – 3.6km/+194m

Lord of the Squirrels dist/elv gain loss – 6.9km/+207mUp -906mDown

Time – 4 to 10 hours from valley bottom, return.

Exertion/Physicality Rating – Hard

Long distances, large elevation gains, and sustained climbing with many steep sections. The climb is machine built, and wide enough in many places for passing or riding beside friends. It is smooth, but has frequent steep pitches that will raise your heartrate and exertion level significantly. The descent travels through varied terrain from the rocky open, alpine terrain, to the forested old growth featuring sections of sustained roots, rocks and rock slabs with options around them. Keep your eyes on the trail while riding, with plenty of look outs, there are lots of opportunities to stop and rest and shake out the hands while taking in the amazing views.

Exposure Rating – High

Mount Sproatt may seem close to civilization, but ***this ride is a true backcountry experience and needs to be treated with the respect it deserves*** as it is remote with few options for rescue or bailout. Riders should treat this endeavour as any other remote ride and come well prepared for any and all eventualities as this is a big mountain with alpine terrain subject to fast changing weather conditions. It is not uncommon for Mount Sproatt to become quickly engulfed in fast moving cloud, fog, and/or rain, reducing the temperature and visibility with little warning. A night out without the proper safety gear or spare clothing, could be extremely uncomfortable, or even deadly. These dangers can be more compounded later in the season when colder temperatures and earlier darkness can catch people out. Do not discount the importance of a headlamp, extra clothing and gloves, as well as a waterproof jacket.

Terrain

Users will experience a full range of coastal mountain geography and topography when completing this ride. From the valleys lower elevation denser 2nd growth forest, the mid-elevation towering old growth Fir, Hemlock, and Cedar, to the open meadows and bluffy rocky sub-alpine and alpine terrain on the top of Mount Sproatt, you will experience it all.

Into the Mystic is a machine built climbing primary trail that winds its way, sometimes rather steeply, up the mountain. While it does feature short flat or slightly downhill sections to recover slightly, the fact remains that it's still ~12 km (7.5 miles) of distance and 1110 m (3608 ft) of climbing, in addition to the significant effort and climbing it takes to even get to the start of ITM.

On the Rocks is a similar, two-way, machine built trail that winds its way through the alpine on top of Mount Sproatt, it's 3.6 km (2.2 miles) long with ~200 m (656 feet) of climbing.

Lord of the Squirrels is a hand built descent primary trail approximately 7 km (4.3 miles) long, with 200 m (656 feet) of climbing along the way, while descending 900 m (2952 feet). The descent features a wide variety of terrain and features including open alpine areas, rock slabs, and many sections with roots and rocks. During dry conditions you should expect loose rocks and dust with challenging traction.

Once you are finished this loop you still have to get back to valley floor. Expect a significant amount of effort to be expended in exiting to valley floor and plan accordingly

Equipment

A well-maintained cross country/all-mountain bike with front suspension and disc brakes is strongly recommended. Helmet, gloves, eye protection, sturdy footwear should also be a priority. Be sure to also have a well-stocked backpack with at least 3l of water, food, energy gels, in addition to spare parts for repairs and a full first aid kit including a head lamp and whistle. A spare jersey and/or gloves and jacket should also be a part of your kit for fast changing alpine weather. A cell phone should also be considered essential equipment.

Safety

Riders must ride accordingly and well within their limits as this is a remote area with limited access for rescue. Be sure to leave a detailed ride plan with a loved one or friend prior to your day so someone knows where you should be and when you anticipate finishing. Ride with a trusted group, wait for your partners, be prepared to self-rescue. While we all appreciate Whistler Search and Rescue for the amazing work they do taking care of us when we need it most, they should only be called in the most serious of cases. Be prepared, ride smart, and **take your time not chances**. We want everyone to make it back to the bottom in one piece.

Etiquette

Familiarize yourself with [WORCA's Trail Etiquette Guide](#)

Pack It In – Pack It Out, DO NOT LITTER!

Take a photo if you need a memento of your adventure.

Stay on the trail, don't cut corners, it takes a long time for vegetation to grow back.

Obey signs and don't destroy the environment you are there to enjoy.

Report vandalism.

Respect closures - In early season during snowmelt or in late season once the fall rain comes certain areas may be deemed closed due to impact and erosion. The erosion problem arises when the ground is supersaturated; this is a time when the water content is very high – it often only takes a few days to dry and it's good to go. During spring melt most of the snow needs to be gone to reach this drying trend or you will damage the trail dramatically. Be patient.

In Alpine terrain, if a trail is open with a few snow patches, it is very important to stay on the snow on the trail. Braiding a new trail causes extensive damage to an area. The newly developed Sproatt network, for example, will only be opened once the snow is gone in the Alpine (once we can see the trail and stick to it). Other areas in the valley may be closed by builders because considerable snow melt keeps the trail supersaturated.

Please refer to the [Whistler region on Trailforks.com](#) for trail conditions reporting and status.

Bear Safety

Bears can use this trail day and night

- Control your speed
- Be vigilant for bears and their signs
- Make noise if you can't see down the trail
- Don't wear headphones or ear buds
- Ride in groups and stay together

- Carry bear spray and know how to use it properly
- Leave No Trace, pack out your food waste

Grizzly bears could be present in this area, if you encounter one;

- DO NOT RUN
- Have bear spray ready
- Talk so they know you're human
- Keep your bike between you and the bear
- Bring your group together
- Slowly back away
- Stand your ground if charged
- Deploy bear spray if safe to do so

Parking/Staging Areas

Rainbow Park is the primary staging area on the Westside and features washrooms, water fountains, and in the summer, swimming and food concessions. Primary access to Into the Mystic is via Hot Dog Alley, Scotia Creek, Sirloin/Darwin's, and the Flank trail.

Function Junction staging out of the Interpretive Forest parking lot adjacent to the stop lights. Function Junction features many shops and options for food and beverage or last minutes bike parts. Access to Into the Mystic is via the South Flank behind Olive's Market.

Please do not park in the Stonebridge subdivision.

Support/Donations

WORCA is proud of its comprehensive and successful trail building and maintenance program, if you ride a trail in the Whistler area and love it, consider donating some [Trail Karma dollars via Trail Forks](#). All funds donated are sent directly to the organization responsible for maintaining the trail, WORCA invests these dollars back into the trail network. WORCA also offers a [Trail Supporter](#) option with its annual memberships and hosts [Trail Days](#) for volunteers to attend.

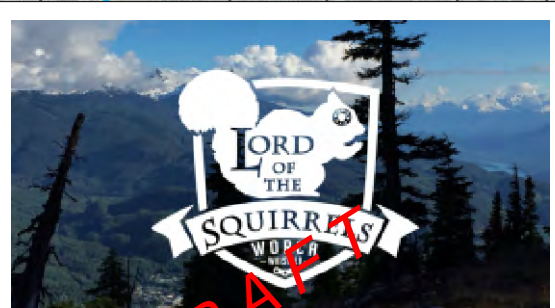
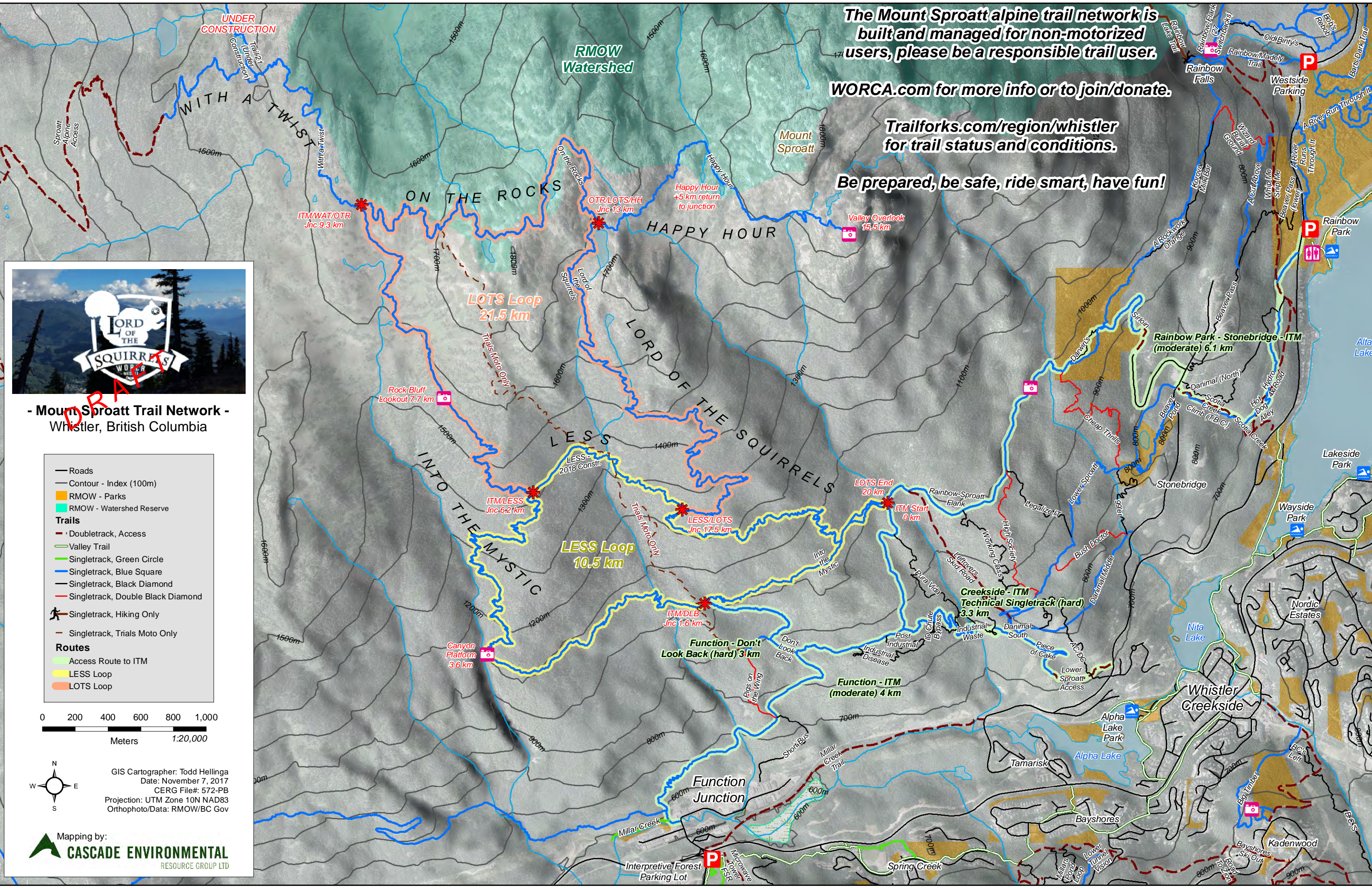
To celebrate the opening of Lord of the Squirrels (LOTS), WORCA launched the Lord of the Squirrels T-Shirts for sale! Thanks to: Comor, Fanatyko, Whistler Village Sports, Whistler Bike Co, Whistler Sports Rentals, and Arbutus Routes for their support in retailing the new Lord of the Squirrels fundraising shirt for future alpine maintenance and development. For every shirts old, almost \$10 goes back to WORCA for ongoing alpine trail support. The shirts were a far bigger success than expected and are sold out for 2017. T-shirt sales will commence again in 2018.

The Mount Sproatt alpine trail network is built and managed for non-motorized users, please be a responsible trail user.

WORCA.com for more info or to join/donate.

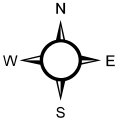
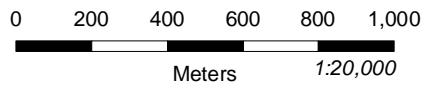
Trailforks.com/region/whistler for trail status and conditions.

Be prepared, be safe, ride smart, have fun!



- Mount Sproatt Trail Network - Whistler, British Columbia

- Roads
- Contour - Index (100m)
- RMOW - Parks
- RMOW - Watershed Reserve
- Trails**
- Doubletrack, Access
- Valley Trail
- Singletrack, Green Circle
- Singletrack, Blue Square
- Singletrack, Black Diamond
- Singletrack, Double Black Diamond
- Singletrack, Hiking Only
- Singletrack, Trials Moto Only
- Routes**
- Access Route to ITM
- LESS Loop
- LOTS Loop



GIS Cartographer: Todd Hellinga
 Date: November 7, 2017
 CERF File#: 572-PB
 Projection: UTM Zone 10N NAD83
 Orthophoto/Data: RMOW/BC Gov

