

# ARRHYTHMIA UPDATE + 2018

Fairmont Château Whistler  
Whistler, British Columbia  
January 31 to February 3, 2018

TRIP PLANNER



PRESENTED BY:  
**Population Health  
Research Institute**  
HEALTH THROUGH KNOWLEDGE

## GREETINGS!

Now in its 21<sup>st</sup> year, **ARRHYTHMIA UPDATE +** strives to continue its tradition of providing the highest quality of continuing medical education while inviting key opinion leaders to present interactive case-based discussions and workshops on topics of relevance to you and your practice.

We realize that many of you like to combine your travel with some time on the slopes. With that in mind, we have prepared this Trip Planner to assist you in organizing your itinerary. Inside you will find details on transportation services, local restaurants and spas, along with everything else you might need to make your stay more enjoyable!

If you require any additional information, feel free to email us at [contact@arrhythmiaupdate.ca](mailto:contact@arrhythmiaupdate.ca) or visit [www.arrhythmiaupdate.ca](http://www.arrhythmiaupdate.ca).

Sincerely,  
**ARRHYTHMIA UPDATE + 2018** Planning Committee

### **STUART J. CONNOLLY, MD, FRCPC**

Professor of Medicine  
McMaster University  
Cardiac Electrophysiologist  
Hamilton Health Science  
Hamilton, Ontario

### **PAUL DORIAN, MD, MSc, FRCPC**

Dexter H.C. Man Chair in Cardiology  
Department Director, Division of Cardiology,  
Staff Cardiac Electrophysiologist,  
St. Michael's Hospital  
Professor of Medicine,  
Division of Cardiology and Division of  
Clinical Pharmacology,  
University of Toronto, Toronto, Canada








### **JOSEPH MINKOWITZ, MD, FRCPC** (Delegate Representative)

Lead Cardiologist  
Invasive and Non-invasive Cardiology  
Lecturer, University of Toronto  
Markham Stouffville Hospital  
Markham, Ontario

### **L. BRENT MITCHELL, MD, FRCPC**

Professor of Medicine  
Departments of Cardiac Sciences and Medicine  
Alberta Health Services  
University of Calgary  
Libin Cardiovascular Institute of Alberta  
Calgary, Alberta

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# AGENDA



All meetings will take place at the Fairmont Château Whistler.

THURSDAY, FEBRUARY 1, 2018		
7:00 a.m.	Welcome and Introductions	Stuart Connolly, MD Paul Dorian, MD, MSc L. Brent Mitchell, MD
7:05 a.m.	Case Studies in Silent AF	Paul Dorian, MD, MSc
7:35 a.m.	Case Studies – Left Atrial Appendage Occlusion: Devices/Surgery	Jeff Healey, MD, MSc
8:05 a.m.	The Role of Antithrombotic Therapy in Chronic Vascular Disease	Stuart Connolly, MD
8:20 a.m.	Health Break	
8:50 a.m.	Prevention of Cardiovascular Events in Peripheral Artery Disease – Role of Anticoagulation	Sonia Anand, MD, PhD
9:20 a.m.	Cardioprotection in Chronic Atherosclerosis: Is COMPASS a New Paradigm?	John Eikelboom, MBBS, MSc
10:30 a.m. to 2:00 p.m.	Annual Needs Assessment in Cardiology (ANAC)	
2:00 p.m.	Meet the Experts – (1 hour sessions, repeated)	
	Meet the Experts – Long QT or Brugada Pattern on ECG: When and How to React?	Andrew Krahn, MD
	Meet the Experts – Electrocardiography	Hisham Dokainish, MD
4:00 p.m.	Seventh Annual Residents' Case Challenge (4:00-6:00 p.m.)	
6:00 p.m.	Cocktail & Light Bites (6:00-7:00 p.m.)	
FRIDAY, FEBRUARY 2 <sup>nd</sup> , 2018		
7:00 a.m.	Mechanism of Cardioprotection in Diabetes	G.B. John Mancini, MD
7:30 a.m.	Role of SGLT2 Inhibitors and GLP-1 Receptors in Cardioprotection	David Fitchett, MD
8:00 a.m.	Health Break	
	<b>Hotline Sessions – New Randomized Clinical Trials</b>	
8:30 a.m.	BRUISE 2	David Birnie, MD
9:00 a.m.	RE-CIRCUIT	TBD
9:30 a.m.	PADIT	Stuart Connolly, MD
10:30 a.m. to 2:00 p.m.	Annual Needs Assessment in Cardiology (ANAC)	
2:00 p.m.	Meet the Experts – (1 hour sessions, repeated)	
	Meet the Experts – Insights from CANTOS	Jacques Genest, MD
	Meet the Experts – Insights from COMPASS	John Eikelboom, MBBS, MSc
4:00 p.m.	<b>Workshop Sessions – (One Hour Each, Repeated – Choose two to attend)</b>	
	Treatment of AF in Coronary Disease	L. Brent Mitchell, MD
	Managing Diabetes: A Primer for Cardiologists	G. B. John Mancini, MD
	Inflammation in Coronary Artery Disease	Jacques Genest, MD
	Aortopathy Diagnosis and Management	Gabrielle Horne, MBBS, PhD
SATURDAY, FEBRUARY 3 <sup>rd</sup> , 2018		
7:00 a.m.	Modulating Inflammation to Prevent ASCVD: the CANTOS and CIRT trials	Jacques Genest, MD
7:30 a.m.	ECG Quiz	George Klein, MD
8:00 a.m.	Aortopathy...When to worry and what to do? Marfan and More	Gabrielle Horne, MBBS, PhD
8:30 a.m.	Health Break	
9:00 a.m.	PCSK9 to Reduce Cardiovascular Events: Effective? Cost Effective?	Jean Grégoire, MD
9:30 a.m.	Innovation in Cardiac Rhythm Devices: S-ICD, MRI-Compatible, Remote Monitoring, and More	L. Brent Mitchell, MD
10:00 a.m.	End of Program	



## LOCATION

4599 Chateau Boulevard  
Whistler  
British Columbia, Canada  
V0N 1B4

**TEL.:** 604-938-8000 • 1-800-257-7544

**FAX:** 604-938-2055

**E-MAIL:** [chateauwhistlerresort@fairmont.com](mailto:chateauwhistlerresort@fairmont.com)

**WEBSITE:** <http://www.fairmont.com/whistler/>

## CHECK-IN/CHECK-OUT

4:00 p.m./11:00 a.m.

## LOCAL AREA INFORMATION

Home to Whistler and Blackcomb mountains – consistently regarded as North America’s best ski mountains – Whistler transforms into a summer paradise for alpine adventure. As host to the 2010 Olympic and Paralympic Games, the area still pulses with the spirit of the Games and its own alpine magic. Winter’s ski and snowboard season lasts from November to April, with glacier skiing available through August. The annual average snowfall of 11.9 metres (39.1 feet) is complemented by extensive snowmaking systems. The two mountains offer over 200 marked trails and 12 magnificent bowls, each with a vertical drop exceeding 1,524 metres (5,000 feet). Winter also brings snowshoeing, sleigh rides, skating, snowmobiling and glacier skiing. In warm weather, the natural landscape challenges visitors with mountain biking, hiking, fly fishing, kayaking, rafting, mountaineering – and championship golf.

## SERVICE & AMENITIES

- Babysitting
- Bell Staff
- Bicycle and Ski Storage
- Check-In and Check-Out
- Concierge
- Elevators
- Express Check-In/Out
- Fireplaces
- Gift Shops & Services
- Housekeeping
- Laundry Services
- Parking
- Pet Policy
- Resort Fee
- Safety Deposit Boxes
- Wheelchair Accessibility



## DRIVING DIRECTIONS

### FROM VANCOUVER INTERNATIONAL AIRPORT (YVR)

Travel Time: 2.25 hours

Distance: 149 km

- Follow the signs to Grant McConachie Way, Vancouver and city center.
- Proceed over the Arthur Laing Bridge.
- Keep right and follow the signs to Granville Street and city center.
- Go along Granville Street (approximately 8 km), then over the Granville Bridge.
- Take the Seymour exit off Granville Bridge.
- Follow Seymour Street 7 blocks to Georgia and turn left (west).
- Head west along Georgia Street, approximately 12 blocks to Stanley Park.
- Go through Stanley Park and onto the Lion's Gate Bridge.
- As you leave the bridge, follow the signs for West Vancouver.
- You will find yourself on Marine Drive.
- At the 1<sup>st</sup> traffic light turn right onto Taylor Way.
- At the 2<sup>nd</sup> traffic light, take the left lane and follow the signs to Horseshoe Bay.
- At Horseshoe Bay, watch for the exit sign onto Highway 99 North to Squamish and Whistler.
- Continue north along Highway 99 to Whistler Village.
- Once you reach the Whistler Valley, proceed through 6 traffic lights and turn right at the 7<sup>th</sup> traffic light onto Lorimer Road.
- Follow Lorimer Road through the traffic light to the Upper Village, until you reach the 4-way stop sign at Blackcomb Way.
- Turn right onto Blackcomb Way.
- Almost immediately, you will see Fairmont Chateau Whistler sign at the foot of Chateau Boulevard (left-hand side).

### FROM DOWNTOWN VANCOUVER

Travel Time: 1.75 hours

Distance: 123 km

- Head west along Georgia Street approximately 12 blocks to Stanley Park.
- Go through Stanley Park and onto the Lions Gate Bridge.
- As you leave the bridge, follow the signs for West Vancouver.
- You will find yourself on Marine Drive. At the first traffic light turn right onto Taylor Way.
- At the second traffic light, take the left lane and follow the signs to Horseshoe Bay.
- At Horseshoe Bay, watch for the exit sign onto Highway 99 north to Squamish and Whistler.
- Continue north along Highway 99 to Whistler Village.
- Once you reach the Whistler Valley, proceed through the first 6 traffic lights and turn right at the 7<sup>th</sup> traffic light onto Lorimer Road.
- Follow Lorimer Road through the traffic light to the Upper Village, until you reach the 4-way stop sign at Blackcomb Way.
- Turn right onto Blackcomb Way and, almost immediately, you will see The Fairmont Chateau Whistler sign at the foot of Chateau Boulevard (left-hand side).



## FOOD & BEVERAGE OUTLETS

### In Room Dining

Open 24 hours a day

### The Wildflower Restaurant

Open for breakfast and dinner in Whistler. Sunday Brunch is offered on all major holidays (only).

### The Grill Room

Fine dining Whistler restaurant showcasing chops, steak and seafood.

### Portobello Market, Fresh Bakery & Smokehouse

Open daily for breakfast, lunch and dinner during the summer.

### The Mallard Lounge & Terrace, Private Spirit Room

Open daily for lunch, light evening meals and cocktails.

### The Chalet

Evening alpine cuisine and fondue dining mid December through March, located on-site at The Clubhouse.

### The Clubhouse

Breakfast, lunch and dinner during the summer golf season, May through September.

### Whistler family restaurant locations

Children's menus and kid friendly Whistler dining locations at The Fairmont

## FITNESS CENTRE

**Operating hours: Open seven days a week: 5:30 a.m. to 11:00 p.m. with guest room key access**

- Well-equipped cardio and weight-training centre
- Personal training sessions can be arranged with the centre's certified trainers
- Complimentary yoga classes are available

## SPA FACILITIES

**Operating hours: Open seven days a week Monday to Thursday 10:00 a.m. to 8:00 p.m. and Friday through Sunday 9:00 a.m. to 9:00 p.m..**

The philosophy of Vida Spa in Whistler is strongly rooted on the delicate balance of inner calm, outer vitality, sensory pleasure and spiritual health. A Whistler spas holistic approach that blends the ancient Indian principles of Ayurveda together with modern practices ensures that each Whistler spa resort guest receives a personalized treatment that meets their individual needs.

**VIDA SPA RESERVATIONS: To avoid disappointment, please book your Whistler resort and spa experience in advance. Tel: 604 938 2086 • Fax: 604 905 0348 • E-mail: [WhistlerInfo@vidaspas.com](mailto:WhistlerInfo@vidaspas.com)**

## POOL

**Operating hours: Open daily 7:30 a.m. – 10:00 p.m.**

The panoramic vistas of Whistler and Blackcomb Mountains may be enjoyed year round from the outdoor 60 ft. heated lap pool with underwater music or one of three outdoor whirlpools.



## SKI CONCIERGE

The Concierge desk is located in the main lobby and attendants are ready to advise and assist you with your activity, dining and transportation arrangements.

Call 1-604-938-2006 for more information, or email [cwr.concierge@fairmont.com](mailto:cwr.concierge@fairmont.com).

## BICYCLE AND SKI STORAGE

Complimentary bicycle, ski and golf storage is available in the lower lobby concourse level of the hotel.

## WHISTLER BLACKCOMB SKI PROMO

**JANUARY 28, 2018 TO FEBRUARY 6, 2018**

### DISCOUNTED LIFT TICKETS, EQUIPMENT RENTALS AND SNOW SCHOOL PROGRAMS

Whistler Blackcomb is pleased to offer you great savings on Lift Tickets, Rentals and Snow School Programs. We make it easy for you to pre-register and pre-purchase the products that you need through our dedicated Reservation Call Centre.

#### To Pre-book:

1. Call 1-800-766-0449. Our Reservation Centre is open from 9:00 am – 5:00 pm PST. You may make bookings anytime from October 13, 2017 to January 27, 2018.
2. When pre-booking please ensure you tell the Reservation Host FIRST that you are with the Arrhythmia Update Plus Conference.
3. Book Snow School programs, order Lift Tickets and Rental Products.
4. Provide your valid credit card details for immediate processing. (We accept Visa, Master Card and American Express).
5. Record the Customer Booking Number given to you by your Whistler Blackcomb Reservation Agent.

Please note that pre-booking rates will only be available until January 27, 2018. Once you're here, there will NOT be an onsite discount option so book EARLY!

All prices are in Canadian Dollars. Please add 5% GST to lift and snow school; equipment rentals will be subject to 5% GST and 7% PST.

REGULAR SEASON SEASON DATES: JANUARY 8-JANUARY 31, 2018					MID SEASON #1 SEASON DATES: FEBRUARY 1-24, 2018				
	ADULT	SENIOR	YOUTH	CHILD		ADULT	SENIOR	YOUTH	CHILD
<b>PEAK 2 PEAK SIGHTSEE</b>	<b>\$51</b>	<b>\$44</b>	<b>\$44</b>	<b>\$25</b>	<b>PEAK 2 PEAK SIGHTSEE</b>	<b>\$51</b>	<b>\$44</b>	<b>\$44</b>	<b>\$25</b>
<b>1 DAY</b>	\$117	\$104	\$99	\$58	<b>1 DAY</b>	\$129	\$115	\$110	\$64
<b>2 OF 3 DAYS</b>	\$222	\$200	\$190	\$112	<b>2 OF 3 DAYS</b>	\$244	\$222	\$208	\$122
<b>3 OF 4 DAYS</b>	\$315	\$288	\$267	\$159	<b>3 OF 4 DAYS</b>	\$345	\$312	\$294	\$174
<b>4 OF 5 DAYS</b>	\$416	\$372	\$352	\$204	<b>4 OF 5 DAYS</b>	\$456	\$412	\$388	\$228
<b>5 OF 6 DAYS</b>	\$510	\$455	\$435	\$250	<b>5 OF 6 DAYS</b>	\$560	\$505	\$475	\$280

In the case of an overlap of dates and multiple pricing seasons, the season in which the first day of skiing falls will apply. Your Reservation Host will confirm the final pricing with you.





## TICKET DISTRIBUTION

Pre-booked tickets and vouchers can be picked up at any Whistler Blackcomb Guest Relations desk, Snow School Sales desk or Ticket Window.

## RENTAL EQUIPMENT - SAVE UP TO 20% BY PRE-BOOKING!

(PLEASE ADD 12% PST/GST)

We operate several Rental shops throughout Whistler with the largest NEW Equipment Fleet in town! Our locations include: Pan Pacific Lodge, Westin Resort & Spa, Carleton Lodge, Fairmont Chateau Whistler, The Four Seasons Resort Whistler, the Blackcomb Daylodge and Whistler Gondola Rentals.

See your group's custom rental link below to reserve your equipment: <http://www.rentskis.com/AUPlus2018WB>

The link will prompt you to select "Daylodge" as your rental store. Please select this location, however, you can still pick up your rentals from the Four Seasons Mountain Products Store in the hotel.

Please note that pre-booking rates will only be available until January 27, 2018. Once you're here, there will NOT be an onsite discount option so book EARLY! All prices are in Canadian Dollars. Please add 5% GST to lift and snow school; equipment rentals will be subject to 5% GST and 7% PST.

### ADULT SPORT RENTALS (BEGINNER)

	SKIS/POLES OR SNOWBOARD ONLY				SET (SKIS/SNOWBOARD, BOOTS, POLES)			
	GROUP RATE	PRICE PER DAY	12% TAX	YOU PAY US	GROUP RATE	PRICE PER DAY	12% TAX	YOU PAY US
<b>1 DAY</b>	\$41.19		\$4.94	<b>\$46.13</b>	\$49.43		\$5.93	<b>\$55.36</b>
<b>2 OF 3 DAYS</b>	\$82.38	\$41	\$9.89	<b>\$92.27</b>	\$98.86	\$49	\$11.86	<b>\$110.73</b>
<b>3 OF 4 DAYS</b>	\$123.58	\$41	\$14.83	<b>\$138.40</b>	\$148.30	\$49	\$17.80	<b>\$166.09</b>
<b>4 OF 5 DAYS</b>	\$158.18	\$40	\$18.98	<b>\$177.17</b>	\$189.82	\$47	\$22.78	<b>\$212.60</b>
<b>5 OF 6 DAYS</b>	\$189.49	\$38	\$22.74	<b>\$212.23</b>	\$227.39	\$45	\$27.29	<b>\$254.67</b>
<b>6 OF 7 DAYS</b>	\$217.49	\$36	\$26.10	<b>\$243.59</b>	\$261.00	\$43	\$31.32	<b>\$292.32</b>

### ADULT PERFORMANCE RENTALS

	SKIS/POLES OR SNOWBOARD ONLY				SET (SKIS/SNOWBOARD, BOOTS, POLES)			
	GROUP RATE	PRICE PER DAY	12% TAX	YOU PAY US	GROUP RATE	PRICE PER DAY	12% TAX	YOU PAY US
<b>1 DAY</b>	\$56.85		\$6.82	<b>\$63.67</b>	\$65.09		\$7.81	<b>\$72.90</b>
<b>2 OF 3 DAYS</b>	\$113.70	\$57	\$13.64	<b>\$127.34</b>	\$130.18	\$65	\$15.62	<b>\$145.80</b>
<b>3 OF 4 DAYS</b>	\$170.54	\$57	\$20.47	<b>\$191.01</b>	\$195.26	\$65	\$23.43	<b>\$218.69</b>
<b>4 OF 5 DAYS</b>	\$218.30	\$55	\$26.20	<b>\$244.50</b>	\$249.94	\$62	\$29.99	<b>\$279.93</b>
<b>5 OF 6 DAYS</b>	\$261.50	\$52	\$31.38	<b>\$292.89</b>	\$299.40	\$60	\$35.93	<b>\$335.33</b>
<b>6 OF 7 DAYS</b>	\$300.16	\$50	\$36.02	<b>\$336.18</b>	\$343.66	\$57	\$41.24	<b>\$384.90</b>

# GETTING AROUND WHISTLER



## ADULT SNOW SCHOOL

(PLEASE ADD 5% GST)

Within our Adult Snow School Programs; Daily Max 4 Lessons are 10% off during your conference. For information regarding these programs please phone the Reservations Centre at 1.800.766.0449.

## WHISTLER KIDS

We take having fun seriously. Our children's instructors are the best of the best – they are patient, caring, encouraging and very supportive every step of the way. Our school builds skills, self-confidence and friendships, which will last a lifetime. All of our group programs include a healthy lunch and snacks as well as access to some of the best facilities in North America. Our Skiing programs range from ages 3-18 and our Snowboarding programs range from ages 4-18 years.

Special 10% discounts have been set up on select children's programs during your conference.

- Kids and Youth 1-5 day Lessons
- Kids 3-day and 5-day Adventure Camps
- Kids and Youth 5-day Holiday Camps
- Max4 Ski Lessons

Please contact a reservation center representative for additional information and program exclusion details at 1.800.766.0449.

## SHOPPING

- **Upper Village:** 3-minute walk / 0.2 kilometres / 0.12 miles
- **Whistler Village:** 15-minute walk / 1.1 kilometres / 0.68 miles
- **Creekside Village:** 10-minute drive / 5.6 kilometres / 3.48 miles

# GETTING AROUND WHISTLER



## AIRLINE RESERVATIONS

### AIR CANADA

1-888-247-2262 • [www.aircanada.com](http://www.aircanada.com)

- Please use the following promo code in the search panel when booking your flight.
- Promo code: 8M8B2YV1

### WESTJET

1-888-937-8538 • [www.westjet.com](http://www.westjet.com)

- Please use the following coupon code in the search panel when booking your flight.
- Coupon code: 3X3UJWG

## AIRPORT TRANSPORTATION

### PACIFIC COACH LINES (Vancouver International Airport to Whistler)

1-800-661-1725 • [www.pacificcoach.com](http://www.pacificcoach.com)

- Please allow three hours of travel time for all trips.
- Reservations are required for hotel pickup and drop-off services.
- When booking your ground transportation, please quote group code AU2018

### GREYHOUND LINES (to and from downtown Vancouver only)

1-800-661-8747 • [www.greyhound.ca](http://www.greyhound.ca)

- Please allow 2.5 hours of travel time.
- Reservations are not taken; tickets are purchased from the Greyhound office at Pacific Central Station.

## CHAUFFEURED LIMOUSINE, SEDAN, AND VAN SERVICES

### GLOBAL ALLIANCE

1-800-267-0122 • [www.global-alliance.ca](http://www.global-alliance.ca)

### WHISTLER GLACIER GROUP YVR VANCOUVER TRANSPORTATION WHISTLER

604-905-7779 • [www.whistlerglaciergroup.com](http://www.whistlerglaciergroup.com)

## TAXI SERVICES (not recommended for airport pickup)

### WHISTLER TAXI

1-800-203-5322 • [www.whistlertaxi.com](http://www.whistlertaxi.com)

### VANCOUVER TAXI

Voice line: 604-871-1111 • Text a taxi: 604-699-1111 • [www.vancouvertaxi.cab](http://www.vancouvertaxi.cab)

## AUTOMOBILE RENTALS

Self Parking at the hotel is available at \$35.00 per day plus taxes. Valet Parking at the hotel is available at \$39.00 per day plus taxes.

### AVIS

Rates and Reservations:  
1-800-879-2847  
[www.avis.ca](http://www.avis.ca)

### BUDGET

Rates and Reservations:  
1-800-268-8900  
[www.budget.ca](http://www.budget.ca)

### HERTZ

Rates and Reservations:  
1-800-654-3131  
[www.hertz.ca](http://www.hertz.ca)

### THRIFTY

Rates and Reservations:  
1-800-847-4389  
[www.thrifty.com](http://www.thrifty.com)



## NANNIES ON CALL

Local: 604-734-1776 • Toll free: 1-877-214-2828 • [bookings@nanniesoncall.com](mailto:bookings@nanniesoncall.com) • [www.nanniesoncall.com](http://www.nanniesoncall.com)

- One or two children: \$17 per hour (four-hour minimum)
- Each additional child: \$3 extra per hour

## CHRISTMAS DAY / NEW YEAR'S EVE/DAY: DOUBLE RATES

**Agency fees** – Clients will receive a credit towards their next booking if the booking is canceled after a nanny had been confirmed. The booking fee is non refundable.

**Nanny fees** – A 4 hour cancellation fee will automatically be charged to the clients credit card for all booking canceled with less than 24 hours.

## BABYSITTING WHISTLER

Local: 604-902-2229 • Toll free: 1-888-906-2229 • [fun@babysittingwhistler.com](mailto:fun@babysittingwhistler.com) • [www.babysittingwhistler.com](http://www.babysittingwhistler.com)

- One or two children: \$17 per hour (three-hour minimum; four-hour minimum during peak times and holidays)
- Each additional child: \$2 extra per hour, per child (maximum of four children/care giver)

## CHRISTMAS DAY / NEW YEAR'S EVE/DAY: DOUBLE RATES

Other statutory holidays: \$2 extra per hour

There is a 4 hour minimum for each daytime booking and a 3 hour minimum for evening bookings (after 4:00 pm). Cancellations made within 24 hours are subject to a \$20 cancellation charge. Cancellations made within 3 hours of the booking commencing are subject to the 3 or 4 hour babysitting fee. Babysitter must be paid cash at end of each shift. New Years Eve bookings incur double rates / a 4 hr minimum / and a 7 day cancellation policy applies. Receipts provided upon request.

*\*All rates are subject to change; please contact the companies directly for further information.*



# HOSPITAL/MEDICAL CENTRES



Squamish General Hospital, 55 km south of Whistler in Squamish, is the closest hospital to Whistler. However, Whistler Medical Clinic, located in the Whistler Village, is fully equipped to handle most medical needs.

## **NORTHLANDS MEDICAL CLINIC**

101-4359 Main St, Whistler, BC  
604-932-8362

## **WHISTLER HEALTH CARE CENTRE**

4380 Lorimer Rd, Whistler, BC  
604-932-4911

## **SQUAMISH GENERAL HOSPITAL**

38140 Behrner Dr, Squamish, BC  
604-892-5211

## **WHISTLER MEDICAL CLINIC**

201-4380 Lorimer Road, Whistler, BC  
604-967-0066

## **TOWN PLAZA MEDICAL CLINIC**

40-4314 Main St, Whistler, BC  
604-905-7089





## WHISTLER RESTAURANTS

Whistler's dining scene is keeping pace with its top resort destination status, providing premium cuisine to a well travelled clientele. Besides outdoor activities, eating out is an important activity in the village, and understandably so with more than a hundred wonderful restaurants, bars, delis, and pubs to choose from.

Whistler emphasizes comfort and has a "resort-casual" dress code. Some people prefer to dress for dinner, but it is not required.

## FINE DINING

### SIDECUT MODERN STEAK + BAR

604-966-5280

4591 Blackcomb Way

Whistler, BC

<http://www.sidecutwhistler.com>

Named for the curvature on the side of a ski or snowboard, Sidecut declares its spectacular alpine location with glorious views of the local Whistler and Blackcomb mountains and a brilliant, fire-lit setting at Four Seasons Resort and Residences Whistler. A sleek wood interior, colourful earth tones and an open fire provide a cosy setting for your visit to our steakhouse.

Summertime allows wonderful outdoor fine dining on the spacious heated patio, where an outdoor fireplace provides an inviting ambience, while winter creates a romantic setting, with s'mores by the fire pit after a cozy dinner.

The vertical slopes of Whistler aren't the only things worth carving into. Sidecut serves up a wide variety of regional meats, including Canadian prime beef from Alberta and BC fallow venison loin, cooked to perfection on a 1,800-degree infrared grill (which cooks meat evenly while retaining its natural juices). Perhaps you'd rather dive into entrées sourced from the nearby Pacific Ocean and local mountain lakes, such as Queen Charlotte Sound halibut or wild Chinook salmon. Whichever you prefer, pair it with a selection from the more than 200 bottles and 30 wines by the glass on our extensive wine list, which highlights a wide variety of labels, from international classics to boutique British Columbia wines.

### ARAXI

604-932-4540

4222 Village Square

Whistler, BC

[www.araxi.com](http://www.araxi.com)

The culinary cornerstone in the heart of Whistler Village, Araxi enjoys a long held international reputation for excellence in food, wine and hospitality.

As an early pioneer of farm-to-table, Executive Chef James Walt celebrates locally sourced ingredients from nearby Pemberton Valley farms, where he collaborates closely with regional producers. His seasonally focused menus feature standout ingredients – from the freshest seafood catches direct from the Pacific Ocean to natural beef from Pemberton Meadows. Walt's innovative and skillfully executed dishes deliver intelligent compositions and unforgettable flavours.

Located in the main square of the village, Araxi boasts a contemporary dining room colored in warm earth tones – and a sleek Raw Bar that exudes the passion and craftsmanship that lie at the heart of the restaurant. The lively lounge, which features a year-round indoor/outdoor bar, is the ultimate gathering place for both locals and visitors alike.



## FINE DINING

### BEARFOOT BISTRO

604-932-3433  
4121 Village Green  
Whistler, BC  
[www.bearfootbistro.com](http://www.bearfootbistro.com)

Executive Chef Melissa Craig's food starts with the season – the bounty, the colours. It's the combination of a familiar flavour with a new technique, a local ingredient given an international twist. The exceptional seafood and wild game found in British Columbia is complemented by the best of the best available from around the globe: Wagyu beef, Perigord truffles, Berkshire pork... Her quest for perfection never ends.

Let the wine director pair the perfect wines to complement each dish, or consult our sommeliers and select your own from our extensive cellar.

No meal is complete without something sweet, and Executive Pastry Chef Dominic Fortin is a master of desserts and petits fours. Select one of his stunning original creations, or opt for the theatrics of our signature nitro ice cream, prepared tableside with a Bearfoot Bistro flourish.

### HY'S STEAKHOUSE

604-905-5555  
4308 Main Street  
Whistler, BC  
[www.hyssteakhouse.com/menu](http://www.hyssteakhouse.com/menu)

A warm and inviting oasis for the hungry, discerning palate, this restaurant is well known for its great steak with all the fixings and an elegantly casual setting, complemented by attentive service.

### QUATTRO

604-905-4844  
4319 Main Street  
Whistler, BC  
<http://quattrorestaurants.com/quattro-at-whistler/>

Quattro at Whistler has won over critics, visitors, and residents alike with its invitingly warm service, contemporary Northern and Central Italian cuisine, and an extensive wine list recognized by Wine Spectator as one of the world's best. A private room for parties up to 12 people is available.

### RIM ROCK CAFE

604-932-5565  
2117 Whistler Road  
Whistler, BC  
[www.rimrockwhistler.com](http://www.rimrockwhistler.com)

A perennial favourite for both locals and guests of the resort, this intimate restaurant is located just 5 km (3 mi) south of the village in Creekside. It is best known for its excellent seafood menu with a selection of meat, poultry, and game.



## CASUAL DINING

### CARAMBA

604-938-1879  
4314 Main Street #12  
Whistler, BC  
[www.caramba-restaurant.com](http://www.caramba-restaurant.com)

Wood-fired pizza, rotisserie, pasta, and seafood prepared in traditional Mediterranean style. Comfortable and lively surroundings are ideal for families.

### CIAO THYME BISTRO

604-932-7051  
4573 Chateau Boulevard #2  
Whistler, BC  
[www.ciaothymebistro.com](http://www.ciaothymebistro.com)

This restaurant's philosophy is all about fresh, local ingredients with an open-concept kitchen. Ciao Thyme seats around thirty people inside and also has a lovely patio. A great choice for breakfast and lunch, and is open seasonally for dinner.

### ELEMENTS

604-932-5569  
4359 Main Street  
Whistler, BC  
<https://www.elementswhistler.com>

An urban tapas parlour offering a large variety of locally-inspired small plates. With a well-chosen wine selection and a cocktail list featuring infused martinis, it is an ideal place for late night sipping. This restaurant is a noted fun spot for breakfast, lunch, and casual dinner. Please note that Elements does not accept reservations.

### KYPRIAKI NORTE

604-932-0600  
4122 Village Green  
Whistler, BC  
[www.kypriaki.net](http://www.kypriaki.net)

Kypriaki features Mediterranean and Canadian cuisine, showcasing authentic Greek and Spanish dishes such as succulent roast lamb, traditional paella, fresh seafood, and tender aged steaks accompanied by an extensive international wine list.

### TRATTORIA DI UMBERTO

604-932-5858  
4417 Sundial Place  
Whistler, BC  
[www.hotelvilladelia.com](http://www.hotelvilladelia.com)

Featuring rustic Tuscan cuisine in a warm and family-friendly atmosphere. You'll find us in the heart of Whistler Village, Trattoria offers the year-round sports enthusiast fine Italian cuisine for a refreshing break after skiing, hiking, golf, or mountain biking. We thrive on style and originality.





## GLOBAL CUISINE

### SACHI SUSHI

604-935-5649  
4359 Main Street #106  
Whistler, BC  
[www.sachisushi.com](http://www.sachisushi.com)

Sachi Sushi is a local and visitor favourite. Creatively made sushi and hot Japanese dishes served in a casual and lively atmosphere make a trip to Sachi Sushi a valued experience. Voted the best sushi in Whistler for the last several years.

### SUSHI VILLAGE

604-932-3330  
4272 Mountain Square  
Whistler, BC  
[www.sushivillage.com](http://www.sushivillage.com)

Known for its casual yet vibrant atmosphere, terrific sushi, and legendary sake margaritas, Sushi Village is as much a social experience as it is a dining one. Visitors and locals alike repeatedly make the trip to what has become an icon of the Whistler social scene. As well as sushi, they serve hot dishes such as noodles, tofu, teriyaki seafood, steak, and chicken.

### TANDOORI GRILL

604-905-4900  
4368 Main Street  
Whistler, BC  
[www.tandooriwhistler.com](http://www.tandooriwhistler.com)

One of BC's finest Indian restaurants; their signature dishes are traditionally prepared in a charcoal-based clay tandoor oven, a favoured technique of the Mughal kings of India.

### TEPPAN VILLAGE

604-932-2223  
4293 Mountain Square #301  
Whistler, BC  
[www.teppanvillage.ca](http://www.teppanvillage.ca)

Japanese-style steak and seafood restaurant where teppanyaki chefs entertain guests as they put on a dazzling display of chopping, seasoning, fire, and juggling right at the table. Whether you're a seafood lover or a land lover, highly trained staff will make your authentic Japanese meal a feast for the eyes as well as the stomach.

## KOSHER CATERING

Kosher meals cannot be produced within the hotel; however, there are several reputable kosher caterers in Vancouver that will deliver to the Whistler area.

### CHAGALL'S FOOD SVC LTD.

604-263-7507

### NAVA CREATIVE KOSHER CUISINE

604-676-7632  
[www.navacreative.ca](http://www.navacreative.ca)

### OMNITSKY KOSHER DELI

604-321-1818  
[www.omnitskykosher.com](http://www.omnitskykosher.com)

### SABRA KOSHER BAKERY AND RESTAURANT LTD.

604-733-4912  
[www.sabrakosherrestaurant.com](http://www.sabrakosherrestaurant.com)

### THE LAZY GOURMET

604-734-2507  
[www.lazygourmet.ca/page183.htm](http://www.lazygourmet.ca/page183.htm)



# WINTER ACTIVITIES



Whistler offers a myriad of things to do during the winter months. Choose from adventurous and breathtaking tours to activities where you can reflect and convene with nature. All are set against the beautiful backdrop of the Coast Mountains. Please see the concierge at the Fairmont for complete details on tour offerings and availability. If you require more information, please email us at [contact@arrhythmiaupdate.ca](mailto:contact@arrhythmiaupdate.ca)

## SKIING AND SNOWBOARDING

Whistler continuously ranks as the number-one ski resort in North America.

- More than 200 ski runs
- The longest ski season in Canada
- The largest ski area in North America—8,171 acres
- The greatest vertical rise of any mountains in North America
- One of the most advanced high-speed lift systems in the world
- Two mountains to choose from: Whistler or Blackcomb Mountain
- Host of the 2010 Olympic and Paralympic Winter Games



	WHISTLER MOUNTAIN	BLACKCOMB MOUNTAIN
<b>OPENING YEAR</b>	1966	1980
<b>VERTICAL</b>	1,530 metres / 5,020 feet	1,609 metres / 5,280 feet
<b>TOP ELEVATION</b>	2,182 metres / 7,160 feet	2,284 metres / 7,494 feet
<b>BASE ELEVATION</b>	652 metres / 2,140 feet	675 metres / 2,214 feet
<b>SKIABLE TERRAIN</b>	4,757 acres / 1,925 hectares	3,414 acres / 1,382 hectares
<b>TRAILS</b>	100+	100+
<b>PARKS AND PIPES</b>	2 parks	3 parks, 1 superpipe, 1 snow cross track
<b>TOTAL NUMBER OF LIFTS</b>	19	17
<b>LONGEST RUN</b>	11 km / 7 mi Burnt Stew to Side-Winder, Upper and Lower Olympic	11 km / 7 mi Green Road, Down Easy Out
<b>MOUNTAIN RESTAURANTS</b>	8	9

# WINTER ACTIVITIES



## AVALANCHE AWARENESS TOURS

Join a free avalanche awareness tour offered daily on top of Whistler Mountain, run jointly by the Whistler Blackcomb Ski Patrol and the Whistler Sports Injury Prevention Program. The full-day tour covers terrain evaluation, avalanche phenomena, mountain safety procedures, avalanche equipment, and rescue techniques. You must be able to ski/ride a blue run (intermediate run) comfortably to join the tours.

## BUNGEE JUMPING

Looking for an exhilarating thrill? Try plunging into the Cheakamus Canyon from a 160-foot-high bridge. Bungee jumping in Whistler is a year-round activity. It is operated by North America's first commercial bungee jumping operators with a combined 27 years' experience. Your first jump starts at \$120.00 and includes a souvenir t-shirt.

## CROSS-COUNTRY SKIING

Discover cross-country skiing in the beautiful wooded trails of the Lost Lake area. More than 28 kilometres of track-set trails take skiers through a scenic winter wonderland. Different routes are available for all levels of skiers, and trails are well marked. Lessons are available to learn the fundamentals of classic or skating techniques or to perfect your cross-country skills. You can also enjoy a peaceful ski under the stars – the main trail is lit in the evening and open for night skiing. Equipment rentals are available.

## DOG SLEDDING

Take a winter journey with a lovable team of Alaskan huskies through snow-covered forest trails and experience Whistler's backcountry by dogsled. Enjoy the quiet beauty of majestic, old-growth forest and have a chance to interact with these energetic and spirited animals. Guests will participate in the excitement of harnessing the dogs and preparing them for running before taking off on the trails and can even take a turn driving the team. Enjoy this true Canadian wilderness experience on one of the most ancient forms of travel in the world.

## HORSE-DRAWN SLEIGH RIDES

Experience a magical evening under the stars with a horse-drawn sleigh ride. Gentle Clydesdale-Percheron horses guide you through an unforgettable experience in Whistler's pristine woods. Arrive at a cozy cabin and relax to a three-course gourmet fondue dinner. Rides start at \$55.00 per person; ride and dinner start at \$109.00 per person.

## FLIGHT SEEING

Sit back and relax in the comfort of a helicopter and enjoy some of the most dramatic scenery in North America. On this helicopter flight, hover near majestic mountain peaks, see crystal clear lakes, spectacular waterfalls, and witness the magic of the mountains and the village below. Twenty-minute flights start at \$179.00 per person; glacier landings are available at an extra cost.

# WINTER ACTIVITIES



## HELI-SKIING AND SNOWBOARDING

Experience the ultimate untracked powder experience as you travel beyond ski lifts into the high alpine on a heliskiing or boarding adventure. Professional experts provide you with a truly memorable experience with the highest standard of pilots and helicopters. Carve through deep blankets of powder surrounded by thousands of square kilometres of untouched backcountry terrain. Small guide-to-guest ratios and suitable for the intermediate/advanced enthusiast, this is the ultimate backcountry experience. Three-run packages start at \$670.00 per person.

## HELI-SNOWMOBILING

A helicopter will whisk you to the world-class glaciers of the Pemberton Ice Cap, where you can take the snowmobile adventure of a lifetime. Arrive at Glacier Base Camp (located on the Ice Cap at 6,500 feet) and enjoy 360° views of the Coast Mountain range. Play in untracked powder in over 25,000 acres of expansive glacial snowfields in top-of-the-line, high-performance mountain machines. Tours are suitable for riders of all abilities – choose from easy terrain to the most challenging expert conditions. This tour is the only one of its kind in the world! Tours start at \$1,500.00 per person.

## HUMMER/SNOWCAT TOURS

Enjoy the pristine beauty of Whistler's backcountry by day in a Hummer Snowcoach. This 19-passenger vehicle has CD stereo surround sound, wraparound glass for panoramic views, and an open design that allows guests to interact with the driver.

Take a three-hour backcountry tour to the magnificent Alexander Falls or enjoy a full “play day” of activities including the Hummer tour, cross-country skiing, snowshoeing, tobogganing, and a three-course lunch at the Callaghan Lodge (a remote lodge located in the Coast range backcountry). This trip is great for families and groups.

In the evening, a cozy cabin awaits you after a deluxe and relaxing twilight journey up snow-covered mountain routes. Enjoy a gourmet fondue dinner, fine wine, and entertainment in a rustic mountainside cabin with spectacular views below.

## ICE CLIMBING

Ever dreamed of climbing up a waterfall of ice? Definitely an extreme challenge! Professional guides and safety equipment make it all possible. Outfitted with boots, crampons, and ice tools, first-timers will be introduced to this exciting sport. More experienced climbers will be guided up adventurous routes that match their ability. Join a professional guide for a day of ice climbing on some of the best frozen routes around.

## ICE SKATING

Indoor ice skating is available at Meadow Park Sports Centre, with rental skates available on site. Meadow Park is just a short seven-minute drive north of the village. During certain times of the season (weather permitting) you can skate the old fashioned way—on a frozen mountain lake! Outdoor ice skating takes place at the enchanting frozen shores of Green Lake.

## RACQUET SPORTS

Indoor tennis is available at the Whistler Racquet Club, offering indoor tennis all year round. Squash courts can be booked at the Meadow Park Sports Centre. Racquet rentals, goggles, and balls are all available at an extra cost.



## ROCK CLIMBING (Indoor)

The Core Climbing Gym offers over 400 square feet of indoor rock climbing challenges including cracks, dihedrals, and overhangs. Choose either a guided lesson or run up against the automatic belays. One-hour guided sessions are available and include safety equipment, climbing shoes, and instruction. The Core also offers a full fitness centre, classes, yoga, weights, and Internet services.

Looking for a night out without the kids? Treat kids from four years and up to an evening of fun with dinner programs at The Core! The Climb & Dine program for kids ages six and up get kids climbing in a fun environment with friendly guides. The four-to-six-year-olds will enjoy Yeti Land – a supervised, padded play zone. Both programs include all equipment, supervision (or guides), pizza, snack, and a drink.

## SKI/SNOWBOARD BACKCOUNTRY TOURING

Experience fantastic high-alpine powder skiing and snowboarding as knowledgeable guides take you through Whistler's backcountry terrain. You will be given an introduction to backcountry equipment, terrain selection, powder techniques, and avalanche safety as you hike your way along the backside of Whistler or Blackcomb. There is a multitude of bowls, glaciers, and gladed runs to choose from on this adventurous tour.

## SNOWCAT SKIING AND SNOWBOARDING

Catskiing offers powerful Bombardier snowcats to take you to an unforgettable day of skiing or snowboarding Whistler's immense backcountry. Twelve-passenger snowcats act as chairlifts to take you to acres of powder bowls, open slopes, tree skiing, and some of the most spectacular terrain in BC. Your day will consist of an average of 7,000 to 10,000 vertical feet of untracked powder. Certified guides will brief you on backcountry safety, avalanche awareness, and the use of avalanche transceivers. Full-day tours start at \$399.00 per person.

## SNOWMOBILING

Explore Whistler's scenic backcountry on a safe and exciting snowmobile adventure. Choose easy terrain to more technical riding as you journey through magnificent terrain, old-growth forests, or wind your way up the mountain. Snowmobile tours are carefully designed to suit every skill level. Family tours (suitable for young children), twilight dinner tours, and full-day backcountry expeditions are also available. For kids, check out the Mini-Z snowmobiles with one of our adventure companies! Two-hour tours start at \$119.00 per person.

## SNOWSHOE TOURS

Experience beautiful views and winter fun on an unforgettable winter snowshoe journey. Take a ride up the gondola and trek through freshly fallen snow in pristine old-growth forest. Look for wild birds and animal tracks and play in snow slides as you make your way through the forest. Choose from guided tours for varying levels of ability or rent your own snowshoes and trek along many of the well-marked and scenic trails. Each tour offers breathtaking views and an experience you will never forget. Guided 1.5-hour tours start at \$69.00 per person.

# WINTER ACTIVITIES

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## TREETREK ECOTOURS

Explore a spectacular network of suspension bridges, boardwalks, and trails that take you from the forest floor to the upper reaches of the forest canopy. Located between Whistler and Blackcomb mountains, TreeTrek takes you on a guided, interpretive tour into some of the most accessible temperate rainforest on earth. Explore the cool of the coastal rainforest while walking through the treetops on this 1.5-hour guided family-friendly adventure for all ages. Tours start at \$39.00 per person.

## TUBE PARK

Get ready to have a blast, day or night, in Blackcomb's tube park. Complete with six to eight lanes rated from green to black diamond, and accessed via a new tube-friendly, carpet-style lift, the tube park is expected to go off this winter! It'll offer family fun for all ages – whether young or simply young at heart – and will include a concession stand and fire pits to warm cold fingers and toes. It's located just above Base II by Parking Lot 8, and will be accessible via the Excalibur Gondola, long after the lifts are closed to skiing and riding. One-hour and two-hour lift tickets are available at the Whistler base or directly at the tube park.

## WHISTLER TASTING TOURS

Explore the village dining scene and discover several fantastic Whistler restaurants. On this unique culinary adventure, each venue serves a delicious dish paired with a local BC wine.

## ZIP LINE TOURS

Experience a thrilling and ecological-based journey high in the treetops as you ride a series of steel cables extending over half a mile in Whistler's ancient forests on this exciting zip line tour. Soar along zip lines up to 610 m (2,000 ft) long and 61 m (200 ft) above the forest floor, and feel the adrenaline as you reach speeds of over 80 km/hr (50 mph)! Zip line guides take you on an interpretive adventure across sky-high viewing platforms and along trails that allow you to explore the wonders of the rainforest. Three-hour tours start at \$98.00 per person.

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*PLEASE NOTE: All prices are in Canadian dollars, do not include applicable taxes, and are subject to change. Most tours can be guaranteed to a credit card, and a 48-hour cancellation policy is in effect. Some activities may not be suitable for all ages and restrictions may apply. Tours may be subject to a minimum number of participants.*

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This event is an accredited group learning activity under Section 1 as defined by the Royal College of Physicians & Surgeons of Canada for the Maintenance of Certification program. This program is approved by the Canadian Cardiovascular Society for a maximum of 13.5 credits.

