



FOUR SEASONS  
RESORT AND RESIDENCES  
WHISTLER

# Fall Resort Guide



Share your stay  
@fswhistler



# Whistler in Autumn

As summer softens into autumn, Whistler settles into a season of golden light, crisp mountain air and a quieter rhythm.

At Four Seasons Resort and Residences Whistler, the season is defined by time outdoors, moments of restoration and the flavours of the regional harvest. Explore alpine trails, unwind with spa experiences and settle into an atmosphere shaped by the changing landscape.

Autumn offers a different perspective on Whistler: unhurried, restorative and closely connected to its surroundings.



# Dining Options Around the Resort

## BRAIDWOOD TAVERN

Breakfast | Lunch | Dinner

Open daily from 7:00am to 11:00pm

From morning through evening, Braidwood Tavern offers classic mountain fare with a contemporary perspective. The menu draws on familiar flavours and seasonal ingredients, served in a relaxed setting inspired by Whistler's alpine heritage.

Gather by the fireplace for breakfast, lunch, après or dinner, complemented by a thoughtful cocktail program and a warm tavern atmosphere designed for lingering.



## SIDECUT STEAKHOUSE

Open daily from 5:30pm to 9:00pm

Reservations are recommended.

\*SIDECUT Steakhouse will be closed from November 2-6 for enhancements.

SIDECUT Steakhouse celebrates the region's abundance through exceptional seafood, premium cuts and ingredients sourced from land and sea. Executive Chef Shiv Kappal's menu honours classic steakhouse tradition while embracing a contemporary approach, with thoughtful preparations that let each ingredient speak for itself.

Hand-cut Canadian Prime steaks, Pacific seafood and the seasonal prix fixe menu offer a refined expression of the region's culinary landscape.

## BRAIDWOOD CAFÉ

Lobby | Open daily from 7:00am to 11:00am

## POOL BAR

Open daily from 11:00am to 7:00pm

# A Season of *Indulgence*

This fall, enjoy seasonal dining highlights throughout the resort:

- Oyster & Wine daily from 3:00pm to 5:00pm, featuring 50% off oysters and select wines at Braidwood Tavern.
- Seasonal Prix Fixe Menus at Braidwood Tavern and SIDECUT.
- Wine Wednesday at SIDECUT - Enjoy 50% off select bottles under CAD 300.
- The Cabin - Serving seasonal indulgent treats from 3:00pm - 7:00pm daily, weather permitting.
- Prime Cut Tuesdays - Enjoy a featured prime cut steak and two signature sides and sauce for CAD 295. Exclusively on Tuesdays.

## IN-ROOM DINING



## SIGNATURE BREAKFAST TOWER

Our Signature Breakfast Tower is a feast for the senses —layered with your favourite breakfast bites and perfect for sharing. Whether you are fuelling up for a day of adventure or enjoying a slow start, it is best served with a side of alpine views on your balcony.

CAD 139 | 24 hr notice required to order.



# Beyond the Ordinary

Escape to a secluded mountaintop for guided breathwork and meditation, framed by the alpine landscape.

Featuring our new helicopter experience, Ascend to Stillness.

Please contact the Concierge Team for more information.



# Reset & Recharge at the Spa

## **FOUR SEASONS POOL AND WHIRLPOOLS**

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. Kindly note you may need to sign up for a waitlist during peak times.

## **THE SPA & RETAIL**

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

After an adventurous day in the mountains, relax and recover with a wide variety of healing massages. After your treatment, explore our curated retail selection of skincare products and apparel.

## **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.

## **MOUNTAIN PATH PEDICURE**

Unwind with a soothing wild rose and yarrow soak, followed by gentle, skin-renewing exfoliation. A nourishing cranberry rose mask is then applied to your feet while your hands are massaged – offering a moment of transcendent relaxation. The treatment journey concludes with a grounding foot massage using a botanical balm and finishing with the polish of your choice.

## **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.

## **FITNESS CENTRE**

Open 24 hours daily

# Weekly Resort Activities

## CANADIAN MAPLE TAFFY ✂

---

Lower Lobby | Available Wednesday to Sunday from 4:00pm to 5:00pm

Experience a beloved Canadian tradition at our maple taffy station. Watch as hot, golden maple syrup is artfully poured over fresh snow, then rolled onto sticks to create a chewy, melt-in-your-mouth treat. Perfect for all ages, this sweet indulgence is as fun to make as it is to enjoy.

## MAKE YOUR OWN SIDECUT STEAK RUB ✂

---

Braidwood Tavern Chef's Table | Every Thursday and Saturday | 2:00pm to 3:00pm

Join our instructor at the Chef's Table and learn how to blend premium spices and aromatics to create your own signature steak rub. Take home your custom creation and the know-how to elevate your next grilling experience. This interactive session offers insight into the bold, flavourful profiles SIDECUT is known for, making it a must for any food enthusiast.

Participants must be at least 16 years of age for this activity.

Please register with our Concierge Team as space is limited.

## CREATE YOUR OWN SPA SCRUB WORKSHOP 🌲

---

Braidwood Tavern Chef's Table | Every Wednesday and Sunday | 2:00pm to 3:00pm

Craft your own spa scrub using locally sourced botanicals and ingredients, guided by our spa experts. This hands-on wellness experience is rooted in nature and tradition—designed to leave your skin glowing and your senses grounded.

Participants under 12 years of age are welcome to participate when accompanied by a parent or guardian.

Please register with our Concierge Team as space is limited.

## SEA TO SKY BEER TASTING ✂

---

Braidwood Tavern Bar | Every Monday, Tuesday, and Friday | 3:00pm - 4:00pm

Savour a curated tasting of craft beers from the Sea to Sky region at Braidwood Bar. Learn about the brewing process, flavour profiles, and local beer culture while sampling distinctive varieties from nearby breweries. This engaging experience is perfect for beer lovers looking to expand their palates and discover new favourites.

Participants must be at least 19 years of age to participate in this activity. Please register with the Concierge Team as space is limited.

## WHISTLER CUBS

---

Lower Lobby | Fridays, Saturdays & Sundays | 10:00am to 12:00pm | Ages 5-12

Let young explorers discover, create, and connect with our Whistler Cubs program. Designed for children ages 5 to 12, this supervised experience features interactive games, creative crafts, and engaging activities inspired by the beauty and spirit of Whistler. Each session encourages imagination, learning, and new friendships in a fun and welcoming environment.

Please register with the Concierge Team as space is limited.

## PAINT & SIP WITH ANDREA MUELLER ✂

---

Braidwood Tavern Chef's Table | Sundays | 4:00pm to 5:30pm | Ages 19+

Unwind with an inspiring afternoon of creativity and connection at our Paint & Sip experience. Guided by renowned local artist Andrea Mueller, guests will create their own Whistler landscape masterpiece on canvas while enjoying a glass of wine. Whether you're an experienced painter or picking up a brush for the first time, Andrea's step-by-step instruction ensures a relaxed and enjoyable experience for all skill levels.

Guests under 19 years of age are welcome to participate when accompanied by a parent or guardian.

Please register with our Concierge Team as space is limited.

# Daily Resort Activities

## COFFEE STATION ✂

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

Early risers can enjoy a complimentary coffee or tea in the Lower Lobby.

## SQUAMISH LIL'WAT CULTURAL CENTRE GUIDED TOURS

Daily, except Mondays, at 10:00am and 3:00pm

Learn more about the two First Nations communities that have lived in the Whistler area for generations.

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

\*Weather dependent, anticipated end date of October 15th

E-bikes are available on a complimentary basis for a 1-hour use.

Please register with the concierge team as this activity has limited availability.

Please note passengers and riders must be at least 16 years old for this activity.

## FALL REFRESHMENTS ✂

Hot Apple Cider available daily from 2:00pm to 4:00pm in Lower Lobby

Hot Cocoa available daily from 3:00pm to 5:00pm in Lower Lobby

## WINE RECEPTION ✂

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

Join us for our complimentary wine reception, featuring varieties from British Columbia.

## DAILY FITNESS CLASSES 🌲

Fitness Centre - Movement Studio

Explore our diverse range of fitness classes with each session designed to meet your wellness needs.

Please check our weekly class schedule for specific dates and times.

🌲 Resort wellness activity ✂ Culinary



# Worth *Lingering* Over

Explore exceptional dining this fall, with  
SIDECUT's exclusive prix fixe menu.  
Crafted with the season's freshest  
ingredients, each dish is a testament to  
the cozy, comforting feeling that  
captures the essence of the season.

Available daily  
from 5:30pm to 9:00pm  
CAD 59/person.

# From *Peak* to Plate

Inspired by the season and rooted in the flavours of the mountains, Braidwood Tavern's prix fixe menu features a curated selection of tavern favourites. Gather around the table, share in good conversation and savour a dining experience defined by the season's finest ingredients.

Available daily from 5:30pm to 9:30pm.  
CAD 49/person.



# 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.

Friday

3:30pm to 10:45pm: Resort > Residences > Sundial > Delta > Summit Lodge

Saturday

7:00am to 5:00pm: Resort > Residences > Blackcomb Day Lodge > Sundial Hotel

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

Sunday

8:00am to 4:00pm: Resort > Residences > Blackcomb Day Lodge > Sundial Hotel

## HOUSE CAR SERVICE

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

The Resort offers a fleet of spacious SUVs for individual transportation.

Service is on a first-come, first-served basis, cannot be reserved in advance, and is subject to boundaries.

Please connect with our Guest Services Team 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. Please note a one-time fee of \$10 applies.

Available upon request.

# Discover *Beyond* the Resort

## **ASCEND TO STILLNESS EXPERIENCE**

Take a 25-minute helicopter journey to a secluded mountaintop for a guided breathwork and meditation experience. Surrounded by sweeping alpine views and complete stillness, settle into a 30-minute session designed to slow the mind, deepen the breath, and reconnect with yourself.

## **MOUNTAIN BIKING & CYCLING**

Whistler is world-renowned for mountain biking, with scenic trails and routes throughout the valley. Whether exploring the surrounding mountains or leisurely cycling along the Valley Trail, there are options for every level.

\*Last day of Bike Park operations is October 12th.

## **HIKING**

Explore Whistler's forests, lakes, and mountain landscapes on foot. Wander through towering Douglas firs and ancient cedar groves, or venture farther with an experienced mountain guide.

Stop by the Concierge desk for recommendations on self-guided or guided hiking tours. Experiences are available for a range of ages and activity levels, subject to weather conditions.

## **EAGLE ZIPTREK TOURS**

Soar through Whistler's coastal rainforest on the Eagle Tour, Ziptrek's most popular year-round zipline experience. Travel between treetop platforms while taking in sweeping views of the surrounding mountains and forest.

## **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.

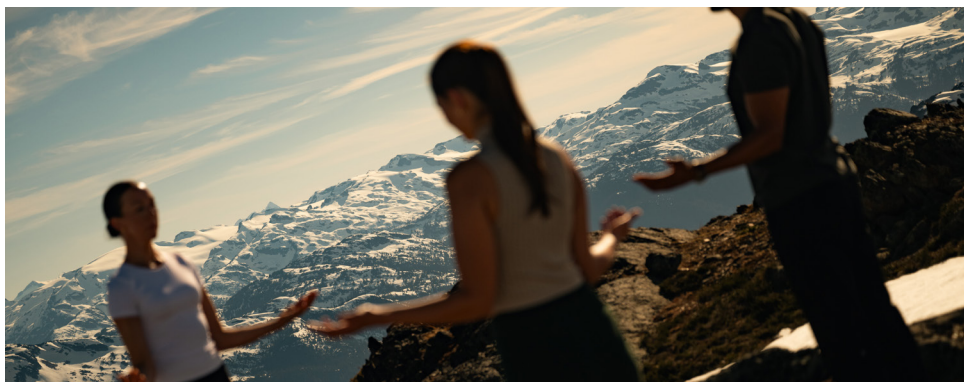
# Unlock Your Autumn *Adventure*

## EXPLORE THE BEST OF WHAT WE HAVE TO OFFER AT YOUR FINGERTIPS.

Download our app to create a personalized itinerary that ensures you make the most of your time in the mountains. Whether you are seeking the thrill of adventure or moments of relaxation, our curated collection of experiences has something for everyone.

1. Download the app.
2. Sign up with your last name and confirmation number.
3. Click on your stay and explore experiences.
4. Book directly online or chat with us to unlock your adventure.

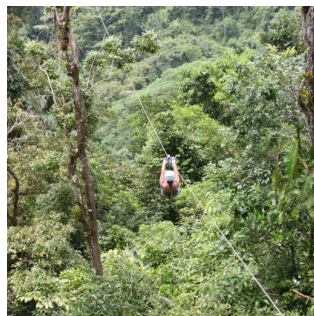
### Ascend to Stillness Experience



Hiking



Scan to Download App



Ziplining



## 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.
- Easily book restaurant and spa reservations.
- Extra pillows, forgot-to-pack toiletries, and turndown services when you want them.



---

## Download PressReader

1. Connect to our Wi-Fi network.
2. Download the PressReader app from your app store or scan the QR code.
3. Launch PressReader, pick your title and enjoy reading!

