

Trip Planner

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Arrhythmia Update *PLUS* 2016

Four Seasons Resort
Whistler, British Columbia

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**Wednesday, January 27, 2016 to
Saturday, January 30, 2016**

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Presented by



Greetings!

Now in its 19th year, Arrhythmia Update PLUS 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 & 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 or visit www.arrhythmiaupdate.ca.

Sincerely,
Arrhythmia Update PLUS 2016 Planning Committee

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Agenda

All meetings will take place at the Four Seasons Resort on the ground floor.

Wednesday, January 27, 2016

7:00 p.m. Welcome reception: Buffet dinner 7:00 - 9:00 p.m.

Thursday, January 28, 2016

7:00 a.m. Welcome and Introductions Stuart J. Connolly, MD

7:05 a.m. **Database studies of the NOACs and warfarin in AF: What do the registries and databases tell us about real world stroke prevention?** Stuart J. Connolly, MD

7:40 a.m. **Case studies in stroke prevention with NOACs and warfarin (including valvular heart disease)** Paul Dorian, MD, MSc

8:15 a.m. **Managing acute bleeding on oral anticoagulation in the era of the new NOAC antidotes** TBC

8:50 a.m. Health break

9:20 a.m. **Managing patients with both CAD and AF: Risks and benefits of dual antiplatelet and triple therapy** Jean-François Tanguay, MD

9:55 a.m. **Case studies in predicting risk in special cases: Silent AF, paroxysmal AF, patients >90 years old** TBC

4:00 p.m. **Fifth annual Residents' Case Challenge**

6:00 p.m. **Cocktail & light bites** (6:00 - 7:00 p.m.)

Friday, January 29, 2016

7:00 a.m.	Innovations in surgical management of valvular heart disease - KEYNOTE PRESENTATION	Tirone E. David, MD
7:35 a.m.	Exercise and the heart: How much is good, how much is too much?	Paul Dorian, MD, MSc
8:10 a.m.	ECG quiz/cases: Unusual presentations of common conditions	TBC
8:45 a.m.	Health break	
	Hotline sessions	
9:15 a.m.	Leadless pacemaker	L. Brent Mitchell, MD
9:40 a.m.	Duration of antiplatelet therapy	TBC
10:05 a.m.	Swedish AF screening study	Stuart J. Connolly, MD
4:00 p.m.	Workshop sessions (One hour sessions will repeat at 5:00 p.m.)	
	1. Case Studies When heart failure and arrhythmias meet: Who is guilty? Should we treat both?	Anique Ducharme, MD, MSc Michel White, MD
	2. Ventricular arrhythmia (frequent PVCs, ventricular tachycardia, ablation)	L. Brent Mitchell, MD John L. Sapp, MD
	3. Case studies in syncope (when to worry, what tests to order)	George J. Klein, MD TBC
	4. Atrial fibrillation management	Paul Dorian, MD, MSc Jean-François Tanguay, MD

Saturday, January 30, 2016

7:00 a.m.	Update in management of acute/severe heart failure (including mechanical support modalities)	Michel White, MD
7:30 a.m.	Case studies of patients with tachycardia and bradycardia in heart failure	Anique Ducharme, MD, MSc
8:00 a.m.	Update on ablation for atrial fibrillation: Risk and benefits	George J. Klein, MD
8:30 a.m.	Health break	
9:00 a.m.	Cardiac arrest in normal hearts and in cardiomyopathy, ARVC, etc.	Andrew D. Krahn, MD
10:00 a.m.	Does this patient need a device? Cases in CRT, ICD and pacemakers	John L. Sapp, MD
10:30 a.m.	End of Conference	

Venue



FOUR SEASONS RESORT *Whistler*

Location

4591 Blackcomb Way, Whistler, British Columbia V0N 1B4 Canada

Tel. 604-935-3400

1-866-363-6420

Fax. 604-935-3455

Website

<http://www.fourseasons.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.

Services & Amenities

- 24-hour fitness facilities
- Fitness classes Friday-Sunday, including Restorative Yoga, Core Yoga, Fitness Yoga, and Rise & Shine Stretch
- 24-hour business centre
- Ski Concierge Service at the base of Blackcomb Mountain
- Heated 75-foot outdoor pool
- 3 hot spring-style whirlpools
- Eucalyptus steam room
- Wireless Internet access for at least two devices included
- Daily Wine Tasting in Sidecut Bar
- ATM machine located on the 1st floor of Resort Main Building
- Resort car within Whistler Village (operated on first come first serve basis, no reservations or bookings)
- Luggage Storage
- Newspaper Delivery – upon request (Globe & Mail, Vancouver Sun, Times Digest)
- Resort shuttle service

Driving Directions

FROM VANCOUVER INTERNATIONAL AIRPORT (YVR)

Travel Time: 2.5 hours

Distance: 135 kilometres / 84 miles

- Leaving the airport, follow Grant McConachie Way; this leads onto the Arthur Laing Bridge
- Exit onto Granville Street
- Continue north along Granville Street and go across the Granville Street Bridge
- Stay in the right lane and take the Seymour Street exit
- After seven blocks, turn left on to West Georgia Street
- Continue west onto Stanley Park Causeway, and cross the Lion's Gate Bridge
- Take West Vancouver exit off the bridge, then take first right onto Taylor Way
- Turn left onto Highway 1 West
- Take Squamish/Whistler exit onto Highway 99 North
- Follow Highway 99 until you reach Whistler (approximately 1.5 hours)
- Go past Whistler Village to Lorimer Road and turn right
- Continue straight through traffic lights at Blackcomb Way
- You will reach Blackcomb Way a second time, at the four-way stop sign at the end of Lorimer Road
- Turn left onto Blackcomb Way
- Take the first right into the Resort driveway

FROM DOWNTOWN VANCOUVER

Travel Time: 1.75 hours

Distance: 127 kilometres / 79 miles

- Follow Georgia Street West through Stanley Park and over the Lion's Gate Bridge
- Immediately after the bridge, follow the signs to West Vancouver/Horseshoe Bay-Ferries/Squamish
- As you exit the bridge, you will be on Marine Drive (stay in the right lane)
- At the first traffic light, turn right on Taylor Way
- From the top of the hill on Taylor Way, merge westbound onto Highway 1
- Follow Highway 99 until you reach Whistler (approximately 1.5 hours)
- Go past Whistler village to Lorimer Road and turn right
- Continue straight through traffic lights at Blackcomb Way
- You will reach Blackcomb Way a second time, at the four-way stop sign at the end of Lorimer Road
- Turn left on to Blackcomb Way
- Take the first right into the Resort driveway

Food & Beverage Outlets

In Room Dining

Locally Inspired Room Service

Breakfast 6:00 a.m. - 10:00 a.m.

All-Day Dining 11:00 a.m. - 10:00 p.m.

Sidecut – Modern Steak + Bar

Breakfast 7:00 a.m. – 11:00 a.m. daily

Dinner 6:00 p.m. – 9:00 p.m.

Reservations recommended for dinner

Located on 1st floor of Resort Main Building

Fitness Centre

Operating hours: 24 hours 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 fitness classes are available

Spa Facilities

Operating Hours: Open daily 9:00 a.m. - 7:00 p.m.

Surrounded by stunning snowcapped mountains, glistening glaciers, and alpine meadows, the spa at Four Seasons Resort Whistler is your ultimate destination for relaxation and peace of mind.

Amenities:

- Luxurious facilities for treatments and therapies, including 11 treatment rooms, 2 Zen Relaxation Lounges, a Vichy shower room, 2 Couples' rooms and a manicure and pedicure room.
- Locker rooms offer eucalyptus steam rooms, an ice shower, and private showers.
- Luxurious treatments that reflect Whistler's scenic location and use only the most natural products. Seaweed, fresh fruits, wild flowers, pure essential oils, and clay harvested from British Columbia's glacial lakes will provide you with a truly unique sea-to-sky spa experience.

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 fully heated, 23-metre (75-foot) free-form outdoor pool or one of three hot spring-style outdoor whirlpools.

Ski Concierge

Operating Hours: 7:00 a.m. – 5:00 p.m.

During the winter, a dedicated ski concierge is available to simplify your day on the mountain, providing customised rentals, equipment transfers and direct ski lift access. For assistance arranging lift tickets and booking lessons, please contact our concierge at 604-966-2626. The ski concierge can arrange ski rentals through the mountain products store, on the main floor of the resort. On arrival at the ski concierge, guests are welcomed and presented with dry boots, skis/boards, poles, and other equipment such as helmets. The ski concierge has an indoor bench that seats 40 people. For ease and convenience, Four Seasons' guests are offered complimentary transportation between the resort and the ski concierge, and from the ski concierge to the base of Whistler Mountain.

Whistler Blackcomb Mountain Products – Ski and Bike Rental

Operating Hours: 8:00 a.m. – 5:00 p.m. daily (Seasonal hours may also apply)

Located on 1st floor of Resort Main building

- Ski equipment fitting and rental
- Bike rental
- Clothing and accessories

Ski Lite program

With this program, you can pack light for your winter getaway. Guests will be suited up from head to toe in skiwear such as designer wear from Prada and Spyder at the Whistler Blackcomb Mountain Products store located on the lower level of the lobby. To ensure ultimate carving on the hill, the Ski Lite program also includes high-performance rental equipment featuring Salomon, Rossignol, and K2 skis and Burton boards. For more information, please contact the ski concierge.

Lessons in Skiing and Snowboarding

This exclusive program offers Four Seasons' guests all the benefits of top private instruction and more. Participants can enrol in a telemarking clinic, a mogul lesson, a Gatebuster program, a backcountry tour or even get certified by the Canadian Ski Instructors' Alliance (CSIA). Participants can customise their learning experience by taking advantage of the private lessons, multi-day programs, daily improvement workshops, women's programs and snowboarding clinics. Advance registration is strongly recommended.

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

WestJet

1-888-937-8538

www.westjet.com

Airport Transportation

Pacific Coach Lines (Vancouver International Airport to Whistler)

1-800-661-1725

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 AUP2016.

Greyhound Lines (to and from downtown Vancouver only)

1-800-661-8747

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

Whistler Limousine (one way to and from the Vancouver International Airport)

1-866-905-7779

www.whistlerlimos.com

Taxi Services (not recommended for airport pickup)**Whistler Taxi**

1-800-203-5322

www.whistlertaxi.com**Vancouver Taxi**

Voice line: 604-871-1111

Text a taxi: 604-699-1111

www.avancouvertaxi.com**Automobile Rentals**

The cost for hotel valet parking is \$32.00 per day.

Avis

1-800-331-1212

www.avis.ca**Budget**

1-800-268-8900

www.budget.ca**Hertz**

1-800-654-3131

www.hertz.ca**Thrifty**

1-800-847-4389

www.thrifty.com**Child Care***

Nannies on Call

604-734-1776

1-877-214-2828 (toll free)

info@nanniesoncall.com

www.nanniesoncall.com**One or two children:** \$16 per hour (four-hour minimum)**Each additional child:** \$3 extra per hour**Babysitting Whistler**

604-902-2229

1-888-906-2229 (toll free)

info@babysittingwhistler.com

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/carer)

Christmas Day / New Year's Eve/Day: Double rates

Other statutory holidays: \$2 extra per hour

Twenty-four-hour cancellation notice is required to avoid a \$20 cancellation fee. Cancellations made within three hours of the booking commencing are subject to a three-hour babysitting fee. Babysitter must be paid in cash at the end of each shift.

**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

Food and Dining

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

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

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.

Bearfoot Bistro

604-932-3433

4121 Village Green

Whistler, BC

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

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.

Il Caminetto di Umberto

604-932-4442

4242 Village Stroll

Whistler, BC

www.hotelvilladelia.com/restaurants.com

Umberto Menghi's restaurant brings you the warmth and hospitality of Italy. They serve fine Tuscan cuisine accompanied by a large selection of wines from Tuscany and other regions.

Quattro

604-905-4844

4319 Main Street

Whistler, BC

www.quattrorestaurants.com/windex.html

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

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

Bavaria

604-932-7518
4369 Main Street #101
Whistler, BC
www.bavaria-restaurant.com

Offering Northern European cuisine showcasing cheese, chocolate and savoury fondues, schnitzels with spaetzle, and more. And what would a Bavarian restaurant be without schnapps and an array of famous German, Bavarian, and many other European beers, along with fine wines of the Alsace to pair with the hearty cuisine?

Caramba

604-938-1879
4314 Main Street #12
Whistler, BC
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.ciaothymbistro.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.

Edgewater

604-932-0688
8020 Alpine Way
Whistler, BC
www.edgewater-lodge.com/whistler-dining.html

Located north of the village on the shores of Green Lake, this cozy and intimate restaurant delivers excellent service, imaginative dishes, and gorgeous views. The focus is on West Coast cuisine in a rustic setting, tucked away from the bustle of the village.

Elements

604-932-5569
4359 Main Street
Whistler, BC
www.elementswhistler.com/Elements_Urban_Tapas_Parlour/Menus.html

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.

Jordan's Crossing

604-966-5700
2131 Lake Placid Road
Whistler, BC

Experience an inviting atmosphere at this beautiful lakeside location with a great patio, a comprehensive wine selection, and outstanding cuisine inspired by the organic and boutique ingredients of the South Coastal areas of BC located 5 km (3 mi) south of the village in Creekside.

Kypriaki Norte

604-932-0600
4122 Village Green
Whistler, BC
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

This is the second of Umberto Menghi's restaurants in Whistler. With an open-concept kitchen, it is a little more casual than its sister restaurant, Il Caminetto di Umberto, but it is as popular with a similar menu style.

Global Cuisine

Sachi Sushi

604-935-5649
4359 Main Street #106
Whistler, BC
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

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

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

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

Omnitsky Kosher Deli

604-321-1818
www.omnitskykosher.com

Sabra Kosher Bakery and Restaurant Ltd.

604-733-4912
www.sabrakosherrestaurant.com

The Lazy Gourmet

604-734-2507
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 Four Seasons for complete details on tour offerings and availability.** **If you require more information, please email us at 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

Mountain Stats

	Whistler Mountain	Blackcomb Mountain
Opening year	1966	1980
Vertical	1,530 metres / 5,020 feet	1,609 metres / 5,280 feet
Top elevation	2,182 metres / 7,160 feet	2,284 metres / 7,494 feet
Base elevation	652 metres / 2,140 feet	675 metres / 2,214 feet
Skiable terrain	4,757 acres / 1,925 hectares	3,414 acres / 1,382 hectares
Trails	100+	100+
Parks and pipes	2 parks	3 parks, 1 superpipe, 1 snow cross track
Total number of lifts	19	17
Longest run	11 km / 7 mi Burnt Stew to Side-Winder, Upper and Lower Olympic	11 km / 7 mi Green Road Down Easy Out
Mountain restaurants	8	9

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.

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.

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.

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.

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.





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. It is approved by the Canadian Cardiovascular Society for a maximum of 13 credits. This program was co-developed with the Canadian Cardiovascular Society, Bayer, Boehringer Ingelheim, BMS/Pfizer and Servier, and was planned to ensure that the evidence presented is valid, objective and balanced.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme



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