FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

pe Response	s)																		
1. Name and Address of Reporting Person* HOLMES STEPHEN P				2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director Officer (give title below) X_ Other (specify below)							
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY					3. Date of Earliest Transaction (Month/Day/Year) 11/15/2018									Non-l	Executive C	hairman			
(Street) PARSIPPANY, NJ 07054				4. If Amendment, Date Original Filed(Month/Day/Year)								ear)		6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
<i>y</i>)	(State)		(Zip)	Table I - Non-Derivative Securities Acqui							uire	ired, Disposed of, or Beneficially Owned							
(Instr. 3) Da		Date (Month/Day/Year)		Execu any	xecution Date, if	Code (Instr. 8)				d of (D)	(D) Beneficia Reported		cially Owned Following ed Transaction(s)		Ownership Form:	of Ind	Beneficial		
					(wionul/Day/ i ea		Co	de	V	Amount	(A) or (D)	Price	Ì	(mstr. 3 and 4)					~
1 Stock		11/15/	/2018				SC	1)		10,000	D	\$ 45.874 (2)	48 1	1,092,598			D		
ı Stock		11/16/	/2018				SC	1)		10,000	D	\$ 46.469 (2)		1,082,598		D			
1 Stock		11/19/	/2018				SC	1)		10,000	D	\$ 46.97′ (2)	7 1	1,072,5	598		D		
Stock													2	2,874	3)		D		
Report on a s	separate line	for each o	class of secu	irities l	oeneficia	ılly c	wned		Per cor	sons wh	no res	form a	re n	ot requ	ired to res	spond unle	ess	C 1474 (9	(9-02)
														Owned					
Derivative Conversion Date		/Year) I	BA. Deemed Execution Dany	ate, if	c, if Transaction Code car) (Instr. 8) I		5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr	rative rities ired rosed	6. I and (M	and Expiration Date (Month/Day/Year)		e 7. e Ar Ur Se (Ir	Title moun nderly ecurit nstr. 3	t of ying les and Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Owner Form of Deriva Securit Direct or Indi	ship of Be tive Ov (In (D) rect	Beneficia Ownershi (Instr. 4)	
					Code	V	(A)	(D)				ation Ti	tle o	or Number					
	nd Address of S STEPHE AM HOT SYLVAN PANY, NJ Conversion or Exercise Price of Derivative	nd Address of Reporting PS STEPHEN P (First) HAM HOTELS & RESYLVAN WAY (Street) PANY, NJ 07054 (State) Gecurity Security 2. Stock Report on a separate line separate	and Address of Reporting Person* S STEPHEN P (First) HAM HOTELS & RESORT SYLVAN WAY (Street) PANY, NJ 07054 (State) Gecurity 2. Transbate (Month) a Stock 11/15/ a Stock 11/19/ a Stock Report on a separate line for each of the content of t	nd Address of Reporting Person S STEPHEN P (First) (Middle) HAM HOTELS & RESORTS, SYLVAN WAY (Street) PANY, NJ 07054 (State) (Zip) Gecurity 2. Transaction Date (Month/Day/Year) 1 Stock 11/15/2018 1 Stock 11/16/2018 1 Stock 11/19/2018 2 Table II - Conversion Oate Or Exercise Price of Derivative 1 2 Conversion Oate (Month/Day/Year) (Month/Day/Year) 3 A. 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Reporting Owners

		Relationships					
P. C. O. N. (ALI	Director	10% Owner	Officer	Other			
Reporting Owner Name / Address							

HOLMES STEPHEN P WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054	X			Non-Executive Chairman	
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Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Stephen P. Holmes	11/19/2018	
**Signature of Reporting Person	Date	

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) As previously reported, sale effectuated pursuant to Rule 10b5-1 plan covering 100,000 shares of common stock in the aggregate.
- The price reported in Column 4 is a weighted average price. The reporting person undertakes to provide to Wyndham Hotels & Dyndham Hotels & Dy
- (3) Restricted stock units as previously reported.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.