

Form 144 Filer Information**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

FORM 144

Form 144**NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933****144: Filer Information**

Filer CIK	0001738358
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	☒ LIVE ☐ TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	WYNDHAM HOTELS AND RESORTS
SEC File Number	001-38432
Address of Issuer	22 SYLVAN WAY
PARSIPPANY
NEW JERSEY
07054
Phone	973-753-6453
Name of Person for Whose Account the Securities are To Be Sold	Paul Cash

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	officer
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144: Securities Information

Title of the Class of Securities To Be Sold	COMMON
Name and Address of the Broker	MERRILL LYNCH
194 WOOD AVE S
4TH FL
ISELIN
NJ
08830
Number of Shares or Other Units To Be Sold	36379
Aggregate Market Value	2605100.19
Number of Shares or Other Units Outstanding	75551945
Approximate Date of Sale	11/14/2025
Name the Securities Exchange	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class

COMMON

Date you Acquired

02/25/2020

Nature of Acquisition Transaction

STOCK OPTIONS

Name of Person from Whom Acquired

WH

Is this a Gift?



Date Donor Acquired

Amount of Securities Acquired

36379

Date of Payment

11/14/2025

Nature of Payment

STOCK OPTIONS

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

Date of Notice

11/14/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

MICHELLE CARRANZA

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)