Form 144 Filer Information

FORM 144

144: Filer Information

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

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

Filer CIK	0001028284
Filer CCC	xxxxxxx
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 & RESORTS, INC.
SEC File Number	001-38432
Address of Issuer	22 SYLVAN WAY PARSIPPANY NEW JERSEY 07054
Phone	973-753-7791
Name of Person for Whose Account the Securities are To Be Sold	HOLMES STEPHEN P
the securities are to be sold but also as to a	a) of Rule 144. Information is to be given not only as to the person for whose account II other persons included in that definition. In addition, information shall be given as to red by paragraph (e) of Rule 144 to be aggregated with sales for the account of the
Relationship to Issuer	Director
144: Securities Information	on
Title of the Class of Securities To Be Sold	COMMON
Name and Address of the Broker	MERRILL LYNCH 225 LIBERTY STREET FLOOR 39 NEW YORK NY 10281
Number of Shares or Other Units To Be Sold	80000
Aggregate Market Value	7201600.00
Number of Shares or Other Units Outstanding	77789308
Approximate Date of Sale	10/25/2024
Name the Securities Exchange	NYSE

any part of the purchase price or other consideration therefor:

144:	Securities	To	Be	Sol	d
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Title of the Class	COMMON
Date you Acquired	06/01/2021
Nature of Acquisition Transaction	EXECUTIVE COMPENSATION
Name of Person from Whom Acquired	WYNDHAM HOTELS AND RESORTS
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	610
Date of Payment	06/01/2021
Nature of Payment	CASH

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.

144: Securities To Be Sold

Title of the Class	СОММОН
Date you Acquired	02/27/2021
Nature of Acquisition Transaction	EXECUTIVE COMPENSATION
Name of Person from Whom Acquired	WYDHAM HOTELS AND RESORTS
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	477
Date of Payment	02/27/2021
Nature of Payment	CASH

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.

144: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	08/04/2014
Nature of Acquisition Transaction	EXECUTIVE COMPENSATION
Name of Person from Whom Acquired	WYNDHAM HOTELS AND RESORTS
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	78913
Date of Payment	08/04/2014
Nature of Payment	CASH

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	10/25/2024	

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 STEPHEN P HOLMES

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