

Historical, Cultural & Spiritual

There are many rock paintings sites in the Stein Valley. A good example is the one known as "Asking Rock" situated near the Stryen Creek foot bridge. At this site, Nlaka'pamux people stop, recite a prayer, and ask permission to travel through the valley in safety. Visitors are invited to experience the peace and spirituality of Asking Rock.

There are many other sites of cultural significance throughout the valley. Visitors are asked to remember the following:

- Please do not touch the pictographs as small amounts of ochre come off every time they are touched;
- When encountering historical, cultural, and spiritual areas in the Stein Valley, please respect their importance and help us to preserve them for viewing of future generations;
- The *Park Act* prohibits the destruction of natural or cultural features.



Helipads

There are helipads located in the lower and mid valley sections of the Stein (they are identified on the Stein handout map by an **H**) - the helipads are usually just clearings in the forest (or have a built base).

In the event of a **major forest fire**, if you are unable to exit the park via the trailheads, make your way to the nearest helipad, as these sites will be checked by the helicopter pilot(s).

Be Informed – Before You Head Out

The Stein Valley Nlaka'pamux Heritage Park is a **WILDERNESS hiking area**. Due to its remoteness, natural processes and elevation changes, weather patterns and conditions of the trail are constantly changing. A hiker must be in good physical condition, properly equipped, and be prepared to be totally self-sufficient.

Backcountry Camping Preparation

The demands of hiking the full length of the valley should not be underestimated –it is 80 kilometers from E-W park boundary; with a total of approx. 140 kms from E boundary to Lizzie Lake area.

Solid route-finding skills are an absolute necessity because the weather can change suddenly, sometimes resulting in a whiteout, requiring travel by compass.

ALWAYS BE PREPARED (INCLUDING):

- THERE IS NO HIKER REGISTRATION IN THE STEIN VALLEY;
- being aware there is a great difference in temperature along the traverse – dress accordingly;
- boil/purify all drinking water to reduce the risk of giardia (beaver fever);
- take extra food in case of any emergencies or unexpected delays;
- plan your preparations to include taking out all of your garbage;
- ALWAYS LET FRIENDS OR RELATIVES KNOW WHERE ARE GOING AND WHEN YOU PLAN TO RETURN.

Do your part to be prepared by checking the Stein page of the BC Parks website at:

http://www.env.gov.bc.ca/bcparks/explore/par/kpgs/stein_val/

BC Parks – Managing Office (location):
1259 Dalhousie Drive, Kamloops, BC
Phone Tree: 250-371-6200



Stein Valley Nlaka'pamux Heritage Park



Stein Valley Nlaka'pamux Heritage Park, designated on November 22, 1995, is a 107,000 hectare Provincial Park. The Stein Valley is one of the last remaining untouched watersheds in the southwestern part of the province and has great historical, cultural, and spiritual significance to the Lytton First Nation of the Nlaka'pamux

The Park is co-managed by the Stein Management Board – which includes members from BC Parks and Lytton First Nation. The function of the Management Board is to oversee and provide management direction for all initiatives and undertakings related to the planning, operation, and management of the Park.

Park Rangers and the **Stein Wardens** are often in the park working to manage the diverse values protected in the Stein Valley.

Location – Main Trailhead at Lytton, BC

The park lies just west of Lytton, BC – approx. 185 kilometres (kms) southwest of Kamloops or 290 kms northeast of Vancouver - both routes via the #1 Highway. The main trailhead is located on the west side of the Fraser River by Lytton, accessed by crossing the Lytton Reaction Ferry (see DriveBC website for information). After disembarking from the ferry, follow the Lytton Ferry Road to the right for 4.8 kms to the junction with the Stein Valley Road (junction with Spencer Road N - see BC Parks sign). Turn left at the Stein sign and drive the short distance to the parking lot.

Designated Campgrounds and Route Information

TRAIL HEAD – Facilities include a pit toilet, information kiosk, arbor, and parking area.

NO CAMPING ALLOWED HERE.

1. LOOP CAMP

(approx. 2 kms from trailhead)
Can accommodate approx. 16 people
(at least 6 single tents); pit toilet and food cache.

2. DEVIL'S STAIRCASE CAMP

(approx. 2 kms from Loop Camp)
Can accommodate approx. 16 people
(at least 6 single tents); pit toilet and food cache.

3. TEEPEE CAMP

(approx. 4 kms from Devil's Staircase)
Can accommodate approx. 16 people
(at least 6 single tents); pit toilet and food cache.

4. EARL'S CAMP

(approx. 2.5 kms from Teepee Camp)
Can accommodate approx. 16 people
(at least 6 single tents); pit toilet and food cache.

5. SUSPENSION BRIDGE CAMP

(approx. 2.5 kms from Earl's Camp)
Can accommodate approx. 20 people
(at least 8 single tents); pit toilet and food cache.

Suspension Bridge is near campground.

6. LEAN-TO CAMP

(approx. 4 kms from Suspension Bridge Camp)
Can accommodate approx. 8 people
(on 3 tent pads); pit toilet and food cache.

7. PONDEROSA CAMP

(approx. 3.5 kms from Lean-To Camp)
Can accommodate approx. 8 people
(on 3 tent pads); pit toilet and food cache.

8. COTTONWOOD CAMP

(approx. 8 kms from Ponderosa Camp – east side of creek)
Can accommodate approx. 12 people
(on 3 tent pads and open areas); pit toilet and food cache.

The trail junction with the Blowdown Pass Trail is near campground.

The Scudamore Cable Car (creek crossing) is approx. 3 kms west of Cottonwood Creek (between Cottonwood Camp and Logjam Camp).

9. LOGJAM CAMP

(approx. 6.5 kms from Cottonwood Camp)
Can accommodate approx. 8 people
(on 3 tent pads); pit toilet and food cache.

10. AVALANCHE CAMP

(approx. 9 kms from Logjam Camp)
Can accommodate approx. 8 people
(on 3 tent pads); pit toilet and food cache.

The Rutledge Cable Car (creek crossing) is approx. 4 kms west of Avalanche Camp.

11. STEIN LAKE CAMP

(approx. 10.5 kms from Avalanche Camp)
Can accommodate approx. 8 people
(on 3 tent pads); pit toilet and food cache.

The Stein Cable Car (creek crossing) is close to the campground.

12. PUPPET LAKE CAMP (new – as of 2016)

(approx. 4.5 kms from Stein Camp)
Can accommodate approx. 6 people
(on 2 tent pads); pit toilet and food cache.

13. TUNDRA LAKE CAMP (relocated in 2016)

(approx. 10.5 kms from Stein Camp)
Can accommodate approx. 8 people
(on 3 tent pads); pit toilet and food cache.

WESTERN PARK BOUNDARY:

(approx. 3 kms from Tundra Lake Camp)
This section is almost exclusively boulder field and includes a lot of elevation change. This hike takes approx. 2 hours to hike.

For the western park boundary of the Stein, the main E-W traverse is accessed via the Lizzie Creek Trail – this trail meets with the park boundary just west of Tundra Lake.

TO GET TO THE LIZZIE CREEK TRAIL (West of Stein Valley) - from Duffey Lake Road:

Starting off of the Duffey Lake Road (Highway 99 – south of Pemberton, BC), the Lizzie Creek trail is accessed from the In-Shuck-In Forest Service Road (FSR). There are several washouts and creek crossings between Lizzie Lake and the trailhead. The trailhead is located at approx. the sixth (6) switchback corner (which is approx. 2.6 km from the In-Shuck-In FSR).

It is approx. a 12 km hike from the Lizzie Lake area to the park boundary (during normal mid-to late- summer conditions). It is also approx. a 700 meter net elevation gain from the parking area at Lizzie Lake to the park boundary. A new section of trail (since the fall of 2016), re-routing sections of the trail around road washouts, traverses the side of the valley and joins the old trail, shortening the hike and reducing the elevation gain.

- Wilderness Routes: NORTH – (non-maintained; no facilities)

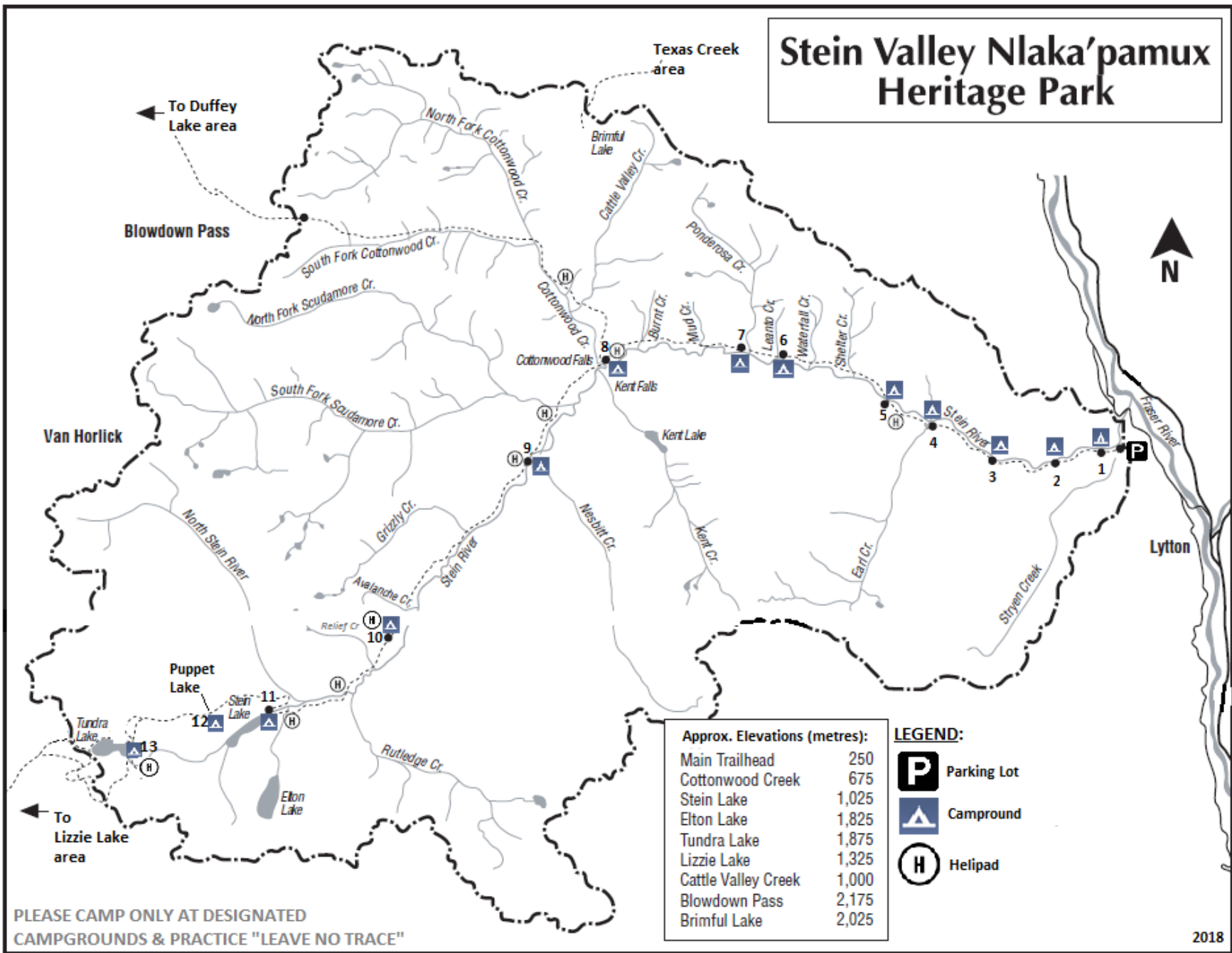
COTTONWOOD FORKS CAMP (*not on map*)

(approx. 10 kms from the Stein River)
This area is mainly steep terrain and has significant understory growth.

BLOWDOWN PASS

(approx. 12 kms from Cottonwood Camp)
Most of the trail follows a road that existed prior to the park.

Stein Valley Nlaka'pamux Heritage Park



Approx. Elevations (metres):

Main Trailhead	250
Cottonwood Creek	675
Stein Lake	1,025
Elton Lake	1,825
Tundra Lake	1,875
Lizzie Lake	1,325
Cattle Valley Creek	1,000
Blowdown Pass	2,175
Brimful Lake	2,025

- LEGEND:**
- Parking Lot
 - Campground
 - Helipad

PLEASE CAMP ONLY AT DESIGNATED CAMPGROUNDS & PRACTICE "LEAVE NO TRACE"