

BCParks  
**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, known world-wide for the Stein festivals, is one of the last remaining untouched watersheds in the southwestern part of the province. The Stein Valley has great historical, cultural and spiritual significance to the Lytton First Nation.

The Park is managed cooperatively by BC Parks and Lytton First Nation.

The Management Board of the Stein Valley Nlaka'pamux Heritage Park is comprised of six members – three representatives of the Lytton First Nation and three representatives of British Columbia. 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.

**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 Stryen Creek. At this site Nlaka'pamux people stop, recite a prayer, and ask permission to travel through the valley in safety. Some leave offerings of burnt sage and tobacco to accompany their prayers.

**Visitors are invited to experience the peace and spirituality of Asking Rock. To avoid tarnishing the appearance of this special place, Nlaka'pamux elders ask that no physical items be left behind.**

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

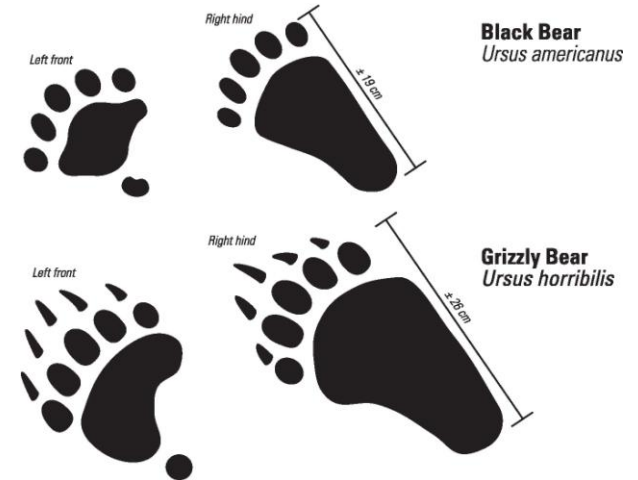
- Please do not touch the pictographs as small amounts of ochre come off every time they are touched.
- When encountering historical, cultural and spiritual areas in the Stein Valley, please respect their importance and help us to preserve them for viewing of future generations.
- The Park Act prohibits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

NOTE: Vehicles are not permitted in the park – access is only via hiking; no horses or mechanized access (4x4s, ATVs, mountain bikes, snowmobiles, helicopters, float planes) are allowed.



Grizzly bears and black bears are common in the Stein Valley Park and are an important part of the Park's ecosystem.

**An objective of BC Parks is to protect the bear populations and habitat while providing a safe, quality experience for Park visitors. This brochure contains information important to your safety.**



**For More Information**

BC Parks  
 Thompson Cariboo Region  
 bcparks.ca

We welcome your comments through the on-line service or using comment cards at the trailhead.



## Location

The park lies west of Lytton and approximately 185 km southwest of Kamloops or 290 km northeast of Vancouver, both via the #1 Highway. The main trailhead is located on the west side of the Fraser River by Lytton, accessed by crossing the Lytton Ferry. The ferry runs on demand. After disembarking from the ferry, follow the road to the right for 4.8 kilometers to the junction with the Stein Valley Road (marked). Turn left and follow it to the parking lot. Other trail heads for accessing the Park are from the Lizzie Lake FSR and Blowdown pass.

NOTE: Sections of the trail may be closed due to natural hazards. Please check the Stein website for current status (follow the links from [bcparks.ca](http://bcparks.ca)).

## Helipads

There are helipads located through the lower and mid valley sections of the Stein. They are identified on the map by an H. On the ground they are simply clearings in the forest. 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 helicopter.

## Backcountry Camping Preparation

The demands of hiking the full length of the valley – 80 kilometers – should not be underestimated. The hiker must be in good physical condition, properly equipped and be prepared to be totally self-sufficient.

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

**It is important to remember that once you are at Stein Lake, the halfway point, you are at least two days from any assistance.**

A helpful book to take with you is the Stein Valley Wilderness Guide Book by Gordon White.

There is a great difference in temperature from the start of the trail at Lytton to the alpine areas at the far end of the valley. Always carry a hat, wool socks, and warm clothing if you are going to high elevation areas as weather can change quickly.

Boil or purify all water before drinking 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. THERE IS NO HIKER REGISTRATION IN THIS PARK.**

## No Trace Camping & Backcountry Ethics

Always use pit toilets when available; if not, keep at least 60 meters from any water or bury wastes, including toilet paper (do not burn), in 15cm to 20cm of soil.

Make one last check of your campsite or lunch stop to make sure you have removed all trace of your presence. This will give the people following you a chance to also enjoy a pristine site.

Stay on the trail. Shortcutting on switch-backs or wandering off trails destroys soil structure and plant life. Above the tree line walk on rock or snow. Wildlife, flowers, trees, plants and rocks are part of the park's natural resources. Please do not disturb, damage or remove them.

Pack out what you pack in. By carrying out all your garbage and picking up any litter found along the

way, you can help ensure the safety of the wildlife and maintain the pristine environment.

Dogs are not recommended but if you bring your pet, it must be kept on a leash and under control at all times.

## Bears

Responsible back country ethics and conduct will prevent bears from becoming conditioned to people and will prevent potentially dangerous bear/human encounters.

For your personal safety, observe and obey warning signs and notices:

- Specific areas of the Park may be closed to camping at anytime during periods of high bear hazard.
- Food and scented lotions, toothpaste etc., should be stored well away from the tenting area, out of reach of bears
- No garbage should be left around to attract bears. Cans should be washed and carried out – dried food is the best alternative.
- When cleaning fish, the remains should be returned to fast moving water
- Do not cook food or have food in your tent

**It takes only one unstowed pack to attract a bear. Food caches are provided at developed campsites. Elsewhere, use a rope cache which keeps your goods at least 4 meters off the ground and 1 meter away from the trunk of the tree. The Park Act prohibits the harassment and feeding of wildlife.**

## Fires

Open fires are not permitted from May 1 to September 30. Use backpacking stoves for cooking. Forest fires have been started in the Stein by hikers.

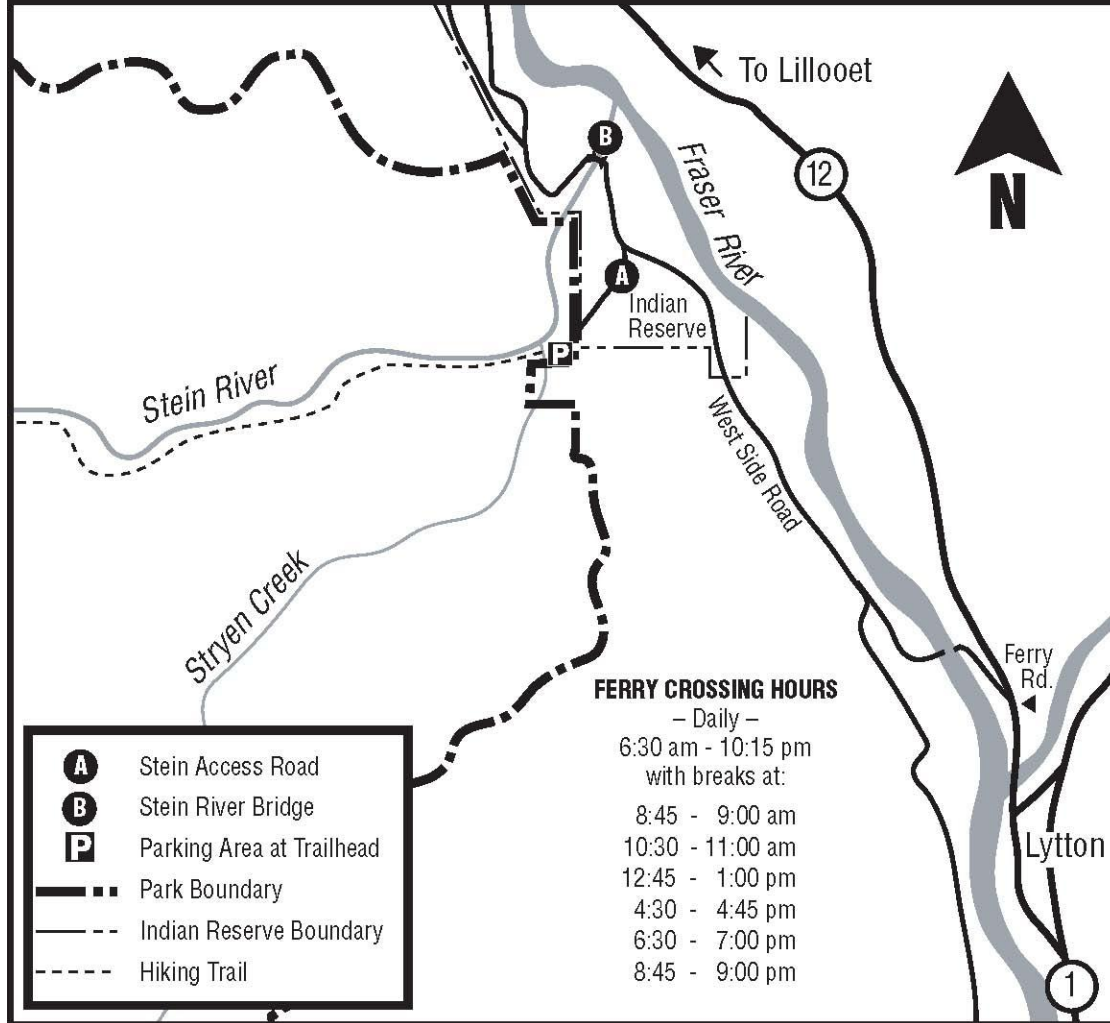
1. **TRAIL HEAD** – Facilities include a pit toilet, information kiosk, and parking area.
2. **LOOP CAMP** – Pit toilet and food cache. About 2 km from the trail head.
3. **DEVIL’S STAIRCASE CAMP** – Pit toilet and food cache. About 2 km from Loop Camp.
4. **TEEPEE CAMP** – Pit toilet and food cache. About 4 km from Devil’s Staircase, including 2 large talus slope crossings.
5. **EARL’S CAMP** – Pit toilet and food cache. About 2.5 km from Teepee Camp. Easy hike passing through Teaspoon Creek cedar grove.
6. **SUSPENSION BRIDGE CAMP** – Pit toilet and food cache. About 2.5 km from Earl’s Camp.
7. **LEAN TO CREEK CAMP** – Pit toilet and food cache. About 4 km from the Suspension Bridge. Trail goes up over smooth rock slab at Snake Bluffs just before Leanto Creek.
8. **PONDEROSA CAMP** – Pit toilet and food cache. About 3.5 km from Leanto Creek Camp
9. **COTTONWOOD CREEK CAMP** – Pit toilet and food cache. About 8 km from Ponderosa Camp, on the east side of the creek. You will pass the Blowdown Pass Trail junction shortly before reaching Cottonwood Creek.
10. **LOGJAM CAMP** – Backcountry toilet and food cache. About 6.5 km from Cottonwood. A cable car takes you across Cottonwood Creek, just below Cottonwood Falls. You will reach the Scudamore Creek Cable Crossing about 3 km past Cottonwood Creek.
11. **MID-CANYON** – Backcountry toilet and food cache. About 9 km from Logjam Camp located near avalanche path above the Stein River.
12. **STEIN LAKE CAMP** – Backcountry toilet and food cache. About 8 km from Mid-Canyon Camp. This section involves several boulder fields and elevation changes. You will reach the Rutledge Creek Cable Crossing at about the 4 km mark.
13. **TUNDRA LAKE CAMP** – Backcountry toilet and food cache located on a bluff on the northeast corner of the lake. About 10.5 km from Stein lake Camp. This section involves a major climb out the Stein River valley to the top of the ridge paralleling the lake (about 950 meter climb).
14. **WESTERN PARK BOUNDARY** – About 2.5 km from Tundra Lake Camp. This section is almost exclusively boulder field and includes a lot of elevation change. Normally takes about two hours.
0. **FORMER LIZZIE LAKE FOREST SERVICE SITE** (not on map) – About 12 km from park boundary. Involves about 600 meter net elevation change down to Lizzie Lake.  
\*Note: There is an additional 10 km hike to reach the vehicle accessible section of the Forest Service Road.

**Blowdown Pass Route:**

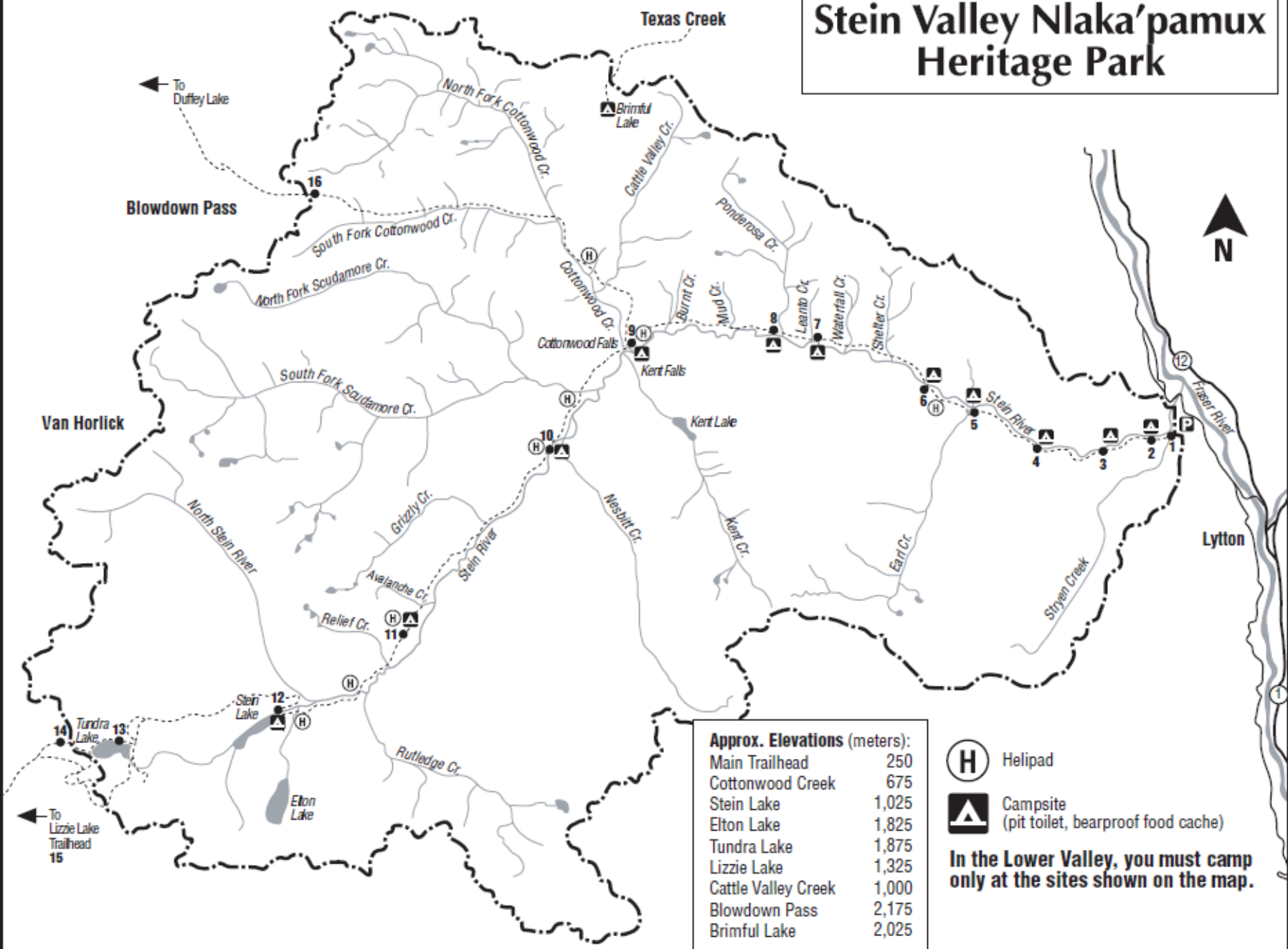
15. **COTTONWOOD FORKS CAMP** (not on map) – About 10 km from the Stein River, over much steep terrain. Food cache and backcountry toilet.
16. **BLOWDOWN PASS** (park boundary) – About 12 km from Cottonwood Forks Camp. Most of the trail follows an old road. \*Note: There is an additional 4 km hike to reach the vehicle access section of the forest Service Road.

*NOTE: These directions and the maps attached are intended only for initial orientation to the park and are not intended to be used for navigational purposes. All distances and locations are approximate.*

# Access Directions to Lower Stein Hiking Trail





# Stein Valley Nlaka'pamux Heritage Park



**Approx. Elevations (meters):**

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

-  Helipad
-  Campsite (pit toilet, bearproof food cache)

**In the Lower Valley, you must camp only at the sites shown on the map.**