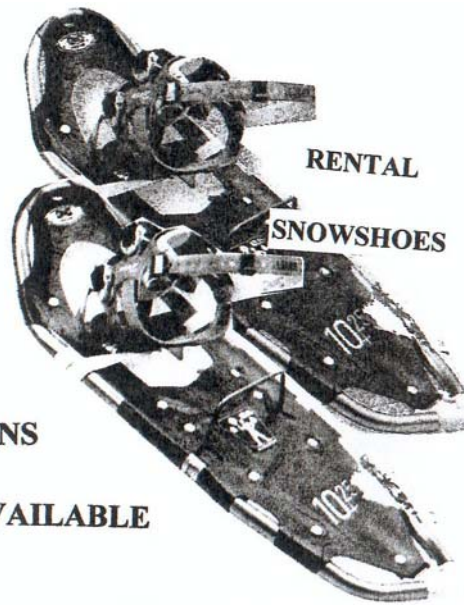


Snowshoe Trail Etiquette

- You must yield to skiers at trail crossings
- Do not snowshoe on ski trails
- Stay on marked snowshoe trails and cross ski trails only at designated crossings
- All trails are two-way. Watch for oncoming snowshoers.
- Please fill your sitz-marks
- Dogs are not allowed on the trails in ski season
- Please report complaints to the ticket booth in the main parking lot

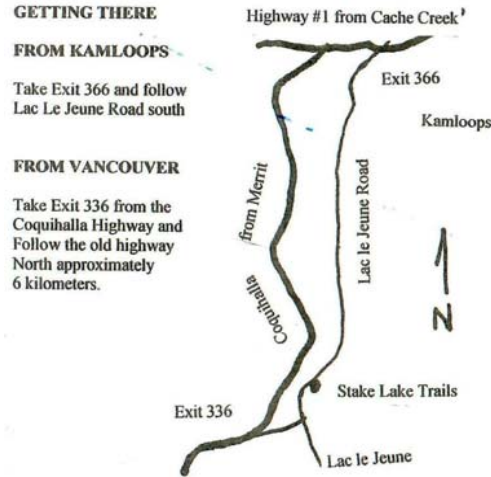
The Day Lodge is open to snowshoe trail users



LESSONS

AVAILABLE

Snowshoe rentals are available at Stake Lake Trails



and at the Runners Sole Store in Kamloops

RUNNERS SOLE
 "PUTTING FEET FIRST"
WAYNE RICHARDSON
 sole owner
 PHONE 250 377-4055
 TOLL FREE 1-866-377-4055
 FAX 250 377-4030
 #74 - 1395 HILLSIDE DR.,
 ABERDEEN VILLAGE
 KAMLOOPS BC., V2E 2R7
 info@runnerssole.com
 www.runnerssole.com



Welcome to Stake Lake Snowshoe Trails

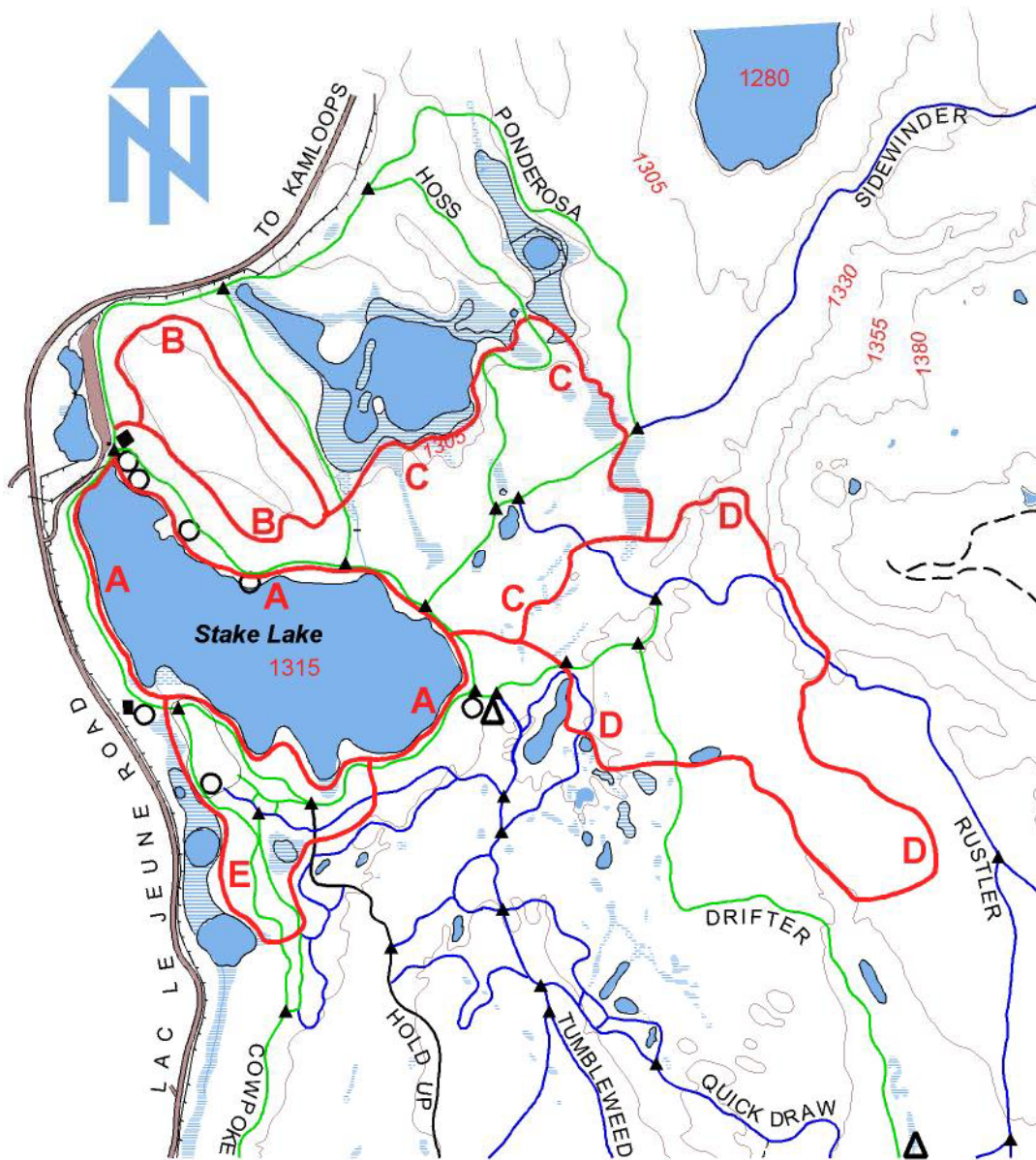
The trails are operated by the **Overlander Ski Club** of Kamloops from November to March under an operating agreement with the Ministry of Tourism Sport and the Arts. Trail fees are used to provide visitor facilities, trail grooming, snow removal and special events

January 2008

Stake Lake Snow Phone:
250-372-5514

www.overlanderskiclub.com

Stake Lake Snowshoe Trails



Legend

- Snowshoe Trails
 - Ski Trails
 - Ski Trail Map Locations
 - Shelter
 - Toilet
- | | | |
|----------|---------------|--------|
| A | LAKE | 2.0 km |
| B | GIANT FIR | 1.2 km |
| C | MARSH | 1.6 km |
| D | BASALT BLUFFS | |
| E | STADIUM | 0.9 km |

Dogs are not allowed on trails in ski season.

EMERGENCY LOCATOR NUMBERS
AT EACH SKI TRAIL JUNCTION

EMERGENCY PHONE
DEC - MAR
TICKET BOOTH: (250) 372-5514
APR - NOV
LAC LE JEUNE PARK

Distances in kilometres...elevations in metres



Trail map support provided by
SAGE ORIENTEERING CLUB, Kamloops, BC
www.oabc.ca/sage

January, 2008