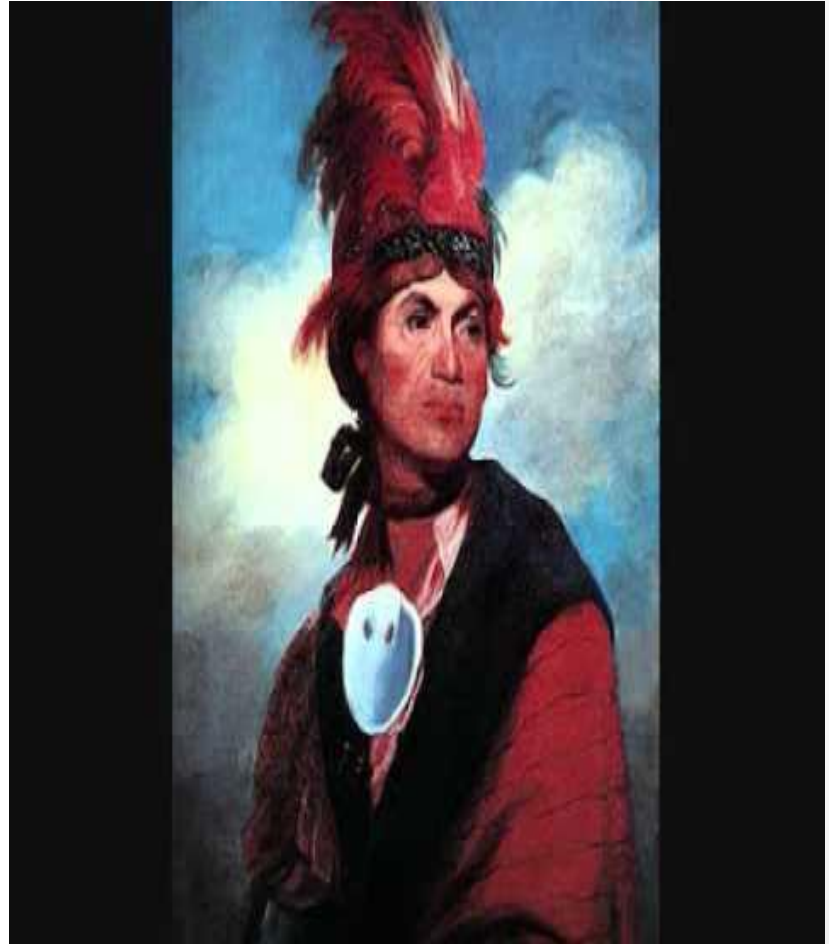


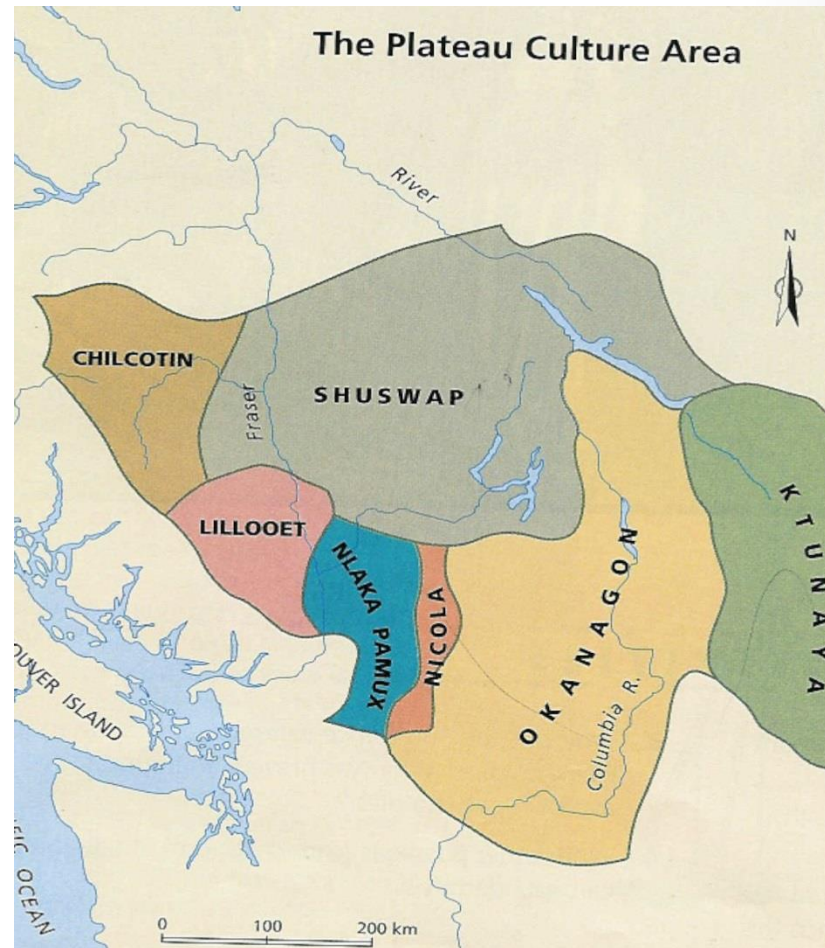
Peoples of the Plateaus

- The **Peoples of the Plateau** consist of a number of different tribes that live in the central or interior plateau region of what is now British Columbia and Washington State



Tribes

- The Peoples of the Plateau include the following tribes:
- Chilcotin
- Shuswap
- Lillooet
- Okanagon
- Ktunaya
- Nicola
- Nlaka Pamux

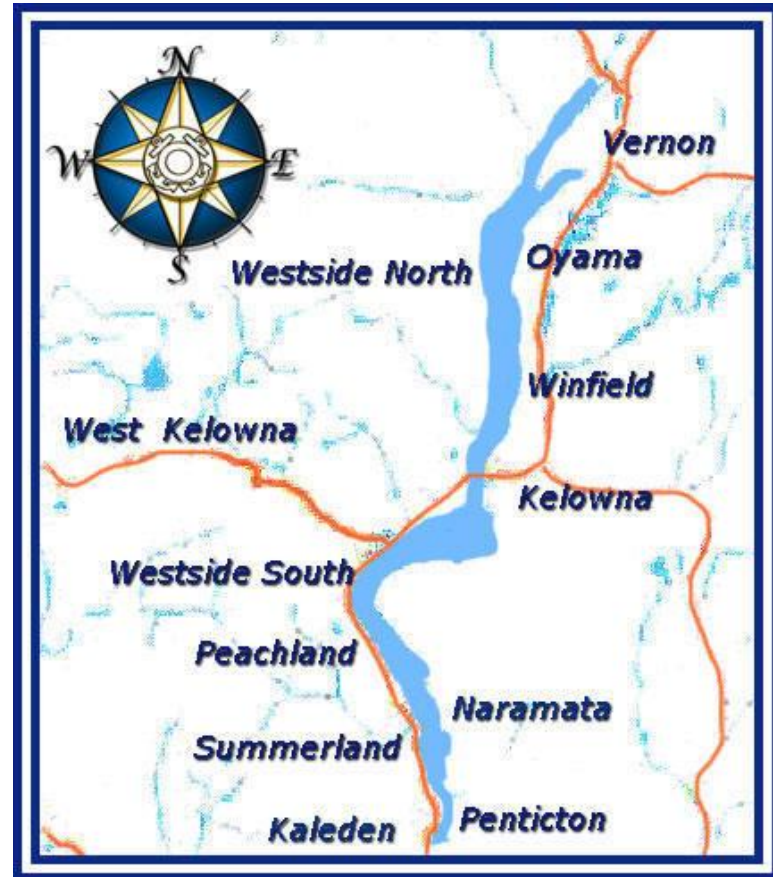


Caribou Chilcotin

- As is often the case, many of the place names in Canada are First Nations' names such as the **Caribou Chilcotin** which includes a large area between Kamloops and Prince George



Okanagan Lake



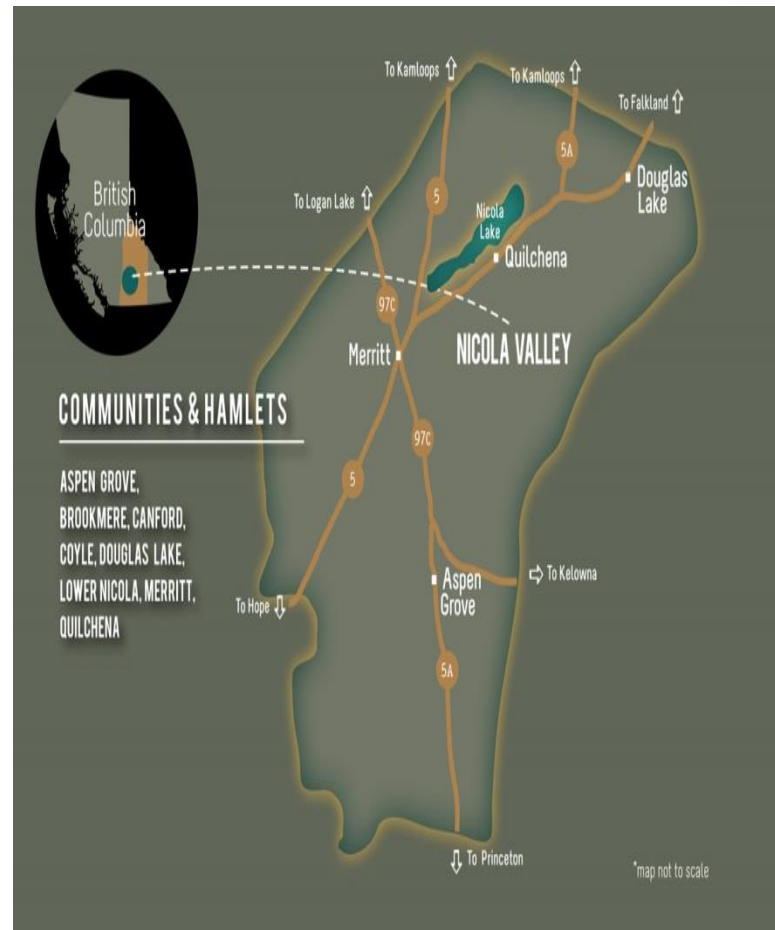
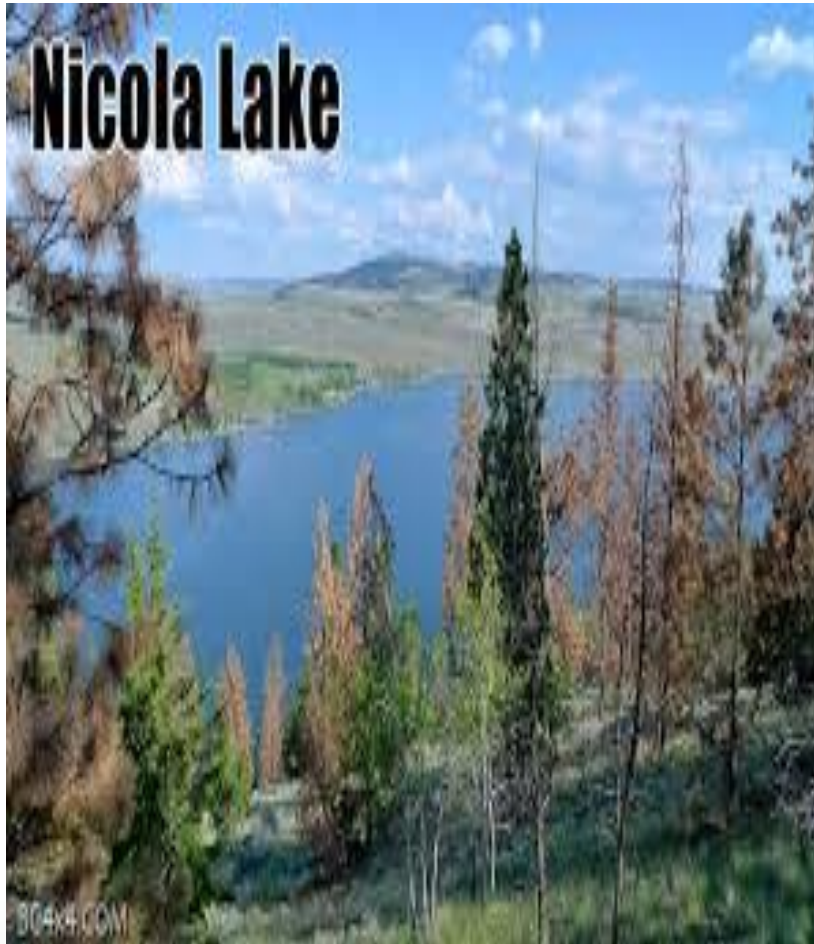
Shuswap Lake



Lillooet



Nicola Lake



Pit Houses

- In wintertime the Peoples of the Plateau lived in **pit houses** dug in soft soil near a water supply
- Smaller ones for storage would also be built nearby

Dimensions

- 3 meters deep
- 6 – 8 meters in diameter

Exterior

- Strong poles and rafters were placed along the sides and top
- It would be covered with bark, earth, and sod



Pit House Inside View

- A hearth for a fire would be centered on the floor with a hole for the smoke to escape up top
- Ladder or notched log would be used for entry
- Raised platforms along the side were created for sitting and sleeping



Pit House Downside

- A Pit House would last for several years, but eventually the poles and rafters would rot as they became infested with insects, rodents and even rattlesnakes
- Pit Houses were warm, but also smoky and dark
- So in the summer the Plateau people would vacate their pit houses and live in tents



My Moccasins are better than yours



- Plateau Peoples' clothing was made predominantly from **deer hide**
- For footwear they wore **moccasins** made from deer hide or salmon skin
- The type of moccasin worn was an indication of social class
- Middle to lower class people wore salmon skin moccasins, while the upper class wore ones made of deer hide

The Importance of Salmon

- **Salmon** was their number one vital dietary staple
- In the fall they would congregate near salmon bearing streams
- Much of the salmon would be smoked over fires to preserve it



Living off the Land

- The Plateau peoples were also hunters and gatherers
- They collected a variety of berries such as black berries, salmon berries and huckleberries and edible roots such as wild onions, wild lily bulbs, and balsam root
- These would be roasted in earth ovens to improve the flavor



Hunting

- They also hunted deer and other fur-bearing creatures
- They constructed blinds and fences to trap deer and kill them with bows and arrows
- Frequently they used dogs were used to assist them in the hunt.
- They employed a variety of different hunting tactics as can be seen in the image on the right

