

A mountain biker wearing a yellow long-sleeved shirt, black pants, and a grey helmet is riding a black mountain bike on a dirt trail. The rider is leaning forward, navigating a slight curve in the path. The trail is surrounded by lush green grass and shrubs. In the background, there are tall evergreen trees and a range of mountains under a cloudy sky. The overall scene is a scenic outdoor setting.

kamloops

# Visitor Guide

2026-2027



**bike**   
**SUN PEAKS**

# ONE DESTINATION. ENDLESS POSSIBILITIES.

With **4,400 skiable acres**, **144 trails**, and the title of **Canada's second-largest ski area**, Sun Peaks gives you the freedom to roam across three mountains, just **45 minutes from Kamloops**.

When the snow melts, the mountains transform into a vibrant playground. Ride the **lift-accessed bike park**, wander through **alpine wildflower meadows**, or enjoy a round on our **18-hole golf course** surrounded by panoramic views, all in refreshing mountain temperatures.

Energy flows year-round in the village, from sunny patios to live entertainment and seasonal events. Whether you are planning a getaway or a spontaneous day trip, Sun Peaks delivers the perfect mix of adventure and relaxation.

**SunPeaksResort.com**



SECWÉPEMC TERRITORY

PHOTOS BY  
TOP DYLAN SHERRARD  
BOTTOM REUBEN KRABBE

# Weyt-kp!

The first thing you'll notice when you arrive in Kamloops is the big open skies and golden grasslands that frame the city. Landscapes shaped by ancient lava flows and the rushing Thompson River stretch outward, dotted with ponderosa pines and sagebrush. It's a place that feels expansive, grounded, and deeply connected to the land.

Kamloops is located on the ancestral territory of the T'kemplúps te Secwépemc, the "people of the confluence," where the North and South Thompson rivers meet. The city's name comes from the Secwépemc word T'kemplúps, meaning "where the rivers meet." For thousands of years, the T'kemplúps te Secwépemc have been deeply connected to these lands and waters, shaping the region's history and identity.

Today, Kamloops is a city of balance and contrast where urban energy meets outdoor adventure and community spirit runs deep. Festivals, four-season recreation, and a dining scene rooted in local flavour reflect a place that's welcoming, creative, and unapologetically itself. With mountains, valleys, and lakes just minutes away, you'll always find room to explore and space to breathe beneath endless horizons and starlit skies.



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Tourism Kamloops is situated on the unceded and ancestral lands of the Tíkemlúps te Secwépemc within Secwepemcúl'ecw, the traditional and unceded territory of the Secwépemc People. We acknowledge and give honour to the land where we live, work, play, and welcome visitors to.

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## Visitor Services

The Roam Street Team and Volunteer Visitor Ambassadors work remotely at popular locations across Kamloops to assist with information and provide resources for your time in the city. These are locals who genuinely love this place, with real knowledge of the trails, events, hidden gems, and everything in between. Whether you're still planning or already exploring, they're your on-the-ground resource for highway conditions, must-see attractions, and the kind of recommendations you won't find on a search engine.

### Seasonal Visitor Centre (May-August)

This summer, find us in Riverside Park inside our converted shipping container. Staffed by knowledgeable tourism ambassadors and stocked with local maps, travel guides, and personalized recommendations, we're here to help you make the most of your visit. Pick up some Kamloops merchandise while you're there, and leave with a plan, a souvenir, and a reason to stay a little longer.



Learn about  
 visitor servicing



Mary Putnam



**Brewloops**  
Frank Luca



**Pride Parade**  
Olsen Imaging



**Kamloopa Powwow**  
Mary Putnam

# What's Happening

Discover Kamloops' signature annual events. From festivals to community celebrations, the calendar stays full year-round.

## January

### Taste Around

Explore the city's vibrant culinary scene, with local restaurants showcasing the flavours of the Thompson Valley.  
[tastearound.ca](http://tastearound.ca)

## February

### The Kamloops Black Film Festival

Celebrate Black culture and storytelling through exceptional films.  
[thekfs.ca](http://thekfs.ca)

## March

### Kamloops Film Festival

Celebrate cinematic storytelling with a diverse lineup of films at this beloved annual festival.  
[thekfs.ca](http://thekfs.ca)

### Art Exposed

Discover local artists in this vibrant art show.  
[kamloopsarts.ca](http://kamloopsarts.ca)

## April

### Boogie the Bridge

Lace up your shoes and join this iconic, family-friendly 5k, 10k, and 21km run, uniting fitness and fundraising.  
[boogiethebridge.com](http://boogiethebridge.com)

## May

### The CinéLoops French Film Festival

Experience Francophone culture through captivating films.  
[thekfs.ca](http://thekfs.ca)

### BC Lions Fan Fest

Kick off the football season with food, fun, and festivities.  
[bclions.com/fan-fest](http://bclions.com/fan-fest)

## June

### Hoops in the Loops

Hit the courts for an action-packed basketball tournament that's fun for all ages.  
[hoopsintheloops.com](http://hoopsintheloops.com)

### Kamloops Pride Week

Celebrate diversity and inclusion with vibrant parades and events.  
[kamloopspride.com](http://kamloopspride.com)

### The Kamloops Queer Film Festival

Explore powerful LGBTQ2S+ stories through film.  
[thekfs.ca](http://thekfs.ca)

### Kamloopa Powwow

Honour Indigenous culture through vibrant dance, song, and tradition.  
[tkemlups.ca](http://tkemlups.ca)

## July

### Music in the Park

Enjoy free live music every night in July & August at Riverside Park.  
[kamloops.ca](http://kamloops.ca)

### Canada Day & Art in the Park in Riverside Park

Celebrate Canada Day with culture, arts, music, and fun.  
[kamloops.ca](http://kamloops.ca)

### Theatre Under the Trees

Enjoy outdoor theatre productions under the Kamloops summer sky.  
[projectxtheatre.ca](http://projectxtheatre.ca)

### Overlander's Day

Step back in time and celebrate Kamloops' heritage with family-friendly fun.  
[nsbia.com](http://nsbia.com)

### Kamloops International Buskers Festival

Be entertained by incredible street performers from around the globe.  
[kamloopsbuskers.com](http://kamloopsbuskers.com)

## August

### Hot Nite in the City

Marvel at vintage and custom cars during this dazzling downtown showcase.  
[hotniteinthecity.com](http://hotniteinthecity.com)

### Ribfest

Satisfy your cravings with award-winning BBQ ribs at this mouthwatering summer tradition.  
[kamloopsribfest.com](http://kamloopsribfest.com)

### Caribbean Festival

Experience the Caribbean with music, food, and colourful festivities.  
[kamloopscaribbeansociety.ca](http://kamloopscaribbeansociety.ca)

## September

### Music for the People

A concert experience of harmony and reconciliation.  
[musicforthepeople.ca](http://musicforthepeople.ca)

### Tapestry Festival

Immerse yourself in arts and culture with live performances, workshops, and more.  
[tapestryfestival.com](http://tapestryfestival.com)

### Get Corked

A wine-fuelled 5.1km and 10.2km run or walk through the stunning vineyards of Monte Creek Winery.  
[gethappyevents.net](http://gethappyevents.net)

### Stseptékwles re Sk'elép Indigenous Film Festival

Discover the stories of the land through Indigenous cinema.  
[thekfs.ca](http://thekfs.ca)

## October

### Brewloops

Sip craft beer and enjoy live entertainment at this local's favourite festival.  
[brewloops.ca](http://brewloops.ca)

### Adams River Salmon Run

Watch millions of sockeye salmon return to the Adams River to spawn each fall.  
[salmonsociety.com](http://salmonsociety.com)

## November

### Kamloops Christmas Market

Stroll through European-style chalets and browse local makers, sip hot drinks, enjoy music, and celebrate holiday cheer.  
[kamloopschristmasmarket.ca](http://kamloopschristmasmarket.ca)

## December

### Wildlights

Wander through a sparkling wonderland of lights at the BC Wildlife Park.  
[bcwildlife.org](http://bcwildlife.org)



Find more local events





# 8 outdoor activities

for the DIY adventurer



# Hiking 1

Step out of the ordinary and put some dust on those boots in Kamloops. Our semi-arid landscape means you can see hoodoos one day and meander through sagebrush hills the next. With dramatic local geology and desert-like flora and fauna, Kamloops' trails belong on every hiker's to-do list.

Experience the grassland ecosystem and take in expansive views of the city on the multi-use trails of **Kenna Cartwright Nature Park**. With almost 800 acres of terrain on and around Mt. Dufferin, this is one of BC's largest municipal parks. For hoodoo views and other dramatic geology, visit the **Dallas-Barnhartvale** or **Valleyview Nature Parks**. These municipal parks provide extensive access to the iconic sagebrush benchlands and silt bluffs that define our region—without even leaving city limits! The well-marked trail networks in these parks provide something for everyone, whether you're lacing up your boots for the first or hundredth time.

Find **Peterson Creek Nature Park** following the creek gorge through the heart of Kamloops. With a range of single track and wider, multi-use pathways, you can explore the shady creek bed or roam through the sagebrush hills. Peterson Creek connects the Downtown and Sahali neighbourhoods, and viewpoints are scattered throughout to reward your efforts.

To get up close and personal with some of the most impressive hoodoos in the area, the **Cinnamon Ridge Hoodoos** are accessible along the southernmost edge of the **Lac du Bois Grasslands Protected Area**. This trail isn't for the faint of heart! With loose gravel on the sun-soaked slopes of Mt. Mara, you'll want sturdy footing,



Dallas-Barnhartvale Nature Park  
Dylan Sherrard



Kenna Cartwright Nature Park  
Andrew Snucins

plenty of water, and a sense of adventure. The reward? A trek through a dried-up slot canyon and hoodoo-lined gorges that feel straight out of another world. Keep an ear out—this area is home to endangered rattlesnakes, so know their signature rattle before you go.

The **Lac du Bois Grasslands Protected Area** covers an expansive wild area north of Kamloops and is home to gems like the **Isobel Lake Interpretive Forest**. This accessible loop trail is ideal for families and anyone with mobility challenges. Nearby, you'll find the **Eagle Eye Lookout** trailhead, which offers a short climb for hikers.

Past the hoodoos, you'll find the **Battle Bluff** trail, a medium-difficulty hike that winds through the grasslands near the Tranquille Ecological Reserve and culminates with stunning panoramic views of Kamloops Lake. Once you hit the top of the bluffs, be sure to sign your name at the memorial cairn—and don't forget your camera! The views on this route are worth sharing.

Our semi-arid climate brings us plenty of long, sunny days, so don't forget your hat, sunscreen, and a full water bottle! Be sure to check for ticks, keep an eye out for prickly pear cacti, and stay safe on the trails.

Explore more  
outdoor activities





Kamloops Bike Ranch  
Ben Haggart

# 2

## Biking Mountain Biking

As the birthplace of freeride mountain biking, Kamloops is known worldwide as a must-ride destination. Our massive trail network has something for everyone, from little rippers to long-time legends. Get that fancy bike into the wild, or into the air, and find your flow in Kamloops.

The iconic **Kamloops Bike Ranch** spans 26 hectares of grasslands and gullies between Valleyview and Juniper Ridge and holds the title of the largest municipal bike park in North America. With 132 metres of elevation change, stadium lighting, the Jump Corral, and everything from approachable cross-country lines to technical features and pro-level drops, it's a choose-your-own-adventure kind of place. The **All Wheels Pump Track** welcomes riders of all skill levels and all wheel types, making the Bike Ranch a hub for the entire biking community.

Up at a higher elevation, **Harper Mountain** delivers fast, flowy, and technical trails through cool, shaded forests above Paul Lake. It's a go-to on hot summer days, with

Paul Lake Provincial Park waiting below for a post-ride swim.

Through the summer months, **Sun Peaks Resort** opens its lift-access bike park and progression zone. Skip the climb or earn your turns, then drop into downhill trails in a stunning sub-alpine setting. Most rides finish back in the village, where food, patios, and accommodations make it easy to turn a ride into a full day out.

For cross-country riders, the **Pineview Trails** offer an extensive network through pine forests south of town. With designated downhill-only lines and multiple access points, it's no surprise Pineview is ranked #1 on Trailforks for the Kamloops region.

**Kenna Cartwright Nature Park**, one of the largest municipal parks in BC, wraps Mt. Dufferin in over 50 km of multi-use trails. Expect fun, flowy riding with big views of the city and valley. Right next door, the **KBRA Progression Zone** in Dufferin Park gives younger riders a space designed just for them.



Lac du Bois Grasslands  
Mary Pulnam



Rivers Trail  
Dylan Sherrard

The **Lac du Bois Grasslands** deliver a totally different riding experience. Rolling grasslands, rocky bluffs, forested sections, and sweeping Thompson Valley views make this network feel wild and remote, even though it's minutes from downtown. Wildlife sightings are common, and the mix of singletrack and doubletrack keeps things interesting.

Further south, the **Stake Lake** trail network opens to mountain biking in summer. As a Nordic trail network in winter, the terrain here is flatter, with wide trails that make it an easygoing option for families, beginners, or anyone looking for a mellow ride.

## Gravel Biking

Some places were made for gravel. Kamloops is one of them. Quiet backroads unfurl through wide-open grasslands, long sightlines stretch to the horizon, and the city fades quickly behind you. Out here, the riding feels less like exercise and more like exploration. The kind where you're not entirely sure what's around the next bend, and that's exactly the point.

Areas like **Lac du Bois**, **Red Lake**, and the backroads threading through **Barnhartvale** and **Dallas** deliver everything a gravel rider wants: smooth rolling terrain, punchy climbs that earn their descents, and a persistent sense of space that's hard to find anywhere else. Routes link together naturally, distances grow without feeling it, and the landscape keeps rewarding you for going just a little further.

## Rivers Trail

The **Rivers Trail** is Kamloops at its most unhurried, a paved multi-use pathway that begins in Riverside Park and follows the North and South Thompson Rivers all the way toward Kamloops Lake. The elevation stays flat, the scenery does all the work, and there's no agenda beyond moving through one of the most naturally beautiful corridors in the city.

Parks, beaches, and neighbourhoods drift past as you go. Good spots to stop appear just often enough. Whether you're on a cruisy solo ride, keeping pace with kids, or simply want to see the city from the water's edge, this is the route that delivers without demanding anything in return.

## Fat Biking

When the snow settles, the **Isobel Lake Fat Bike Network** comes alive—25 km of machine-groomed singletrack built specifically for riding in the cold. The Kamloops Mountain Bike Trail Association and a dedicated crew of volunteers keep it all running, grooming trails by snowmobile to ensure conditions stay worth showing up for.

The season typically runs from early December through late February or early March, snow dependent. It's quiet out there, it's cold, and it's completely worth it. A side of Kamloops most people never think to look for, and one that tends to stick with you long after the trails thaw out.



**GreenTee Country Club Tobiano**  
Mary Putnam

## Golfing

With stunning courses spread across sun-drenched valleys, Kamloops is a golf destination for early risers and casual players alike. A semi-arid climate shapes a landscape of rivers, lakes, and sagebrush hills, creating diverse courses and an extended season that stretches well into fall. With eight full courses within easy driving distance, Kamloops is an ideal choice for a memorable golf getaway.

**GreenTee Country Club Tobiano** is an award-winning course overlooking Kamloops Lake and consistently ranked among the world's top 100. Famous for its dramatic 7th-hole tee shot across a canyon, Tobiano delivers unforgettable views and bold design.

**Bighorn Golf & Country Club** offers sweeping city views and the occasional encounter with local bighorn sheep. Along the South Thompson River, **Rivershore Golf Links** is a generously bunkered favourite inspired by classic European links-style courses.

To the north, **The Dunes at Kamloops** follows the riverfront through rolling sand dunes, creating a walkable links-style course that regularly ranks among Canada's top 100. Nearby, **Kamloops Golf & Country Club** offers a classic parkland layout dating back to 1914, with tree-lined fairways that shine in the fall.

**Eaglepoint Golf Course** winds through pine-covered hills above the city, pairing scenic views with strategic play and excellent practice facilities. North of Kamloops, **Sun Peaks Golf Course**, BC's highest-elevation course, offers cooler summer rounds in a stunning alpine setting, just 40 minutes from the city.

Further east, **Talking Rock Golf Course**, owned by Skwlāx te Secwepemcúlecw (the Little Shuswap Lake Band), blends rugged design with lakeside forest scenery. Ranked among Canada's top public courses, it offers a rewarding challenge for players of all skill levels.

Whether you're chasing birdies or enjoying the views, Kamloops has a green waiting for you.

Book your  
golf packages



# Paddling

With more than 100 lakes within easy driving distance, Kamloops is an ideal base for paddling adventures. From expansive lakes to mellow river floats, the region offers plenty of ways to get out on the water at your own pace.

Set against dramatic hoodoos and bluffs, **Kamloops Lake** features a long stretch of shoreline to explore. Launch from **Bruker Marina**, where rentals are available, or from **Steelhead Provincial Park**, and paddle past quiet beaches and wide-open water.

Launch onto the **Thompson River** right from **Riverside Park**, with rentals available on-site. Later in the season, the river settles into an easygoing paddle with a gentle current and shaded banks along the route. North of town, **Heffley Lake** is a local favourite, offering rentals from **Paddle Surfit** or **Lakeside Heffley Hideaway**, along with calm no-wake bays and small islands to explore. **Paul Lake Provincial Park** offers convenient water access, day-use amenities, and excellent opportunities for wildlife viewing. **Lac Le Jeune Provincial Park** combines open water and marshy inlets, making it another great option for a relaxed day on the water.

Grab your life jacket and sunscreen. Kamloops' waters are calling.

# 4



Kamloops Lake  
Kathryn McLaren



Fishing BC/Joel Clifton

# 5

## Fishing

The many lakes of the Kamloops region offer an abundance of fish year-round, so dust off the tackle box and get ready to catch some rainbows!

**Edith Lake** tops many anglers' lists as it's generously stocked with various trout species and features a dock and day-use area.

Perfecting your cast? **Roche Lake** tops many fly-fishing lists with serene waters and abundant fish. Similarly, **Tunkwa Lake** is well known among anglers as a prime fishing destination.

Whether it's reeling in the big one or the one that got away, we promise you'll leave Kamloops with a fish story for the ages!



Harper Mountain  
Bryan Peters Photography

# 6

## Skiing & Snowboarding

Kamloops sits between two ski hills, so you can enjoy the mild winters of the valley bottoms while heading up the mountain for the powder days of your dreams.

**Sun Peaks Resort** sits 40 minutes north of Kamloops, and boasts the title of Canada's second-largest ski area. With three mountains, eight chairs, and a reputation for endless bluebird days, Sun Peaks delivers the ski vacation of a lifetime.

For the locally-owned home mountain experience, **Harper Mountain** is a quick half hour from downtown. Harper is perfect for families, beginners, and anyone hoping to skip the crowds and get straight to the snow!

Wax up those skis and boards and get ready to master the black diamonds—or maybe the bunny hill first. We can't wait to see you on the slopes!



# Nordic Skiing

Ready to glide on? We promise that cross-country skiing in Kamloops will get you out of the ordinary.

The Stake Lake Trails—maintained by the **Overlander Ski Club**—are ideal for any skiers who love sunshine and snowy days. With 60 km of groomed trails, including a 5 km dog-friendly loop and a 7 km loop lit for night skiing, you'll find your flow at Stake Lake. Both **Harper Mountain** and **Sun Peaks Resort** also maintain trails where you can explore the forests on your skis.

All three of the above locations offer rentals to simplify your trip, so bundle up and find your winter wonderland this season.

# 7



Overlander Ski Club  
Tamra Jaeger



Bush Lake  
Olsen Imaging

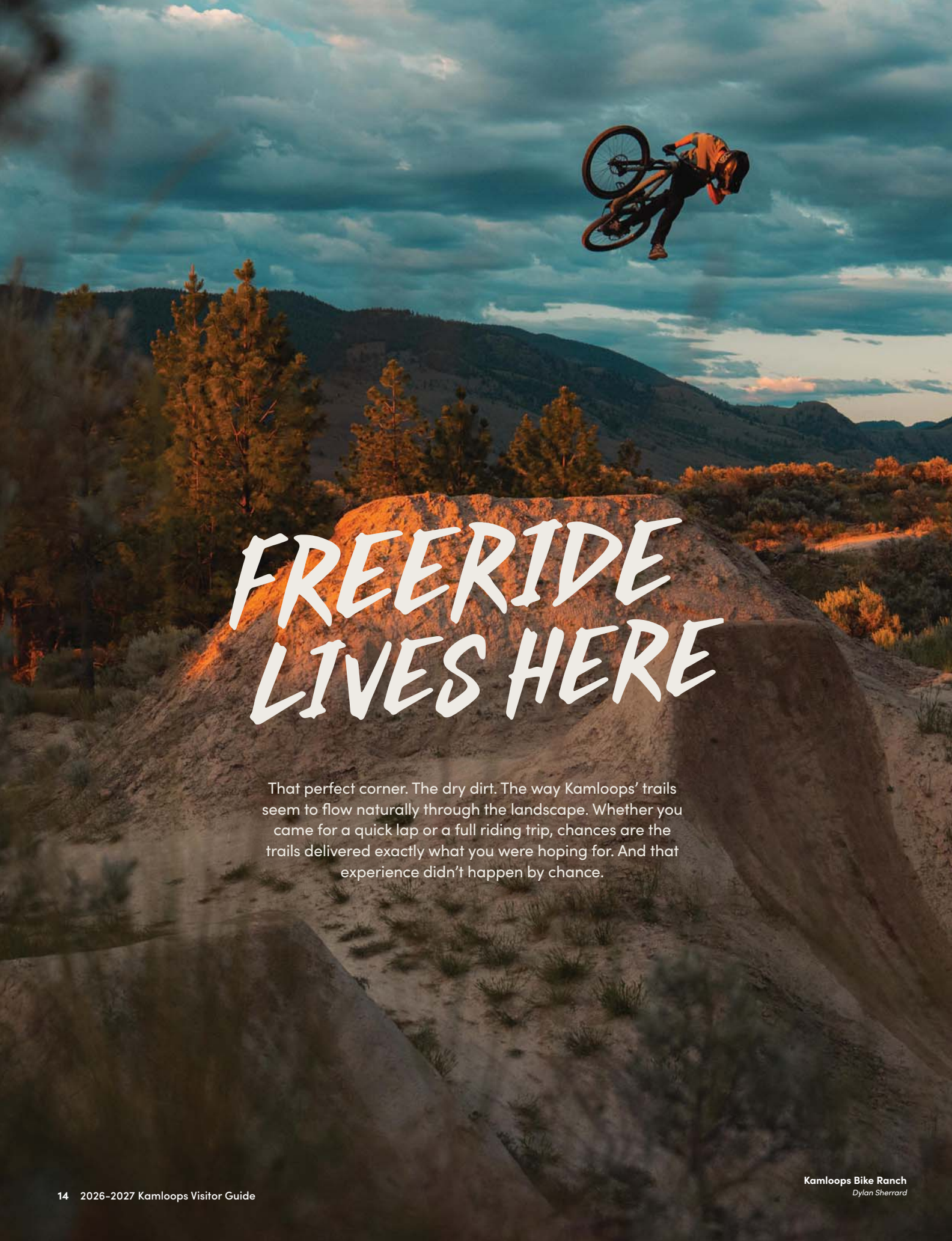
# 8

# Snowshoeing

When the snow falls, Kamloops' trails become a winter playground. **Stake Lake** and **Harper Mountain** both maintain dedicated snowshoe trails and offer rentals. Sitting at a higher elevation than town, both areas see reliable snowfall and feel a world away once you're out on the trails.

**Sun Peaks Resort** also welcomes snowshoers, with a network of winter trails and guided experiences available for those looking to explore with a local expert.

Closer to town, **Kenna Cartwright Park** offers rolling terrain and wide-open views, with rentals available nearby at Runner's Sole. For a quieter outing, **Bush Lake** trails are another winter-friendly option, featuring gentle forested routes and a peaceful, tucked-away feel that's perfect for a relaxed snowshoe.



# FREERIDE LIVES HERE

That perfect corner. The dry dirt. The way Kamloops' trails seem to flow naturally through the landscape. Whether you came for a quick lap or a full riding trip, chances are the trails delivered exactly what you were hoping for. And that experience didn't happen by chance.



Behind every great ride in Kamloops is a community that builds, maintains, and protects these trails year-round. The Freeride Fund exists to support that work and to help ensure Kamloops' mountain biking experience remains world-class for years to come.

Kamloops is widely recognized as the birthplace of freeride mountain biking in North America, but its reputation is built on more than history. It's built on active stewardship. Trails here face real challenges including weather damage, erosion, growing use, and the constant need for maintenance and improvement. The Freeride Fund provides dedicated, long-term funding to support local trail crews and associations doing the hands-on work that keeps trails safe, sustainable, and ride-ready.

Led by Tourism Kamloops in partnership with the Thompson Okanagan Tourism Foundation, the Freeride Fund was created to give riders, locals and visitors alike, a simple and transparent way to give back. Tourism Kamloops has committed significant seed funding to get the program started, but its long-term success depends on community support from those who benefit most, the people riding the trails.



Harper Mountain  
Dylan Sherrard



Dylan Sherrard

Every dollar donated to the Freeride Fund goes directly toward approved trail maintenance and improvement projects across the Kamloops riding region. Administrative costs are covered, meaning contributions support real, on-the-ground work such as rebuilding features, improving drainage, replacing signage, and helping trail crews respond to wear and tear throughout the season.

For visitors, donating is a meaningful way to be part of Kamloops' mountain bike story. It's a way to respect the land, support the people who care for it, and help ensure future riders experience the same quality trails that have made Kamloops one of the world's premier mountain biking destinations.

If Kamloops is part of your riding plans, this is one simple way to help keep the trails strong.



Learn more and  
donate to the  
Freeride Fund

A photograph of three men sitting at a wooden table outdoors, smiling and talking. They are eating and drinking. On the table is a bottle of Red Beard beer, a glass of coffee, and plates of food. The background shows a wooden building with a green awning and hanging green leaves.

eat like a  
**LOCAL**



In Kamloops, good food is part of the rhythm of the day. Locals know where to start the morning, where to grab something easy between plans, and where to settle in for a well-earned dinner. From neighbourhood cafés and relaxed lunch spots to elevated dining rooms and sunny patios, these are the places that shape how Kamloops eats.

## Morning Favourites

Mornings in Kamloops start strong, thanks to a breakfast scene that goes well beyond the basics. Downtown, **Hello Toast** is a local favourite, known for creative takes on classic brunch dishes, generous portions, and a lively atmosphere that keeps the room buzzing. Nearby, **Chook Eatery** brings a comfort-driven approach to breakfast, serving bold, satisfying dishes that make for a great start to the day.

In Valleyview, **Amsterdam Restaurant** offers hearty breakfasts with a European influence, featuring everything from traditional eggs and bacon to savoury crepes and omelettes. On the North Shore, **Jamaican Kitchen** adds bold Caribbean flavours to the breakfast table, with spice-forward dishes that are as memorable as they are filling.



## Relaxed Bites

Kamloops knows how to do laid-back dining. It's home to favourite spots where good food, friendly service, and a sense of community come naturally. On the North Shore, **Yew Street Food Hall** brings multiple flavours together under one roof, making it easy to sample local favourites or find something for everyone in a casual, social setting. Just down the street inside **5Bean Brew Bar, Bowl n Bun Sandwich Shop** is go-to for something quick and classic, known for generous sandwiches, homemade soups, and no-frills comfort.

Downtown, **Art We Are Café** blends creativity and nourishment, serving wholesome, plant-forward meals alongside local art and a steady hum of conversation. It's a place where breakfast can stretch into lunch and no one feels rushed. Nearby, **Kekuli Café** offers Indigenous-inspired comfort food, from bannock sandwiches to sweet treats, rooted in tradition and made for everyday enjoyment.



Wasabi Modern Kitchen  
@inmycinematicmind

## Elevated Dining

Kamloops' dining scene also knows how to dress things up. For evenings that call for polished plates and thoughtful menus, the city offers a range of elevated experiences without losing its approachable edge.

**Cordo Resto & Bar** stands out for its refined yet welcoming atmosphere, with a menu shaped by local ingredients, seasonal flavours, and an excellent wine list that highlights the region.

**Brownstone Restaurant** delivers a classic fine-dining experience, known for expertly prepared dishes, attentive service, and an intimate setting ideal for special occasions. At **Wasabi Modern Kitchen**, Japanese cuisine meets contemporary flair, with fresh sushi, bold flavours, and artful presentation in a sleek setting.

Adding international character to the mix, **Rebo's Argentine Cuisine** brings the warmth of South America to Kamloops, with perfectly grilled meats, rich flavours, and a dining experience centred on sharing and connection.

**Isagani**, meaning bountiful harvest, is known for its farm-to-table approach, with menus shaped by carefully sourced ingredients and a focus on seasonality. New on the scene, **TABLE twelvefifty** pairs a refined yet cozy setting with a menu designed for lingering over great food, good wine, and even better company.



**Yew Street Food Hall**  
Mary Putnam



**Twisted Steak**  
Meet Pepper

## Patio Season

When patio season arrives, Kamloops leans into it fully. Long sunny days and warm evenings make outdoor dining a must, and the city's patios deliver both atmosphere and flavour.

**The Noble Pig** pairs craft beer and elevated pub fare with one of downtown's most popular patios, making it easy to linger over pints and plates with friends.

Set inside the city's historic train station, **Twisted Steak** offers a patio experience as distinctive as its setting. Enjoy premium steaks, seafood, and cocktails framed by heritage architecture. On the North Shore, **Red Beard Café** is a go-to for daytime patio dining, serving brunch, coffee, and casual meals in a sunny, welcoming space that transitions easily from morning to afternoon.



**Cordo Resto & Bar**  
@cordorestobar

Explore more  
food & drink





# Crafted Sips

A guide to the city's best sips and spirits.

Looking for the perfect guide to quench your thirst? Kamloops is your go-to spot for a sip and swirl adventure like no other. Let these spots lead the way to unforgettable flavours and moments.

Cheers to your next adventure in our backyard!

## Breweries

### Bright Eye Brewing

North Shore's beacon of brews. With a lineup that changes faster than the seasons and a tasting room that feels like home (if home had a live tree and arcade games), Bright Eye is where creativity flows as freely as their beer. Their patio is the new neighbourhood hangout, perfect for anyone with a love for craft beer and killer eats.

### Embers Brewhouse

Embers Brewhouse offers a relaxed, welcoming atmosphere with rotating small-batch beers like Hazy IPAs, Blondes, and Porters, alongside a menu of pizzas and share plates. With weekly events like trivia and music bingo, it's quickly become a favourite local hangout for good beer and easygoing vibes.

### Iron Road Brewing

Where tracks meet taste. Founded by a duo of geology buffs and a brew wizard, Iron Road is a homage to the railway that stitches our city together. Nestled near Thompson Rivers University, this spot is a magnet for everyone from scholars to sippers. Their 60-seat taproom is a haven of hops and happiness, serving up train-themed brews and Mexican cuisine that'll have you coming back for more.

### The Noble Pig Brewhouse

Visit Kamloops' first microbrewery, dive into a pool turned patio (literally) and experience a fusion of flavours that'll tickle your taste buds. From their whimsically named brews to a menu that marries craft with cuisine, the Noble Pig is a feast for the senses.

### Red Collar Brewing Co.

Named after a beloved Labrador, Red Collar brews with heart, offering a diverse beer list, an 80-seat tasting room, outdoor patio, and a menu designed for sharing. This brewery is a welcoming spot for both human and furry friends. Don't miss their Belgian-style beers—a sip of something truly special.



Monte Creek Winery  
Mary Putnam



Woodward Cider Co.  
Royce Siblis

## Distilleries

### Gin Lane Distilling Co.

A haven for gin aficionados. Nestled within Red Collar Brewing, this spot offers a gintastic journey through flavours that are out of this world. Whether it's a cocktail you crave or a flight of their finest, Gin Lane is where your gin dreams come to life.

### Red Bridge Distilling

Where spirits meet heritage. Crafting an array of spirits that are as iconic as the bridge they were named after, Red Bridge is a masterclass in small-batch distillation. From Limoncello to Coco Cream Liqueur, every bottle is a nod to the local flavour.

### Route 1 Distillery

Swing by Route 1 Distillery for a taste of Canada's wild side. They whip up spirits so crisp, thanks to their triple-distilled magic, each sip's a mountain breeze. From velvety vodkas to aromatic gins, it's craftsmanship in a glass. Book a tour online or find them at the farmers market, sharing their spirited stories.

## Wineries

### Monte Creek Winery

Kamloops' largest winery, boasting stunning views of the South Thompson River. Delight in a personalized wine tasting flight alongside local anecdotes, explore their diverse selection of wines, and shop for locally sourced items. In the summer, savour a truly local dining experience at the Terrace Restaurant with its al fresco dining.

### Privato Vineyard & Winery

A family-owned boutique winery specializing in small-lot, handcrafted wines. Join the owners for a personal tasting of exceptional Pinot Noir and other varietals. Enjoy a wine or cider tasting, have a picnic in the lush wine gardens, or attend their live music events during the summer. Pets are welcome.

### Sagewood Winery

Sagewood Winery, a small, family-owned establishment, crafts exclusive wines sourced from their own vineyard. From Riesling to Cabernet Franc, their diverse portfolio bears names inspired by their family, adding a personal touch to every bottle. Visit their charming outdoor picnic area and relax among the vineyards.

## Cideries

### Woodward Cider Co.

Kamloops' original cider spot, born from the Woodward brothers' leap from engineering to cider magic on their family farm (shared with Privato Vineyard & Winery). They're all about small-batch ciders with big BC apple flavours, like raspberry-zinged Send It and peachy Hang Time. Just 20 km out of town, their tasting room's a laid-back haven with cornhole, pets, and the coolest vibes around.



Book a beer  
& wine tour



Lac du Bois Grasslands

Westside

Tournament Capital Ranch

Rayleigh

Batchelor Heights

Brocklehurst



Kamloops Airport (YKA)



Singh Bowl



McArthur Island Park

North Shore

Thompson River

North Thompson River



Tobiano  
Cache Creek  
Whistler  
Vancouver

Kenna Cartwright Nature Park

Thompson Rivers University (TRU)

Hillside Stadium

Lower Sahali



Royal Inland Hospital

Dufferin

Merritt  
Vancouver

Peterson Creek Nature Park

Upper Sahali

Lac Le Jeune Provincial Park  
Stake Lake  
McConnell Lake

Pineview Valley

Aberdeen Mall

Aberdeen

Albert McGowan Park

Knutsford  
Merritt



Wells Gray Provincial Park  
Jasper

Heffley Creek

Sun Peaks  
Resort

Paul Lake Provincial  
Park & Campground

Harper  
Mountain

Tk'emlúps te  
Secwépemc

Sun Rivers

..... Rivers Trail  
 ===== Railroad  
 ~~~~~ Further distance  
 than appears

Downtown

Valleyview

Dallas

Rose Hill

Juniper Ridge

Barnhartvale

**Downtown**

Riverside Park

Lorne St.

Rail Yard: No Public Access

Lansdowne St.

Victoria St.

Seymour St.

St. Paul St.

Battle St.

Nicola St.

Columbia St.

1st Ave.

2nd Ave.

3rd Ave.

4th Ave.

5th Ave.

6th Ave.

7th Ave.

8th Ave.

City Hall



# Art For All

Arts and culture in Kamloops aren't tucked away or saved for special occasions. They're woven into the everyday fabric of the city. From the land's original stories to gallery walls, live stages, and late-night creative spaces, culture here feels genuine because it is. This is a community that knows where it comes from, and it shows.

## Creative Energy

Downtown Kamloops is where the city's artistic identity comes into focus. The **Kamloops Art Gallery** anchors the visual arts scene with rotating exhibitions from local, national, and international artists - thoughtfully programmed, genuinely engaging, and shaped by a deep sense of place.

A few blocks away, the historic Old Courthouse. Tucked inside a heritage building dating back to 1909, the **Kamloops Courthouse Gallery Co-op** provides a more intimate space showcasing regional artists and artisans. Ceramics, textiles, painting, photography, and jewellery. Work made by hand, and rooted in community.

## See It Live

Kamloops has a live performance culture that punches well above its size. **Western Canada Theatre** brings professional productions to venues like the Sagebrush Theatre. Contemporary Canadian works, classics, and original productions that hold their own on any stage. The **Kamloops Symphony Orchestra** adds range, moving between traditional symphonic programming and modern collaborations that reflect the city's evolving tastes.

For film, the historic Paramount Theatre is the place. **The Kamloops Film Society** screens independent and international cinema throughout the year, with seasonal festivals that draw audiences looking for something beyond the multiplex.

## After Dark

When the sun goes down, downtown Kamloops has its own rhythm. If you prefer guitars to turntables, head to **The Blue Grotto**, a 21+ local favourite known for its live music and laid-back atmosphere. With a focus on good music and good friends, there's always something worth checking out. For a classic nightclub experience, **The Night Shift on 5th** brings the energy with live music, guest DJs, and themed nights that range from Pride celebrations and Bollywood parties to neon throwdowns and seasonal costume events.



Western Canada Theatre

Charlie Gallant & James MacDonald in *The Woman in Black* (Western Canada Theatre 2024) | Director Kim Collier | Set Designer Ken MacKenzie | Lighting Designer John Webber | Costume Designer Sabrina Stace | Sound Designer Thomas Ryder Payne | Photo by Murray Mitchell



The Night Shift of 5th  
@heybethtaylor



Explore more  
arts & culture



# Secwépemc

MUSEUM AND HERITAGE PARK



Photo: Mary Putnam

Immerse yourself in the rich history, culture, and language of the Secwépemc. Hear our stories. See our traditions. Feel the deep connection to Secwepemcúlecw, our land, that defines our ways of life since time immemorial.

200-330 Chief Alex Thomas Way  
*Parking at the Powwow Arbour*

Secwepemcmuseum.ca  
250-828-9749



## Our History

To understand Kamloops, it's important to begin with the stories rooted in this place long before the city took shape. Located on the ancestral territory of the Tkemlúps te Secwépemc, Kamloops sits at the meeting of the North and South Thompson rivers, a gathering place that has been central to life, trade, and culture for thousands of years.

The **Secwépemc Museum & Heritage Park** offers an essential introduction to the living culture and history of the Secwépemc people. Through exhibits, artifacts, and storytelling, the museum shares knowledge passed down through generations, exploring language, traditions, and enduring connections to the land. Guided tours of the former Kamloops Indian Residential School provide space for learning and reflection, helping visitors better understand the lasting impacts of Canada's residential school system.

Downtown, the **Kamloops Museum and Archives** continues the story as the region evolved. Exhibits trace Kamloops' growth from a fur-trade hub to a railway town and modern city, highlighting the people, industries, and events that shaped the community along the way. From early settlers to present-day Kamloops, the museum connects past and present in a way that adds depth and context to the city you see today.

Together, these museums offer a fuller picture of Kamloops, honouring the original caretakers of the land while exploring the layers of history that followed. For visitors looking to understand the city beyond the scenery, this is where the story comes into focus.



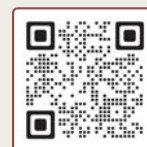
Secwépemc Museum & Heritage Park  
Mary Putnam



Kamloops Museum and Archives  
Kelly Funk

## Learn Secwepemctsin

|                    |               |                 |
|--------------------|---------------|-----------------|
| Kamloops           | Tkémúlúps     | teh-kum-lups    |
| Shuswap            | Secwépemc     | suh-c-whep-em-c |
| Hello (to one)     | Weyt-k        | way-tk          |
| Thank You (to one) | Kukwstsétsemc | cooks-jem-c     |



Learn more about  
our history

PLEASED  
TO MEET  
YOU  
KMA

PHOTO BY TOURISM KAMLOOPS

# HISTORY BY EVERYONE. HISTORY FOR EVERYONE.



PHOTO BY KELLY FUNK

**KAMLOOPS MUSEUM AND ARCHIVES | KAMLOOPS CHILDREN'S MUSEUM**

207 SEYMOUR STREET | 250 828 3576 | 9:30-4:30, TUES-SAT | [KAMLOOPSMUSEUM.CA](http://KAMLOOPSMUSEUM.CA)

# On Tour

Kamloops is a city best understood by moving through it. On foot, on a bike, fork in hand, or eyes up at a wall-sized mural you weren't expecting. However you like to explore, there's a way in.

## Guided Tours

The best stories about a place usually come from the people who live there. Guided tours in Kamloops put you in good hands, whether that's a local rider showing you why this city is on every mountain biker's radar, a trail guide leading you into a river canyon you'd never have found alone, or someone who knows exactly which pour to order and why. Choose from a range of experiences, including:

### Hike & Snowshoe Tours

Scenic trails, river valleys, canyons, and panoramic viewpoints, available in every season.

### Mountain Bike Tours

Iconic freeride terrain, technical trails, and a riding culture that runs deep.

### Foodie & Drink Tours

Curated tastings at local restaurants, breweries, wineries, and distilleries, with the context that makes it all taste better.

## Self-Guided Tours

Downtown Kamloops rewards the curious. Follow the **Back Alley Art Gallery** through alleyways transformed by large-scale murals. Trace the city's past through heritage markers on the **Kamloops Museum and Archives' Heritage Walking Tour**. Connect public sculptures and installations across parks and streetscapes on the Public Art Walking Tour. There's more here than most people slow down long enough to find, and these routes make sure you don't miss it.



Discover tours  
& itineraries





Tamra Jaeger



Johann Vincent



Johann Vincent

# Market Days

## Farmers' Market

It all kicked off in 1978, when the very first Kamloops Regional Farmers' Market set up shop. By the 1980s, the market was growing—adding a Wednesday market. And just like that, the market became a local tradition.

Fast-forward nearly 40 years, and we're still rocking it. The market isn't just a place to score fresh veggies and artisan goodies—it's a buzzing community hangout. Whether you're here to make friends, swap stories, or just enjoy the good vibes, you'll find it all.

### Saturdays

200 block of St. Paul Street  
April to October | 8:30 am-12:30 pm

### Wednesdays

400 block of Victoria Street  
May to October | 8:30 am-1:30 pm

### Indoor Market

Mount Paul Community Food Centre  
140 Laburnum Street  
November to April | 10 am-2 pm

## Pop-Up & Night Markets

Market season in Kamloops does not stop with the farmers' market. Throughout the year, a variety of pop-up and night markets bring a fresh energy to the city and surrounding area.

**The Lot YKA Markets** showcase local artisans, vintage curators, and creative small businesses in unique, community-focused settings. Each market has its own personality, offering limited-edition finds and one-of-a-kind goods.

**Haus of Misfit Night Market** turns up the volume with an evening experience that blends art, fashion, music, and independent vendors. Expect bold creativity, local makers, and a vibrant crowd.

Just outside the city, **Sip & Shop Markets at Monte Creek Winery** pair local shopping with scenic vineyard views. Hosted seasonally, including winter and summer editions, these markets combine handcrafted goods, food vendors, and the opportunity to enjoy wine in a relaxed setting.

At Privato Vineyard & Winery, the **Privato Market** offers another picturesque outing, where boutique vendors and artisan products meet garden and vineyard surroundings.



Monte Creek Winery  
Magalie Knopf



Kathleen Fisher

## Kamloops Christmas Market

When the holiday season arrives, the Kamloops Christmas Market transforms winter shopping into a festive experience inspired by traditional European holiday markets. Cozy wooden chalets line the market, creating a charming village atmosphere filled with twinkling lights and seasonal cheer.

Local makers and artisans fill the chalets with handcrafted gifts, holiday décor, specialty foods, and thoughtful stocking stuffers. Warm drinks, festive treats, and live entertainment add to the atmosphere, making it as much about the experience as it is about the shopping.

# Explore the places we keep coming back to.



**DOWNTOWN**  
KAMLOOPS





Lys's Thrift & Vintage  
Kathleen Fisher



The Art We Are Cafe  
Kylie Mae

# Shop the Unexpected

Looking for quirky little shops filled with unique or handmade finds? Kamloops is full of local boutiques where you can pick up a creative, and maybe a little offbeat, souvenir while supporting small businesses.

Downtown Kamloops is the place to start. Victoria Street runs through the heart of the city and is a hub for locally owned shops. Here you'll find the **Kamloops Artisan Bazaar**, **Ms Whimsy's Gift Emporium**, and **The Art We Are Café**, all known for handmade artisan goods like jewellery, pottery, fibre arts, and one-of-a-kind gifts. Nearby, the Kamloops Art Gallery is home to **The Gallery Store**, featuring locally made, Indigenous, and creatively inspired pieces.

**Far & Wide** and **Crooked Crown Boutique** both showcase independent, 2SLGBTQIA+, and diverse brands alongside work by local makers. Expect décor, accessories, stationery, and thoughtful gifts. Vintage

lovers should add **Lys's Thrift & Vintage** to their list, a downtown favourite for curated secondhand pieces with plenty of personality. Music fans won't want to miss **Barnacle Records**, a vinyl shop packed with rare finds and timeless classics that make great keepsakes.

The Old Courthouse on Seymour Street West is home to the **Kamloops Kamloops Courthouse Gallery Co-op**, where you'll find a rotating collection of local art and handcrafted goods inside this historic building.

Up the hill, **4 Generations Creations** is an entirely Indigenous-owned business offering authentic apparel, accessories,

and goods from Indigenous-owned brands, along with supplies connected to Indigenous craft and medicine traditions.

Across the river on the North Shore, **Haus of Misfit** leans into the strange and offbeat, spotlighting alternative and 2SLGBTQIA+ creators and hosting night markets and community events.

If you're after a classic Kamloops souvenir, head back downtown to **Desert Rain Giftware** or **Wild Cave Gift Shop**. And if your travels take you to the **BC Wildlife Park**, be sure to browse their gift shop, proceeds support local wildlife rescue and rehabilitation efforts.

meet you at

# RIVERSIDE





Andrew Snucins



Jordan Fraser

Set along the Thompson River in the centre of downtown, Riverside Park is one of Kamloops' most familiar gathering places. Wide lawns, river views, and an easy-to-reach location make it a natural stop for visitors looking to spend time outdoors.

In summer, the sandy riverfront beach draws people to the water for a swim, a break from the heat, or an afternoon by the shoreline. The nearby waterpark is a steady favourite for families, with splash features that keep kids busy on hot afternoons. Pickleball courts add to the daily activity, with games running throughout the day and a welcoming, community feel.

Music is part of the park's summer rhythm. In July and August, free Music in the Park concerts bring live performances to the riverside. Locals and visitors gather with lawn chairs and blankets to enjoy warm evenings, river breezes, and a laid-back concert atmosphere.

When winter settles in, the park transforms. A skating loop winds through the grounds, strung with lights and set to music, with fire pits scattered along the way for warming up between laps. It's social, unhurried, and the kind of winter evening that makes you glad you didn't stay inside.

Whether you find yourself here for a concert on a warm July evening, an afternoon at the beach, a pickup pickleball game, or a skate under the lights in winter, Riverside Park has a way of showing you exactly what Kamloops is all about.

# Make a day of it

## Morning

Grab a coffee from a downtown café and ease into the day with a walk along Rivers Trail between Riverside Park and Pioneer Park. Keep your eye out for artwork along the route.

## Midday

When the temperature climbs, head for the sandy beach to cool off or let the kids loose at the waterpark. Both are central, easy to access, and made for warm Kamloops afternoons.

## Afternoon

Rent a kayak or paddleboard and head out onto the Thompson River. A relaxed paddle offers a different view of the park and a quiet stretch of time on the water. Afterwards, reward yourself with a stop at a local ice cream shop.

## Evening

Pick up takeout from a nearby restaurant, spread out a blanket, and settle in for Music in the Park. River breezes, sunset skies, and live music make for an easy summer evening.



Mary Fisher

# 10

## things to do with the family



BC Wildlife Park  
Tamra Jaeger

1

### Get wild

From burrowing owls to grizzlies, the **BC Wildlife Park** offers a glimpse into BC's diverse wildlife. Explore interactive exhibits, encounter incredible species, and support vital conservation efforts. With nearly 200 animals, including the rare Spirit Bear, every visit is a roaring good time!

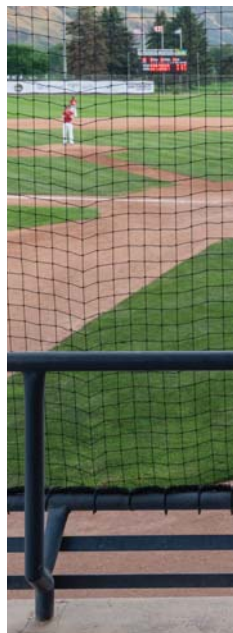
### Play, win, repeat!

Get ready for non-stop excitement at **The Fun Factor Fun Centre**, the go-to spot for all arcade lovers. Battle it out in laser tag, spin into action on bumper cars, or rack up arcade tickets for epic prizes!



Dylan Sherrard

2



### Spark curiosity

Unleash your inner scientist at the **BIG Little Science Centre**, where hands-on exhibits, interactive experiments, and live demonstrations bring science to life. From exploring the wonders of space to discovering the secrets of nature and technology, this family-friendly spot makes learning exciting, engaging, and fun for all ages.

# 3



Candace Hansma

### Game on!

Catch the action with a front-row seat to local sports! Cheer on the **Kamloops Blazers** as they light up the ice at the Sandman Centre, rally behind **Rivers FC** as they bring the energy to the pitch, or soak up the summer vibes at a **NorthPaws** baseball game. With passionate fans, a Kamloops sporting event is the perfect way to experience the city's electric game-day spirit.

# 5



NorthPaws Baseball  
Olsen Imaging



Overlander Beach  
Dylan Sherrard

# 4

### Make a splash

Cool off at one of Kamloops' sandy shores, perfect for family fun on a hot day. **Overlander Beach** and **Riverside Park** are local favourites, with wide stretches of sand when water levels are low and plenty of space to relax, play, and soak up the sun. Prefer a pool day? Make a splash at one of the City's pools, including the **Tournament Capital Centre**, **Brock Pool**, and **Westsyde Pool**.



Mary Putnam

# 6

### Go for a skate

The **Riverside Park Skating Loop** is a free, family-friendly way to enjoy winter in Kamloops. Set along the Thompson River, it offers scenic views, smooth ice, and a relaxed atmosphere. Skate day or night with lights, music, nearby fire pits to warm up, and rentals available.



7  
Olsen Imaging

**Learn our history**

Located inside the **Kamloops Museum and Archives**, the **Children's Museum** is a playful, interactive space where kids can explore hands-on exhibits that bring local history to life through creative play, puzzles, puppet theatre, dress-up, and more. A perfect stop for families visiting downtown Kamloops.



Dylan Sherrard

9

**Snow much fun**

**Harper Mountain** is a family-friendly winter escape with skiing, snowboarding, tubing, and scenic snowshoe trails. Rent gear on-site and explore the slopes or forested trails at your own pace. After a day in the snow, warm up slopeside in the cozy lodge.



Jordan Brown

**Leap, bounce, and climb**

**Apex Adventure Plex** offers nonstop action with a ninja warrior course, a trampoline obstacle course, and bubble soccer—fun for all skill levels. If climbing is more your style, **Cliffside Climbing Gym** features challenging routes for all levels, whether you're a beginner or an experienced climber looking to test your skills.

8



Tamra Jaeger

10

**Meet the locals**

Visit the friendly animals at **Little Farmers Zoo**. Located next to **Westsyde Centennial Park**, have fun feeding the animals from their on-site vending machines and enjoy the rustic charm of their lively farmyard.



Discover more family activities

# EXPERIENCE BC'S WILDLIFE LIKE NEVER BEFORE!



Connect with BC's wildlife and wild spaces at the BC Wildlife Park; a wildlife park and rehabilitation center for orphaned, injured, and endangered wildlife. Home to nearly 200 animals including foxes, cougars, birds of prey, and the only Kermode bear in human care, endless educational opportunities await.

Ride the Wildlife Express Miniature Train, check out animal encounters and feed talks, or go wild and book a guided tour or private animal encounter!

## WILD TIMES AWAIT YOU!



**BC  
WILDLIFE  
PARK** KAMLOOPS

**60**  
WILD YEARS

9077 Dallas Dr., Kamloops, BC  
250.573.3242

[bcwildlife.org](http://bcwildlife.org)

A brown dog, possibly a Weimaraner, is running joyfully on a dirt path. The dog is in the foreground, looking towards the camera with its mouth open and tongue out. The background features rolling hills and mountains under a clear blue sky. The lighting suggests it's late afternoon or early morning, with long shadows and warm tones. A decorative orange dashed line curves across the top left of the page.

# Bark Side of Kamloops

If your best friend has four legs, you're in luck. Kamloops is packed with dog-friendly spots to explore year-round.

## Patios & Breweries

### Red Collar Brewing

Dogs are welcome in the fireplace room and on the patio.

### Red Beard Café

A great patio spot for coffee and craft beer.

### Privato Vineyard & Winery

Sip and relax with your pup by your side.

### Bright Eye Brewing

A welcoming patio for you and your furry friend.

### The Noble Pig Brewhouse

Enjoy brews and tasty bites on their converted pool patio.

## Dog-Friendly Beaches

### Pioneer Park

A favourite for pups and their people, with plenty of river access.

### Overlander Park

Shallow waters make this a great spot for a swim.

### Mission Flats Beach

Scenic, sandy, and perfect for cooling off.

*Tip: Once spring runoff settles, the river currents slow down, making these spots even safer for swimming.*

## Off-Leash Scenic Trails

### Kenna Cartwright Nature Park

Over 55 km of trails through diverse landscapes.

### Peterson Creek Nature Park

Off-leash area with trails overlooking Kamloops.

### Valleyview Nature Park

Wide-open trails and off-leash fun.

### Dallas-Barnhartvale Nature Park

Explore hoodoos, silt bluffs, and sweeping views.

*Tip: These parks have minimal shade—bring extra water for you and your pup.*

## Winter Adventures

### Overlander Ski Club

A 5 km dog-friendly cross-country ski loop.

*Tip: The trail is mostly flat and great for skiers of all skill levels.*

Valleyview Nature Park  
Andrew Shucins

# Listings

## Arts & Culture

### Galleries

**Kamloops Art Gallery**  
465 Victoria St  
kag.bc.ca

**Kamloops Courthouse Gallery**  
7 Seymour St W  
kamloopscourthousegallery.com

### Museums

**Kamloops Museum and Archives**  
207 Seymour St  
kamloopsmuseum.ca

**Secwépemc Museum & Heritage Park**  
200-330 Chief Alex Thomas Way  
secwepemcmuseum.ca

### Performing Arts

**Kamloops Symphony**  
kamloopssymphony.com

**Pavilion Theatre**  
1025 Lorne St  
kamloopslive.ca

**Sagebrush Theatre**  
1300 9th Ave  
kamloopslive.ca

**Western Canada Theatre**  
wctlive.ca

## Attractions

### Indoor

**Apex Adventure Plex**  
380-945 Columbia St W  
apexadventureplex.com

**BIG Little Science Centre**  
458 Seymour St  
blscs.org

**Breaking Par Golf Academy**  
2400A Ord Rd  
breakingpargolf.com

**Cineplex Odeon Theatre**  
1320 West Trans Canada Hwy  
cineplex.com

**Cliffside Climbing Gym**  
954B Laval Cres  
cliffsideclimbing.com

**Exit Escape Rooms**  
1801 Princeton-Kamloops Hwy  
e-exit.ca/kamloops

**Falcon Lanes**  
2020 Falcon Rd  
falconlanes.ca

**Fun Factor Family Fun Centre**  
910 Tranquille Rd  
thefunfactor.ca

**Kamloops Art Party**  
177 Tranquille Rd  
kamloopsartparty.com

**Kamloops Virtual Golf**  
141 Lorne St  
kamloopsvirtualgolf.com

**Mulligan's on 4th**  
405 Victoria St  
mulliganskamloops.com

**Paramount Theatre**  
503 Victoria St  
thekfs.ca

**Sweet Home Café**  
1380 Hillside Dr  
sweethomecafe4you.com

### Outdoor

**Adams River Rafting**  
1251 Morgan Dr, Scotch Creek  
adamsriverrafting.com

**BC Wildlife Park**  
9077 Dallas Dr  
bcwildlife.org

**Bruker Marina**  
6777 Marina Bay Rd  
brukermarina.com

**Erin Valley Riding Stables**  
8825 Barnhartvale Rd  
erinvalleyridingstables.com

**Harper Mountain**  
2580 Harper Mountain Rd  
harpermountain.com

**Kamloops Paintball**  
3355 Harper Mountain Rd  
kamloopspaintball.com

**Little Farmers Petting Zoo**  
707 Franklin Rd  
littlefarmerszoo.ca

**Paddle Surfing**  
paddlesurfing.com

**Sun Peaks Resort**  
sunpeaksresort.com

## Farmers' Markets

**Kamloops Farmers' Market**  
kamloopsfarmersmarket.com

## Night Life

### Bars & Venues

**BAR SIDE Lounge & Grill**  
1250 Halston Ave  
chanceskamloops.com

**The Blue Grotto**  
319 Victoria St  
thebluegrotto.ca

**Club Current**  
177 Tranquille Rd  
@clubcurrentkamloops

**The Commodore Grand Cafe & Lounge**  
369 Victoria St  
commodorekamloops.com

**Nigel's Cocktail Bar**  
449 Tranquille Rd  
@nigelscocktails

**The Night Shift on 5th**  
130 5th Ave  
@thenightshifton5th

**Shark Club**  
285 Lorne St  
sharkclub.com

### Casinos

**Cascades Casino**  
1555 Versatile Dr  
cascadescasino.ca

**Chances Casino**  
1250 Halston Ave  
chanceskamloops.com

## Rentals

**Kamloops Water Sport Rentals**  
1446 River St  
kamloopswatersportrentals.ca

**Overlander Ski Club**  
5140 Lac Le Jeune Road  
overlanderskiclub.com

**Play It Again Sports**  
101-805 Notre Dame Dr  
playitagainsports.com

## Shopping Centres

**Aberdeen Mall**  
1320 Trans-Canada Hwy  
aberdeenmall.ca

**Northhills Shopping Centre**  
700 Tranquille Rd  
northhills.ca

**Sahali Mall**  
945 Columbia St West  
sahalicentremall.com

## Sports & Recreation

### Campgrounds

**Copper Quarter Campground**  
485 Mount Paul Centre Way  
copperquartercampground.ca

**Kamloops Riverview Heights RV Park**  
4395 Trans-Canada Hwy  
kamloopsriverview.com

**Kamloops RV Park**  
9225 Dallas Dr  
kamloopsrvpark.ca

**Knutsford RV Park**  
2741 Highway 5A South  
knutsfordcampground.ca

**Lac Le Jeune Provincial Park**  
bcparks.ca

**Lakeside Heffley Hideaway**  
2544 Golden Horn Rd  
lakesideheffleyhideaway.com

**Paul Lake Provincial Park**  
bcparks.ca

**Pinantan Lake Resort**  
2488 Harper Ranch Rd  
pinantanlake.bc.ca

**Silver Sage Campground**  
771 East Athabasca St. West  
silversagerv.ca

### City Facilities

**Brocklehurst Arena**  
2470 Fleetwood Ave

**Charles Anderson Stadium**  
1055 River St

**Hillside Stadium**  
944 Dalhousie Dr

**McArthur Island Sport & Event Centre**  
1655 Island Pkwy

**Memorial Arena**  
740 Victoria St

**Norbrock Stadium**  
1500 Island Parkway

**Sandman Centre**  
300 Lorne St

**Tournament Capital Centre**  
910 McGill Rd

**Tournament Capital Ranch**  
5355 Yellowhead Hwy

**Valleyview Arena**  
353 Highland Rd

### Disc Golf Courses

**Dick Hart Memorial Park**  
Heffley-Louis Creek Rd

**McArthur Island Disc Golf Course**  
1665 Island Parkway

**Rose Hill Disc Golf Course**  
1335 Rose Hill Rd

**Westside Centennial Park**  
705 Franklin Rd

### Golf Courses

**Bighorn Golf & Country Club**  
1000 Clubhouse Dr  
golfbighorn.ca

**The Dunes at Kamloops**  
652 Dunes Dr  
golftthedunes.com

**Eaglepoint Golf Resort**  
8888 Barnhartvale Rd  
eaglepointgolfresort.com

**The Golf Course at Sun Peaks**  
3150 Creekside Way  
sunpeaksresort.com/golf

**GreenTee Country Club Tobiano**  
38 Holloway Dr  
gtctobiano.com

**Kamloops Golf & Country Club**  
3125 Tranquille Rd  
kamloopsgolfclub.com

**Mount Paul Golf Course**  
615 Mt. Paul Way  
mountpaulgolf.com

# Listings

## Pineridge Golf Course

4725 East Trans Canada Hwy  
pineridgegolf.bc.ca

## Rivershore Estates & Golf Links

330 Rivershore Dr  
rivershoregolfinks.com

## Talking Rock Golf Course

1663 Little Shuswap Lake Rd  
quaaoutlodge.com/golf

## Parks

### Dallas-Barnhartvale Nature Park

1210 Eliza Rd

### Exhibition Park

1055 River St

### Kamloops Bike Ranch

1105 Highland Rd

### Kamloops Rotary Skatepark

1685 Island Parkway

### Kenna Cartwright Nature Park

2000 Hillside Dr

### Lac du Bois Grasslands

Lac du Bois Rd

### Longboard Park

2350 Pacific Way

### McArthur Island Park

1655 Island Parkway

### Peterson Creek Nature Park

1440 Glenfair Dr

### Pioneer Park

40 7th Ave

### Riverside Park

100 Lorne St

## Valleyview Nature Park

220 Valleyview Pl

## West Highlands Park

1185 Links Way

## Overlanders Park & Beach

247 Kitchener Cres

## Pools & Waterparks

### Albert McGowan Park

2025 Summit Dr

### Brock Outdoor Pool

2470 Fleetwood Ave

### Canada Games Aquatic Centre Pool

910 McGill Rd  
250.828.3655

### McDonald Park

501 McDonald Ave

### Prince Charles Park (Wading Pool)

1145 Nicola St

### Riverside Park

100 Lorne St

### Westside Centennial Park

705 Franklin Rd

### Westside Pool

859 Bebek Rd

### YMCA/YWCA Pool

400 Battle St  
kamloopsy.org

## Sport Teams

### Kamloops Blazers

300 Lorne St  
blazerhockey.com

## Kamloops Broncos Football Club

944 Dalhousie Dr  
kamloopsbroncos.com

## Kamloops NorthPaws

1500 Island Parkway  
northpawsbaseball.ca

## Rivers FC

riversfc.com

## Tours

### Adventuring Into Life

tourismkamloops.com/plan/guided-tours

### Divine Tours

divinetours.ca

### Kamloops Foodie Tours

tourismkamloops.com/plan/guided-tours

### Kamloops Indian Residential

#### School Tours

secwepemcmuseum.ca

### Kamloops Snowmobile Adventures

kamloopssnowmobileadventures.com

### TasteFull Excursions

tastefullexcursions.ca

## Transportation

## Airport

### Kamloops Airport (YKA)

3035 Airport Rd  
kamloopsairport.com

## Cabs

**Kami Cabs**  
1.888.526.9663  
kamicabs.ca

## Yellow Cabs

1.877.870.0003

## Rideshare

### Uber

uber.com

### Urider

uridetech.com

## Buses & Charters

### Kamloops Transit System

BCTransit.com/Kamloops

### Thompson Valley Charters

tvcbus.ca

### Kamloops Handydart

250.376.7525  
BCTransit.com

### People in Motion

#### Para-Transit Bus Charter

peopleinmotion.org

## Shuttles

### Boogie Bus Shuttle

boogiebus.ca

### Driverseat Kamloops

driverseatinc.com

### Kamloops Airport Shuttle

kamloopsairportshuttle.ca

### Mostly Mental Shuttles

peakshuttles.com

### Peak Shuttles

peakshuttles.com

### Sun Star Shuttle

sunstarshuttle.com



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# Accommodations

|                                          |                         |                |                              | Kitchenette | Fitness | Breakfast | Pool | Pets | Bike Storage |
|------------------------------------------|-------------------------|----------------|------------------------------|-------------|---------|-----------|------|------|--------------|
| Accent Inns                              | 1325 Columbia Street W  | 1.800.663.0298 | accentinns.com/kamloops      | ●           | ●       |           | ●    | ●    | ●            |
| Alpine Motel                             | 1393 Hugh Allan Drive   | 250.374.0034   |                              | ●           |         |           |      |      | ●            |
| Best Budget Inn & Suites                 | 1773 Trans-Canada Hwy E | 250.372.8533   |                              | ●           |         |           | ●    | ●    | ●            |
| Best Western Plus Kamloops Hotel         | 660 Columbia Street W   | 1.877.302.7878 | bestwesternkamloops.com      |             | ●       | ●         | ●    | ●    | ●            |
| Best Western Premier Aberdeen            | 1175 Rogers Way         | 250.374.4144   | bestwestern.com              | ●           | ●       |           | ●    | ●    | ●            |
| Canada's Best Value Inn & Suites         | 1390 Columbia Street    | 1.866.374.5591 | sonesta.com                  | ●           |         |           |      |      |              |
| Coast Kamloops Hotel & Conference Centre | 1250 Rogers Way         | 1.800.663.1144 | coasthotels.com              | ●           | ●       |           | ●    | ●    | ●            |
| Country View Motor Inn                   | 176 Comazetto Road      | 1.800.213.6673 |                              | ●           |         |           | ●    | ●    | ●            |
| Days Inn by Wyndham Kamloops             | 1855 Rogers Place       | 1.800.329.7466 | wyndhamhotels.com            | ●           | ●       | ●         | ●    |      | ●            |
| Delta by Marriott Kamloops               | 540 Victoria Street     | 1.800.663.2837 | marriott.com/ykade           |             | ●       |           | ●    | ●    | ●            |
| DoubleTree by Hilton Kamloops            | 339 St. Paul Street     | 1.855.851.0027 | kamloops.doubletree.com      |             | ●       |           | ●    |      | ●            |
| Fairfield Inn & Suites by Marriott       | 1475 Hugh Allan Drive   | 1.855.603.1189 | marriott.com/ykafi           |             | ●       | ●         | ●    | ●    | ●            |
| Four Seasons Motel                       | 1767 Trans-Canada Hwy E | 250.372.2313   | 4seasonsmotelkamloops.ca     | ●           |         |           | ●    |      | ●            |
| Grandview Motel                          | 463 Grandview Terrace   | 1.800.210.6088 | grandviewmotel.com           | ●           |         |           | ●    |      | ●            |
| Hampton Inn by Hilton Kamloops           | 1245 Rogers Way         | 1.866.571.7897 | kamloops.hamptoninn.com      |             | ●       | ●         | ●    |      | ●            |
| Holiday Inn & Suites                     | 675 Tranquille Road     | 1.877.517.6508 | holidayinn.com/kamloopsbc    |             | ●       |           | ●    | ●    | ●            |
| Holiday Inn Express                      | 1550 Versatile Drive    | 1.800.996.3993 | hiexpress.com/kamloopsbc     |             | ●       | ●         | ●    |      | ●            |
| Howard Johnson Downtown                  | 530 Columbia Street     | 250.372.7761   | howardjohnsonkamloops.com    | ●           |         | ●         |      |      | ●            |
| Hospitality Inn                          | 500 Columbia Street W   | 1.800.663.5733 | hospitalityinnkamloops.com   | ●           |         |           | ●    | ●    | ●            |
| The Hue Hotel, Ascend Hotel Collection   | 1529 Hugh Allan Drive   | 778.471.1411   | choicehotels.com             | ●           | ●       |           |      |      | ●            |
| Kings Motor Inn                          | 1775 Trans-Canada Hwy E | 1.800.661.6630 |                              | ●           |         |           | ●    | ●    | ●            |
| Knights Inn                              | 625 Columbia Street W   | 1.888.372.7487 | redlion.com                  | ●           |         |           |      |      | ●            |
| Lac Le Jeune Resort                      | 5665 Lac Le Jeune Road  | 236.304.8496   | lljresort.com                | ●           |         |           |      |      |              |
| Parkview Motel                           | 1084 Battle Street      | 1.800.665.3343 | parkviewmotel.traveleto.com  | ●           |         |           | ●    |      | ●            |
| The Plaza Hotel                          | 405 Victoria Street     | 250.377.8075   | theplazahotel.ca             |             | ●       | ●         |      | ●    | ●            |
| Prestige Aberdeen Lodge                  | 1820 Rogers Place       | 1.888.738.4086 | prestigehotelsandresorts.com | ●           | ●       |           | ●    |      | ●            |
| Prestige Kamloops Hotel                  | 1810 Rogers Place       | 1.888.738.4086 | prestigehotelsandresorts.com | ●           | ●       |           | ●    |      | ●            |
| Quality Inn                              | 1860 Rogers Place       | 1.800.575.7322 | choicehotels.ca              | ●           |         | ●         | ●    | ●    | ●            |
| Ramada Kamloops                          | 555 Columbia Street W   | 1.800.663.2832 | ramadakamloops.com           | ●           | ●       | ●         |      |      | ●            |
| Ranchland Inn                            | 2357 Trans-Canada Hwy E | 250.828.8787   |                              | ●           |         |           |      | ●    | ●            |
| Rider's Motor Inn                        | 1759 Trans-Canada Hwy E | 250.374.2144   |                              | ●           |         |           |      |      | ●            |
| Riverland Inn & Suites                   | 1530 River Street       | 1.800.663.1530 | riverlandinn.com             | ●           |         | ●         | ●    | ●    |              |
| Rodeway Inn and Suites                   | 1200 Rogers Way         | 1.800.665.4467 | choicehotels.com             | ●           |         | ●         |      | ●    | ●            |
| Sandman Inn Kamloops                     | 550 Columbia Street     | 1.800.726.3626 | sandmanhotels.com            |             |         |           |      |      | ●            |
| Sandman Signature Hotel Kamloops         | 225 Lorne Street        | 1.800.726.3626 | sandmanhotels.com            | ●           | ●       |           | ●    | ●    |              |
| Scott's Inn & Suites                     | 551 11th Avenue         | 1.800.665.3343 | scottsinnkamloops.ca         | ●           |         |           |      | ●    |              |
| Star Lodge                               | 775 Columbia Street W   | 1.800.589.1988 | starlodge.ca                 | ●           |         |           |      |      | ●            |
| South Thompson Inn & Conference Centre   | 3438 Shuswap Road       | 1.800.797.7713 | stigr.ca                     |             | ●       |           | ●    |      | ●            |
| Super 8 Wyndham Kamloops on the Hill     | 1521 Hugh Allan Drive   | 250.980.3944   | wyndhamhotels.com/super-8    | ●           | ●       | ●         |      |      | ●            |
| Super 8 by Wyndham Kamloops East         | 2459 Trans-Canada Hwy E | 250.372.2122   | super8kamloopseast.com       | ●           |         | ●         | ●    | ●    | ●            |
| The Thompson Hotel                       | 650 Victoria Street     | 1.888.374.8999 | thompsonhotel.ca             | ●           | ●       | ●         | ●    |      | ●            |
| Trans-Canada Motel                       | 2505 Trans-Canada Hwy E | 250.374.7114   | transcanadaeastmotel.com     | ●           |         |           |      |      | ●            |
| Travelodge by Wyndham Mountview          | 1225 Rogers Way         | 1.800.667.8868 | wyndhamhotels.com/travelodge | ●           |         |           | ●    | ●    | ●            |
| TRU Residence & Conference Centre        | 1025 University Drive   | 250.852.6296   | stayrcc.com                  | ●           | ●       |           |      |      |              |
| Travelodge by Wyndham                    | 430 Columbia Street     | 250.372.8202   | wyndhamhotels.com/travelodge |             |         |           | ●    |      | ●            |
| The Vista Inn                            | 626 Columbia Street W   | 250.214.6800   | thevistainn.com              |             |         | ●         | ●    | ●    | ●            |
| Wingate by Wyndham Kamloops              | 1200 Rogers Way         | 778.471.7706   | wingatekamloops.com          | ●           | ●       | ●         | ●    | ●    | ●            |

# Getting Here



## Drive

|           |           |        |
|-----------|-----------|--------|
| Vancouver | 3.5 hours | 354 km |
| Whistler  | 4 hours   | 300 km |
| Jasper    | 5 hours   | 443 km |
| Banff     | 5.5 hours | 495 km |
| Calgary   | 7 hours   | 619 km |
| Edmonton  | 8.5 hours | 805 km |

Times are approximate. Check [drivebc.ca](http://drivebc.ca) for updated road conditions and closures.

## Bus

|               |                                                      |
|---------------|------------------------------------------------------|
| Ebus          | <a href="http://myebus.ca">myebus.ca</a>             |
| Rider Express | <a href="http://riderexpress.ca">riderexpress.ca</a> |

## Fly

|                 |                                                            |
|-----------------|------------------------------------------------------------|
| WestJet         | <a href="http://westjet.com">westjet.com</a>               |
| Air Canada      | <a href="http://aircanada.com">aircanada.com</a>           |
| Pacific Coastal | <a href="http://pacificcoastal.com">pacificcoastal.com</a> |

## Train

|                   |                                                                |
|-------------------|----------------------------------------------------------------|
| VIA Rail Canada   | <a href="http://viarail.ca">viarail.ca</a>                     |
| Rocky Mountaineer | <a href="http://rockymountaineer.com">rockymountaineer.com</a> |

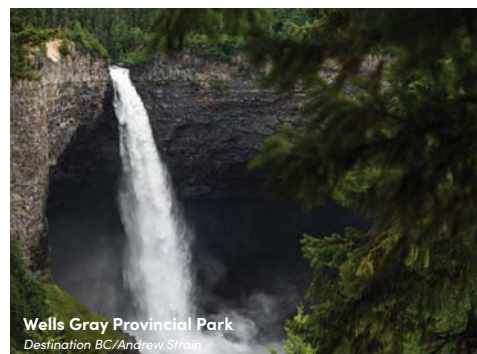
# RAINFOREST TO ROCKIES

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Discover Kamloops on the *Rainforest to Rockies* journey, acting as a central hub for multiple exploration routes.

Embark on a captivating *Rainforest to Rockies* road trip that takes you from the Pacific Ocean to the Canadian Rockies. Travel along the Trans-Canada Highway 1 through big cities and canyon towns, alongside lakes and forests, and witness British Columbia's highlights and highest peaks.

Discover the routes



# TURN UP THE NIGHT

KAMLOOPS' HOME TO LIVE ENTERTAINMENT



## LIVE MUSIC LIVES HERE

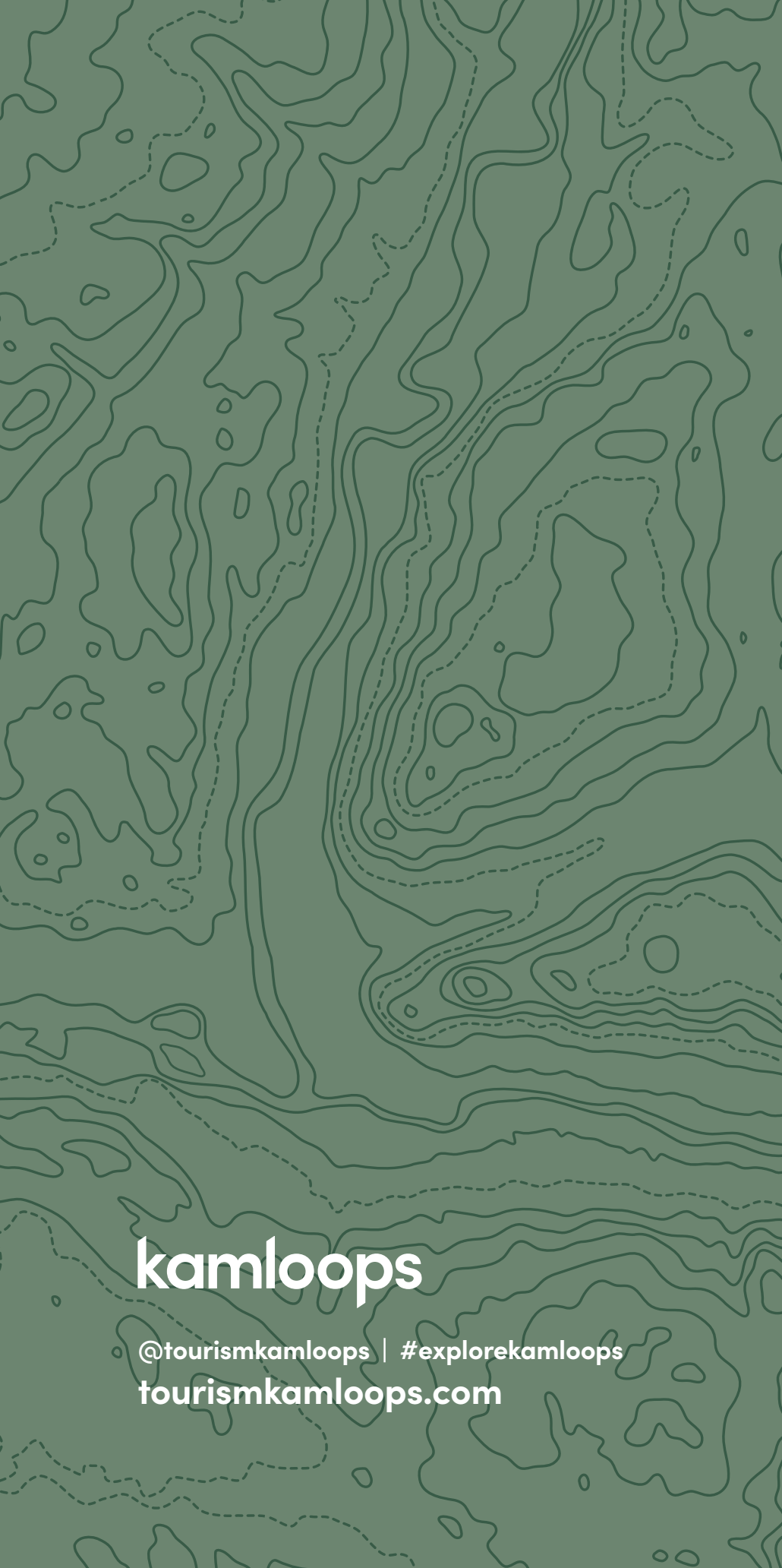
319 Victoria Street  
21+ Venue



## KAMLOOPS' BIGGEST NIGHT CLUB

130 5th Avenue  
19+ Venue





**kamloops**

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**[tourismkamloops.com](http://tourismkamloops.com)**

**Kamloops Bike Ranch**  
*Dylan Sherrard*