

kamloops

BRITISH COLUMBIA

3-Day Itinerary Roots, Rivers, and Ridgelines

Day 1:

8:30 AM – Kamloops Farmers' Market

Start your Kamloops adventure at the Saturday Kamloops Farmers' Market, one of the most vibrant in BC. With over 120 vendors during the summer months (also held Wednesdays), it's a feast for the senses—think fresh baked goods, locally roasted coffee, handmade preserves, crafts, live music, and community connection.

10:30 AM– Self-Guided Downtown Mural Tour

Explore Kamloops' vibrant downtown on foot, discovering large-scale murals by local artists. This self-paced, photo-ready walk adds flexibility for FIT programs and encourages organic exploration.

Custom guided tours available for pre-book

12:30 PM – Lunch at Red Beard Cafe

Cross to the North Shore for lunch at Red Beard Cafe, a laid-back neighbourhood spot known for scratch-made food, a rotating BC tap list, and easygoing Kamloops hospitality. A great stop for casual, high-quality bites.

2:00 PM – Afternoon Hike

Choose between two signature Kamloops trails that offer different flavours of the Thompson Valley landscape:

- **Kenna Cartwright Park – Sunset Trail:** A 3.4 km round trip through the one of the largest municipal park in BC. Moderate incline, sweeping views of both Thompson Rivers and downtown Kamloops.
- **Battle Bluff Trail:** A 5.6 km return hike with some elevation gain, leading to dramatic cliffside views over Kamloops Lake. Expect rugged terrain, iconic hoodoos, and photo-worthy vistas.

4:00 PM – Paddle or Cruise on the Water

After your hike, head to the water to cool off and unwind. Rent a kayak or SUP from Kamloops Watersport Rentals, right downtown for easy access to the Thompson River. For a bigger adventure, drive to Bruker Marina and rent a boat to cruise Kamloops Lake—one of the region's most scenic hidden gems.

6:00 PM – Dinner at Jess' Tobiano

Dine at Jess' Tobiano, located at GreenTee Country Club, one of Canada's top golf resorts. Enjoy a seasonal menu inspired by the region, with panoramic views of Kamloops Lake and rolling fairways.

Day 2:

8:30 AM – Breakfast at Jamaican Kitchen

Start the day with a bold, unexpected breakfast at Jamaican Kitchen.

Known for their fusion-style dishes and crowd-favourite rum hollandaise, this locally owned restaurant brings vibrant Caribbean flavours to the Kamloops culinary scene.

10:00 AM – Guided Fishing Trip

Kamloops is a bucket list destination for freshwater anglers, with over 100 lakes within an hour's drive. Operators like **Angler's Paradise Guiding Co**, and **Maricle Fly Fishing** offer fully guided half- or full-day experiences tailored for beginners or seasoned fly fishers. Expect peaceful settings, expert instruction, and the chance to land wild rainbow trout in crystal-clear waters.

Trade-friendly: Gear included, customizable experiences, and hotel pick-up available.

1:00 PM – Lunch at Mitzz Kitchen

Refuel at Mitzz Kitchen, a stylish downtown restaurant known for inventive takes on comfort food. Local ingredients shine in shareable plates, creative mains, and a rotating menu that reflects the season. This is where Kamloops locals take their friends.

2:30 PM – Tkemlups te Secwepemc Museum + Heritage Park

This important cultural stop offers visitors a powerful opportunity to engage with the living history of the Secwepemc people. Located on the traditional territory of the Tkemlups te Secwepemc, the Secwepemc Museum features interpretive exhibits, ancestral artifacts, and outdoor heritage spaces that tell the story of a nation with deep ties to the land. The site is also home to the former Kamloops Indian Residential School, which was once the largest of its kind in Canada. Guided tours are available and offer an impactful, respectful way for guests to learn about the legacy of residential schools in Canada and the resilience of Indigenous communities today.

Trade-Friendly: Group bookings and guided interpretive tours available with advance notice.

5:00 PM – Scenic Flight with Vayu Aviation

Take flight with Vayu Aviation and experience Kamloops from the sky. Their 30-minute scenic flights soar over the Thompson Rivers, Kamloops Lake, and sage-covered hills, offering guests a stunning new perspective on the vast, varied landscape below. All flights are piloted by experienced locals, with custom routing and private bookings available.

Trade-Ready: Net rates and customizable experiences.

6:00 PM – Dinner at Bright Eye Brewing

Wrap the day with dinner at Bright Eye Brewing, Kamloops' colourful, wood-fired craft brewery. Guests can enjoy creative pizzas, rotating seasonal dishes, and small-batch beers brewed on-site—served in a lively and art-filled space that reflects Kamloops' creative energy.

7:00 PM – Music in the Park (July + August)

End the day by joining locals at Music in the Park—a free, nightly summer concert series at Riverside Park. It's the perfect low-key way to unwind: live music, ice cream from **Scoopz Ice Cream**, and river views as the sun sets behind the hills.

Day 3:

8:30 AM – Breakfast at the Columbia Diner

Start your day with a classic diner breakfast at this beloved local gem. With its retro charm and welcoming staff, the Columbia Diner serves up comfort food that hits the spot and a warm, familiar vibe that keeps people coming back.

10:00 AM – BC Wildlife Park

Kamloops is home to one of Canada's most respected wildlife rehabilitation centres, the BC Wildlife Park. This non-profit organization provides a sanctuary for over 60 species native to British Columbia, including cougars, birds of prey, grizzly bears, and the elusive Spirit Bear.

Trade-Ready: Net rates, custom wildlife encounters, and guided programs available.

Unique Selling Feature: Focus on conservation, education, and rehabilitation, not entertainment.

12:00 PM – Route 1 Distillery

Visit Route 1 Distillery, Kamloops' newest premium distillery, for a tasting flight and tour. Their small-batch spirits are inspired by the local landscape and crafted using BC-grown grains and botanicals.

Trade-Friendly: Tastings and tours available for FIT and small groups.

3:30 PM – Whitewater Rafting with Adams River Rafting

Adams River Rafting offers guided rafting tours through stunning Shuswap landscapes. Choose from scenic floats or splashy, family-friendly rapids—each experience includes knowledgeable guides, safety briefings, and opportunities to spot wildlife along the riverbanks.

Fall Highlight: The Adams River Salmon Run

If visiting during September or October, stop at Tsútswecw Provincial Park to witness the world-famous Adams River Salmon Run. Millions of sockeye salmon return to spawn, and guided interpretation tours can be booked through the **Adams River Salmon Society**.