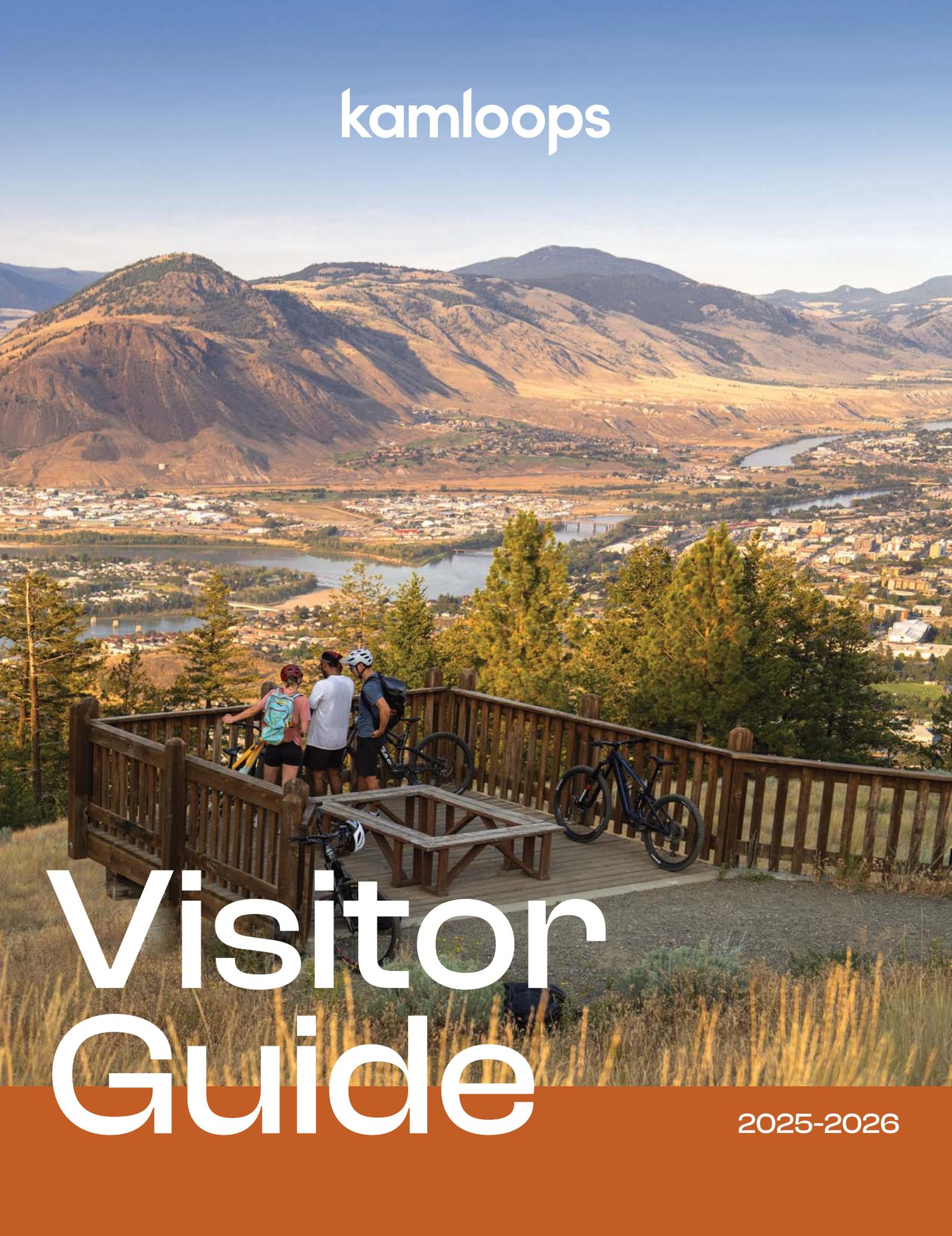


kamloops



Visitor Guide

2025-2026

Photo: Mary Putnam Tourism Kamloops True Colors Photography BC



Visit our Website



GREENTEE COUNTRY CLUB TOBIANO



Canada's Best Golf Course

Tobiano Golf

gtcctobiano.com
250-434-7373

Black Iron Club & Grill

gtcctobiano.com/
black-iron-restaurant
250-434-5858

Bruker Marina

brukermarina.com
250-214-4004

Tourism Kamloops is situated on the unceded and ancestral lands of the T̓k̓emlúps 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.



Riverside Park
Dylan Sherrard

Contents

3	Welcome	31	Farmers' Market
4	Events	33	Shopping
6	Outdoor Activities	34	Family Activities
14	Sightseeing	36	Itineraries
18	Dining	40	Dog Friendly
22	Map	41	Listings
24	Breweries, Distilleries & Wineries	43	Accommodations
26	Arts & Culture	44	Getting Here

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. The team is made up of tourism ambassadors with a passion for local attractions, outdoor adventures, and more.

Whether you are planning a trip or are already in Kamloops, the team can answer your questions about highway conditions, events, must-see attractions, and more.



Scan to learn about the visitor services team



Step into the Secwépemc Museum and immerse yourself in the rich history and culture of the Secwépemc people. Take part in one of our guided tours to learn stories, traditions, and the deep connection to the land that defines our community.

330 Chief Alex Thomas Way
Parking in the Powwow Arbour

| secwepemcmuseum.ca



Visit the Tíkemlúps-owned grocery store to check out unique giftware like stationery, plants, puzzles, beadwork, and more—enjoy fresh-made bannock daily!

100 – 302 Yellowhead Highway | swelapsmarket.ca  



SC.WÉ'N'WÉN
ECONOMIC DEVELOPMENT CORP.

| scwenwen.ca

Weyt-kp!

Welcome to T'kemplúps te Secwépemc, where the land, history, and people are deeply connected. For generations, the T'kemplúpsemc—People of the Confluence—have cherished this place where the rivers meet.

As you explore, we invite you to learn about our past and our people's enduring strength. Visit the historic St. Joseph's Church, one of the area's oldest landmarks, or reflect at the former Kamloops Indian Residential School, a solemn reminder of our past and our ongoing journey of healing. Guided tours are available through the Secwépemc Museum and Heritage Park to provide deeper insight.

T'kemplúps te Secwépemc is thriving, blending tradition with innovation—our people, businesses, and culture continue to grow and inspire.

T'kemplúps has a strong focus on language and cultural preservation that embraces

Secwépemc values. We look forward to sharing our traditional values that have governed our people since time immemorial that nurtures a respectful relationship with the land. We are proud to be home of the Kamloops Powwow, one of Western Canada's largest Indigenous cultural celebrations, where the heartbeat of our Nation comes alive through dance, song, and community.

During your stay we encourage you to support local Indigenous-owned businesses like Sweláps Market, Kekuli Café, and 4 Generations Creations.

It is with great pleasure that I welcome you all, and I hope that you enjoy your visit here in T'kemplúps te Secwepemc.

Kukwstsétsemc,
Kúkpí7 Rosanne Casimir

What's happening

Make sure to check out some of our awesome annual events. But this is just the start—there's a whole lot more happening around Kamloops.

February

The Kamloops Black Film Festival

Celebrate Black culture and storytelling through exceptional films.
thekfs.ca

March

Kamloops Film Festival

Celebrate cinematic storytelling with a diverse lineup of films at this beloved annual festival.
thekfs.ca

Art Exposed

Discover local artists in this vibrant art show.
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

May

The CinéLoops French Film Festival

Experience Francophone culture through captivating films.
thekfs.ca

BC Lions Fan Fest

Kick off the football season with food, fun, and festivities.
bclions.com/fan-fest

June

Kamloops Wine Festival

Savour the region's best wines during this flavourful fundraising event.
kamloopswinefestival.ca

Hoops in the Loops

Hit the courts for an action-packed basketball tournament that's fun for all ages.
hoopsintheloops.com

Kamloops Pride Week

Celebrate diversity and inclusion with vibrant parades and events.
kamloopspride.com

The Kamloops Queer Film Festival

Explore powerful LGBTQ2S+ stories through film.
thekfs.ca

Kamloopa Powwow

Honour Indigenous culture through vibrant dance, song, and tradition.
tkemlups.ca

July

Music in the Park

Enjoy free live music every night in July & August at Riverside Park.
kamloops.ca

Canada Day & Art in the Park in Riverside Park

Celebrate Canada Day with culture, arts, music, and fun.
kamloops.ca

Theatre Under the Trees

Enjoy outdoor theatre productions under the Kamloops summer sky.
projectxtheatre.ca



Pride Parade
Bijan Webb



Kamloopa Powwow
Kim Anderson



Overlander's Day

Step back in time and celebrate Kamloops' heritage with family-friendly fun.

nsbia.com

Kamloops International Buskers Festival

Be entertained by incredible street performers from around the globe.

kamloopsbuskers.com

August

Hot Nite in the City

Marvel at vintage and custom cars during this dazzling downtown showcase.

hotniteinthecity.com

Kamloops Daybreak Rotary Ribfest

Satisfy your cravings with award-winning BBQ ribs at this mouthwatering summer tradition.

kamloopsribfest.com

Caribbean Festival

Experience the Caribbean with music, food, and colourful festivities.

kamloopscaribbeansociety.ca

September

Music for the People

A concert experience of harmony and reconciliation.

musicforthepeople.ca

Tapestry Festival

Immerse yourself in arts and culture with live performances, workshops, and more.

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

Stseptékwles Re Sk'élép Indigenous Film Festival

Discover the stories of the land through Indigenous cinema.

thekfs.ca

October

Brewloops

Sip craft beer and enjoy live entertainment at this local's favourite festival.

brewloops.ca



Brewloops
Frank Luca

December

Wildlights

Wander through a sparkling wonderland of lights at the BC Wildlife Park.

bcwildlife.org

Kamloops International Bantam Ice Hockey Tournament (KIBIHT)

Watch young athletes hit the ice in this thrilling tournament.

kibiht.com



Scan for more local events



Wildlights
Mary Putnam



Outdoor activities

For the DIY adventurer



Hiking

Get out of the ordinary and put some hoodoo dust on those boots in Kamloops. Our semi-arid landscape means you can tackle a canyon scramble one day and meander through the sagebrush hills the next. With dramatic local geology and desert-like flora and fauna, the trails of Kamloops ought to be 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 time or the 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



Tranquille Slot Canyons
@remounsey



Peterson Creek Nature Park
Dylan Sherrard

slopes of Mt. Mara, you'll want sturdy footing, 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. Alternatively, follow the Tranquille River into the grasslands to discover the **Tranquille Slot Canyons**—an awe-inspiring but challenging hike that requires navigating steep, rocky terrain.

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—we want to hear all about your hike when you get back.

Scan for more
outdoor activities





Kamloops Bike Ranch
Andrew Snucins

Mountain Biking

As the birthplace of freeride mountain biking, Kamloops is renowned worldwide as a must-ride biking destination. Our extensive network of mountain bike trails 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 the Valleyview and Juniper Ridge neighbourhoods and holds the title of largest municipal bike park in North America. Features include the Jump Corral at the bottom of the park, 132 m of elevation change, and stadium lighting. The diverse trails of the Bike

Ranch include easier cross-country lines, plenty of technical features, and pro lines with eye-popping drops. The **All Wheels Pump Track**, which opened at the top of the park in 2024, welcomes riders of all skill levels—and all wheel types!—to the beginner, intermediate, and competition-level circuits. Riders of all types will find something to suit them at the Bike Ranch.

Harper Mountain is home to a whole playground of fast, flowy, and technical trails through the forests above Paul Lake. This trail network sits at a higher elevation outside city limits, so this is where you'll find cooler, shadier rides in the heat of summer. Paul Lake Provincial Park is conveniently located near the bottom of these trails, making it a great place to cool down at the end of the day.

Through the summer, our neighbours in **Sun Peaks** welcome riders to the lift-access bike park and progression zone. Skip the uphill



grind (or earn your turns) and get right to the extensive downhill through this gorgeous sub-alpine region. Most lines end back in the village, which features a range of accommodations and plenty of food options. Sun Peaks is often cooler than Kamloops, but as the name implies—still promises plenty of sunny days. Stop by Heffley Lake afterwards for a post-ride swim on your way back to town.

For cross-country biking, the **Pineview Trails** provide an extensive network through the shady pine forests south of town. Some trails are multi-use, but this area is optimized for mountain biking and includes designated downhill-only lines. The main access is off Lac Le Jeune Road, with additional trailheads in the Pineview neighbourhood and near Iron Mask Hill. Come find out why Pineview is ranked #1 on Trailforks for riding in the Kamloops region!

Kenna Cartwright Nature Park is one of the largest municipal parks in BC, with over 50 km of multi-use trails winding through the sagebrush hills around Mt. Dufferin. You'll find plenty of fun, flowy, natural trails through this easily navigated park. Next door to Kenna Cartwright is the **KBRA Progression Zone** in Dufferin Park, which is designed specifically for junior riders so families can pass down the love of biking to the next generation.

The **Lac du Bois Grasslands** offer a stunning and diverse landscape. Ride through rolling grasslands, rocky bluffs, and forested sections, all with sweeping views of the Thompson Valley. The network includes a mix of singletrack and doubletrack trails, with options ranging from smooth and scenic to technical and challenging. As you ride, keep an eye out for wildlife, including deer, hawks, and even bighorn sheep. This area is a true escape into nature, providing an unforgettable ride just minutes from downtown Kamloops.



Kenna Cartwright Park
Dylan Sherrard

Further south you'll find the **Stake Lake** cross-country ski trails open for mountain biking during the summer. This area offers plenty of flat trails, making it a great destination for families and beginners looking for some chill riding.

If your ideal day out is better described as "low-impact," cycling along the **Rivers Trail** is what you're looking for. Starting in Riverside Park, you can choose from routes up the North and South Thompson Rivers, as well as following the main waterway to Kamloops Lake. These routes have minimal elevation change, providing easy access to the riverfront throughout town. You'll pass through several parks and neighbourhoods along the way, with plenty of spots for a bathroom break!

Through the winter you can enjoy the groomed fat-bike trails at **Isobel Lake**. 20km from Kamloops in the Lac du Bois Grasslands, this trail network is ideal for winter biking, with easier routes around Isobel Lake itself and more challenges towards McQueen Lake and the Eagle Eye Lookout.



If you've enjoyed biking in Kamloops, consider a donation to our friends at the Kamloops Mountain Bike Trail Association (kmbta.com), which puts a lot of work into maintaining the various riding networks in the area, particularly at the Bike Ranch, Pineview, Harper Mountain, and Isobel Lake.

Please stay on marked trails, pack out your waste, share the path, and respect wildlife. Let's keep Kamloops' trails wild and welcoming for everyone!

Golfing

With stunning courses scattered throughout our sun-drenched valleys, Kamloops is a golf destination for every dew-sweeper and duffer alike. Our semi-arid climate provides a diverse landscape of rivers, lakes, sagebrush hills and an extended warm season so you can play well into fall. With eight full courses in driving distance, Kamloops is the ideal destination for your best golf getaway yet!

GreenTee Country Club Tobiano is an award-winning masterpiece that overlooks Kamloops Lake and has been listed as one of the top 100 golf courses in the world. Home of the famous “tee-off-over-a-canyon” 7th hole, there’s no shame in losing your ball at Tobiano.

Close to town, you’ll find **Bighorn Golf & Country Club** in the hills overlooking the city. The views here are spectacular and true to their name; there’s a good chance you’ll meet the local herd on this course! Further up the South Thompson is **Rivershore Golf Links**, a generously bunkered local favourite designed in a European Links-style.

Head up the North Thompson River to the **Dunes at Kamloops**—a links-style course along the riverfront that utilizes the natural, undulating dune landscape to its advantage. This walkable course has ranked among the top 100 in Canada, and it’s easy to see why! For more walkability, don’t miss the **Kamloops Golf & Country Club**, a parkland course established in 1914. With scenic, tree-lined holes, this course is especially stunning in the fall as the foliage changes.



GreenTee Country Club Tobiano
Mary Putnam

3

Eaglepoint Golf Course soars through the pine hills in the benchlands above town, featuring stunning views and strategic holes. With a driving range, short-game practice area and affordable rates, Eaglepoint is a fantastic option for beginners and old pros alike.

North of Kamloops, the **Sun Peaks Golf Course** boasts the title of BC’s highest-elevation course. Sun Peaks makes a great choice for the peak of summer heat, as the sub-alpine climate offers cooler days amid gorgeous mountain terrain. The quaint village offers a unique European charm with a variety of food options, and Kamloops is just a short 40-minute drive away.

Further east, you’ll find **Talking Rock Golf Course**—the pride of the Little Shuswap Band. This rugged course is designed to maintain the natural terrain of the area, wandering through a mature forest along the shores of the lake. Talking Rock ranks in the top 20 public courses according to the PGA of Canada, and the strategic nature of the course has something for everyone.

Get ready to birdie (or bogey) your way through Kamloops—we’ve got a green with your name on it! Be sure to visit golfkamloops.com for package deals and promos to get the most out of your trip.



Eaglepoint Golf Course
Mary Putnam



Paddling

4

With over 100 lakes within driving distance, Kamloops makes an ideal location for paddling adventures.

Lined with dramatic hoodoos and bluffs, **Kamloops Lake** offers an extensive waterfront to explore. Launch from **Bruker Marina** (and find rentals if needed!) or **Steelhead Provincial Park** and explore the many beaches along the lake.

Rentals can also be found in **Riverside Park**, and paddling on the Thompson River later in the season ensures a gentle current and plenty of shady banks. North of town you'll find **Heffley Lake**. With local rentals from Paddle Surfit, plus several no-wake bays and small islands to explore, Heffley is a local favourite.

Paul Lake Provincial Park provides easy access to the water, day-use amenities, and opportunities for wildlife viewing. **Lac Le Jeune Provincial Park** is another local favourite, with plenty of open water and marshes to explore.

Grab your life jacket and slather on the sunscreen—Kamloops' waters are calling!



Paul Lake
Taylor Burk / @taylormichaelburk



Fishing BC/BC Flylords

Fishing

The many lakes of the Kamloops region offer an abundance of fish year-round, so dust off the tacklebox 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!

5



Sun Peaks Resort
Reuben Krabbe

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.



Overlander Ski Club
Tamra Jaeger



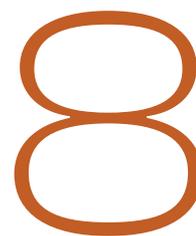
Harper Mountain
Mary Putnam

Snowshoeing

Winter hikes are always easier with snowshoes! There's plenty of great snowshoeing through Kamloops' hiking locations.

Stake Lake and **Harper Mountain** both maintain dedicated snowshoe trails and offer rentals. Both locations sit at a higher elevation than town and experience more snowfall. **Sun Peaks Resort** also welcomes snowshoers to their trails, with guided experiences available.

In town, you can find rentals at Runner's Sole, located by Kenna Cartwright Park—another trail system that welcomes snowshoers in the winter. Break out the woollies and get into the wild this winter! The hills of Kamloops are waiting.



Sculpted by time

Discover Kamloops' hoodoos



Tamra Jaeger

Kamloops is home to unique, geographical landscapes including sagebrush, grasslands, slot canyons and hoodoos. Hike to see hoodoos formed by volcanic rock, or go for a leisurely scenic drive to view silt bluffs from a glacial lake. In Kamloops, you can find a canyon trail or grassland climb for any ability.

East Shuswap Road ▲

The silt plateau that sits above the East Shuswap Road is the remains of what was once the floor of an ancient glacial lake. Near the end of the Ice Age, glacier ice filled the North Thompson Valley and waters were temporarily dammed in the South Thompson Valley, forming a glacial lake. The silt-rich glacial meltwater, derived from glacier grinding on rock, settled to the lake floor and over time tens of meters of sediment accumulated. Eventually the glacier receded, releasing the lake waters and re-establishing the South Thompson River. The river cut a valley through the soft silt, leaving the old lake floor high and dry, as benchlands of silt. A drive along East Shuswap Road gives you the best views of these silt bluffs and hoodoos.



@fiannarotta



Katie Burrell

Bighorn spotting

Kamloops offers several excellent locations to observe California bighorn sheep in their natural habitat. Here are some notable spots:

Lac du Bois Grasslands

Bighorn sheep are often more visible during the cooler parts of the day, such as early morning or early evening. Seasonally, they may be more active during the fall rutting season and in spring when they move to different grazing areas.

East Shuswap Road

Drive along this scenic route for the Hoodoos but you may be lucky enough to spot a herd of Bighorn on top the ridges.

Sun Rivers Golf Course

Find herds grazing on the lush golf course greens and nearby vegetation. They are commonly seen near rocky cliffs at the west end of the community or find them right on the course!

When observing bighorn sheep, it's crucial to maintain a respectful distance to avoid disturbing them.



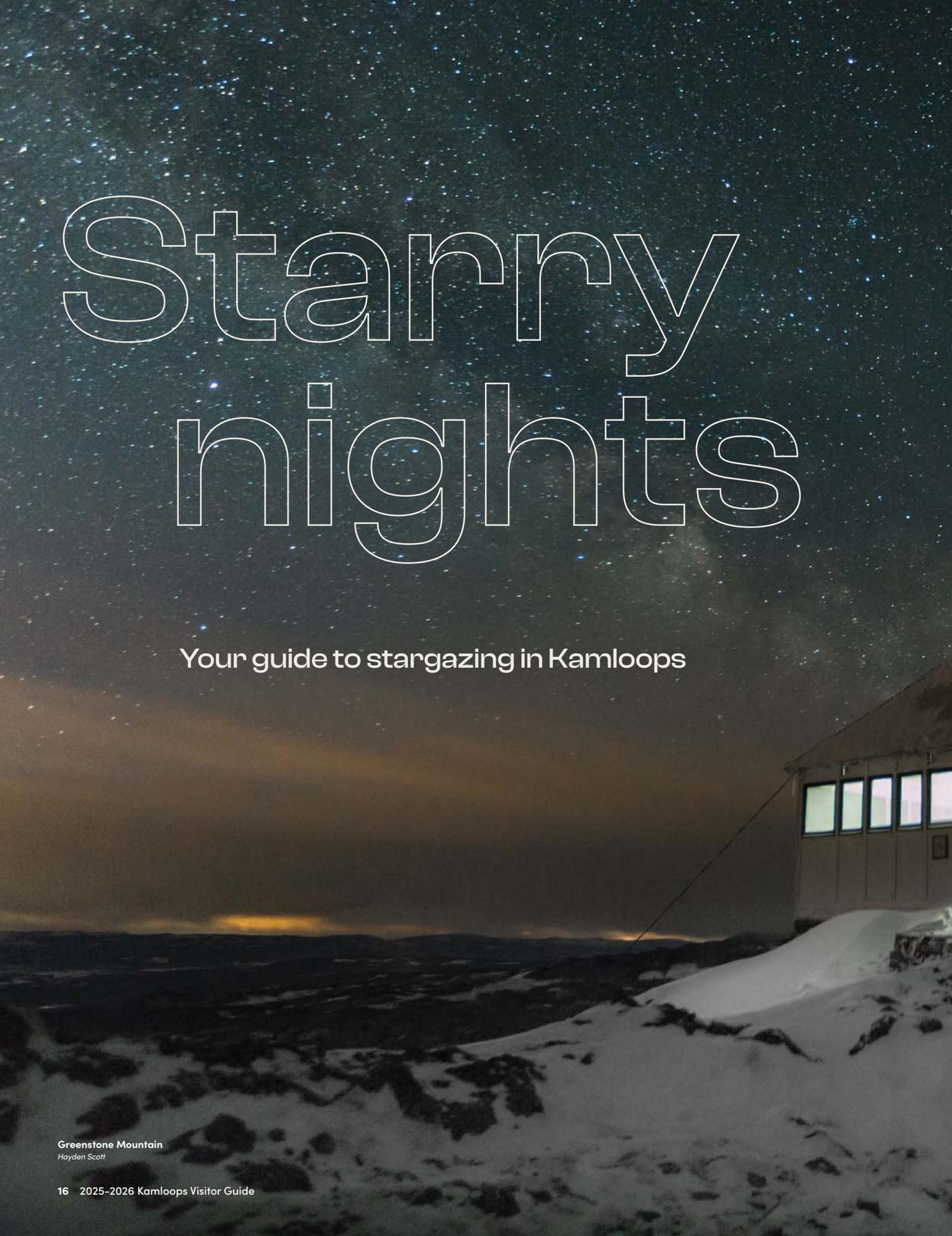
Wayne Parsons

Cinnamon Ridge ▲

Located in Lac du Bois Grasslands, Cinnamon Ridge Hoodoos are the eroded remains of an ancient volcano that erupted in the area 50 million years ago. The weathering of volcanic rocks released iron that stained the rock a cinnamon brown colour, giving the ridge its name. A trail will bring you closer to the hoodoos and through the old stream bed that carved slot-like canyons through the volcanic rock.

Dallas-Barnhartvale Nature Park

Just off Highway 1 East, the Dallas-Barnhartvale Nature Park is home to silt bluffs, formed by the same glacial lake that formed the hoodoos along East Shuswap Road. Hike through the silt bluffs to the top of the benchlands for a view overlooking the South Thompson River Valley.



Starry nights

Your guide to stargazing in Kamloops



If your idea of nightlife is more cosmos than cosmopolitans (or both, that's cool with us), there are plenty of great opportunities for stargazing in Kamloops. You might even catch the Northern Lights! Big, endless skies are one of our claims to fame, and the good news is that they don't close for the night. Being outdoorsy doesn't have to end at sunset, and we're here to get you started.

Stake Lake Star Park & Observatory

Through the summer, the Kamloops Astronomical Society hosts events at the Stake Lake Star Park & Observatory, which shares space with the Overlander Ski Club. Located 30 minutes south of Kamloops, with plenty of open space and dark skies, this is a prime location for stargazing. Keep an eye on the KAS website (kamloopsastronomy.ca) for upcoming events. To make the most of your visit, bring a chair and be prepared for an evening in the woods.

Lac Du Bois Grasslands Protected Area

You don't have to go far to find a great spot for stargazing. Just north of Kamloops, you'll find the Lac Du Bois Grasslands just past the Batchelor Heights neighbourhood. While you won't get entirely away from city lights here, the low rolling hills provide excellent, open views of the sky. Further up the road, you'll find many spots to stop and enjoy the stars. This is a sensitive ecosystem, so be mindful of off-road vehicle and campfire restrictions during your visit.

Greenstone Mountain Lookout Trail

Located southwest of Kamloops, Greenstone Mountain Provincial Park boasts a 94-year-old forest service lookout tower that makes a great destination for stargazing. This site is maintained by local offroading clubs in partnership with BC Parks, so four-wheel drive will take you most of the way up. The lookout tower provides stunning 360° views with protection from the wind, making it ideal for astronomy.



eat like a

LOCAL



In our (expert) opinion, the best adventures include mouthwatering local menus and a round of beverages with friends. Fortunately, Kamloops has a diverse culinary and craft-brew scene to fuel you through all your best vacation memories.

Breakfasts (and brunches) of champions

It's the most important meal of the day, so make it a good one. Locals will always recommend **Hello Toast** downtown on Victoria St, home of the crispiest hashbrowns around. Enjoy reliable classics or venture into the creative eggs bennie options—we know you'll be delighted. Further down Victoria St., you'll find **The Chook Eatery** taking brunch to a new level with fresh, creative menu combinations. **Nandi's Kitchen & Bar** is also downtown, offering Western-style breakfasts and Indian-style brunch, so you can explore a wide range of sweet and savoury flavours.

Combining Canadian and Caribbean favourites, **Jamaican Kitchen** makes an incredible start to your day. The Jamaican Sunshine Bennie will instantly transport you island-side! For classics with a nostalgic twist—and an incredible panoramic view of the city—**The Columbia Diner** is the spot you've been looking for. Enjoy your favourite stack of waffles with the whole valley as your backdrop.



@thecolumbiadiner

Bunches of lunches

The **Yew Street Food Hall** is home to a range of local options, making it the ideal one-stop-shop for everyone in your group. From **Smashville Burger Bar** and **Taco Alley** to **Bubble Time Tea & Waffles**, you've got a range of mouthwatering choices!

For a quick grab-and-go lunch, **The Art We Are** has multiple healthy, locally sourced options—and a full coffee menu for that midday caffeine boost! **Kekuli Café** offers a menu of bannock-based bites and lunch options, so you can get the best powwow treats all year-round. Across the river, **Erwin's Fine Baking & Delicatessen** serves up savoury soups, sandwiches on fresh-baked bread, and a range of pastries, pies, and other dessert items to satisfy your sweet tooth!



Dig into dinner

After a full day of exploring, it's worth finding a sit-down dinner you can savour. **Mitz Kitchen** serves up a modern-casual menu of burgers, pasta, and other drool-worthy options at their cozy downtown restaurant. Nearby, you'll find **Jacob's Noodle & Cutlet** serving Japanese and Korean favourites, including savoury cutlets, sushi, bibimbap and of course—a heaping helping of fresh noodles!

For craft cocktails and a seasonally inspired Mediterranean menu—with gluten-free options!—stop in at **Underbelly** and enjoy the artisanal pizzas and entrees. If Indian home cooking is your style, **Maurya's Rest.Bar.Banquet** serves up all the rich flavours of Lucknow, paired with an innovative cocktail menu. Ready to try something new? **Afrofusion Cuisine** is bringing the heat, serving up traditional African flavours with an international twist. We promise you'll be delighted by the creative menu options—no matter what your spice tolerance is!

For next-level dining, the **Brownstone Restaurant** combines a commitment to quality local ingredients with a warm, yet elegant ambiance. Located in the historic 1904 Canada Bank of Commerce—where poet Robert Service once worked—the Brownstone brings past and present together for a truly special culinary experience.



Art We Are Cafe
Kylie Mae



Cordo Resto & Bar
Jonny Bierman



Underbelly by the Pig
Stevie Watson @steviemaxine

Patio season

Sunny days call for savoury eats on the patio—and Kamloops has lots of sun and plenty of outdoor seating! Across the river, **Red Beard Cafe** serves up brunch and beyond on their sunny North Shore patio. With delicious coffee and homemade bagels, you know they're committed to the brunch way of life. Missed brunch? Red Beard combines all the best features of a cafe, restaurant and pub, so you can enjoy their rotating taps and locally-inspired menu after dark as well.

Downtown, find **Cordo Resto & Bar** serving up winning meals all day, with incredible breakfast and brunch options on top of a seasonal dinner menu. Cordo is deeply inspired by local ingredients and flavours—especially local wines. Nearby you'll find **The Noble Pig**, serving micro-brew craft beer and top-notch pub fare on their expansive patio. Sipping a cold beer in the sun? Count us in!

Up the hill, **ROMEO's Kitchen + Spirits** serves incredible modern-casual menu options on the patio all year long. In the winter, you can book your own private igloo for a cozy outdoor dining experience overlooking the city. ROMEO's culturally-inspired menu is not to be missed, no matter where you're seated.



Lac du Bois Grasslands

Westside

Tournament Capital Ranch

Rayleigh

Batchelor Heights

Brocklehurst



Kamloops Airport (YKA)

Thompson River

North Shore

North Thompson River

McArthur Island Park



Tobiano
Cache Creek
Whistler
Vancouver

Kenna Cartwright Nature Park

Thompson Rivers University (TRU)

Lower Sahali



Royal Inland Hospital

Merritt
Vancouver

Dufferin

Peterson Creek Nature Park

Lac Le Jeune Provincial Park
Stake Lake
McConnell Lake

Pineview Valley

Upper Sahali

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

South Thompson River

Downtown

Valleyview

Dallas

Rose Hill

Juniper Ridge

Barnhartvale

Vernon
Banff
Calgary

Dallas
Barnhartvale
Nature Park

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.



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

Alchemy Brewing Company

At Alchemy, it's all about kicking back with some wicked craft beers—think the bold Bad Hombre Mexican Lager or the cheeky Broken Resolutions IPA. The kitchen cooks up some serious comfort food, plus loads of snacks perfect for sharing. Play some pinball, or get your brain in gear for trivia night. Come for the beer, stay for the vibes.

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.

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.



Sagewood Winery
Royce Sihlis



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.



Scan to
explore more
food & drink



Opening Reception for *Stories that animate us*, Kamloops Art Gallery. Photo: Kim Anderson

Seasonal spotlight

Arts & Culture through the year

Kamloops is where epic outdoor adventures collide with cultural vibrancy, and trust us—there’s never a dull moment, no matter the season. Whether you’re having fun in the great outdoors or diving into some theatre, art, history, or nightlife, this city’s got all the good stuff, all year long. It’s basically an endless adventure—inside and out.

Winter & Spring

When the weather’s cold, the drama in Kamloops is anything but chill. Step into the warmth of the Sagebrush Theatre or **Western Canada Theatre** for performances that’ll make you forget about the snow. From edgy contemporary dramas to timeless classics, there’s always something for everyone. Western Canada Theatre brings the heat with top-tier shows featuring a mix of local stars and touring talent. And while the snow’s still hanging around, the city’s art scene is as alive as ever. The **Kamloops Art Gallery’s** ever-changing exhibits will have you coming back for more, whether you’re into modern art or local history. Want something cozier? The **Old Courthouse Gallery** serves up intimate local exhibitions that’ll give you a taste of the region’s rich past.

Summer

When summer rolls into Kamloops, the city puts on its best show. Head to the **Kamloops Museum and Archives** for a time-travelling adventure through history, where you can explore everything from Indigenous culture to the game-changing impact of the railway on the region. It's like a history lesson, but way more fun.

Art lovers, get ready to roam. The **Back Alley Art Gallery** is your perfect summer treasure hunt—wander through downtown's hidden nooks and crannies to discover cool, unexpected art popping up in all the right places. Kamloops turns into one big canvas, filled with vibrant public art and festivals celebrating all things creative. In Kamloops, summer is definitely the season for colour, culture, and cool discoveries around every corner.

For lovers of outdoor theatre, Project X Theatre at Prince Charles Park hosts **Theatre Under the Trees** in July, blending nature with performance against a stunning natural backdrop.



Theatre Under the Trees
Shelanne Justice Photography



Kamloops Symphony

Fall

When the weather chills and the fall colours start popping, Kamloops is the ultimate spot to dive into history and bundle up for a night out. Head over to the **Heritage Railway Station** at 500 Lorne St. and step back in time to explore Kamloops' key role in Canada's railway story. It's the perfect way to soak in the city's past while enjoying the crisp autumn air.

As the days get shorter, Kamloops' nightlife steps up its game. For a lively night, hit up **The Blue Grotto**, where live music from every genre will have you dancing the night away. Prefer something a little more laid-back? **The Effie Arts Collective** is your go-to for live music, comedy shows, and a vibe that'll make you feel right at home. And when fall comes calling, don't miss the **Kamloops Symphony Orchestra!** With performances at Kelson Hall and Sagebrush Theatre, the symphony will fill the air with classic tunes that make you want to throw on your fanciest sweater and sip something warm.

No matter when you visit, Kamloops is the gift that keeps on giving—every season serves up fresh opportunities to explore, learn, and indulge in the arts. From a city brimming with creativity and passion to its community spirit that'll make you feel like you've found a second home, Kamloops isn't just a place to visit—it's a place to experience. So go ahead, trade in your outdoor adventure for a cultural one—you might just discover that Kamloops' arts and culture are the ultimate adventure, no trail map required.



Secwépemc Museum

Secwépemc Museum

Kamloops is home to a rich Indigenous history, and there's no better place to experience it than the Secwépemc Museum. Nestled in the heart of T̓kemplúps te Secwépemc, this cultural landmark offers a deeper understanding of Secwépemc traditions, resilience, and stories—both past and present.

A Journey through Secwépemc Culture

The Secwépemc Museum shares the deep cultural knowledge that has been passed down through generations. Featuring artifacts, oral histories, and visual storytelling, the museum offers a glimpse into the traditions, language, and history of the Secwépemc people.

From intricately woven baskets and regalia to handcrafted tools and ceremonial items, each artifact tells a story. Visitors can listen to ancestral Secwépemc legends, learn about the connection between the people and the land, and explore the history that continues to shape the community today.





Kamloops Indian Residential School
 TNRD/Kelly Funk

Explore a powerful chapter in history

One of the museum's most significant offerings is the historical tours of the Kamloops Indian Residential School. Guided tours provide visitors with an opportunity to learn about this important chapter in Canadian history. These tours foster reflection, awareness, and a commitment to truth and reconciliation.

Plan your visit

Located at 200-330 Chief Alex Thomas Way, the Secwépemc Museum is a must-visit for anyone looking to deepen their understanding of Indigenous history and culture.

For the latest updates on exhibits, hours, and guided tours, visit secwepemcmuseum.ca.



Secwépemc Museum

The word Kamloops is derived from the Secwépemc word T'kemplúps, which means 'where the rivers meet.'

Learn Secwepemctsin

T'kemplúps
 teh-kum-lups

Kamloops

Secwépemc
 suh-c-whep-em-c

Shuswap

Weyt-k
 way-tk

Hello (to one)

Kukwstsétsemc
 cooks-jem-c

Thank You (to one)



Scan to learn more about T'kemplúps te Secwépemc

Back Alley Murals

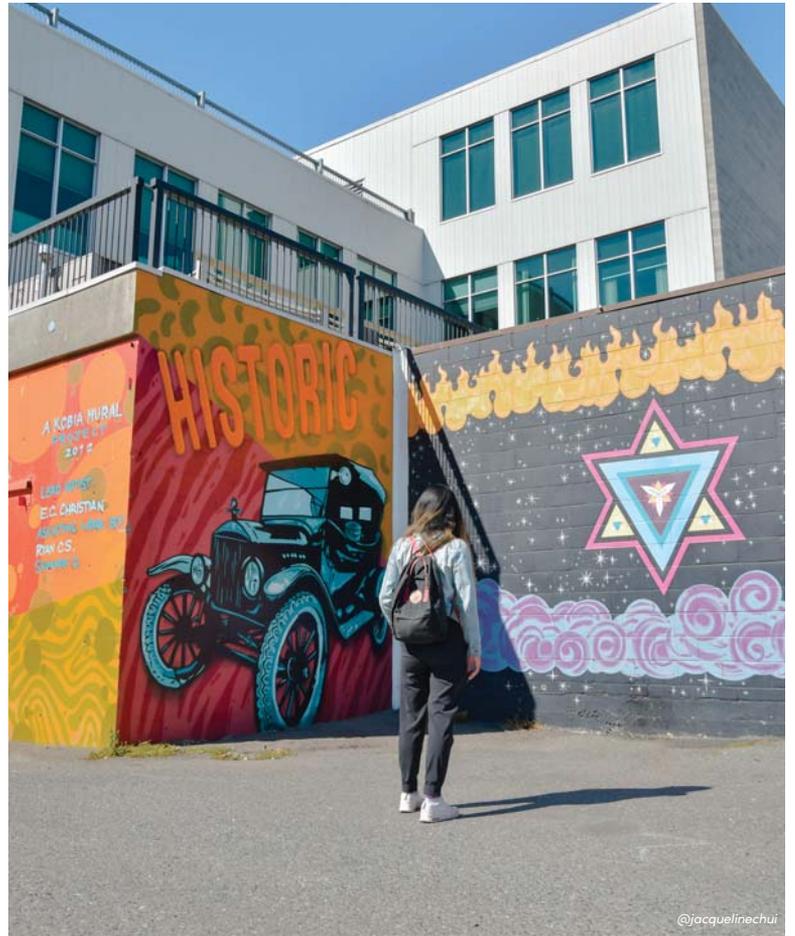
Discover Kamloops through a self-guided walking tour that spotlights the city's vibrant alley murals, public art, and rich history.

These tours provide a unique way for visitors to delve into the cultural and historical essence of Kamloops, exploring its artistic landscape and heritage at their own pace.

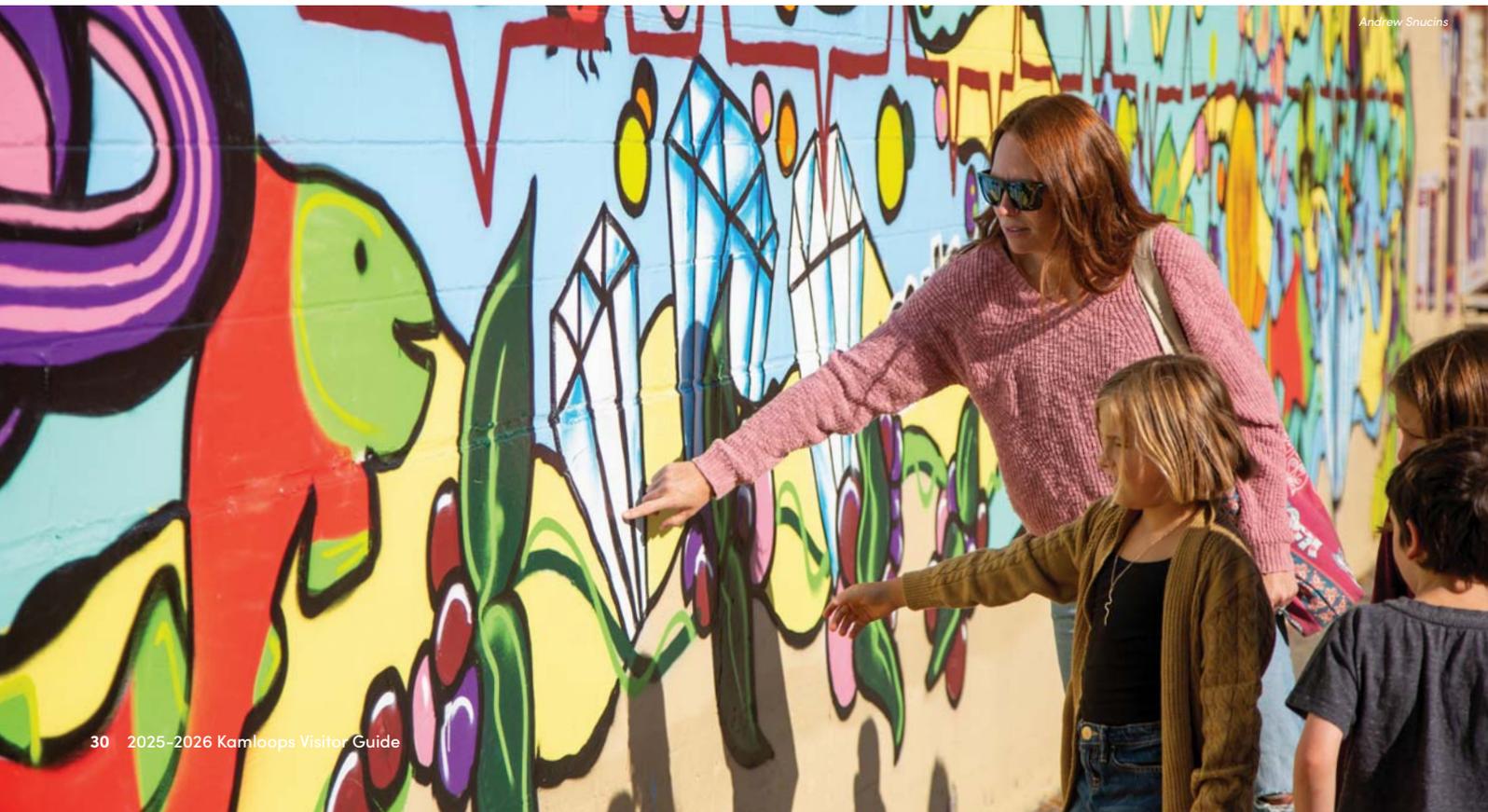
Looking for a guided option? Downtown Kamloops offers year-round Back Alley Art tours for groups of any size.



Scan to discover
tours & itineraries



@jacquelinechui



Andrew Snucins



Kamloops Farmers' Market & Johann Vincent

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.

Swing by the market's Information & Compliments booth on Saturdays, right at the entrance to Stuart Wood Elementary School, to get the market lowdown. Whether you're a vendor, a foodie, or just a community lover,

we've got a place for you to play, shop, and connect. Come join the fun!

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



Kamloops Farmers' Market & Johann Vincent



Kamloops Farmers' Market & Johann Vincent



Explore the places
we keep coming
back to.

DOWNTOWN
KAMLOOPS



Shop the unexpected

Kamloops' hidden gems

Looking for those quirky little shops with unique, or handmade goods? Support local and drop in at any one of these boutique businesses to find a creative—and maybe offbeat!—souvenir of Kamloops.

Victoria St. runs through the heart of downtown, and is a hotbed for local business. Find the **Kamloops Artisan Bazaar**, **Ms Whimsy's Gift Emporium**, and **The Art We Are Cafe** here, all selling unique, creative wares. These locations all stock handmade artisan goods, including jewelry, pottery, fibre crafts and more. The Kamloops Art Gallery is home to **The Gallery Store**, featuring local, Indigenous, and creative gifts.

Also downtown, you'll find **Far & Wide**, and **Crooked Crown Boutique**. Both stock diverse, 2SLGBTQIA+, and independent brands, as well as local artisans. Find decor, accessories, stationary, and assorted gifts at both. Music lovers should head to **Barnacle Records**, a vinyl shop brimming with old-school charm, featuring rare records and timeless classics that make the perfect keepsake for collectors.

Don't leave downtown before stopping at the Old Courthouse on Seymour St. West, headquarters of the **Kamloops Courthouse Gallery Artists' Co-op**. You'll find a range of local art and artisans in this historic building.

Up the hill, you'll find **4 Generations Creations**, an entirely Indigenous-owned business stocking authentic apparel, accessories, and goods from Indigenous-owned brands. 4 Generations also stocks supplies for Indigenous craft and medicine traditions, so you can support knowledge-keeping resilience in Indigenous communities.

Across the river on Tranquille St., find **Haus of Misfit** offering all things strange and offbeat. Haus of Misfit stocks alternative and 2SLGBTQIA+ creators, as well as hosts night markets and events.

If you just need a good ol' souvenir, head back downtown to **Desert Rain Giftware** or **Wild Cave Gift Shop** for Kamloops-specific items. If you're lucky enough to visit the **BC Wildlife Park**, proceeds from their gift shop support local wildlife rescue and rehabilitation efforts, so it's worth the trip!



Barnacle Records
Christine Nicole Photography



Kamloops Old Courthouse
Mary Putnam

10 Family friendly things to do

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!

2 Learn our history

Explore the heritage of the Secwépemc Nation at the **Secwépemc Museum**, where oral histories, artifacts, and interactive exhibits guide you through generations of tradition. Continue your journey at the **Kamloops Museum & Archives**, home to thousands of artifacts, evolving exhibits, and a hands-on Children's Museum.



3 Discover the arts

Visit the **Kamloops Art Gallery**, the largest public gallery in BC's Interior. With 12 curated exhibitions annually, explore works by local, national, and international artists. Engage with contemporary and traditional art, hands-on studio programs, artist talks, and a gallery store featuring local creations and quality art supplies.

4 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 Make a splash

Cool off at one of Kamloops' seven splash parks, perfect for family fun on hot days. Don't miss the **Riverside Park** accessible splash park, a new favourite featuring a large waterslide and exciting water features.





BIG Little Science Centre
Candace Hansma

6 Spark curiosity

Ignite curiosity at the **BIG Little Science Centre**, where hands-on exhibits, interactive experiments, and live demonstrations make science fun for all ages. With over 140 exhibits and special programs year-round, it's a must-visit for any budding scientist.

7 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!

8 Snow much fun

Just 30 minutes from Kamloops, **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.

9 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. For those 13+, **Oasis Parkour** lets free runners push their limits with open access to all equipment during gym drop-ins. 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.



Cliffside Climbing Gym
@realdiaradventures



NorthPaws Baseball
Allen Douglas

10 Meet the locals

Visit the friendly animals at **Little Farmers Zoo**, this free petting zoo is located next to Westsyde Centennial Park. Feed ponies, goats, sheep, ducks, and exotic birds from their on-site vending machines and enjoy the rustic charm of their lively farmyard.



Scan for more
family activities



Bighorn Golf & Country Club
Mary Putnam



Red Collar Brewing
BC Ale Trail

Roam together

A 3-day adventure with friends

Day 1:

Afternoon

Hit the greens at **Bighorn Golf & Country Club**, where stunning river valley views meet a desert-style course that keeps you on your toes. Keep watch—bighorn sheep often wander the fairways, making for a truly wild round!

Après golf, head to **Mason's Kitchen + Bar**, where bold flavours and creative comfort food come together in a laid-back, cozy setting. It's the perfect spot to toast to a day well played.

After lunch, take a self-guided **Back Alley Mural tour** through downtown Kamloops. Vibrant, larger-than-life street art brings the city's stories to life, adding a creative touch to your afternoon stroll.

Evening

When dinner time rolls around, **Afrofusion** is a must-visit for a one-of-a-kind dining experience. Serving up authentic African cuisine seven days a week, this local gem dishes out bold flavours, from Plantain & Egg Sauce to Nigerian Chicken Shawarma.

Cap off the night with live music at **The Blue Grotto**, a Kamloops nightlife staple. Whether you're dancing, singing along, or just soaking up the energy, it's the perfect way to end the day.



Day 2:

Morning

Start the morning with a trip to the **Kamloops Farmers' Market**, where you can stock up on fresh bread, handmade snacks, and local treats—ideal road trip fuel or souvenirs.

Then, it's time to tackle **Battle Bluff**, a short but steep hike with unreal panoramic views over Kamloops Lake. The effort is well worth it, especially for those “we did it!” victory shots.

Afternoon

After working up an appetite, settle in for a laid-back lunch at **Bowl 'N' Bun Sandwich Club** located inside **5Bean Brewbar** on Tranquille Rd. This cozy spot dishes up bold flavours and creative sandwich combos that hit the spot. A true hidden gem, it's a must-try in Kamloops!

After lunch, cool off at **Riverside Park**—stretch out on the sandy beach, take a refreshing dip in the Thompson River, or rent a paddleboard or kayak from **Kamloops Water Sport Rentals**, conveniently located in the park.

Evening

As the sun sets, unwind with bites and brews at **Red Collar Brewing**, a laid-back, dog-friendly spot serving craft beers and light bites. If you're in the mood for something extra special, step next door to **Gin Lane Co.**, where expertly crafted cocktails round out the perfect evening.



Riverside Park
Andrew Shucins



Back Alley Murals
Jonny Bierman

Day 3:

Morning

Start the final day of your Kamloops adventure with a coffee from **Logjam Coffee**, then take a relaxing stroll along the **McArthur Island Loop** on Kamloops' North Shore, soaking up those last moments of scenic beauty.

Next, swing by **Cutting Board Bistro** for brunch, where their gluten-free bakery serves up handmade bread, fresh pastries, and mouthwatering bagels—making it a must-stop treat.

Afternoon

For a true taste of the Thompson Valley, visit **Privato Vineyard and Winery**. Tucked away in a picturesque setting, this boutique winery is known for its small-batch Burgundy wines and intimate, welcoming atmosphere. Right next door, **Woodward Cider Co.** is another must-visit, offering crisp, locally crafted ciders perfect for sipping with friends.

Before hitting the road, make one last stop at **Masala Fusion Meats** for authentic Punjabi eats, then pop into **Mary Ann's Macarons** for a sweet treat to round out your Kamloops adventure.



Downtown Kamloops
Kathleen Fisher



Rebellious Unicorns
@heybelhtaylor

A 48-hour queer adventure in Kamloops

Curated by a local!

Day 1:

Afternoon

When you arrive in Kamloops, make your way to **Lys's Thrift & Vintage**, a curated thrift store on Victoria Street. Immerse yourself in the diverse and eclectic array of fashion-forward pieces, finding the perfect outfit for your night out in Kamloops.

Now that you're dressed to impress, it's time to check-in and keep the glam going. Relax in one of our stylish accommodation partners, where your stay is just as chic as your new wardrobe. Bonus points if it's Rainbow Registered.

Evening

Ready to eat like you've never eaten before? After you've grabbed your new threads, head out for a feast. If you're feeling fancy, **Cordo Resto & Bar** or **Underbelly by the Pig** will satisfy your inner foodie. But hey, if you're more in the mood for something laid-back, grab a bite at **Bright Eye Brewing** or **Red Beard Café**—both serving up delicious dishes with a side of good vibes.

The night is young, and so are you. Spice things up with a queer-friendly event hosted by **Rebellious Unicorns**. Dance, laugh, or just live your best life. For a touch of class, catch a comedy show at **The Effie Arts Collective**. Check out Tourism Kamloops' events calendar for the latest queer happenings.

Day 2:

Morning

Still got energy to burn? Grab your racquets and hit up **Riverside Park** for a match of tennis. It's not just a sport, it's a vibe. If tennis isn't your thing, jog through the park and soak in that Kamloops sunshine.

No adventure is complete without a brunch pitstop. Kamloops' culinary scene is a melting pot of flavours, and we highly recommend **Nandi's Kitchen + Bar** for a delightful brunch. Plus, they've got \$4 mimosas on weekends—because why not add a little sparkle to your morning?

Afternoon

If you're feeling adventurous (and a little cheeky), **Mission Flats Beach** awaits. It's Kamloops' clothing-optional beach, where you can soak up the sun in all your natural glory. It's an experience you won't forget!

Evening

Wind down the day with a sunset hike at **Kenna Cartwright Park**. With over 40 km of trails and views that'll make your Instagram followers jealous, this is the ultimate way to say goodbye to the day. Trust us, you'll want to capture this moment as the sky turns into a canvas of oranges and pinks.



Day 3:

Morning

After a hearty breakfast at **Isagani Farm-to-Table**, it's time to pack up and say goodbye to Kamloops (but not forever, right?). Before you leave, swing by **Far & Wide** to grab a souvenir that'll remind you of all the fun you had. The owner, Calli, has got the goods, plus she supports queer artisans from across Canada. It's the perfect way to take a piece of Kamloops with you.

Need a ride? Download **URide** for easy, local transportation. Or, if you're feeling adventurous, ask your concierge about bike rentals—because Kamloops is small, but packed with cool spots. If you're ever lost or looking for something to do, just ask a local. They'll point you to something fun, guaranteed.

Bark worthy adventures

A dog-friendly Kamloops guide

If your best friend has four legs, you're in luck—Kamloops is packed with dog-friendly spots to explore year-round. Here's where to take your pup for the ultimate adventure:



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.

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.

Overlander Park
Dylan Sherrard

Listings

Arts & Culture

Galleries

Kamloops Art Gallery
465 Victoria St
kag.bc.ca

Kamloops Courthouse Gallery
7 Seymour St W
kamloopscourthousegallery.com

Museums

Firehall Museum
1205 Summit Dr
kamloops.ca

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

Inspire Trails
9390 Meadow Creek Rd, Logan Lake
inspiretrails.ca

Kamloops Paintball
3355 Harper Mountain Rd
kamloopspaintball.com

Little Farmers Petting Zoo
707 Franklin Rd
littlefarmerszoo.ca

Paddle Surfit
paddlesurfit.com

Sun Peaks Resort
sunpeaksresort.com

Farmers' Markets

Kamloops Farmers' Market
(April-October)
Sat. 200 St. Paul St.
Wed. 400 Victoria St
kamloopsfarmersmarket.com

Night Life

Bars & Venues

BARSIDE Lounge & Grill
1250 Halston Ave
chanceskamloops.com

The Blue Grotto
319 Victoria St
thebluegrotto.ca

Club Current
177 Tranquille Rd

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

The Effie Arts Collective
422 Tranquille Rd
effieartsco.ca

Nigel's Cocktail Bar
449 Tranquille Rd
nigelscocktails

The Nightshift 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

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

Spoke Bike & Ski
194 Victoria St West
spokenmotion.net

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

Westsyde 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

Listings

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

Pineridge Golf Course

4725 East Trans Canada Hwy
pineridgegolf.bc.ca

Rivershore Estates & Golf Links

330 Rivershore Dr
rivershoregolflinks.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

Westsyde Centennial Park

705 Franklin Rd

Westsyde 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

Divine Tours

divinetours.ca

Kamloops Indian Residential School Tours

secwepemcmuseum.ca

Kamloops Snowmobile Adventures

kamloopssnowmobileadventures.com

Sunstar Shuttle Tours

sunstarshuttle.com

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

Urider

uridetechnology.com

Buses & Charters

Kamloops Transit System

BCTransit.com/Kamloops

Thompson Valley Charters

tvcbus.ca

Kamloops Handyart

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

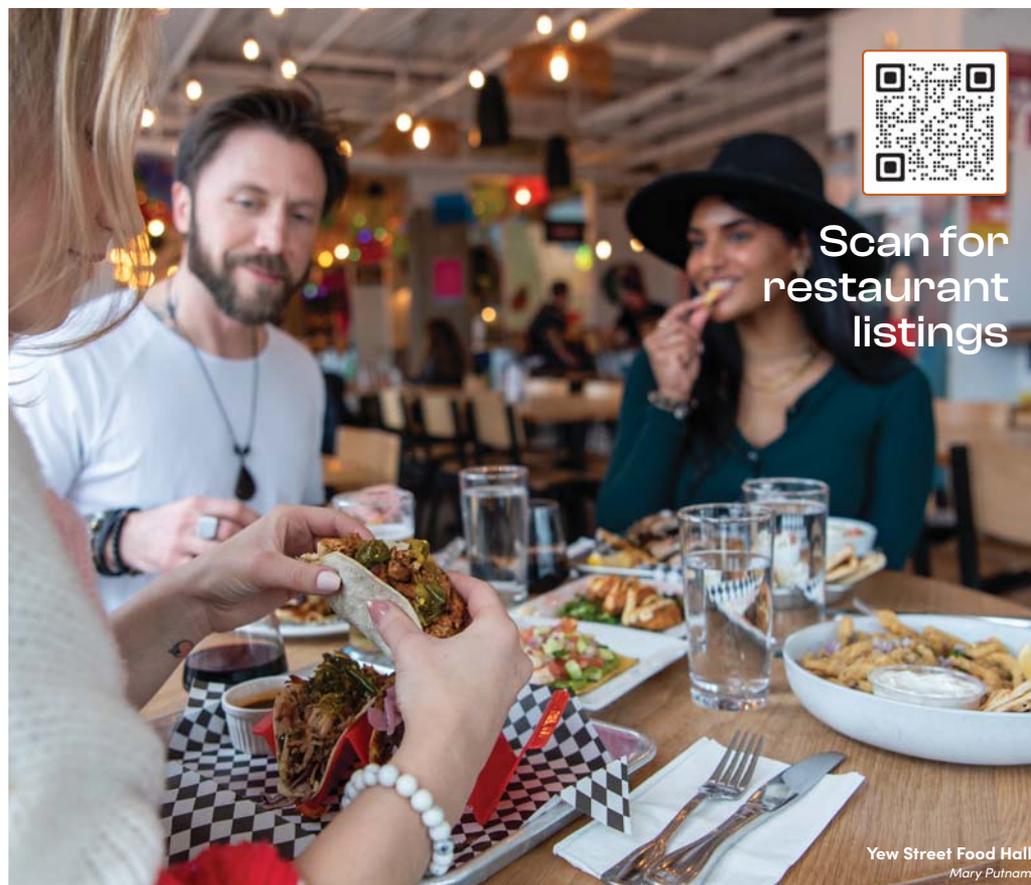
mostlymentalshuttles.com

Peak Shuttles

peakshuttles.com

Sun Star Shuttle

sunstarshuttle.com



Accommodations

Kitchenette
Fitness
Breakfast
Pool
Pets
Bike Storage

Property Name	Address	Phone	Website	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 for updated road conditions and closures.

Bus

Ebus	myebus.ca
Rider Express	riderexpress.ca

Fly

WestJet	westjet.com
Air Canada	aircanada.com
Pacific Coastal	pacificcoastal.com

Train

VIA Rail Canada	viarail.ca
Rocky Mountaineer	rockymountaineer.com

RAINFOREST TO ROCKIES

BRITISH COLUMBIA, CANADA

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





 **Kenna Cartwright Nature Park**
Dylan Sherrard

tourismkamloops.com

@tourismkamloops | #explorekamloops