



kamloops

Visitor Guide

2024-2025

Photos: Mary Putnam | Tourism Kamloops | True Colors Photography BC



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Tourism Kamloops is situated on the unceded and ancestral lands of the Tkemlúps te Secwépemc within Secwepemcúlecw, 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.

Visitor Services

The Bold 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 Bold Street Team and Volunteer Visitor Ambassadors can answer your questions about highway conditions, weekend events, must-see attractions, and more.



Scan here to locate our visitor services team.



TNRD/Kelly Funk

Weyt-kp!

Hello! (to many)

Words by Tk'emlúps te Secwépemc

We look forward to welcoming you to the gorgeous Tk'emlúps te Secwépemc where you'll find a captivating blend of tradition and innovation.

We invite you to explore the region while taking the time to learn about the diverse history and exciting goals for the future. The word Kamloops is the English translation of the Shuswap word Tk'emlúps, meaning 'where the rivers meet,' and for centuries has been the home of the Tk'emlúpssemc, 'people of the confluence'.

During your visit, you can stop by the beautiful St. Joseph's Church on Chilcotin Rd, one of the oldest historical sites in the area. Built around 1870, it is believed to have even older connections. When restoration work was undertaken in the 1980s, the remains of an older log building were discovered inside. This was likely the original church built on this site by the first missionaries to the area, Jesuits, who arrived in 1843.

The Kamloops Indian Residential School originally opened in 1890 and was the largest of 130 schools in the Canadian residential school system. The red brick structure that stands today was completed in 1929 and housed, at its peak in the early 1950's, 500 students from around the region. The building serves as a somber reminder of a colonial past that affected many generations, and a symbol of the community's strength and commitment to healing. Visitors are

Ken Favrholt, Secwépemc Museum and Heritage Park



encouraged to learn and reflect by taking a tour of the residential school. Tours can be booked by phoning the Secwépemc Museum and Heritage Centre.

Between 1975 and 1981, the commitment to safe, quality education and lived experiences was evident with the creation of the Tkek Yeel Stem youth camp and the Sk'élep School of Excellence, where today's youth are immersed in Secwépemc language and culture.

The Powwow Arbour, a significant landmark, stands as a symbol of the rich cultural history in the region. The arbour is home to one of the largest annual celebrations of Indigenous Culture and Heritage in Western Canada: The Kamloopa Powwow.

Tk'emlúps is a very progressive First Nation and has successfully developed and operated one of the largest industrial parks in Canada. The Mt. Paul Industrial Park is home to over 350 tenants and acts as a primary economic driver for the region.

In honouring the past, Tk'emlúps te Secwépemc invites visitors to approach these sites with respect and understanding, acknowledging the complexities that shape its narrative. As you traverse this remarkable region, let the stories of resilience, cultural preservation, and unity guide your exploration, creating a profound connection to the rich heritage of Kamloops.

While you're in town don't forget to stop in and support an Indigenous-owned business. Sweláps Market, Kekuli Café and 4 Generations Creations are some local favourites!

To book your Residential School Tour, please call 250-828-9749.

Learn Secwepemctsin

Tk'emlúps
teh-kum-lups

Kamloops

Secwépemc
suh-c-whep-em-c

Shuswap People

Weytk
way-tk

Hello (to one)

Kukstemc
cooks-jem-c

Thank You (to one)



Scan to learn more Secwepemctsin.

Kamloopa Powwow

The Kamloopa Powwow is one of the largest such events in Western Canada celebrating Indigenous culture and heritage. Now in its 43rd year, the powwow attracts visitors internationally who will see incredible displays of dancers and drummers in colourful regalia, representing numerous Nations and Tribes from across Canada and the United States.

Dance and drum competitions highlight the skill and heritage of Indigenous cultures. Vendors offer an opportunity to buy traditional clothing, jewelry, accessories, and other merchandise and to sample many choices of food.

The Kamloopa Powwow is an incredible event that is not to be missed. This year it precedes the Canada Day weekend from June 28-30, 2024.



TNRD/Mary Putnam

Kamloops fun facts

Kamloops comes from the Secwépemc word Tkemlúps, meaning 'where the rivers meet.'

North Thompson River



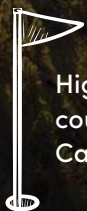
Incorporated as a city in 1893.



Canada's Tournament Capital, hosting more than 100 tournaments each year.



One of two places in Canada where the two national railways meet inside city limits.



Highest number of golf courses per capita in Canada at 10.



100+ fresh water lakes within an hour.

Kamloops is situated on
Tk'emlúps te Secwépemc territory.

Mount
Paul

Mount
Peter

Kamloops has an
inverted treeline
(trees grow at the top)
due to a semi
arid climate.

South
Thompson
River



82 parks covering a
total of 1,350 hectares.



The Kamloops Bike
Ranch is the largest
municipal bike park
in Canada.



Kenna Cartwright Nature Park is
one of the largest municipal
parks in British Columbia with
over 40 km of trails.



Canada's first
Bee City.



Jurassic Park: Dominion,
Power Rangers, and The X-Files
(to name a few), were filmed here.

Sunrise to sunset

Hiking trails with breathtaking views.

Words by Tia Davison

Kenna Cartwright Nature Park
Dylan Sherrard

Forget about battling for trail reservations, fighting for parking spots, and squeezing in for that ideal photo op. Kamloops is your open invitation to hike freely, where the landscapes are boundless and welcoming to all adventurers with room to roam. So, whether you're a seasoned trailblazer or an occasional stroller, think sweeping panoramas, charming cityscapes, and towering hoodoos—the kind of scenes that make you feel tiny yet mighty.

Grasslands Loop

Peterson Creek Nature Park

Distance: 1.1 km loop

Difficulty: Hardly breaking a sweat
(plus it's entirely accessible)

Nestled in the heart of Kamloops (seriously, it's super close to downtown!), Peterson Creek Nature Park's Grasslands Loop offers a relaxing stroll filled with natural wonder. This flat and gravel-packed trail warmly welcomes you with a stunning downtown skyline, cradled by those iconic Kamloops hills, making it a unique fusion of urban proximity and serene, accessible wilderness. Perfect for everyone—from dog walkers to stroller pushers to wheelchair users. The Grasslands Loop is where adventure and accessibility meet, inviting all to revel in the beauty of Kamloops within steps from the hustle and bustle.

Rim Loop

Valleyview Nature Park

Distance: 2.5 km loop

Difficulty: Hardly breaking a sweat
(unless you're afraid of heights!)

Feel the thrill of cliff-edge hiking on Rim Loop at Valleyview Nature Park. As you stride the ridge of Kamloops' unique silt cliffs (remnants of ancient glacial lakes), epic views wrap 360 degrees around you. Though brief, the trail delivers big on adventure, rewarding hikers with the sweet smell of sagebrush and unrestricted open sky.

Tower Trail

Kenna Cartwright Nature Park

Distance: 3.4 km out-and-back

Difficulty: Little to moderate sweating

Kamloops' version of a suburban jungle, Kenna Cartwright Nature Park has 750+ hectares of terrain located just 10 minutes from downtown. Among its network of trails, 'Tower' is a local favourite—wide, reliable, and just the right amount of incline to get your heart pumping. Along the way, there are plenty of opportunities to pause and admire the scenery (which is also a great excuse to take a breather!). Your efforts are rewarded when you crest over the hill to take in the sprawling city skyline. Complete with a lookout platform to snap those memorable moments and a picnic table to rest those hardworking legs, it's a local gem with a view to remember. For a delightful trek that promises awe-inspiring views with minimal effort, Tower Trail is your go-to. It's designed to inspire and rejuvenate, persuading even those hesitant about hiking to embrace the great outdoors with open arms.

Tips to keep your adventure on track

Heads up on wildlife!

Around here, wildlife like black bears, coyotes, cougars, bighorn sheep, and rattlesnakes are a part of the Kamloops crew. And every so often, you might bump into these elusive/rare locals. Keep your adventures safe by staying alert. Visit wildsafebc.com for some savvy animal safety tips.

Beat the heat

Love the sun? So do we! But Kamloops' sizzling desert vibes mean business. With temperatures often hopping above 30°C (86°F), here's how to soak up the sun without feeling the burn:

- Rock those long sleeves and wide-brimmed hats.
- Slather on sunscreen like it's your new best friend.
- Water is your go-to accessory—bring plenty and sip often to stay hydrated.

Tick talk

Springtime means peak season for wood ticks. These little adventurers prefer hanging out in tall grass and bushy spots. Sticking to the beaten path helps dodge them, but always do a quick tick-check on yourself, the kiddos, and your furry friends after park time.

Step smart

Kamloops' trails have their share of surprises, like patches of loose clay or tricky rocks. Slip into some sturdy hiking shoes or boots to keep your trek on track.



Scan to find more trails.

Sunset Trail

Kenna Cartwright Nature Park

Distance: 4.77 km out-and-back

Difficulty: Moderate sweating

Living up to its namesake, Kenna Cartwright Nature Park's Sunset Trail stands out as Kamloops' quintessential destination for witnessing golden hour as the sun drops behind the mountains. The journey to the city's most Instagram-able spot (for real, don't forget to pack a camera) begins on Prickly Pear Cactus trail and progresses to the Sunset Trail, where it weaves through the landscape with gentle twists and the occasional thrilling ascent, guiding you to an idyllic perch above Kamloops Lake. The serene lookout offers a moment to take in the sky's sunset hues as they softly fade into the mountains. As an off-leash dog-friendly park, bring along Fido for some quality time, and bask in the day's last light together as the trail's beauty extends into the twilight. Oh, and pack a headlamp for the post-sunset descent!

Gibraltar Rock

Paul Lake Provincial Park

Distance: 3.7 km out-and-back

Difficulty: Moderate sweating

Nestled within the expanses of Paul Lake Provincial Park, one of Kamloops' epic outdoor sanctuaries, Gibraltar Rock is a crowning jewel for every trail-crusher. The distinguishable rock, visible from the lakeshore, stands as a beacon challenging avid hikers and nature enthusiasts to conquer its climb. The trail features an exhilarating ascent with rest spots sprinkled along the shaded trail; think of it as nature's way of saying, "Pause, breathe, and enjoy the view—there's no rush." Upon conquering the 282 m (900 ft) summit, you're rewarded with a postcard-worthy panorama – a view that captures the essence of Paul Lake and the rugged mountains beyond.

Battle Bluff

Lac du Bois Grasslands

Distance: 4.8 km out-and-back

Difficulty: Lots of sweat

Battle Bluff trail is a Kamloops classic – and for good reason! Located only 30 minutes from downtown, the trail offers a medley of serene forest, expansive grasslands, and quirky markers like the unexpected charm of a rusting car shell to keep you entertained along the route. The steep yet scenic climb reveals a sweeping view of Kamloops Lake from the peak. The iconic Battle Bluff trail invites you to experience the raw beauty of Kamloops, while leaving adventurers with a sense of accomplishment and awe as they soak in the seemingly infinite expanse of a tranquil lake, sprawling grasslands, and rolling mountains!



Cinnamon Ridge
@cassileigh_photography

Cinnamon Ridge

Lac Du Bois Grasslands - Tranquille & Ord Rd

Distance: 4.9 km out-and-back

Difficulty: Lots of sweat

Beware of loose clay and rocks especially when it's wet.

Ready to tackle a 50-million-year-old volcano? Cinnamon Ridge's geological drama captivates, showcasing nature's marvels in a landscape where history is etched into every stone and hue. Wander through a canyon carved by ancient streams and marvel at the majestic hoodoos stained—you guessed it—cinnamon brown from eons of weathering. The Cinnamon Ridge hoodoos stand tall as a testament to millennia of natural sculpting and are a rare opportunity to witness Earth's history etched into geological formations (definitely a must-see for any geology enthusiast!).

Whether you like to huff and puff, or barely break a sweat, Kamloops beckons every kind of explorer. So, choose your adventure: gasp-inducing cliffs, iconic sunsets, or geological wonders that rival the sought-after terrains of Utah and Nevada. With trails that cater to all fitness and mobility levels, hiking in Kamloops is less about being a spectator and more about becoming part of the panorama. So less talk, more walk—it's time you took a hike, Kamloops-style!



Battle Bluff
Dylan Sherrard

Limitless trails

A guide to Kamloops' diverse mountain bike networks.

Words by the Kamloops Bike Riders Association (KBRA) & the Kamloops Performance Cycling Centre (KPCC)



Kamloops Bike Ranch
BC Ale Trail / Ben Haggart

Kamloops' mountain bike trails are maintained by both the Kamloops Bike Riders Association (KBRA) and the Kamloops Performance Cycling Centre (KPCC). These organizations are 100% volunteer-run—consider becoming a member of the KBRA for \$20 or donating to the KPCC if you explore any of these networks. We also ask that you tread lightly when you visit these areas to protect them for future riders.



Scan to view the Trail Guide.



Lac du Bois Grasslands
Dylan Sherrard

Kamloops boasts a rich history of gravity-oriented riders, with names like Wade Simmons, Matthew Hunter, and Brett Tippie hailing from here. This legacy has made Kamloops an epicentre for riders seeking to get their freeride fix at The Ranch. However, what sets Kamloops apart is its incredibly diverse network of trails, catering to every rider's preference. These trails are easily accessible within a 30-minute drive from downtown Kamloops. Let's dive into Kamloops' six sanctioned networks to discover their unique offerings.



Kenna Cartwright Park

As one of largest municipal parks in BC, Kenna offers a diverse trail network catering to cardio enthusiasts. Accessible from multiple points, riders typically start from either the west end of Hillside Drive or the north end of Pacific Way. Carve out a ride that traverses the sun-exposed outer edges before dropping into the pine-covered trails near the centre. Exercise caution due to multi-use traffic, as these trails are frequented by hikers and dog walkers. Additionally, the newly constructed Dufferin Progression Park offers approachable trails with great sightlines, wide trail construction and an easy grade for climbing and descending. This is located next to the Dufferin Elementary School and is perfect for kids or adults who are new to mountain biking and looking to build confidence on the bike.

The Bike Ranch

Known as "The Ranch," this spot has become iconic for its professionally crafted jump lines and showcased in most movies and edits in freeride mountain biking since its inception. For gravity-oriented riders, The Ranch offers progressive trails for all jump skill levels, from small jumps to the biggest booters. To skip the uphill grind Mostly Mental Shuttles offers a shuttle service to access everything The Ranch has to offer. For those looking to earn their turns, use the dirt XC climb trail or the paved multi-use pathway. Scheduled for completion summer 2024, the Ranch will introduce three Velosolutions paved pumptracks.

Lac du Bois Grasslands

Locally known as "Batch" because of its proximity to the Batchelor Heights neighbourhood, the Lac du Bois Grasslands trails offer early access to riding after the snow melts. Its largely south-facing orientation and gentle topography make for flowing singletrack trails suitable for beginners to expert XC and trail riders. Thanks to the great sightlines, beginners have the confidence to focus on the trails and advanced riders have the visibility to safely rip through the singletrack. Climb up to "Tower Classic" via "Cows with Guns" or "Shady Glenn" to reach "Naked Pistol" for breathtaking vistas before descending one of Batch's best trails.

Pineview

Pineview boasts a range of trails, from flowing XC-style climbs and descents to pucker-worth double black technical trails. Divided into Pineview East and Pineview West, the East area opens first, featuring favourites like "Mike's" and "Beer Run," that are the epitome of Kamloops high speed descents. Once Pineview West opens, riders access more thrilling descents like "Blaze on the Hillside" or "Mine," alongside a vast network of fun XC or downhill-style trails like "Iron Mask" or "Stubby's." Park at the newly constructed main lot on Lac Le Jeune Road for optimal trail access.

Stake Lake

A hidden gem, Stake Lake provides an oasis during peak summer heat, offering temperatures that are generally 4-5 degrees cooler. Situated at a higher elevation, it often remains above any inversions that happen in the valley, making it an ideal spot even during cloudy days. For nature enthusiasts and biking enthusiasts alike, the green trails are wide open and perfect for the whole family to enjoy. Pack a lunch and take advantage of the picnic tables by the lake for a relaxing post-ride meal. If you're up for a challenge, the technical XC trails, especially "Stomp," present expert-level rock rolls and a heart-thumping climb to the top.

Harper Mountain

Harper stands out as one of the best networks just outside town—so exceptional that we hesitated to put it on this list, wanting to keep it a locals' secret! Situated at Paul Lake, Harper is accessible either via shuttle road or by climbing the dedicated uphill route known as 'Ket-R-Done.' Once you reach the top, an array of descents awaits, promising both an adrenaline rush and an ear-to-ear grin as you bomb downhill. From the big jumps on "Pimpernot," to the classic fast and flowy descent "Easy Rider," to the newly constructed green flow descent "Cucwell," Harper has a vast array of top-quality trails for all skill levels. Come find out why we almost didn't share this one with you.

Kamloops isn't just a haven for gravity-riding legends; it's a playground for every kind of mountain biker. Its varied trail networks and unique landscapes offer adventures suited to every skill level and preference. With Kamloops' six sanctioned networks, an exciting and diverse ride is guaranteed—thrilling and memorable for all.

Choose your own adventure in Sun Peaks

Deep steeps, powder choked glades, and award-winning groomers just 45 minutes from Kamloops.



Canada's Second Largest Ski Area is calling your name! Boundless skiable terrain – 4,270 acres to be precise. 139 runs spread across not one, not two, but three mountains, each with a personality of their own. A choose your own adventure mashup of deep steeps, powder choked glades, and award-winning groomers accessed via 13 lifts. With such vast terrain, Sun Peaks gives you room to let it rip on un-crowded runs, with no lift lines lurking at the bottom.

Nordic Skiing in Sun Peaks

With daily grooming and an expansive trail network, Sun Peaks has quietly evolved into a favourite Nordic destination. Plenty of sunshine, dry snow, and consistent temperatures combined with impeccably groomed and trackset trails make for excellent skiing. Trails are accessible right from the village, and there is the unique option for chairlift-access into the upper part of the network.



Lessons or rentals? They've got you covered

They are passionate about winter sports and love to share that with their guests, so it's no wonder many return year after year to ski and ride with them. Their Sports School provides a friendly and personalized level of service, with the priority of exceeding their guests' expectations, every time.

Travel lighter and leave the winter equipment to them. Outlets throughout the village offer rentals of the latest ski, snowboard, and Nordic equipment from entry level to high performance.

A Winter Wonderland

Their ski-through village is filled with restaurants, cafés, accommodation, shops, and more. From sushi to schnitzel, burgers to grilled salmon, and homemade fudge or fresh baked goods – your taste buds will be satisfied at every turn. Shop for ski gear or browse boutique shops for apparel, locally-crafted jewellery, souvenirs, local artwork and of course something for the kids.

Sun Peaks has an abundance of winter activities both on and off the slopes. Experience dog sledding, ice fishing, sleigh rides, tubing, snowshoeing, ice skating and more. The winter adventures are endless.





Room to roam

Reuben Krabbe

Summer days in Sun Peaks bring refreshing temperatures and breathtaking mountain views. Experience lift-access alpine hiking, mountain biking, golfing, family activities, live music and more. Wander through the pedestrian village filled with restaurants, cafés, shops, pubs and friendly locals.

They're passionate about Mountain Biking

Their world-class bike park began to take shape 25 years ago, with the first hand-cut trails scraped in by a small crew of passionate riders. While raw singletrack remains at the core of their riding experience, times have changed, and the Sun Peaks Bike Park has embraced the flow to complement their steep and rowdy originals.

With two chairlifts, over 83 km of lift-accessed riding, and 595 m of vertical, there are unlimited options for two-wheeled fun. Sun Peaks has trails for every level of progression, from bike park beginners to World Cup DH racers, and all riders in between. There is even a Progression Park, a smaller version of the Bike Park which gives even the freshest of shredders a taste of lift-access riding via an easy-to-use carpet lift. We are confident that every level of rider will find their new favourite trail in Sun Peaks.

Three mountains of riding

As the Bike Park evolves, so does biking throughout Sun Peaks, with a growing network of pedal-access trails spreading across the valley. New, free-to-use trails developed by the Sun Peaks Recreational Trail Association give riders the opportunity to experience the views and lush cedar forests on Mt. Morrisey. Cedar Twist, a

singletrack climb trail, provides access to the top of Morrisey, where riders can pick from several intermediate and advanced trails for a thrilling descent.

Hiking, Trail Running & Alpine Sightseeing

Ride the Sunburst Express chairlift to experience 360-degree alpine views. Explore trails that range from relaxing strolls to exhilarating summit hikes, and discover stunning wildflower meadows, alpine lakes, and sweeping vistas from the highest point in the area – the 2,152 m peak of Mt. Tod.

BC's highest Golf Course

Surrounded by natural foliage and panoramic mountain views, the challenging yet rewarding 18-hole Sun Peaks Golf Course is centred along a valley floor between three surrounding mountains. The par 72 Graham Cooke course includes greens located at 1,200 metres above sea level and the highest tee in the province at 1,333 metres. Along with a stunning setting, the elevation provides other bonuses: your drives will fly further at altitude and the mountain air provides relief on hot summer days.

Learn more at SunPeaksResort.com



Kelly Funk



Kyle James



Chill thrills

Exploring Kamloops' winter outdoor activities.

Words by Tia Davison

Ah, winter wonders - wondering when the driveway will finally be clear, when your furry friend will stop tracking snow in, and when you won't have to dress like an Arctic explorer just to take the garbage out. Wait, not that frosted drudgery, we're talking about the 'cool' side of winter. The adrenaline-pumping, rosy cheek-inducing, hot chocolate-sipping, adventures that have Kamloopsians yearning for snow year after year. Typically spanning from December to March, winter in Kamloops is a great time to play.

Scan for
more winter
adventures.



Alpine Skiing & Snowboarding

If gravity-assisted gliding is your winter activity of choice, Kamloops has downhill skiing and snowboarding that takes thrill-seekers from cloud-nine to base level in no time. Sun Peaks Ski Resort is the second-largest ski area in Canada. Navigate your way through the easy green, right up to the challenging black diamond trails, and enjoy world-class resort amenities when you're relaxing after an exhilarating day on the slopes.

For a more intimate and community-oriented choice, make a beeline for Harper Mountain. Having celebrated its 50th anniversary in 2023, Harper strikes an ideal balance between thrill, affordability, and a cozy atmosphere. They even have night skiing on Thursdays, Fridays, and Saturdays, which, in our opinion, is one heck of a way to start the weekend!

Cross-Country Skiing

Swap velocity for tranquillity with cross-country skiing. Both Harper and Sun Peaks provide a variety of epic trails perfect for seeing a new side of these resorts. Another option is Stake Lake, managed by the Overlander Ski Club. This area boasts a whopping 60 km of groomed Nordic trails—even lit night ones and some for your trusty pup! Beginners can nurture their potential with rentals and lessons, while seasoned skiers can take on guided skis, leagues and races.

Snowshoeing

A new generation of winter warriors are swapping skis for snowshoes, proving that you don't need elevation or breakneck speeds to have a great time. Unlike the tennis rackets used back in the day, modern snowshoes are small and lightweight, meaning you can cover more terrain with less fatigue.

Stake Lake, Harper Mountain, and Sun Peaks each offer maintained snowshoeing tracks, great for novices as well as those who want to take advantage of après (i.e. everyone!). Sun Peaks, in particular, takes it up a notch by providing several guided tour options, ranging from moonlight fondue experiences to wildlife tracking tours. All three of these locations require a trail pass, and each offers rentals directly on site—how convenient!

The beauty of snowshoeing, however, is that you can blaze your own trail. Bring your own snowshoes, or rent a pair from Runners Sole, and visit Kenna Cartwright Nature Park, McConnell Lake, Peterson Creek Nature Park, or the Bush Lake Area. The best part, your furry friends can come along!



📍 Kenna Cartwright Park
Sean Jenkins

Fat Biking

Enter Fat Biking. These beefy bikes defy the season, boldly bringing summer joy into winter—ideal for those who just can't part with their two-wheeled steeds.

Housing over 30 km of groomed trails, the Isobel Lake Recreational Trails are located roughly a 40-minute drive from downtown Kamloops. Maintained by a team of awesome volunteers, these unsung heroes dedicate their time and energy to keeping these wild winter routes in tip-top shape for you to ride. Although there's no official fee attached to the pleasure of these trails, a little generosity goes a long way in preserving the pristine state of this riding area. The Bicycle Café happily accepts any donations made – a version of 'pay it forward' that we like to call, 'pay as you ride'. For a closer-to-town option, Kenna Cartwright Park has a wide array of non-maintained trails.

Snowmobiling & Dog Sledding

For those craving more speed, snowmobiling and dog sledding should be top of your list. The primary snowmobiling area is Porcupine Ridge and the Tranquille Bonaparte Plateau, where you'll find thousands of hectares of sub-alpine low-slope terrain. Here, you'll find nine warm-up shelters and numerous groomed trail loops thanks to the Kamloops Snowmobile Association. With its low to zero avalanche danger, this region is a snowmobiling haven for families.

Sun Peaks offers some fantastic snowmobiling options, too. Regularly groomed access routes and shorter family-friendly trail loops make this an ideal destination for an epic day out. Please note that Daily Trail Permits or memberships must be acquired through the Kamloops Snowmobile Association to visit each of these winter wonderlands.

Now, if you're thinking, "Shoot, I don't have a snowmobile," well, hold onto your toques because there's another way to charge through our snowy outdoors... dog sledding! With Mountain Man Adventure Tours, you can explore Sun Peaks' stunning landscapes led by a team of furry four-legged athletes. Experience this bucket-list activity that brings together speed, beautiful scenery, and of course, good boys.

Ice-Skating

Just as the Scandinavians own Nordic skiing, we Canadians own skating—okay not really, but we like to think so! Seriously though, we've mastered the delicate art of gliding on ice – whether it's perfecting our pirouettes or sniping bardown.

Kamloops has outdoor skating rinks at every corner of the city. Check out Westsyde Centennial Park, Juniper Park, or Pineview Valley Park. Note that these community rinks are maintained by heroic, cold-resistant volunteers, so not all of them will always be operational.

For a more scenic skate session, take to the wild ice! Albert McGowan Park, Inks Lake, Little Heffley Lake—pick a favourite or make your way to one of the many lakes within BC's Land of Hidden Waters. Remember, ice safety is no joke. Here are some pro tips: always use a drill and tape measure to check ice thickness, avoid patches of open water, the darker the ice, the safer it is, and seek advice from the local authorities' ice safety assessments. For those who like their fun a little bit... warmer, McArthur Island Sports and Events Centre, Memorial Arena, Sandman Centre, Valleyview Arena, and Brock Arena are indoor rinks that offer heaps of skating fun without the numbing toes.



TNRD/Mary Putnam

Harper Mountain's Winter Playground

Just a short 25-minute drive from Kamloops, this charming ski haven is a local favourite, known for its friendly atmosphere and affordable thrills.

Cruise down 15 snowy trails with a 1,400-foot drop that'll make your heart skip a beat, all served by a chair lift, a T-bar, and a rope tow for every adventure appetite.

Come nighttime, Thursday through Saturday, Harper lights up for night skiing from 5 to 9 pm, transforming into a stellar winter playground. And don't miss the Snow Town Tube Park, where fun knows no age, especially on weekends and during nighttime tubing sessions under the glowing lights.

For the snowshoe enthusiasts, meander through 11 km of serene trails, or grab a lift to the top for a scenic trek down. Cross-country skiers, they've got you covered with a groomed 3 km trail perfect for both styles.

Need a rental? Harper has alpine, nordic, and snowshoe rentals readily available for your exploration needs.

Wrap up your day at the Lodge, where you can warm up and feast by the fire. Dig into the Harper Mountain poutine and share the day's tales over hot cocoa or the local fave, mulled wine.

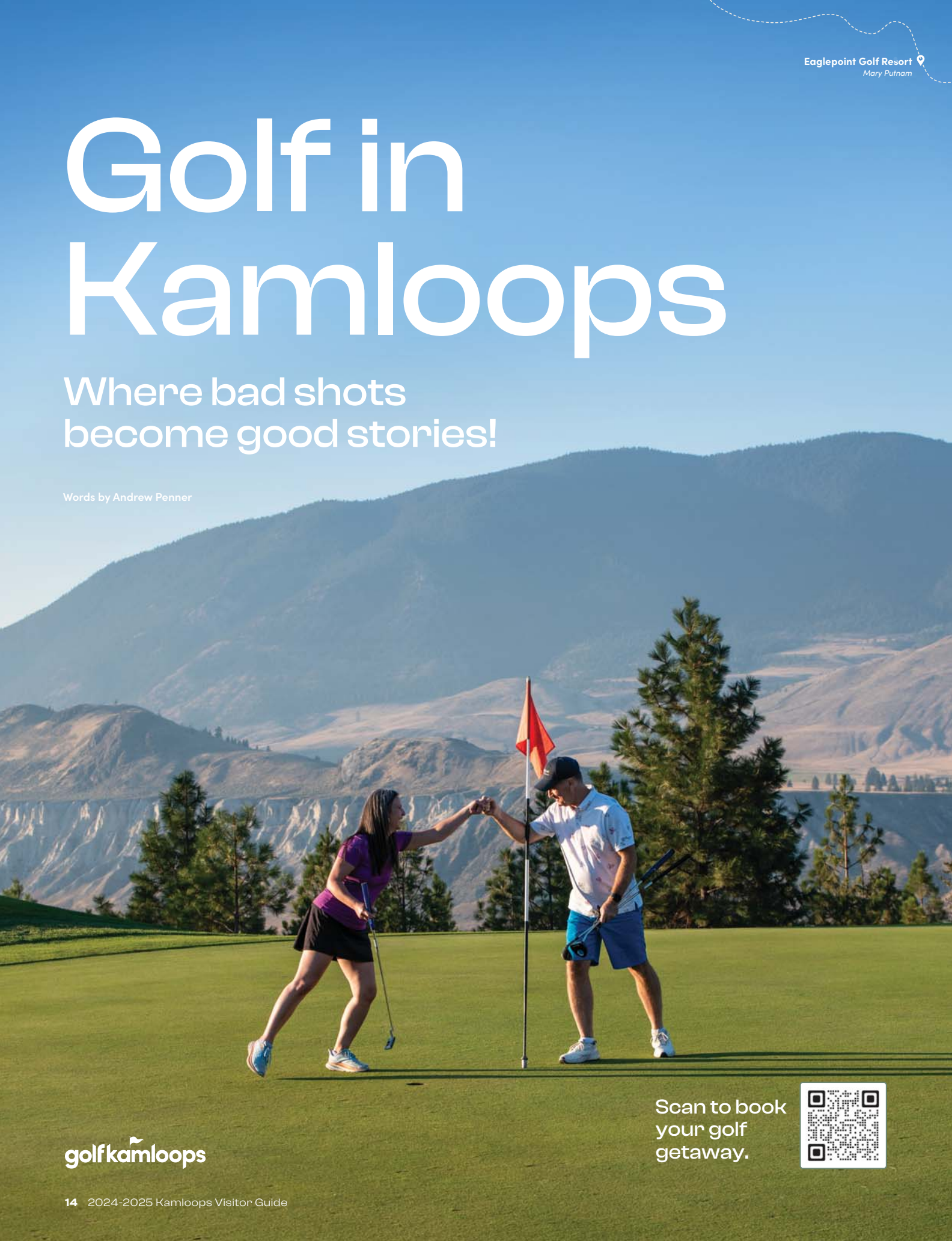
Harper Mountain isn't just a ski resort; it's a winter paradise begging to be explored. So, gather your crew, pack your gear and create unforgettable moments at this gem just waiting for you.

harpermountain.com

Golf in Kamloops

Where bad shots
become good stories!

Words by Andrew Penner



Scan to book
your golf
getaway.





Tobiano Golf Course
Mary Putnam

Golf with a view

Kamloops' top 3 scenic holes.

Tobiano #15

Par 3 | 155 yards

A postcard-perfect par-3 that features an amazing lake-and-mountain view from the tee. It's also a dicey little shot to a green guarded by bunkers and a billion litres of water!

Talking Rock #18

Par 4 | 365 Yards

This finishing hole is a stunning straight-away par-4 that parades along the shoreline of the Little Shuswap Lake. The lure of the lake is real in the summer months for an easy cool down after your round.

Sun Peaks #16

Par 4 | 323 yards

Not surprisingly, the highest hole in British Columbia - it's situated at 1,333 meters - affords a sweet view of the charming Sun Peaks village and the snow-dipped mountains beyond. Two options: lay up with an iron or grip-it-and-rip-it and go for the green!

It's no secret: golfers love playing their trade in thrilling and diverse landscapes. Careening along the mighty rivers, dipping and diving through picturesque deserts, and swerving along glass-smooth lakes that reflect spectacular saw-tooth peaks. Kamloops is a golf destination that basically has it all, and that's tough to find! Unless, of course, you choose Kamloops for your next getaway.

With ten exceptional courses, each offering a distinct and memorable natural backdrop, you can fill a week with adventure in these parts, discovering a breathtaking new course each day where every shot, good or bad, becomes part of a great story.

While the quantity and quality of the golf is, certainly, the biggest draw, the add-ons, the extras - the *entire* experience, if you will - is the cherry on top. Kamloops is a place that is ripe with outdoor adventure and friendly, unpretentious folk everywhere. After your round, you'll find that craft breweries, tucked-away wineries, beautiful beaches, and award-winning restaurants are warm and relaxing places to unwind.

But, let's be clear, "heavy lifting" on courses such as **Tobiano**, a Thomas McBroom masterpiece that sweeps along the bluffs high above Kamloops Lake, is a dream "job." True, your "tools" will be tested. After all, this stunner (it's won countless awards) is no pushover.

Of course, scores aside (let's be honest, your true "score" is how much fun you've had), all of the courses in the region are winners...and each for their own reasons.

Just east of town, **Rivershore** is a Robert Trent Jones Sr. design that serves up a sweet finish along the river. **The Dunes** is a Graham Cooke-designed links-style course that walkers - and bombers of the ball - absolutely love. The **Kamloops Golf & Country Club** is a parkland jewel that is highly underrated.

If you like wildlife, **Bighorn Golf & Country Club** (yes, you're bound to see the resident herd) soars through the arid hills high above the city. **Eaglepoint Golf Resort**, which is situated

on a pine-peppered bench above town, is an unpretentious place that locals love. **Talking Rock Golf Course**, located 45 minutes east of Kamloops, is nature filled lakeside retreat with a thrilling layout completely void of development. And, last but definitely not least, summer mountain swings are a must at **Sun Peaks Resort**, which boasts the highest holes in mountainous terrain just forty-five minutes northeast of Kamloops.

And, last but definitely not least, for those seeking easy swings, **Pineridge Golf Course** and the 9-hole local fave - **Mt. Paul Golf Course** are a ton of fun.

So, as you can see, you'll have your hands full on your Kamloops golf vacation. Come prepared to embrace every moment on the course—where even the mishits contribute to the tales you'll tell.



Bighorn Golf & Country Club
Mary Putnam

Baking waves

Kamloops' bakeries that take the cake.

Words by Emily Anderson

Kamloops Farmers' Market
Kamloops Farmers' Market & Johann Vincent



Whether you're coming into town for Aunt Carol's birthday or just picking up a little something-something, Kamloops has your back for fresh-baked goodies. You don't need to show up empty-handed: our many specialty and artisanal bakeries have exactly what you need!

As the longtime local favourite, **Erwin's Fine Baking & Delicatessen** on Mt Paul Way is likely the first recommendation out of any Kamloopsian's mouth. A staple in the community since 1971, Erwin's boasts a truly mouthwatering selection of pastries, pies, cookies, and other goodies. Everything at Erwin's is made from scratch with only high-quality ingredients. It's hard to go wrong here, whether you're looking to try something new or find your favourite old country treats. Pick up some Bavarian Cream Horns, or Eccles Cake, and learn how to pronounce Nussgipfel – we promise you'll be delighted.

Taking it to the next level in sweets is **Gold Leaf Pastries**, owned by Kamloops' own Red Seal Pastry Chef, Carly Harding. Here you'll find top-tier French pastries, cakes, and assorted desserts that prove there's no substitute for quality. Visit their location on Hillside Drive for fresh, Parisian-style macarons, tarts, and other treats, all gorgeously plated and ready to impress. Need something wheat-free? Carly and her team are ready to accommodate.

If you need a stunning cake with a side of the best local sourdough (hey, we don't judge), head downtown to **Brynn's Bakery** on Victoria Street. You really can have all the best of both sweet and savoury worlds at Brynn's, from the Chocolate Caramel Pecan Cake to the famous

fresh breads. Stop in for a cup of coffee and a treat, or spend your afternoon trying to choose just one cake... no kidding, they're all incredible. Brynn's has something for everyone, with vegan, dairy-free, and gluten-free options on the menu.

Looking for a local sustainability champion? The Yew Street Food Hall is home to **Harvest Moon Bakery**, which boasts a rotating selection of fresh bread, a range of pastries, cookies, and some impressive cakes. With an emphasis on local and sustainably sourced seasonal ingredients, supporting Harvest Moon keeps your dollar in the community. Do you want croissants you can feel good about? Trail mix for your next hike? Or maybe an Orange Chiffon Cake? Harvest Moon has you covered.

For a 100% gluten-free option, check out **Cutting Board Bistro & Bakery**. Enjoy the carefully crafted breakfast and lunch menus, or pick up your favourite pastries and bread to go – entirely free of gluten. Cutting Board is here to prove that missing wheat isn't missing much. Their extensive menu and stunning array of gluten-free desserts are enough to impress any skeptic. Stop in Tuesday to Saturday at their location on Fortune Drive.

If you want the true local food experience, then catch the **Kamloops Regional Farmers' Market**. Through the summer you'll find it downtown on the 200 block of St Paul Street on Saturdays, the 400 block of Victoria St on Wednesdays, and at the Mt Paul Community Food Centre on Saturdays through the winter. The Farmers' Market is the best way to connect with local bakers, growers, and makers in the region. Pick up your seasonal produce, fresh bread, and check out the artisan stalls for all the unique goodness and sweetest treats Kamloops has to offer.

Local. Fresh. Cordo.

Nestled below the Delta Hotels by Marriott in downtown Kamloops, Cordo Resto + Bar is a celebration of the region's stunning Cordillera landscape. Inspired by the parallel mountain ranges, alpine tundra, and dense conifer forests of Western Canada, Cordo offers a culinary experience that reflects the bounty of the area.

Cordo embraces innovation and nutrition in its dishes, combining classic cooking techniques with a modern approach. Fresh herbs, locally sourced produce, and regional wines are incorporated whenever possible, creating flavours that pay homage to the Thompson Okanagan Region's rich diversity. The wine program at Cordo is influenced by the esteemed wine regions of the Thompson Valley and the Okanagan. Additionally, guests can enjoy handcrafted cocktails from across BC and premium selections from around the globe.

Whether you desire a quick bite from Cordo's grab-and-go section, seeks to relish tasty craft cocktails at their cozy bar and lounge, or intends to enjoy delightful breakfast, lunch, or dinner in the restaurant, Cordo has it all. The grab-and-go section offers wholesome food options served in environmentally responsible packaging. The bar and lounge area invites guests to enjoy the art of mixology with craft cocktails made from the finest ingredients. Meanwhile, the restaurant beckons with a menu that celebrates the fusion of culinary artistry and local flavours, promising a memorable dining experience at any time of day.

Join Cordo in celebrating their regionally inspired menus that highlights the fusion of culinary artistry and local flavours. Whether it's a casual gathering with friends or a special occasion, Cordo promises a memorable dining experience.

540 Victoria Street | cordorestobar.com



@cordorestobar



Savour the flavours of Asia

In the vibrant culinary scene of Kamloops, two standout establishments offer an exquisite array of Asian cuisine under one passionate owner's guidance. Moon Wok Chinese Restaurant and Shifu Noodle House, both owned by the visionary entrepreneur Faith Leung, beckon patrons with promises of authentic flavours and unforgettable dining experiences. Let's explore what makes each of these eateries a must-visit destination for food enthusiasts in Kamloops.

Moon Wok Chinese Restaurant

Nestled in the heart of Kamloops, Moon Wok Chinese Restaurant has been a beloved fixture since its inception. Under Faith Leung's expert leadership as Owner & Operator, Moon Wok has established itself as a go-to destination for those craving mouth-watering Chinese cuisine – yes, it's that good. With Executive Chef Sherman Peng at the helm, the restaurant prides itself on its commitment to serving up tantalizing dishes that capture the essence of traditional Chinese flavours.

From classic appetizers like egg rolls and potstickers to an extensive selection of flavourful entrées, Moon Wok invites diners on a culinary journey filled with delectable dishes. Whether you're seeking a cozy family dinner or a celebratory feast with friends, Moon Wok offers a warm and inviting atmosphere where every meal is a celebration of taste and tradition.

Shifu Noodle House

In 2023, Faith expanded her culinary adventure with the launch of Shifu Noodle House, a testament to her unwavering passion for Asian cuisine. This family-owned gem specializes in an array of noodle dishes and refreshing bubble tea, bringing a new dimension of dining to the community. With a dedication to using only the freshest ingredients, Shifu crafts each dish with love and care, ensuring that every bite is a symphony of flavours.

All broths are house-made, slow-simmering for hours, infusing each bowl with depth and richness. Partnering up with Chef Yang, who believes in using simple ingredients to cultivate natural flavours, bringing a culinary experience that resonates with authenticity and tradition.

Indulge in house specialties including the braised curry beef brisket, a savoury delight inspired by Chef Yang's travels across Asia. Whether you're a noodle aficionado or simply looking to expand your palate, Shifu promises a delectable dining experience that will leave you craving more.

A culinary adventure awaits

With Moon Wok Chinese Restaurant and Shifu Noodle House, we invite you to embark on a culinary adventure through the vibrant flavours of Asian cuisine. Kamloops offers something for every palate. So, why not treat yourself to a taste of Asia today?

3 locations | moonwok.ca
500 Notre Dame Dr. | shifunoodles.ca

Mix it up

A cocktail tour
across Kamloops.

Words by Emily Anderson

Whether you're wrapping up with a nightcap or kicking off a night to remember, hot Kamloops days are best followed by a cold beverage. If you're ready to get into the local spirit(s), we've got the cocktail tour to do the trick.

Start downtown at Kamloops' own **Gin Lane Distilling & Cocktails**, tucked in with Red Collar Brewing on Lansdowne St. You can't go wrong with local gin, and the team here has the menu to prove it. From the classic Gin Lane Martini to the Technicolour Pachyderms, there's something for even the gin-skeptics in your life.

But hey, some people don't like gin – they're wrong, but at least local star **Underbelly – By the Pig** is nearby on Fifth. With seasonal Mediterranean fare (and gluten-free options!) alongside their signature cocktails, Underbelly is here to impress. If you'd rather share, cross the street to **Stills Co. Tapas & Cocktails** for craft cocktails and a mouthwatering tapas menu. Stills has something for every palate, with local favourites like Okanagan Spirits, Privato Winery, and Woodward Cider Co.

Round the corner to Victoria St. to find **Cordo Resto & Bar**. They're committed to sourcing locally whenever possible and pride themselves on being the true BC experience. Don't miss lead bartender Heather's signature cocktails.

Trek down Victoria St. to **Maurya's Craft Bar & Kitchen** for a cocktail experience to be savoured. Don't miss the famous Cardamom Dreams cocktail and sample your favourite pakoras. Inspired by home-cooked memories of India, Maurya's has been delighting Kamloops since 2004, and it's hard to go wrong here.

Head up Columbia St. to **Jadoo Eclectic Indian Cuisine and Craft Cocktails** for specialty drinks on one of Kamloops' highest rooftop lounges. Every drink tells a story, from the Toast to Chai to the Lost Boys cocktails. Jadoo's takes everything to the next level – cocktails especially.

Find **ROMEOs Kitchen + Spirits** in the Coast Hotel on Rogers Way, and enjoy cocktails on the patio all year long. Through the winter, you can enjoy Caesars outside in the famous igloos, for all the fun of drinking outdoors with all the comforts a geodesic dome can offer. Calling it a night? We have great news: ROMEO's serves brunch until 1 pm, so you can take it easy the next morning.

If you're lucky enough to grab a table at **Nigel's Cocktail Bar**, you're in for a treat – after all, it's hard to top a modern speakeasy with a secret entrance! Nigel's is Kamloops' premier "get-to-know-your-bartender" venue, opening on select Friday nights through the colder months only. Nigel's seats 26 total, so it's worth making a reservation ahead of time. You'll find them under Red Beard Cafe on Tranquille St.

So raise a glass to your new favourite cocktail, and tag us on social. We want to hear all about it.

Technicolour Pachyderms

Cocktail mixed by Gin Lane

- 2 oz Gin Lane Borealis
- 1 oz Lemon Juice
- 1 oz Simple Syrup
- 0.5 oz Egg Whites

Method:

1. Dry shake all ingredients together
2. Shake on ice
3. Double strain

Glassware:

Coupe Glass


Garnish:

Dehydrated lime or lemon round



Jadoo Eclectic Indian Cuisine and Craft Cocktails 
Kylie Mae



Gin Lane Distilling & Cocktails 
@ginlaneco

Bright Eye Brewing
BC Ale Trail

Alchemy Brewing
Tamra Jaeger

Monte Creek Winery
Royce Sihlis



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.



Scan to explore more food & drink.



Woodward Cider Co.
Royce Sihlis

Privato Winery & Vineyard
Royce Sihlis



Red Bridge Distilling
Mary Putnam

Distilleries

Gin Lane Distilling Co.

A haven for gin aficionados. Nestled within Red Collar Brewing, this spot offers a gin-tastic 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're 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.

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, their tasting room's a laid-back haven with cornhole, pets, and the coolest vibes around.

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 an 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; each bottle tells a story that celebrates the Kamloops terroir. 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 for a delightful escape from the summer sun.



Lac du Bois
Grasslands

Westside

Tournament
Capital
Ranch

Rayleigh

Batchelor Heights

Brocklehurst



Kamloops
Airport
(YKA)

Singh
Bowl

Brocklehurst
Park

McArthur
Island Park

North Shore

Thompson River

North Thompson River

McDonald
Park



Tobiano Golf
Cache Creek
Whistler
Vancouver

Kenna
Cartwright
Nature Park

Thompson Rivers
University
(TRU)

Hillside
Stadium

Lower Sahali



Royal Inland
Hospital

1

Dufferin

Merritt
Vancouver

5

Lac Le Jeune
Provincial Park
Stake Lake
McConnell Lake

Pineview Valley

Aberdeen Mall

Upper Sahali

Peterson
Creek
Nature Park

Aberdeen

West
Highlands
Park

Albert
McGowan
Park

Knutsford
Merritt



Wells Gray Provincial Park
Jasper

Heffley Creek

Sun Peaks
Resort

Paul Lake Provincial
Park & Campground

Harper
Mountain

Sun Rivers

South Thompson River

Downtown

Valleyview

Dallas

Rose Hill

Juniper Ridge

Barnhartvale

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

St. Paul St.  
 Battle St.  
 Nicola St.  
 Columbia St.

6th Ave.  
 7th Ave.  
 8th Ave.  
 9th Ave.  
 10th Ave.  
 11th Ave.  
 12th Ave.

### 1

**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.



# Get inspired

A locals' guide to arts, culture and nightlife in Kamloops.


Words by Emily Anderson

Kamloops can be many things, but we're always at our best when local talent is on display. Between theatres, galleries, and live music venues, we've always got something to entertain and inspire. Whether you want to relax and take in some culture – or just go dance your face off to live music – here are some of our favourite venues for arts and culture:

**Western Canada Theatre** is always tackling ambitious productions. As the largest professional theatre company in the BC Interior, WCT has been entertaining and inspiring Kamloops since the 60s. With roots in youth theatre, Western Canada Theatre is still committed to creative learning. They host theatre classes and provide frequent opportunities for audience engagement and community enrichment. Check out [wctlive.ca](http://wctlive.ca) to see what's on.

Similarly, the **Kamloops Symphony** has been performing professional orchestral concerts for the region since 1976. The KSO is committed to innovative, ambitious cross-genre musical programs that connect all-ages audiences with classical music. Whether you need a fancy evening out or something new for the kids, the Kamloops Symphony has an impressive calendar of events throughout the region.

For something different, check out **The Effie Arts Collective** on Tranquille St. They regularly host comedy, improv and other fun performances. Try your hand at stand-up during open mic night, or leave it to the pros with one of their many hilarious guest comics. There's more than just comedy on the bill here: the Effie hosts underground theatre, burlesque, live music, and much more.



Kamloops Symphony  
Dylan Sherrard

If performance isn't your thing, the **Kamloops Art Gallery** on 5th and Victoria has an impressive and diverse collection of art, sculpture, and other visual arts experiences. They boast 12 curated exhibitions yearly across three galleries, combining local, national, and international artists. The KAG is the largest public gallery in the BC interior and regularly hosts talks, tours, and other programs. Explore their all-ages, all-abilities studio programs and learn a new skill or just entertain the kids for an afternoon. While there, check out The Gallery Store for handmade local and Indigenous items, plus quality art supplies.

The **Kamloops Courthouse Gallery** prides itself on being "a place for every medium," with a wide range of art and artisanal exhibitions. Run by the Courthouse Gallery Artist's Collective, this is where you'll find the grassroots art experience. Featuring both established and emerging local artists, you can find everything here, from photography and painting to pottery, glass works, and more. It's always worth stopping at the historic Old Courthouse on First and Seymour St. for inspiring and delightful creative works.

Curious about local history and culture? We recommend a visit to the **Kamloops Museum and Archives** on Seymour and 2nd. In the permanent gallery you can explore the ongoing riverpeoplenationstatepeople exhibition, developed in partnership with the Secwépemc Museum & Heritage Park and Stk'emlupsemc te Secwépemc Nation. The Museum is committed to providing an inclusive and welcoming experience for all. Check out the Children's Museum to get the kids engaged, and keep an eye on their website for upcoming temporary exhibits.

The **Kamloops Film Society** always has something good hitting the big screen! Operating out of the Paramount Theatre downtown on Victoria and 5th, you'll find showtimes for independent, international, and Canadian-made films. The Film Society runs local film festivals as well as ongoing events. Did you miss that big hit everyone is talking about? Keep an eye on the Paramount – there's a good chance you'll still get a shot at it. The Film Society is committed to bringing in the most interesting, creative, and relevant films, regardless of budget.



If you're looking for local nightlife, downtown Kamloops has you covered. **Nightshift on 5th** provides the classic nightclub experience. Regularly hosting live music and guest DJs, Nightshift is here for a good time. This is where you'll find Back to School parties for the college crowd, Pride events, Bollywood nights, and every seasonal theme you ever wanted. Nightshift knows fun, with neon nights, moustache contests (November mo' problems, am I right?) and costume parties. Nightshift can host up to 600 people, so this is the place to let loose and go with the vibe.

If you prefer guitars to turntables, head down Victoria St. to local favourite **The Blue Grotto**. As a smaller, 21+ nightclub, the Grotto is more than just a bar: they've hosted Canadian legends like Trooper, Arkells, and DOA. With a priority on good music with good friends, they regularly appear on "Best Of" lists in the area. You can always count on the Grotto to have something fun going on.



## History here and now

The Kamloops Museum and Archives is a place where Kamloops' history is shared in the light of the present. The Museum collaborates with communities across the City and beyond to explore our region's culture through exhibitions, educational programming and challenging projects. Researchers can search through growing records of the people, places and stories of the region through the Archives.

207 Seymour St.  
[kamloopsmuseum.ca](http://kamloopsmuseum.ca)

# Kamloops' sporting legacy



## The city's journey to Canada's Tournament Capital.

Words By Tia Davison

Many who have spent time in Kamloops hold cherished memories centred around the exhilarating world of sports and competition. Some may recall their childhood days spent in various tournaments, while others may reminisce about the exhilaration of supporting their local teams. Yet, this sports-centred narrative isn't how Kamloops has always identified itself.

While Kamloops was historically known for its industrious background, the tale of its evolution into a sporting hub has intriguing origins relating to resilience, community spirit, and a tenacious passion for athletics. From the city's humble beginnings to now hosting over 100 tournaments annually, Kamloops' sporting history is as captivating as the athletes it produces and the sports enthusiasts it attracts.

The journey towards becoming Canada's Tournament Capital all began in the late 1980s when, like most places in the country, Kamloops was confronting the harsh reality of a major economic downturn. But Kamloops always knew how to skate through troubles—heck—our beloved Memorial Rink had been lacing 'em up since November 1949.

A clever solution emerged in the form of a plan to build Kamloops up as a sporting city. Before you knew it, 1992 saw the grand unveiling of the Riverside Coliseum (then fresh-faced, now the much-loved Sandman Centre). No, this isn't a story of rags to riches. But rinks to riches? Absolutely.

Embracing this new ambition, Kamloops then placed a daring bid for the 1993 Canada Summer Games—no small feat considering they were the smallest city ever to do so. Nevertheless, the spirit of the community was electric. The day the Canada Games Council bid committee arrived, they were met with a vision painted in blue and gold: entire streets stretching from the airport to the city's heart lined up cheering, so infectious that the committee had no choice but to select Kamloops.

The 1993 Canada Summer Games were nothing short of groundbreaking. Shattering 50 records in both attendance and athletic performance, the Games put Kamloops on Canada's map, marking a seismic shift for the city. Kamloops played gracious host to over 4,000 athletes and their accompanying staff, all of whom were

welcomed by an enthusiastic army of 8,400 volunteers.

The tangible legacy of the Games is visible even today in facilities such as the Canada Games Baseball Field, Tournament Capital Ranch, and McArthur Island. Also noteworthy are the Canada Games Aquatic Centre, Hillside Stadium track, and 2006's addition of the Tournament Capital Centre, which is also home to the Kamloops Sports Hall of Fame. These sports venues hold so much more than just memories of games; they echo with laughter, cheers, and shared joy of countless local and visiting families, who have come together over the years, bonded by their shared love for sports. It's these same places that have fuelled local talents such as Jessica Hewitt, an Olympic speed skater who honed her skills here. Similarly, Kelly Olynyk rose to prominence in the NBA, Dylan Armstrong is celebrated for clinching a bronze medal in shot put at the 2008 Olympics and Greg Stewart winning shot put gold at the 2020 Paralympic Games.

Kamloops' daring quest to dominate sporting events has reaped overwhelming rewards. Today, the thrill of these events is open to all, with locals and visitors alike having the opportunity to watch the BC Lions annual training camp, or cheer on teams such as the Kamloops NorthPaws, Rivers Football Club, or the Kamloops Blazers. Beyond that, Kamloops offers an array of recreational activities, with 10 championship-level golf courses, an internationally renowned ski resort, and the largest municipal bike park in Canada.

The triumphant journey of Kamloops' 'Tournament Capital' brand can be attributed to none other than the Kamloops sport-loving locals. Their supportive referendum votes, tireless volunteering, and warm hospitality toward visitors throughout the years are the reasons the brand has had tremendous success.

The Kamloops' story is a captivating journey—a heartwarming testament to resilience—a community's dedication towards a shared dream—and a passion for sport that can be traced back to Kamloops' humble beginnings. For all those who bear fond sporting memories from this city, we urge you to journey back, rekindle that old love for the game, and venture beyond to experience the other diverse and engaging experiences Kamloops has in store.



Steven Chang



# Our biggest sports fans



**Digger**

Cheering on the Kamloops Blazers  
September to April  
[kamloopsblazers.com](http://kamloopsblazers.com)



**Homer**

Cheering on the Kamloops NorthPaws  
June to August  
[northpawsbaseball.ca](http://northpawsbaseball.ca)



**Wolfie**

Cheering on the TRU WolfPack  
August to May  
[gowolfpack.ca](http://gowolfpack.ca)

# Downtown Kamloops



 The Art We Are Cafe  
Kylie Mae

**DOWNTOWN**  
KAMLOOPS



Riverside Park  
Beth Taylor



Back Alley Art Gallery  
@cityrose520



Hello Toast  
@jacquelinehui

## Do

Downtown Kamloops transforms with the seasons, offering vibrant experiences for every visitor. In winter, the local spirit shines at a **Kamloops Blazers** game, where the thrill of hockey captures the town's energy. Art lovers find solace and inspiration at the **Kamloops Art Gallery**, with free access on Thursdays, nurturing the community's creative soul. For movie buffs, the **Paramount Theatre** is a cozy nook for cinematic escapades. As the weather warms, downtown Kamloops bursts into life. **Riverside Park** becomes a beacon of fun, inviting families to make a splash in the water park, spend time on the beach or take a stroll down **River's Trail**.

The heartbeat of downtown is its local businesses, from quaint boutiques to artisan shops, perfect for a leisurely shopping day. Whether you're looking for the perfect gift, the latest fashion, or unique local crafts, the shopping in downtown Kamloops offers an eclectic mix that caters to all tastes. Dining on a sunny patio or strolling through the **Kamloops Regional Farmers' Market**, you're enveloped in the local flavour and camaraderie that make downtown Kamloops a treasure trove of experiences, embodying the town's boundless spirit of adventure and community.

## See

Downtown Kamloops is a vibrant canvas painted with the strokes of culture and history. Wander through the **Back Alley Art Gallery** to discover a hidden gallery under the open sky, where murals tell stories of the city's heart and soul. Embark on a **Heritage Walking Tour** to step back in time, exploring historic buildings that whisper tales of yesteryears. The **Kamloops Museum and Archives** stands as a custodian of the city's rich tapestry of history, inviting curious minds to delve into the stories that shaped Kamloops. These visual narratives invite you to look closer, uncovering the layers of creativity, history, and community that define downtown Kamloops.

## Eat

Downtown Kamloops is a haven for foodies, boasting an eclectic mix of eateries that cater to every palate. **Hello Toast**, the darling of breakfast spots, serves up hearty, soul-warming dishes in a setting that feels like coming home. **The Noble Pig Brewhouse** marries craft brews with innovative plates, creating a paradise for foodies and beer enthusiasts alike. At **Kekuli Café**, the warmth of Indigenous culture and cuisine greets you, with bannock and stories shared over cups of coffee. **Stills Co. Tapas & Cocktails**, a modern gastronomic gem, presents a menu that's a testament to culinary creativity and local sourcing. These eateries, each with their unique charm, embody the essence of downtown Kamloops – a place where flavours, people, and stories mingle freely. It's a culinary journey that invites you to savour each bite, celebrate local produce, and toast to the simple yet profound pleasure of a meal shared with friends or family under the Kamloops sky.

[downtownkamloops.com](http://downtownkamloops.com)

# The Shore



## Do

Buckle up for a blast at **The Fun Factor Fun Centre**, your go-to spot for an array of activities that promise a good time for everyone. Whether you're zigzagging through a thrilling round of Bumper Cars, scoring high in Arcade Games, striking out in Bowling, or dodging through Laser Tag, there's no shortage of fun to be had. It's the perfect mix for families looking for an adventure or couples seeking a playful date night. Here, the laughter echoes, the competition is friendly, and the joy is limitless.

**The Effie Arts Collective** is a vibrant cornerstone of Kamloops, bringing humour and creativity together into an artistic haven. From belly laughs at comedy shows to the rhythms of live music, The Effie offers a unique blend of laughter, music, and storytelling. It's more than just a venue; it's an experience of "Collective Effervescence," where audiences share in a universal emotion from the performance.

Feel the pulse of Kamloops at a **NorthPaws Baseball** game in Norbrock Stadium, where spirited cheers blend with the aroma of tasty treats. The stadium lights up with the energy of fans rallying behind every play, making each game an unforgettable celebration of local spirit, delicious eats, and genuine love of the game.

**NORTH SHORE**  
Business Improvement Area





## See

Pack your gear and set off on an adventure, whether you want a casual stroll around **McArthur Island Park** or a hike among hoodoos at **Mara Mountain**. The North Shore hiking trails weave through a spectacle of natural wonders—from enchanting butterfly gardens to a chance encounter with local wildlife, each step is a discovery.

On July 21st, **Overlanders Day** transforms Brocklehurst Park into a hub of community spirit, adventure, and joy. This festival is a kaleidoscope of activities featuring a Food Expo, non-stop entertainment, a massive Kidz Zone, and over 90 vendors. The celebration encapsulates Kamloops' welcoming heart and adventurous soul, bringing together people of all ages to enjoy a day filled with connection, discovery, and laughter.

Mark your calendar for September 14th; the **Tapestry Festival** at McDonald Park is a cultural feast. Dance, art, and flavours from across the globe unite, celebrating our shared love for diversity and adventure. It's Kamloops at its best—inviting, vibrant, and welcoming to all.

## Eat

The lively team at **Hacienda Cielito Lindo Mexican Restaurant** invite you to savour the true essence of Mexico right here on the North Shore. From the zest of sizzling fajitas to the tang of a perfectly mixed margarita, they're offering an authentic Mexican experience. Join them on Saturday nights for lively entertainment, adding an extra layer of fiesta to your evening.

**Yew Street Food Hall** redefines dining, bringing together ten distinct food and drink vendors under one roof. Inspired by food halls from around the globe, their diverse array of restaurants caters to every palate. Regular event nights add to the excitement, making every visit an opportunity to explore new tastes. It's a culinary wonder that invites you to discover, connect, and indulge in the rich flavours of the North Shore.

Delight your taste buds with legendary cuisine at **Jamaican Kitchen**, where Kamau & Denese serve up a feast for the senses. Let the iconic tunes of Bob Marley serenade you as you explore their menu filled with traditional Jamaican dishes. With choices from tender jerk chicken to savoury oxtail stew, each dish is a testament to the island's rich culinary heritage. With flavours as lively and inviting as the island itself, come for the food, stay for the culture, and leave with the memories.



# Wild times

Connecting people to BC's  
wildlife and wild spaces.

Words by Amy Watkins



Tamra Jaeger

Wild times await you at the BC Wildlife Park! Whether you're a fan of the smallest insect to the largest land mammal in British Columbia, trot on over to the BC Wildlife Park to discover 65 species of animals and meet some of the 200 animals that call the park home. Focusing on providing naturally enriched environments and positive reinforcement training, the BC Wildlife Park (BCWP) is one of 28 accredited facilities in Canada and is a refuge and rehab centre for orphaned and injured wildlife. The majority of the animals are native to British Columbia, including Clover, the only Kermode (spirit) bear in human care in the world.

## About the Park

Each animal has their own story of how they arrived at the park. Many animals come to the park because they have injuries that would mean they couldn't survive in the wild or would be at a disadvantage when performing natural behaviours such as hunting or escaping predators. Amongst the 11 birds of prey, covering six different species, most have permanent injuries primarily caused by vehicle collisions. Other animals, such as cougars and bears, including Clover, have come to the BC Wildlife Park as a result of human-caused conflict behaviour, which would have otherwise seen them euthanized.

The park is not just a place to visit; it's a community where everyone is invited to explore and enjoy. They've gone the extra mile to ensure that individuals with disabilities have everything they need to experience the park to the fullest. This includes paved paths for easy

navigation, washrooms designed for accessibility, and a range of complimentary aids for mobility and sensory support.

Looking for a more personalized experience at the Park? A park educator can provide 45-minute guided walking tour or arrange an up-close private animal encounter with a reptile or raptor. Visitors can also watch a seasonal bird of prey flight demonstration or learn more about different animals during seasonal feed talks.

Bringing little ones to see the wildlife? During July and August, the Wildlife Express Miniature Train is available daily and the Splash Park is open daily in the summer until Labour Day weekend (weather permitting). You'll also find a playground and sandbox area for your little monkeys to run wild in. Interested in learning age-appropriate facts about different animals and species? Check out the Wildlife Rangers Pin Program, a complimentary educational program. By completing different worksheets and discussing them one-on-one with a Park educator, kids aged 5 to 13 can earn a new collector's pin!

## How the animals are cared for

At the forefront of this mission is the park's dedicated Animal Care Team, who begin each day with compassion and commitment to animal health. For many animals, this journey starts when caring individuals bring in an animal in distress. Despite being a non-profit operating with limited resources, the park's Animal Health Centre springs into action, providing thorough health assessments, personalized recovery plans, and specialized care to each new arrival.

For many of these animals, the BC Wildlife Park offers a second chance at life. While the goal is always to nurse them back to health for a return to their natural habitats, the park is prepared to offer

a permanent home to a select few who cannot survive on their own in the wild and who embrace life among people. These special animals become cherished residents, each with a unique story that enriches the fabric of the park and fosters a connection between visitors and the natural world.

Guided by the five welfare domains, the park crafts environments that allow all animals to express their natural behaviours and thrive. This includes creating spaces that mimic their natural habitats as closely as possible and providing diets and enrichment activities that reflect the natural conditions of the wild. From the extensive, naturally designed habitats, like Clover's 2.65-acre domain, to enrichment activities tailored to each species' preferences, the park strives to provide a life of dignity, joy, and exploration for its inhabitants.

Whether animals are passing through on their journey back to the wild or finding sanctuary under care permanently, each story is a testament to the park's dedication to wildlife conservation and education. The BC Wildlife Park invites visitors to experience incredible stories of resilience and recovery, offering a glimpse into the profound impact of compassion and care on the lives of British Columbia's most vulnerable wildlife, and the ecosystems they inhabit.



Mary Puntam

## What's on at the park

Every Easter, guests can hop on over to the park for a long weekend of egg hunts, animal encounters, family farm, and feed talks.

Get in the holiday spirit at Wildlights, an annual seasonal winter event that showcases over one million lights through hundreds of light displays throughout the park. Running early December to early January from 5-9 pm nightly (excluding Christmas Day), Wildlights often features themed displays such as the Magical Forest, the Holiday Gazebo, and the Tunnel of Lights to transport guests to an illuminated winter wonderland.



TNRD/Tarra Hinton



Clover

Meet Clover, the charismatic Kermode (spirit) bear. Clover came to the BC Wildlife Park in 2012 after exhibiting human-caused conflict behaviour that would have otherwise seen him being euthanized. Since his arrival in 2012, Clover has been an ambassador for his subspecies. Visitors are captivated by Clover's unique story, fostering a deeper connection to wildlife conservation.



Raven

Meet Raven, a stunning marble fox. Raven was a seized animal from the humane society & SPCA after a facility in Quebec was shut down in 2019. She now resides at the BCWP with Sterling & Storm (silver), and Mia (red) showcasing the stunning diversity within the red fox species.



Zoe

Meet Zoe, one of the rescued cougars, who lives alongside Kalamalka. Found hypothermic and orphaned in 2008 in the Lac La Hache area, Zoe is distinguishable from Kalamalka by her tail; the final third is missing due to frostbite. Visitors are captivated by the cougars' ability to blend seamlessly into their habitat—a testament to their elusive nature. Witness their stealthy movements and learn about their vital role in maintaining ecological balance.



Knute

Meet Knute, a male grizzly and his sister Dawson, two rescued siblings who came to the Park in 2011 as orphans from the Yukon. During the summer months, Knute and Dawson can often be spotted splashing in their pool, lounging in their bathtub, or snoozing under their shade shelter. Dawson and Knute are incredible ambassadors who remind us that human-bear conflicts are often preventable within communities, and we must do our part to keep wildlife wild.

## Meet the locals

Photos: Mary Puntam, Tamra Jaeger, John Biehler, BC Wildlife Park | Wildlife Admirer

# Inside out

Kamloops' indoor family activities for all ages.

Words by Emily Anderson

If the weather isn't playing nicely, odds are that the kids aren't either. Having room to roam and endless sunshine is our claim to fame, but nature doesn't always cooperate! There's no need for screen time when skies are grey; Kamloops has many family-friendly indoor activities to burn off energy and make memories.

Kick things off at the **BIG Little Science Centre** to learn something new and enjoy interactive, hands-on science experiences. The BLSC is committed to inspiring curiosity and a love of science in little minds, and they have the programming to do it.

**Zaaz Eatery & Play** has all the active, imagination-based indoor fun your tot could want. With obstacle courses and mazes – plus regularly updated theme zones for your little doctors and builders – there's always something new for the littles at Zaaz.

For ages 5+ (except during Toddler Time), get your bounce on at **Apex Adventure Plex**, Kamloops' indoor trampoline facility. Check out the parkour course and foam pits, or just hit dunks on the basketball hoops. Apex boasts a huge crash mat, perfect for all those sweet moves, plus an obstacle course for any budding ninja warrior. Apex is a hit with nearly every kid in existence. Hop in yourself... if your knees are up to it!

**The Fun Factor Fun Centre** has the classic arcade experience to eat up a rainy day. From timeless favourites like pinball to cutting-edge VR, the arcade is even better than you remember.

Take your best shot in the laser tag course, or just smash into each other on the bumper cars. Fun Factor has earned its name many times over.

Check out the **Tournament Capital Centre's Canada Games Pool** to cool down. Try the waterslide or soak in the hot tub at this state-of-the-art swimming facility. With everything from wading pools to high dive platforms, the TCC has something for everyone. You'll also find public swimming available in **Westsyde**, and downtown at the **YMCA**.

For the original indoor fun, check out **Falcon Lanes Bowling** in Valleyview for five and ten-pin bowling. Try cosmic bowling on weekends, or keep it classic throughout the week. Reserve your lanes ahead of time to ensure everyone gets to play.

Finally, **EXIT Kamloops Escape Games** provide a challenge for the whole family. See if you can beat the clock with interactive, locked-room mysteries and solve riddles to escape... or not. If at first you don't succeed, Exit has discounts for families and groups throughout the week so you can save on your follow-up attempt.

We know your whole family is going to have a great time, wherever you end up.

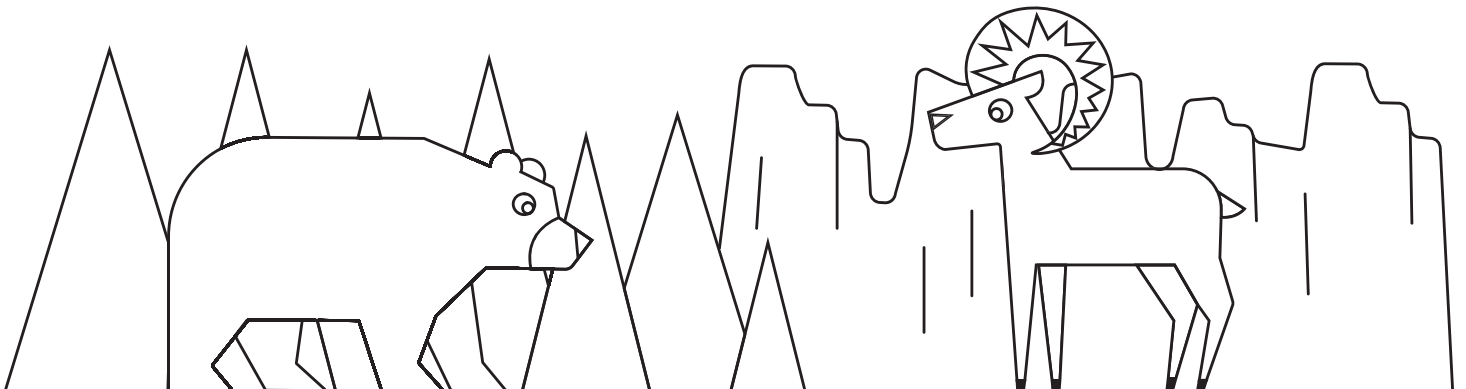
Scan to find more family activities.



# Kamloops Bingo

Get out and explore Kamloops and see how many places you can find!

|                                                                                                                                  |                                                                                                                                     |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Visit the Riverside Park pier</p>           |  <p>Head to a Farmers Market</p>                   |  <p>Visit an Art Gallery</p>                                                            |  <p>Find the 'Keep it Loopy' sign on the North Shore</p> |  <p>Walk or bike the Rivers Trail</p>            |
|  <p>Change the lights at the Old Courthouse</p> |  <p>Play at a playground or waterpark</p>          |  <p>Get a scoop at an ice cream shop</p>                                                |  <p>Explore the Big Little Science Centre</p>            |  <p>Jump at APEX Adventure Plex</p>              |
|  <p>Play games at The Fun Factor</p>            |  <p>Snap a selfie in front of a downtown mural</p> | <p><b>FREE<br/>FREE<br/>FREE</b></p>                                                                                                                                     |  <p>Add a lock to the HOPE sign in Riverside Park</p>    |  <p>Have lunch at a restaurant</p>               |
|  <p>Get a fun drink at a local cafe</p>       |  <p>Stay at a Kamloops hotel</p>                 |  <p>Play mini golf at McArthur Island Park (it's free, bring a putter &amp; ball)</p> |  <p>Find the bighorn sheep in Sun Rivers</p>           |  <p>Visit the Kamloops Museum and Archives</p> |
|  <p>Take a hike in Kenna Cartwright Park</p>  |  <p>Visit the Little Farmers Petting Zoo</p>     |  <p>Find 'Electric Alley' behind the Delta Hotel</p>                                  |  <p>Get a sweet treat at a bakery</p>                  |  <p>Discover the BC Wildlife Park</p>          |



# What's happening



Scan for more events.

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.

## Spring (March–May)



**Kamloops Film Festival**  
[thekfs.ca](http://thekfs.ca)



**Boogie the Bridge**  
[boogiethebridge.com](http://boogiethebridge.com)



**Canadian Enduro League**  
[canadianenduro.com](http://canadianenduro.com)



**Kamloops Wine Festival**  
[kamloopswinefestival.ca](http://kamloopswinefestival.ca)



## Summer (June–August)



**Music in the Park**  
[kamloops.ca](http://kamloops.ca)



**Kamloopa Powwow**  
[tkemlups.ca](http://tkemlups.ca)



Photos: Dylan Sherrard, Tyler Meade, James Cattanach, Olsen Imaging, Mary Putnam, Candace Hansma, Kent Wong, Kim Anderson, @jessicazahnd



Paramount Theatre  
Jonny Bierman

# Take a walk

Discover Kamloops through a self-guided walking tour that spotlight 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.

Book online at [downtownkamloops.com](http://downtownkamloops.com)



Scan to discover the walking tours.



Peter Olsen

## Kamloops International Buskers Festival

July 25 - 28, 2024

Come to Riverside Park and enjoy four thrilling days of acrobats, magicians, musicians, and more, with performances running until 9 pm daily. Explore the Food Village for delicious offerings from local food trucks. Join us in celebrating the joy and wonder of street performances in Kamloops!

[kamloopsbuskers.com](http://kamloopsbuskers.com)

### Fall

(September-November)

### Winter

(December-February)

#### Hot Nite in the City

[hotniteinthecity.com](http://hotniteinthecity.com)



#### Ribfest

[kamloopsribfest.com](http://kamloopsribfest.com)



#### Kamloops Pride

[kamloopspride.com](http://kamloopspride.com)



#### Tapestry Festival

[tapestryfestival.com](http://tapestryfestival.com)



#### Brewloops

[brewloops.ca](http://brewloops.ca)



#### Wildlights

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



## Explore natural wellness at Sunmore Ginseng

Sunmore Ginseng Farm & Factory stands as a beacon of natural wellness and traditional cultivation practices. As a leader in the North American ginseng manufacturing business, Sunmore Ginseng embodies the spirit of nature's purity.

Ginseng's age-old reputation for boosting vitality and balance comes to life at Sunmore, where tradition and modernity blend seamlessly. The farm ensures every product, from roots to capsules, remains untouched by unnecessary additives, embodying the highest standards of purity and quality. This dedication positions Sunmore as a premier destination for those keen on integrating ginseng's benefits into their lifestyle.

Spanning a 1-hectare property, Sunmore offers an immersive experience with tours that showcase the ginseng farm and the processing facility, a unique opportunity for visitors to Kamloops to explore the only

facility of its kind in North America. Tours can be conveniently booked online or by calling Sunmore directly. These tours highlight the journey of ginseng from seed to shelf and reflect the harmonious balance between technology and tradition that Sunmore Ginseng prides itself on.

Sunmore's approach to ginseng production is a testament to the broader values of Kamloops, where respect for the land and a commitment to authentic experiences are paramount. Sunmore warmly invites visitors to its showroom, where the full spectrum of ginseng products is available for purchase, allowing guests to bring a piece of this natural wellness tradition back home.

In a world where the pace of life seems ever-increasing, a visit to Sunmore Ginseng Farm & Factory offers a moment of pause, a chance to reconnect with the earth, and an opportunity to take a piece of Kamloops'



natural bounty home. Whether you are an enthusiast of natural health products, a curious traveller, or simply someone seeking to explore the unique offerings of Kamloops, Sunmore Ginseng provides an enriching experience that is both educational and grounding.

[sunmoreginseng.com](http://sunmoreginseng.com)

# Directory

## Food & Drink

### African

**Afrofusion**  
326 Victoria St.  
afrofusion-bc.com

**Tobilicious Kitchen**  
205 Tranquille Rd.  
@tobiliciouskitchen

### Bakeries

**Brynn's Bakery**  
424 Victoria St.  
brynnsbakery.com

**Cutting Board Bistro & Bakery**  
21-750 Fortune Dr.  
@cuttingboardbistro  
andbakery

**Erwin's Fine Baking & Delicatessen**  
419 Mt. Paul Way  
erwinsbakery.ca

**Gold Leaf Pastries**  
14-1415 Hillside Dr.  
goldleafpastries.com

**Harvest Moon Bakery**  
107 Yew St.  
harvestmoonbakery.net

### Breakfast

**Amsterdam Restaurant**  
1-111 Oriole Rd.  
amsterdamrestaurant.ca

**The Chook Eatery**  
151 Victoria St.  
chookeatery.ca

**Hello Toast**  
428 Victoria St.  
hellotoast.ca

**Cora Breakfast & Lunch**  
1801 Princeton-Kamloops Hwy  
chezcora.com

### Breweries

**Alchemy Brewing**  
650 Victoria St.  
alchemybrewingcompany.ca

**Bright Eye Brewing**  
980 Tranquille Rd.  
brighthousebrewing.com

**Iron Road Brewing**  
980 Camosun Cres.  
ironroadbrewing.ca

**The Noble Pig Brewhouse**  
650 Victoria St.  
thenoblepig.ca

**Red Collar Brewing Co.**  
355 Lansdowne St.  
redcollar.ca

**Cafes, Coffee & Tea**  
**Amplified Cafe**  
465 Victoria St.  
amplifiedcafe.com

**Bubble Time Tea & Waffles**  
106-775 McGill Rd.  
bubbletime.ca

**Caffe Motivo**  
229 Victoria St.  
caffemotivo.com

**5Bean Brewbar**  
900-1210 Summit Dr.  
289 Tranquille Rd.  
5bean.ca

**Frankly Coffee & Bistro**  
437 Lansdowne St.  
@franklycoffee

**He Brew's Coffee House**  
210 Victoria St.  
hbccoffee.ca

**Kirsten's Hideout Café**  
1390 Columbia St.  
kirstenshideoutcafe.ca

**Logjam Coffee**  
437 Tranquille Rd.  
logjamcoffee.com

**Nate's Brew Bar**  
34-945 Columbia St. West  
natesbrewbar.ca

**Red Beard Cafe**  
449 Tranquille Rd.  
redbeardcafe

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

**Sweet Tea**  
1320 Trans-Canada Hwy W  
sweetea.one

**The Vic Downtown**  
377 Victoria St.  
@vicdowntown

**Chinese**  
**Bamboo Inn**  
1800 Tranquille Rd.  
bambooinnrestaurant.ca

**Beijing Restaurant**  
101A-340 Victoria St.  
beijingkamloops.com

**Lee's Garden**  
17-750 Fortune Dr.  
leesgardenrestaurant.ca

**Lotus Inn Restaurant**  
512 Tranquille Rd.  
lotusinnrestaurant.ca

**Moon Wok**  
755 Tranquille Rd.  
1820 Rogers Pl.  
4-111 Oriole Rd.  
moonwok.ca

**Oriental Gardens**  
545 Victoria St.  
oriental-gardens.ca

**Rice Bowl Rose Garden**  
1180 Columbia St. W  
ricebowlrosetogo.com

**Shanghai Mandarin Restaurant**  
14-1315 Summit Dr.  
shanghaimandarin.com

**Tang Court Restaurant**  
1835 Rogers Pl.  
@tangcourt

**Victoria Oriental Restaurant**  
1138 Victoria St.  
victoriaoriental.ca

**Cidery**  
**Woodward Cider Co.**  
5505 Westsyde Rd.  
woodwardciderco.ca

**Distilleries**  
**Gin Lane Distilling Co.**  
355 Lansdowne St.  
redcollar.ca

**Red Bridge Distilling**  
11-1445 McGill Rd.  
redbridgedistilling.ca

**Route 1 Distillery**  
5-7410 Dallas Dr.  
route1distillery.ca

**Ice Cream & Gelato**  
**Frozen Paddle**  
359 Victoria St.  
frozenpaddle.com

**The Ice Cream Social**  
388 Tranquille Rd.  
@theicecreamsocialkamloops

**La Diperie**  
531 Lansdowne St.  
ladiperie.com

**Scoopz**  
265 Lorne St.  
@scoopzkamloops

**Via Lattea Gelato**  
107 Yew St.  
yewstreetfoodhall.com

**Indigenous**  
**Kekuli Café Coffee & Bannock**  
101-300 Columbia St.  
kekulicafe.com

**Italian**  
**Di Muzio Ristorante**  
152 Victoria St.  
@dimuzioristorante

**Peter's Pasta**  
149 Victoria St.  
peterspasta.ca

**Porcini Pasta Fresca**  
107 Yew St.  
yewstreetfoodhall.com

**Sorriso Restaurant & Deli**  
177 Tranquille Rd.

**Jamaican**  
**Jamaican Kitchen**  
451 Tranquille Rd.  
jamaicankitchen.ca

**Indian**  
**The Coconut**  
561 Seymour St.  
thecoconutkamloops.ca



## The Noble Pig Brewhouse

Locally owned, The Noble Pig Brewhouse is Kamloops' first microbrewery seamlessly combining house-made beer with a unique beer fusion cuisine crafted in their scratch kitchen. Offering seasonally inspired menus and ample seating options, both indoors and on the patio, ensures something for everyone. Come in and join the experience!

650 Victoria St. | thenoblepig.ca



## The Ice Cream Social

Craving a cool treat? The Ice Cream Social offers a whirlwind of 36 flavours, with dairy-free, lactose-free, and no-sugar-added options, they cater to all dietary needs. Not sure what to pick? Try the ice cream flight, a delightful option that allows you to savour multiple flavours in one sitting, making your visit a truly sweet experience. Open every day during the summer.

388 Tranquille Rd.  
@theicecreamsocialkamloops



## Spice Indian Cuisine

Discover the vibrant flavours of Spice Indian Cuisine, a locally owned gem that has won multiple Reader Choice Awards since 2011. With a warm, family-friendly atmosphere, this culinary haven caters to all, offering tantalizing vegan and gluten-free options. Indulge in some of Kamloops' finest butter chicken, a true culinary masterpiece. Don't miss their legendary lunch buffet every Thursday and Friday from 11:30 am to 2:00 pm, an explosion of taste and variety. Immerse yourself in a dining experience where passion meets palate, making Spice Indian Cuisine a must-visit destination for food enthusiasts in Kamloops.

1-700 Tranquille Rd. | spicekamloops.com



**Dhaliwal's Kitchen**  
855 8th St.  
@dhaliwalskitchen

**Dhanya's True Curries**  
104-795 McGill Rd.

**Flavors of India**  
626 Columbia St. West  
flavorsofindiakamloops.ca

**Jadoo Eclectic Indian Cuisine & Craft Cocktails**  
555 Columbia St. West  
jadooamloops.com

**Koh-I-Noor Indian Restaurant**  
550 Columbia St. W  
indiankohinoor.ca

**Madras Masala & Grill**  
120 3rd Ave.  
@madrasmasalagrill

**Maurya's Craft Bar & Kitchen**  
165 Victoria St.  
mauryascuisine.com

**The Raj Indian Kitchen**  
438 Victoria St.  
therajindiankitchen.com

**Spice Indian Cuisine**  
1-700 Tranquille Rd.  
spiceamloops.com

**Ustaad G 76**  
354 Seymour St.  
ustaadg76.ca

**Zaika Indian Restaurant & Lounge**  
1021 B McGill Rd.  
zaikaindianlounge.com

**Korean & Japanese Arigato Sushi**  
70-1395 Hillside Dr.  
arigatosushi.ca

**Arigato Sushi Valleyview**  
1821 Trans-Canada Hwy  
arigatosushivalleyview.ca

**Blue Fish Sushi**  
3-685 Tranquille Rd.  
bbagui-bluefishsushi.com

**Burger & Cafe Joy**  
140-945 Columbia St. W  
burgerjoy.ca

**Chicko Chicken**  
220-1210 Summit Dr.  
chickochicken.ca

**Eden Bento Café**  
223-450 Lansdowne St.  
edenbentocafe.com

**Hatsuki Sushi**  
424 Tranquille Rd.  
hatsukisushi.com

**Jacob's Noodle & Cutlet**  
260 4th Ave.  
jacobsnoodlecutlet.ca

**Jay's Sushi & Tempura House**  
1590 B Summit Dr.  
jaysushi.com

**Korean BBQ Gui**  
408-1801 Princeton-Kamloops Hwy  
koreanbbqgui.com

**Nara Korean & Japanese Restaurant**  
474 Tranquille Rd.  
narakoreanandjapanese.com

**Nishino Sushi**  
3020 Westsyde Rd.  
nishinosushi.ca

**Oh! Sushi Mura**  
1021 McGill Rd.  
kamloopssushimura.ca

**Oya Sushi**  
380 Summit Dr.  
oyasushi-kamloops.ca

**Ramen Time**  
102-340 Victoria St.  
ramentimekamloops.com

**Shifu Noodles**  
440-500 Notre Dame Dr.  
shifunoodles.ca

**Sushi Plus**  
1801 Princeton-Kamloops Hwy

**Sushi Royal Tokyo**  
324 Victoria St.  
sushiroyaltytokyo.com

**Sushi Valley**  
11-2121 Trans-Canada Hwy E  
sushi-valley.ca

**Taka Japanese Restaurant**  
270-1210 Summit Dr.  
takajapanese.ca

**Tiger Ramen**  
1210 Summit Dr.  
@tigerramen

**Tongdak Korean Fried Chicken**  
104-340 Victoria St.  
tongdak.ca

**Tongdak Korean Fried Chicken Sahali**  
6-910 Columbia St. W  
sahalitongdak.ca

**Wakayama Ramen Bar**  
101-795 McGill Rd.  
wakayamaramen.com

**Mediterranean & Middle East Dorian Greek House**  
430 Victoria St.  
doriangreekhouse.com

**The Greek Kouzina Express**  
107 Yew St.  
thegreekkouzinaexpress.ca

**Klasske's Bistro**  
101-301 Victoria St.  
klasskesbistro.ca

**Minos Greek Souvlaki Restaurant**  
262 Tranquille Rd.  
minosrestaurant.ca

**Pita Land**  
300-1210 Summit Dr.  
pitaland.ca

**Mexican Casa Azul**  
330 Victoria St.  
casazaulkamloops.ca

**Hacienda Cielito Lindo**  
23-750 Fortune Dr.  
haciendacielitolindo.com

**Pacific Taco**  
117-1180 Columbia St. W  
pacifictaco.ca

**Quesada Burritos & Tacos**  
1210 Summit Dr.  
quesada.ca

**Señor Froggy**  
9-724 Sydney Ave.  
235-450 Lansdowne St.  
senorfroggy.ca

**Taco Alley**  
107 Yew St.  
@tacoalley

**Modern Dining Borside Lounge & Grill**  
1250 Halston Ave.  
chanceskamloops.com

**The Black Iron Club & Grill**  
38 Holloway Dr.  
tobianogolf.com

**Browns Socialhouse**  
A-101 1180 Columbia St. W  
brownsocialhouse.com

**Burger Cafe**  
101B-340 Victoria St.  
burgercafe.ca

**Columbia Diner**  
555 Columbia St. W  
columbiadiner.ca

**Cordo Resto & Bar**  
540 Victoria St.  
cordorestobar.com

**Earls Kitchen + Bar**  
1210 Summit Dr.  
earls.ca

**Frick & Frack Tap House**  
577 Victoria St.  
frickandfrack.ca

**Harold's Family Restaurant**  
1771 Trans-Canada Hwy  
haroldsfamilydining.com

**Harvest by Nandi**  
339 St Paul St.  
harvestbynandi.ca

**Isagani Farm-to-Table**  
1810 Rogers Pl.  
isagani.ca

**Katch Craft Kitchen + Bar**  
1175 Rogers Way  
katchkamloops.com

**LOCAL Public Eatery**  
600-1055 Hillside Dr.  
localpubliceatery.com



Kyle Mae

## Jadoo Eclectic Modern Indian Cuisine

Discover Jadoo Eclectic Modern Indian Cuisine, a culinary gem blending traditional Indian flavours with contemporary flair. Perfect for visitors seeking a unique gastronomic adventure, this cozy eatery crafts dishes with locally-sourced ingredients, showcasing a commitment to innovation and quality. The carefully curated craft cocktail menu complements the bold Indian spices, offering a delightful pairing experience. As Kamloops' premier destination for eclectic modern Indian cuisine and mesmerizing craft cocktails, Jadoo invites visitors to elevate their dining experience. Located on the city's highest rooftop, the lounge offers breathtaking 360-degree views, creating an unforgettable ambiance that captures the essence of Kamloops.

555 Columbia St. West | [jadooamloops.com](http://jadooamloops.com)



Mary Putnam

## The Columbia Diner

The Columbia Diner emerges as a beacon of nostalgia with a contemporary twist, where classic diner vibes meet modern culinary innovation. It's a place where the essence of a traditional roadside diner is reimaged. Whether you're kickstarting your day with the sizzle of bacon against the picturesque backdrop of Kamloops mountains or winding down with an 'All-Day' breakfast or elevated evening selections, The Columbia promises a culinary journey that's both familiar and fresh. With offerings like signature smash burgers, fried chicken and waffles, and boozy milkshakes, each visit is an invitation to create stories and memories over plates filled with honest, passionately crafted food.

555 Columbia St. West | [columbiadiner.ca](http://columbiadiner.ca)

**Masons Kitchen & Bar**  
1000 Clubhouse Dr.  
masonskitchen.ca

**Match Eatery  
& Public House**  
555 Versatile Dr.  
matchpub.com/kamloops

**Mittz & Co.**  
107 Yew St.  
yewstreetfoodhall.com

**Mittz Kitchen**  
227 Victoria St.  
mittzkitchen.com

**Moxies**  
225 Lorne St.  
moxies.com

**MR MIKES  
SteakhouseCasual**  
1200 Summit Dr.  
mrmikes.ca

**Original Joe's**  
203-1801 Princeton Hwy  
originaljoes.ca

**ROMEOS Kitchen + Spirits**  
1250 Rogers Way  
romeoskitchen.ca

**Sandbar Grill**  
10-177 Tranquille Rd.  
sandbargrill.ca

**Scott's Family Diner**  
551 11th Ave.  
scottsinnkamloops.ca

**Shark Club Sports Bar  
& Grill**  
285 Lorne St.  
sharkclub.com

**Stills Co. Tapas & Cocktails**  
121 5 Ave.  
stillsco.ca

**Taste Kitchen Inc**  
910 McGill Rd.  
tastekitcheninc.com

**Twisted Steak**  
500 Lorne St.  
twistedsteak.ca

**Underbelly-By The Pig**  
120 5th Ave.  
underbellybythepig.ca

**Valhalla Smoke House**  
1850 Mission Flats Rd  
valhallasmokehouse.com

**Yew Street Food Hall**  
107 Yew St.  
yewstreetfoodhall.com

**Mongolian  
Hoja Mongolian Grill**  
256 Victoria St.  
1320 Trans-Canada Hwy W  
hojamongoliangrill.com

**Pizza  
Bold Pizzeria**  
945 Columbia St. W  
boldpizzeria.com

**Gyldis Pizza**  
104-1295 12th St.  
gyldispizza.com

**Inferno Pizza Co.**  
107 Yew St.  
yewstreetfoodhall.com

**Kami Pizza**  
103-755 McGill Rd.  
205-C Tranquille Rd.  
kampilizza.com

**Pubs  
Bailey's Pub**  
1050 8th St  
baileyspubkamloops.ca

**Carlos O'Bryan's  
Neighbourhood Pub**  
357 Victoria St.  
kobcob.com

**Central Station Pub**  
126 4th Ave.  
@centralstationpub

**Duffy's Neighbourhood  
Pub**  
1797 Pacific Way  
duffyspub.ca

**Fox'n Hounds Pub**  
20-945 Columbia St. W  
foxpub.ca

**Halston Pub**  
1271 Salish Rd.  
@halstonpub

**Kami Inn**  
354 Victoria St.  
@thekamiinn

**Kelly O'Bryans  
Neighbourhood Pub**  
244 Victoria St.  
kobcob.com

**McCracken Station Pub**  
1626 Valleyview Dr.  
@mccrackenstationpub

**On The Rocks Pub & Grill**  
1265 Rogers Way  
ontherockspub.ca

**The Office Pub & Grill**  
2020 Falcon Rd  
theofficepubandgrill.ca

**Pogue Mahone Irish  
Alehouse**  
843 Desmond St.  
poguemahonekamloops.com

**Rock'n Firkin Sports Pub  
& Grill**  
726 Sydney Ave.  
@rockinfirkin

**Tumbleweed Lounge**  
405 Victoria St.  
tumbleweedlounge.com

**Tumbleweeds  
Neighbourhood Pub**  
5220 Bogetti Rd.  
tumbleweedspub.ca

**Westsyder  
Neighbourhood Pub**  
3369 Westsyde Rd  
westsyderpub.com

**Seafood  
C-Lovers Fish & Chips**  
726 C Sydney Ave.  
c-lovers.com

**Joey's Seafood**  
1815 Rogers Pl.  
joeys.ca

**Thai  
Krob Krua Thai Restaurant**  
298 3rd Ave.  
krobkruathairestaurant.com

**Upscale Dining  
Atlas Steak & Fish**  
1555 Versatile Dr.  
atlassteakandfish.com

**Brownstone Restaurant**  
118 Victoria St.  
brownstone-restaurant.com

**Vegan & Vegetarian  
The Art We Are Cafe**  
246 Victoria St.  
theartwear.com

**XPress Chef Kamloops**  
102-795 McGill Rd.  
xpress-chef.com

**Vietnamese  
Lemongrass**  
1211 Summit Dr.  
107 Yew St.  
lemongrasskamloops.ca

**Wineries  
Monte Creek Winery**  
2420 Miner's Bluff Rd.  
montecreekwinery.com

**Privato Winery & Vineyard**  
5505 Westsyde Rd.  
privato.ca

**Sagewood Winery**  
589 Meadow Lark Rd.  
sagewoodwinery.ca



Scan to view  
more listings.



## Sweláps Market

Sweláps Market is a vibrant, community-focused grocery destination where freshness, culture, and quality reign supreme. Owned and operated by Tkemlúps te Secwépmc, this independent grocery store offers a full selection of traditional grocery items and local Indigenous product.

In store you'll find:

|         |                    |
|---------|--------------------|
| Butcher | Catering           |
| Bakery  | Ready-to-eat meals |
| Coffee  | and more!          |
| Gelato  |                    |

We are committed to creating an enjoyable and unique shopping experience, come see for yourself!

100-302 Yellowhead Hwy | swelapsmarket.ca



## Western Canada Theatre

For over 48 years, Western Canada Theatre (WCT) has cultivated a vibrant local arts community in Kamloops as the region's renowned professional theatre company. Each year, the organization produces spectacular professional live theatre productions ranging from classic musicals to family programming, entertaining and poignant plays, new Canadian and Indigenous work, and more.

wctlive.ca



## BIG Little Science Centre

Discover the wonders of science where curiosity sparks discovery! Engage with hands-on experiences, interactive exhibits, and dynamic shows designed to ignite a passion for science in all ages. From camps and clubs to weekly parent and tot programs, seasonal adult nights, and monthly lectures, every visit is a new adventure. Open Tuesday to Saturday, this is where learning and fun meet. Uncover something new every time.

458 Seymour St. | blscs.org

## 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**  
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

**Cleavage Axe Company**  
9-1240 Alpine Rd.  
cleavageaxeco.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

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

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

**Zaaz Eatery and Play**  
425 Mount Paul Way  
zaazplay.ca

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

**Braker 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 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

**Kwséltkten Farmer's & Artisan Market**  
(June-September)  
345 Powwow Trail  
cfdcocifn.com/  
farmers-market

## Night Life

**Bars & Venues**  
**BARSLIDE Lounge & Grill**  
1250 Halston Ave.  
chanceskamloops.com

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

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

**Effie Arts Collective**  
422 Tranquille Rd.  
effieartsco.ca

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

**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



## Kamloops Symphony

Since 1976, the Kamloops Symphony Orchestra (KSO) has been a cornerstone of the community, presenting up to eighteen high-quality concerts annually. Beyond mesmerizing performances ranging from Pink Floyd's energy to the solemn beauty of Mozart's Requiem, KSO plays a pivotal role in cultural enrichment, offering children's concerts and nurturing talent through the Kamloops Music School. This symphonic journey not only showcases musical diversity but also fosters a deep connection with the arts in Kamloops and surrounding areas.

[kamloopssymphony.com](http://kamloopssymphony.com)



Opening reception for Double Vision.  
Photo: Kim Anderson

## Kamloops Art Gallery

Discover inspiring, thought-provoking, and transformative artwork at the Kamloops Art Gallery. Located in Secwepemcúl'ecw, the largest public art gallery in the Interior of BC shares the work of local, national, and international artists. Stop by to be inspired.

101-475 Victoria St. | [kag.bc.ca](http://kag.bc.ca)



## Kamloops Art Party

Kamloops Art Party awaits your creative uprising. Jump into our art workshops, get spontaneous in our studio with ceramics, sculpting and more, send the kids to art camp adventures, or join our paint and sip soirées.

Don't just paint the town; paint with us!

8-177 Tranquille Rd.  
[kamloopsartparty.com](http://kamloopsartparty.com)



## Courthouse Gallery

The Kamloops Courthouse Gallery features high quality art and hand-made artisan goods created by local Kamloops artists. Our gallery and artisan market is located downtown in Kamloops' beautiful historic old courthouse building and is open Tuesday - Saturday from 10 am to 4 pm. Free parking for all gallery visitors!

7 Seymour St. West  
[kamloopscourthousegallery.com](http://kamloopscourthousegallery.com)



## Nature's Fare Markets

Tantalize your taste buds at every turn with mountains of organic produce, delicious dairy, premium meats, fresh artisan breads, high-quality staples and specialty vitamins and supplements. Our Bistro is filled with wildly delicious bowls, salads, made-to-order sandwiches, soups, or build your own salad from the Fresh Bar. Every section is filled with freshness and experts who love to help. We've helped Kamloops stay healthy and happy for over 25 years, proving if it's good for you, we've got it.

100-500 Notre Dame Dr. | [naturesfare.com](http://naturesfare.com)



## Mt. Paul Golf Course

Nestled at the base of Mount Paul in Kamloops, British Columbia, the Mt. Paul Golf Course offers an exceptional golfing experience for all levels. With a scenic nine-hole executive course and a double-tier driving range, it caters to both casual and serious players. The course is celebrated for its well-maintained fairways, pristine greens, and breathtaking mountain views. Additionally, the on-site pro shop stocks the latest equipment, and the restaurant boasts professional service, making Mt. Paul a premier destination for golf enthusiasts seeking a blend of challenge and relaxation.

615 Mt Paul Way | [mountpaulgolf.com](http://mountpaulgolf.com)

**Kamloops Watersport Rentals**  
1446 River St.  
[kamloopswatersportrentals.ca](http://kamloopswatersportrentals.ca)

**Play It Again Sports**  
101-805 Notre Dame Dr.  
[playitagainsports.com](http://playitagainsports.com)

### Shopping Centres

**Aberdeen Mall**  
1320 Trans-Canada Hwy  
[aberdeenmall.ca](http://aberdeenmall.ca)

**Northhills Shopping Centre**  
700 Tranquille Rd.  
[northhills.ca](http://northhills.ca)

**Sahali Mall**  
945 Columbia St. West  
[sahalicentremall.com](http://sahalicentremall.com)

### Sports & Recreation

**Campgrounds**  
**Copper Quarter Campground**  
485 Mount Paul Centre Way  
[copperquartercampground.ca](http://copperquartercampground.ca)

**Kamloops Riverview Heights RV Park**  
4395 Trans-Canada Hwy  
[kamloopsriverview.com](http://kamloopsriverview.com)

**Kamloops RV Park**  
9225 Dallas Dr.  
[kamloopsrvpark.ca](http://kamloopsrvpark.ca)

**Knouff Lake Wilderness Resort**  
9608 Knouff Lake Rd.  
[knoufflakeresort.com](http://knoufflakeresort.com)

**Knutsford RV Park**  
2741 Highway 5A South  
[knutsfordcampground.ca](http://knutsfordcampground.ca)

**Lac Le Jeune Provincial Park**  
[bcparks.ca](http://bcparks.ca)

**Lakeside Heffley Hideaway**  
2544 Golden Horn Rd.  
[lakesideheffleyhideaway.com](http://lakesideheffleyhideaway.com)

**Paul Lake Provincial Park**  
[bcparks.ca](http://bcparks.ca)

**Pinantan Lake Resort**  
2488 Harper Ranch Rd.  
[pinantanlake.bc.ca](http://pinantanlake.bc.ca)

**Silver Sage Campground**  
771 East Athabasca St. West  
[silversagerv.ca](http://silversagerv.ca)

**City Facilities**  
**Brocklehurst Arena**  
2470 Fleetwood Ave.

**Charles Anderson Stadium**  
10th Ave. and River St.

**Hillside Stadium**  
944 Dalhousie Dr

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

**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**  
**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**  
**Big Horn Golf & Country Club**  
1000 Clubhouse Dr.  
[golfbighorn.ca](http://golfbighorn.ca)

**The Dunes at Kamloops**  
652 Dunes Dr.  
[golfthedunes.com](http://golfthedunes.com)

**Eaglepoint Golf Resort**  
8888 Barnhartvale Rd.  
[eaglepointgolfresort.com](http://eaglepointgolfresort.com)

**The Golf Course at Sun Peaks**  
3150 Creekside Way  
[sunpeaksresort.com/golf](http://sunpeaksresort.com/golf)

**Kamloops Golf & Country Club**  
3125 Tranquille Rd.  
[kamloopsgolfclub.com](http://kamloopsgolfclub.com)

**Mount Paul Golf Course**  
615 Mt. Paul Way  
[mountpaulgolf.com](http://mountpaulgolf.com)

**Pineridge Golf Course**  
4725 East Trans Canada Hwy  
[pineridgegolf.bc.ca](http://pineridgegolf.bc.ca)

**Rivershore Estates & Golf Links**  
330 Rivershore Dr.  
[rivershoregolflinks.com](http://rivershoregolflinks.com)

**Talking Rock Golf Course**  
1663 Little Shuswap Lake Rd.  
[quaaoutlodge.com/golf](http://quaaoutlodge.com/golf)

**Tobiano Golf Course**  
38 Holloway Dr.  
[tobianogolf.com](http://tobianogolf.com)

**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](http://kamloopsy.org)

**Sport Teams**  
**Kamloops Blazers**  
300 Lorne St.  
[blazerhockey.com](http://blazerhockey.com)

**Kamloops NorthPaws**  
1500 Island Parkway  
[northpawsbaseball.ca](http://northpawsbaseball.ca)

**Kamloops Rivers Football Club**  
[riversfc.com](http://riversfc.com)

## Tours

**Divine Tours**  
divinetours.ca

**Kamloops Indian Residential School Tours**  
secwepemcmuseum.ca

**Tasteful Excursions**  
tastefulexcursions.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**  
**Uride**  
uridetech.com

**Buses & Charters**  
**Kamloops Transit System**  
BCTransit.com/Kamloops

**Thompson Valley Charters**  
fvcbus.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**  
mostlymentalslshuttles

**Peak Shuttles**  
peakshuttles.com

**Sun Star Shuttle**  
sunstarshuttle.com

**Tasteful Excursions**  
tastefulexcursions.ca

# Come visit us

Kamloops lies at the junction of British Columbia's major highways and is accessible via ground, air or rail.



## 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.

## Fly

|                 |                   |
|-----------------|-------------------|
| WestJet         | westjet.com       |
| Air Canada      | aircanada.com     |
| Pacific Coastal | pacficcoastal.com |

## Bus

|               |                 |
|---------------|-----------------|
| Ebus          | myebus.ca       |
| Rider Express | riderexpress.ca |

## Train

|                   |                      |
|-------------------|----------------------|
| VIA Rail Canada   | viarail.ca           |
| Rocky Mountaineer | rockymountaineer.com |

# RAINFOREST TO ROCKIES



## BRITISH COLUMBIA, CANADA

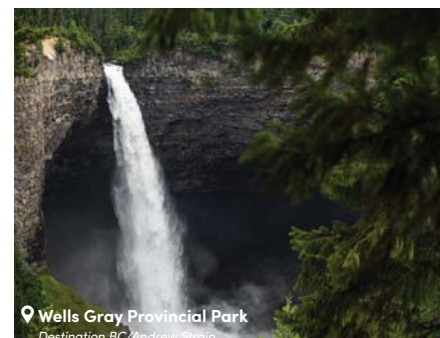
Discover Kamloops on the *Rainforest to Rockies* journey, acting as a central hub for multiple exploration routes.

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.



Yoho National Park  
Destination BC/Dave Heath



Wells Gray Provincial Park  
Destination BC/Andrew Strain

# Accommodations

|                                          |                         |                |                              | Kitchenette | Fitness | Breakfast | Pool | Pets | Bike Storage |
|------------------------------------------|-------------------------|----------------|------------------------------|-------------|---------|-----------|------|------|--------------|
| <b>Aberdeen</b>                          |                         |                |                              |             |         |           |      |      |              |
| Alpine Motel                             | 1393 Hugh Allan Drive   | 250.374.0034   |                              | ●           | ●       |           |      |      | ●            |
| Best Western Premier Aberdeen            | 1175 Rogers Way         | 250.374.4144   | bestwestern.com              | ●           | ●       |           | ●    | ●    | ●            |
| Coast Kamloops Hotel & Conference Centre | 1250 Rogers Way         | 1.800.663.1144 | coasthotels.com              | ●           | ●       |           | ●    | ●    | ●            |
| Days Inn Kamloops                        | 1855 Rogers Place       | 1.800.329.7466 | wyndhamhotels.com            | ●           | ●       | ●         | ●    |      | ●            |
| Fairfield Inn & Suites by Marriott       | 1475 Hugh Allan Drive   | 1.855.603.1189 | marriott.com/ykafi           |             | ●       | ●         | ●    | ●    | ●            |
| Hampton Inn by Hilton Kamloops           | 1245 Rogers Way         | 1.866.571.7897 | kamloops.hamptoninn.com      |             | ●       | ●         | ●    |      | ●            |
| Holiday Inn Express                      | 1550 Versatile Drive    | 1.800.996.3993 | hiexpress.com/kamloopsbc     |             | ●       | ●         | ●    |      | ●            |
| The Hue Hotel, Ascend Hotel Collection   | 1529 Hugh Allan Drive   | 778.471.1411   | choicehotels.com             | ●           | ●       | ●         |      |      | ●            |
| 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              | ●           |         | ●         | ●    | ●    | ●            |
| Rodeway Inn and Suites                   | 1200 Rogers Way         | 1.800.665.4467 | choicehotels.com             | ●           |         | ●         |      | ●    | ●            |
| Super 8 Kamloops on the Hill             | 1521 Hugh Allan Drive   | 250.980.3944   | wyndhamhotels.com/super-8    | ●           | ●       | ●         |      |      | ●            |
| Travelodge by Wyndham Mountview          | 1225 Rogers Way         | 1.800.667.8868 | wyndhamhotels.com/travelodge | ●           |         | ●         | ●    | ●    | ●            |
| Wingate by Wyndham Kamloops              | 1200 Rogers Way         | 778.471.7706   | wingatekamloops.com          | ●           | ●       | ●         | ●    | ●    | ●            |
| <b>Downtown</b>                          |                         |                |                              |             |         |           |      |      |              |
| Canada's Best Value Inn & Suites         | 1390 Columbia Street    | 1.866.374.5591 | sonesta.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      |             | ●       |           | ●    |      | ●            |
| Howard Johnson Downtown                  | 530 Columbia Street     | 250.372.7761   | howardjohnsonkamloops.com    | ●           |         | ●         |      |      | ●            |
| Parkview Motel                           | 1084 Battle Street      | 1.800.665.3343 | parkviewmotel.traveleto.com  | ●           |         |           | ●    |      | ●            |
| The Plaza Hotel                          | 405 Victoria Street     | 250.377.8075   | theplazahotel.ca             |             | ●       | ●         |      | ●    | ●            |
| Riverland Inn & Suites                   | 1530 River Street       | 1.800.663.1530 | riverlandinn.com             | ●           |         |           | ●    | ●    |              |
| Sandman Inn Kamloops                     | 550 Columbia Street     | 1.800.726.3626 | sandmanhotels.com            |             |         |           |      |      | ●            |
| The Thompson Hotel                       | 650 Victoria Street     | 1.888.374.8999 | thompsonhotel.ca             | ●           | ●       |           | ●    |      | ●            |
| Travelodge by Wyndham                    | 430 Columbia Street     | 250.372.8202   | wyndhamhotels.com/travelodge |             |         | ●         | ●    |      | ●            |
| TRU Residence & Conference Centre        | 1025 University Drive   | 250.852.6296   | stayrcc.com                  | ●           | ●       |           |      |      |              |
| <b>North Shore</b>                       |                         |                |                              |             |         |           |      |      |              |
| Holiday Inn & Suites                     | 675 Tranquille Road     | 1.877.517.6508 | holidayinn.com/kamloopsbc    |             |         | ●         | ●    | ●    | ●            |
| <b>Sahali</b>                            |                         |                |                              |             |         |           |      |      |              |
| Accent Inns                              | 1325 Columbia Street W  | 1.800.663.0298 | accentinns.com/kamloops      | ●           | ●       |           | ●    | ●    | ●            |
| Best Western Plus Kamloops Hotel         | 660 Columbia Street W   | 1.877.302.7878 | bestwesternkamloops.com      |             | ●       | ●         | ●    | ●    | ●            |
| Grandview Motel                          | 463 Grandview Terrace   | 1.800.210.6088 | grandviewmotel.com           | ●           |         |           | ●    |      | ●            |
| Hospitality Inn                          | 500 Columbia Street W   | 1.800.663.5733 | hospitalityinnkamloops.com   | ●           |         |           | ●    | ●    | ●            |
| Knights Inn                              | 625 Columbia Street W   | 1.888.372.7487 | redlion.com                  | ●           |         |           |      |      | ●            |
| Ramada Kamloops                          | 555 Columbia Street W   | 1.800.663.2832 | ramadakamloops.com           | ●           | ●       |           |      |      | ●            |
| Star Lodge                               | 775 Columbia Street W   | 1.800.589.1988 | starlodge.ca                 | ●           |         |           |      |      | ●            |
| The Vista Inn                            | 626 Columbia Street W   | 250.214.6800   | thevistainn.com              |             |         | ●         |      | ●    | ●            |
| <b>Valleyview</b>                        |                         |                |                              |             |         |           |      |      |              |
| 4 Seasons Motel                          | 1767 Trans-Canada Hwy E | 250.372.2313   | 4seasonsmotelkamloops.ca     | ●           |         |           | ●    |      | ●            |
| Best Budget Inn & Suites                 | 1773 Trans-Canada Hwy E | 250.372.8533   |                              | ●           |         |           | ●    | ●    | ●            |
| Country View Motor Inn                   | 176 Comazetto Road      | 1.800.213.6673 |                              | ●           |         | ●         | ●    | ●    | ●            |
| Kings Motor Inn                          | 1775 Trans-Canada Hwy E | 1.800.661.6630 |                              | ●           |         | ●         | ●    | ●    | ●            |
| Motel 6                                  | 1763 Trans-Canada Hwy E | 250.374.8944   | motel6.com                   | ●           |         |           |      |      | ●            |
| Ranchland Inn                            | 2357 Trans-Canada Hwy E | 250.828.8787   |                              | ●           | ●       |           | ●    | ●    |              |
| Rider's Motor Inn                        | 1759 Trans-Canada Hwy E | 250.374.2144   |                              | ●           |         |           |      |      | ●            |
| Riverside Bed & Breakfast                | 2664 Thompson Drive     | 1.888.400.1043 | riversidebnb.ca              |             |         |           |      |      | ●            |
| Skoglund Motel                           | 2349 Trans-Canada Hwy E | 250.372.0080   |                              | ●           |         |           |      |      | ●            |
| South Thompson Inn & Conference Centre   | 3438 Shuswap Road       | 1.800.797.7713 | stigr.ca                     |             | ●       |           | ●    |      | ●            |
| Super 8 by Wyndham Kamloops East         | 2459 Trans-Canada Hwy E | 250.372.2122   | super8kamloopseast.com       | ●           |         | ●         | ●    | ●    | ●            |
| Tournament Inn                           | 1893 Trans-Canada Hwy E | 250.372.2122   |                              | ●           |         |           |      |      | ●            |
| Trans-Canada Motel                       | 2505 Trans-Canada Hwy E | 250.374.7114   | transcanadaeastmotel.com     | ●           |         |           |      |      | ●            |

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