

# kamloops

BRITISH COLUMBIA



2023 VISITOR GUIDE





tobiano

 Diverse Properties



Bruker  
Marina  
[brukermarina.com](http://brukermarina.com)  
[info@brukermarina.com](mailto:info@brukermarina.com)  
250-852-1419

Tobiano Golf  
and Black Iron  
Club & Grill  
[tobianogolf.com](http://tobianogolf.com)  
[info@tobianogolf.com](mailto:info@tobianogolf.com)  
250-434-7373

Real Estate  
Presentation Centre  
[tobiano.ca](http://tobiano.ca)  
[info@tobiano.ca](mailto:info@tobiano.ca)  
250-434-5857


## LET CURIOSITY BE YOUR COMPASS

In Kamloops, everyone gets to play like a local and experience life a little off the beaten path. Here, spontaneity reigns and visitors are rewarded for following their hearts, not an itinerary. This is a place where every street and trail are yours to explore, and where wrong turns often lead to the greatest discoveries.

If you're looking for polish and flash, you're in the wrong valley. In Kamloops, real places and rough edges are embraced as a sign of memories well-made and adventures well played. Whether you want to test the limits of your mountain bike, birdie (or bogey) your way across some of Canada's most beautiful golf courses, or hike and taste wine at new heights, Kamloops has what you crave. Just without the crowded streets, people-packed trails or traffic.

So come as you are, try something new, and let curiosity be your compass.





Tourism Kamloops is situated on the traditional lands of the Tk'emlúps te Secwépemc within Secwepemcúlecw, the traditional and unceded territory of the Secwépemc People. We acknowledge and give honour to the land that we live, work, play, and welcome visitors to.



# CONTENTS

<b>WHY KAMLOOPS</b>	<b>4</b>
<b>HIKE</b>	<b>6</b>
<b>BIKE</b>	<b>10</b>
<b>GOLF</b>	<b>12</b>
<b>WATER</b>	<b>14</b>
<b>SNOW</b>	<b>16</b>
<b>RESTAURANTS &amp; MARKETS</b>	<b>18</b>
<b>WINERIES</b>	<b>22</b>
<b>BREWERIES</b>	<b>23</b>
<b>DOWNTOWN</b>	<b>24</b>
<b>ARTS &amp; CULTURE</b>	<b>26</b>
<b>THINGS TO DO</b>	<b>28</b>
<b>THE SHORE</b>	<b>31</b>
<b>ACCOMMODATIONS</b>	<b>32</b>
<b>GETTING HERE</b>	<b>44</b>



**@TOURISMKAMLOOPS**  
**#EXPLOREKAMLOOPS**

**TOURISMKAMLOOPS.COM**

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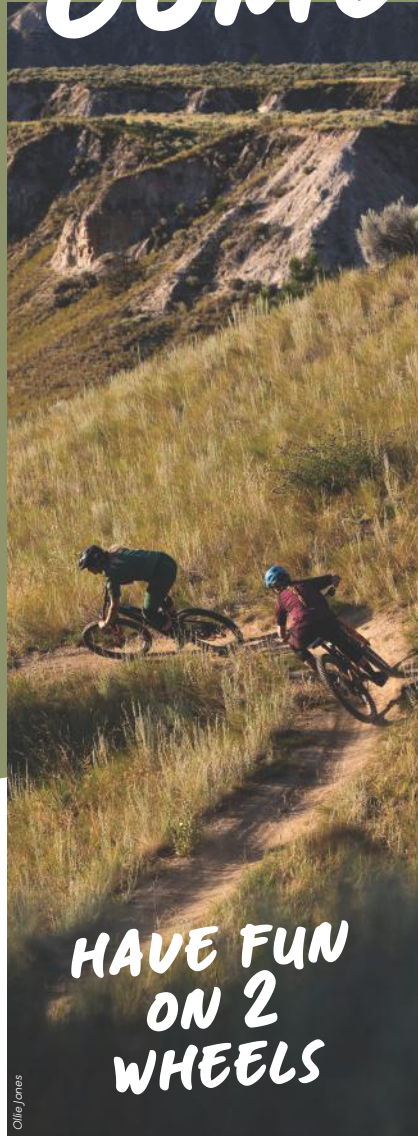
Cover & Page: Katie Burrell TV

# SO, WHY COME HERE?



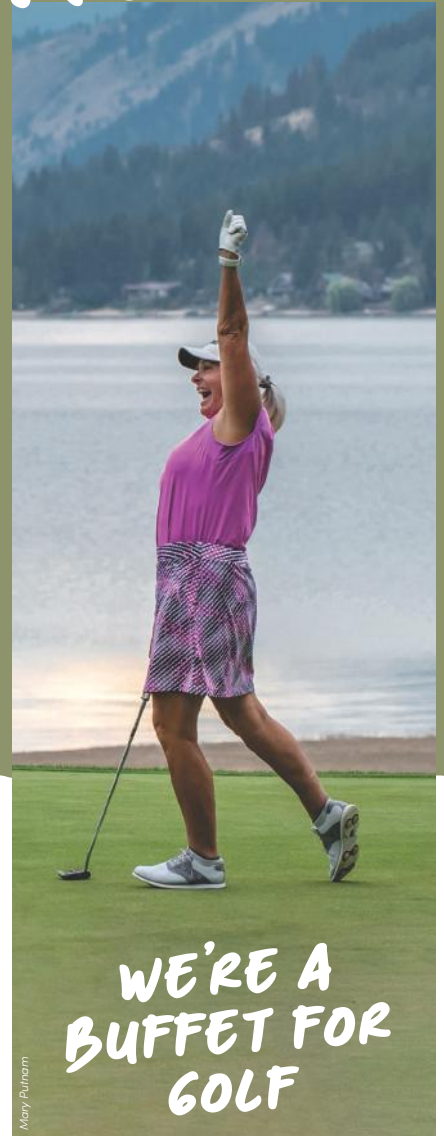
You'll be surprised to learn how amazing the hiking is in and around Kamloops. We have trails of all lengths and elevations, for all skill levels.

Don't believe us? Call our bluff. Dial 250.372.8000, we'll be waiting for your call.



Feel the wind in your hair, sun on your face, and fun between your legs. Kamloops' rugged terrain was made for biking.

Take your pick between flowy cross-country single track or technical downhill trails.



All you can play, all day.

So much selection, so many exceptional holes, so many opportunities to go back for more.





With a variety of venues and facilities, a strong athletic culture, and an enthusiastic volunteer base, it's no wonder Kamloops is known as Canada's Tournament Capital. We're also the first Canadian city to ever win two prestigious field of the year awards! (Norbrock Stadium and the Tournament Capital Ranch).



No matter the season, something is always happening in Kamloops. Whether it's a festival, concert, art exhibit or sporting event, mark your calendar, you're in for a treat.

Find all the details at:  
[tourismkamloops.com/events](https://tourismkamloops.com/events)



Self-drive or by guided tour, sip your way through four wineries in the Thompson Valley.

Discover your new favourite bright, award-winning wine where tasting with the owner is the norm, not the exception.







Hit the trails for a hike through Kamloops' desert-like valley where wide-open grasslands, fragrant sagebrush, ponderosa pine forests, deep gorges, sandstone canyons, and chiseled hoodoos frame every adventure. From laid-back paths to rugged terrain, there's a route here that's perfect for whatever challenge calls.

**Kenna Cartwright Nature Park**

Kenna Cartwright Park is one of BC's largest municipal parks, covering nearly 800 hectares of land and featuring over 40 kilometres (25 miles) of trails popular with hikers, trail runners, and mountain bikers. There are benches and picnic tables throughout the park where you can stop and enjoy the breathtaking views of Kamloops and the Thompson Valley. Kenna is delightful at any time of year and is dog-friendly off-leash.

**Peterson Creek Nature Park**

Peterson Creek Nature Park is situated in the heart of the city along a natural creek corridor. The park encompasses almost 100 hectares and features over 10 km of trails. Trails vary in difficulty, largely influenced by elevation change, and offer something for every skill level. Peterson Creek is widely used during the summer months, is off-leash dog-friendly, and features a remarkable view of the downtown core.

**The Dallas-Barnhartvale Nature Park**

The Dallas-Barnhartvale Nature Park connects the Barnhartvale and Dallas communities through a series of trails in the grassland landscape. Take in views along the South Thompson River as you admire the silt cliffs below.

**Lac du Bois Grasslands**

Lac du Bois Grasslands is a sprawling park with sweeping views of the Thompson Valley and panoramic views of Kamloops Lake and the Thompson River. Hike some of the most popular trails among locals, including Battle Bluff, Dewdrop, and Cinnamon Ridge. If you're lucky, you might even see the local California Bighorn Sheep.

**Valleyview Nature Park**

High above the silt bluffs of the Valleyview community, explore the trails of the Valleyview Nature Park as you wind through the fragrant desert sagebrush. A variety of trails allow you to discover the hidden beauty of this small municipal park. You might even catch a glimpse of mountain bikers tackling the Kamloops terrain in the Kamloops Bike Ranch next door.



**TOP 6 VIEWPOINTS**

**1 Sunset Trail**  
Kenna Cartwright Park  
Length: 4.7 km  
Difficulty: Moderate

**2 The Rim Loop**  
Valleyview Nature Park  
Length: 2.5 km  
Difficulty: Easy

**3 Tower Trail**  
Kenna Cartwright Park  
Length: 3.4 km  
Difficulty: Easy

**4 Benchlands Trail**  
Dallas-Barnhartvale Nature Park  
Length: 3.6 km  
Difficulty: Easy

**5 Battle Bluff**  
Lac du Bois Grasslands  
Length: 4.8 km  
Difficulty: Hard

**6 Grasslands Loop**  
Peterson Creek Park  
Length: 1.1 km  
Difficulty: Easy + Accessible  
*Gravel surface with moderate slopes.*





Kamloops is home to unique, geographical landscapes including sagebrush, grasslands, and hoodoos. See hoodoos formed by volcanic rock or view silt bluffs from a glacial lake.

# OUR BACKYARD IS WEIRD

*AND AWESOME!*



## TOP 3 HOODOO SPOTS

### East Shuswap Road

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

### Cinnamon Ridge

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

### Dallas-Barnhartvale Nature Park

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



# HIT THE TRAILS

HARPER MOUNTAIN  
Dylan Sherrard

Kamloops' rugged terrain was built for biking. Take your pick between cross-country trails or more technical downhill runs and explore grasslands, rolling sagebrush hills, and pine forests. There's something here for every skill level, and with four-season riding, you can bike any time of the year.

**PICK UP A FREE TOURISM  
KAMLOOPS TRAIL GUIDE  
AT LOCAL BIKE SHOPS**



**OR VIEW  
ONLINE**



## Cross-Country Trails

Pineview Valley is home to 50 km of trails through pine trees that range from green to black diamond and one double black diamond. Explore the wide array of cross-country climbs and fun, flowy descents.

If you're new to mountain biking or an intermediate rider, Lac du Bois Grasslands offers an ideal place to ride with 20 km of cross-country trails. Be rewarded with views of Kamloops and the Thompson Valley as you climb and descend through the sage-scented grasslands.

Venture through pine trees and sagebrush at Kenna Cartwright Park. The trails are draped over and around a hilltop that overlooks the city with many routes to get your sweat on. With 46 well-marked trails for different skill levels, this park is ideal for beginner and intermediate riders.

## Downhill Trails

Harper Mountain is an all-mountain, downhill freeride playground. Known for its more advanced technical trails, this area also offers some intermediate trails. Either climb your way up the Ket-R-Done trail or the shuttle road, or shuttle to the top with a 4x4 vehicle.

Sun Peaks Bike Park offers 40 lift-accessed mountain bike trails up 2,000 vertical feet. Level Up is the easiest trail in the bike park. This 9 km green trail is ideal for entry-level riders, kids, and families who want to try lift-access biking for the first time. Learn the basics of mountain biking in the Bike Skills Park. Bike instructors and coaches are available daily.





### Sun Peaks Bike Park

Experience the best of lift-accessed riding with a huge network of trails for all ability levels, from the Progression Park built for beginners, to machine-built flow and jump trails and the technical singletrack Sun Peaks is famous for, you'll find endless trail combinations on the mountain.

250.578.5474 | [sunpeaksresort.com/bike](https://sunpeaksresort.com/bike)



  [sunpeaksbikepark](https://www.instagram.com/sunpeaksbikepark)



### Kamloops E Ride

Kamloops E Ride is a super center of electric bike sales, service and support. The largest and best selection of electric bikes from around the world! Visit us to test ride and buy your bikes and electric bikes from our huge in stock inventory.

236.425.2500 | [kamloopseride.com](https://kamloopseride.com)

 [kamloops e ride](https://www.facebook.com/kamloops_e_ride)  
 [kamloops\\_eride](https://www.instagram.com/kamloops_eride)



Spread over 26 hectares, the Kamloops Bike Ranch or "The Ranch" is the most technically advanced and largest municipal bike park in Canada. It's an iconic part of Kamloops' mountain bike scene with diverse trails, a jump park, skills park, and stadium lighting. It has evolved into a premier sporting venue equipped to host regional and national level racing events.

Kamloops has a worldwide reputation in the sport of mountain biking. For many years, Kamloops' hills and riders have been featured in adrenaline and gravity rushing films such as "Pulp Traction" and "Cranked". Our unique climate, terrain, and variety of riding that can be found have already attracted riders from all over the globe.

**Find it at 1105 Highland Road**



# IT'S PAR-TEE TIME!

From shorelines to cliff sides, Kamloops' distinct environment will suit any golfer, while presenting a unique challenge for all skill levels. You can swing without crowds, the dress code is relaxed and the vibe is friendly. Golfers are passionate in Kamloops for good reason.

Mary Fulham



Andrew Penner



Andrew Penner

## Tobiano Golf Course

On the 7th hole of Tobiano Golf Course, intrepid golfers attempt to make a daunting tee shot over a vast canyon. Golf does not get much more exhilarating than this. Located on the site of the historic Six Mile Ranch, Tobiano offers exceptional golf in a unique setting. Nestled in the bluffs above Kamloops Lake, each hole offers exquisite views of the canyons and clear blue lake. Expect a golf course that is dramatic, picturesque and exciting.

1.877.373.2218 | [tobianogolf.com](http://tobianogolf.com)

[f](#) [@](#) [tobianogolf](#)

## Talking Rock Golf Course

The pride of the Little Shuswap Nation has rapidly become a mature and world-renowned course with a high level of play that leaves golfers eager to return. In fact, both novice and advanced players will discover many unique challenges.

Adjacent to Little Shuswap Lake, this course meanders through a mature, sandy forest and finishes with a spectacular 18th hole along the shoreline of Little Shuswap Lake. Views from the upper holes are breathtaking. Be sure to bring your camera; panoramic views are available in all directions.

250.679.3090 | [quaaoutlodge.com/golf](http://quaaoutlodge.com/golf)

[f](#) [quaaoutlodge](#)  
[@](#) [talkingrockgolf](#)

**BOOK  
NOW!**

Golf Packages at  
[golfkamloops.com](http://golfkamloops.com)

**golfkamloops**  
BRITISH COLUMBIA





### Bighorn Golf & Country Club

Bent grass fairways, natural sand dunes and contoured greens meander through a community and are surrounded by fragrant sagebrush. This par 71, course has five tee boxes providing golfers of all skill levels challenge in their game. Golf, dine and perhaps encounter some of our resident big horned sheep.

250.571.7888 | [golfbighorn.ca](http://golfbighorn.ca)  
 f @ bighorngolfkamloops



### Kamloops Golf & Country Club

A par 72 Championship course, was redesigned to include the installation of new bent grass greens and fairways. In maintaining the rolling fairways framed with mature trees, the course is characterized by its easy walking, park-like setting.

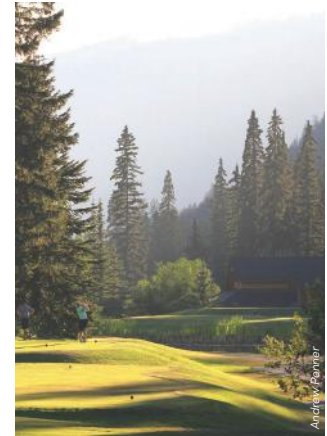
250.376.8020  
[kamloopsgolfclub.com](http://kamloopsgolfclub.com)  
 f kamloopsgolfandcountryclub  
 @ kamloopsgolfcc



### The Dunes at Kamloops

Wild fescue and wheat grass line the meticulously maintained greens. The Dunes boast 6,973 yards of playable course with the choice of four tees. Regardless of skill, the team at The Dunes looks to make every experience incomparable from start to finish.

250.579.3300  
[golftthedunes.com](http://golftthedunes.com)  
 f @ dunesatkamloops



### The Golf Course at Sun Peaks

Sun Peaks Resort offers golfers a one-of-a-kind golf vacation. A scenic 45-minute drive from Kamloops, Sun Peaks' 18 hole, par 72 course is centered along the valley floor amongst the three surrounding mountains. The 6,400 yard course is BC's highest elevation course.

1.855.574.5474  
[sunpeaksresort.com/golf](http://sunpeaksresort.com/golf)  
 f @ sunpeaksresort



### Eaglepoint Golf Resort

Located amongst the sandy hills east of the city, Eaglepoint is one of the area's most attractive courses featuring open, rolling terrain, and spectacular views at every turn. Each hole is unique, inviting players to take a moment to pause and reflect on the task at hand.

250.573.2453  
[eaglepointgolfresort.com](http://eaglepointgolfresort.com)  
 f @ eaglepointgolfresort



### Rivershore Golf Links

Honest, fair and generously bunkered, this par 72, Robert Trent Jones Sr. links-style course is positioned at the foot of sagebrush covered hills which offer an uncommonly beautiful backdrop to an unforgettable golfing experience.

250.573.4622  
[rivershoregolflinks.com](http://rivershoregolflinks.com)  
 f rivershoregl  
 @ rivershoregolflinks



### Mt. Paul Golf Course

Enjoy the exceptionally maintained par 32 executive course. Just minutes from downtown, this course includes a driving range with 22 covered stalls, restaurant, rental carts, and clubs.

The Pro Shop is well stocked with the latest in brand name equipment and the experienced staff will help get you outfitted with gear best suited to your needs. Inquire about club membership and get expert advice from one of our CPGA pros about your game. Whether you're looking to hit the links at dusk or dawn, you'll find your tee times here.

250.374.4653 | [mountpaulgolf.com](http://mountpaulgolf.com)  
 f mtpgolfcourse  
 @ mtpaulgolfcourse





# MAKE A SPLASH

Located at the convergence of two major rivers and surrounded by lakes, Kamloops has water sports and activities for all ages. So paddle, swim, boat or cast a line on one of Kamloops' 100+ fishing lakes.

### Riverside Park

Located downtown on the South Thompson River, Riverside Park holds the top spot in the summer and shoulder seasons for beach access. The beach has a playground, waterpark, tennis and pickleball courts, lawn bowling, and marked swimming areas. In July and August, it's the home of Music in the Park with free live music every night.

### Kamloops Lake

The biggest body of water 15 minutes west of Kamloops on Highway 1. With Bruker Marina & Beach Club right on Kamloops Lake, it makes it easy to enjoy a day on the water.

### Pioneer Park

A short walk down the Rivers Trail from Riverside Park, this locals' favourite park has change rooms, washrooms, picnic tables, and park benches. It's also a great beach for volleyball or playing fetch with your dog.

### Overlander Park Beach

Located on the North Shore where the North and South Thompson Rivers meet, Overlander Park Beach is the largest in Kamloops, dog friendly, and perfect for the family. It's also great for skimboarding and beach volleyball.

### Paul Lake Provincial Park

A popular day-use area 30 minutes from Kamloops. Home to a beach and cartop boat launch. This lake is popular for kayaking and stand-up paddleboarding.

### Lac Le Jeune Provincial Park

Located just 30 minutes from Kamloops, the day-use area at this park features 146 meters of sandy beach for swimming but is also a perfect spot to launch your water craft. The park has a designated boat launch and fishing dock.



### Bruker Marina & Beach Club

Bruker Marina features a public boat launch, and beach area, a fuel dock, convenience store, and various motor-sport and water rentals. The beach, boat launch, and play area are open to everyone, with a daily fee that includes parking. The marina is open from May 1st until October.

250.852.1419 | [burkermarina.com](http://burkermarina.com)  
f @ [bruker\\_marina\\_beach\\_club\\_](https://www.instagram.com/bruker_marina_beach_club_)

Patric Olsen



# TOP PADDLE SPOTS

## Kamloops Lake

**Launch Point:**  
Bruker Marina at Tobiano, Savona, or Cooney Bay on Kamloops' North Shore.

## Paul Lake Provincial Park

**Launch Point:**  
West end of the lake or from the day-use parking area.

## Lac Le Jeune Provincial Park

**Launch Point:**  
Anywhere along the day-use parking area.

## McConnell Lake

**Launch Point:**  
Gravel boat launch in the parking area.



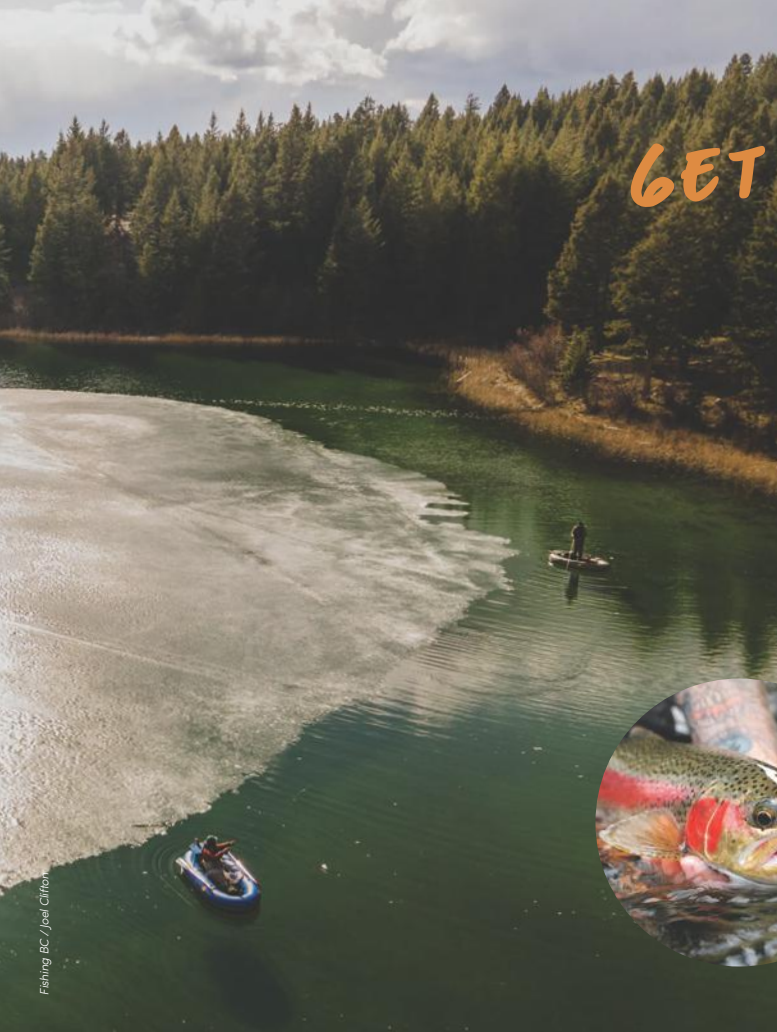
Kathryn McLaren

# GET HOOKED

Fishing in Kamloops is available year-round with spring and fall months offering the most consistent open water fishing options. Good fishing is also available during the warm summer months at higher elevation lakes, and early winter provides great ice fishing conditions as the fish are still actively feeding.

Many lakes receive annual stockings of Rainbow Trout, Brook Trout and Kokanee while several large lake systems including Shuswap, Adams and Kamloops Lake are home to wild stocks of Rainbow Trout, Bull Trout, Lake Trout and Kokanee.

Come cast a line on trophy stillwater and experience some of the BC Interior's best fishing.



Fishing BC / Joel Clifton



Benjamin Lueder



Fishing with Pech



# UP TO SNOW GOOD



Reuben Krabbe

Carve into champagne powder or cross-country ski by moonlight. Pedal your bike through winding trails, venture by snowshoe to parts unexplored, or strap on your ice skates for a friendly game of shinny. There's snow much fun within a one-hour drive of the city.

## Resort & Ski Areas

Winter snowfall in the Kamloops region is renowned for being light, dry, and powdery. From mid-November to mid-April, skiers and snowboarders have a variety of terrain ranging from beginner greens to double black diamonds at Harper Mountain and Sun Peaks Resort. The long ski season, accessibility to local mountains, and affordability makes Kamloops a popular destination for downhill skiing and snowboarding.

## Harper Mountain

This small-scale ski resort has nostalgic charm. Just a short drive from Kamloops, this family-friendly hill includes a lift operated tube park, ski & snowboard terrain park, nordic and snowshoe trails. Shred some laps after work and go night skiing from Thursday to Saturday 5pm to 9pm. Warm up by the bonfires or enjoy the locals' favourite mulled wine inside the lodge.

250.573.5115 | [harpermountain.com](http://harpermountain.com)

[f](#) [@](#) harpermountain



Mary Yip

A LOCAL GEM

## Snowshoeing

From mid-December to the end of March, the hills around Kamloops are blanketed in snow providing dozens of trails to snowshoe. Pack a thermos and make a day out of it or break in a snowy trail one afternoon under sunny skies.

Enjoy panoramic views within city parks including Kenna Cartwright Park and Peterson Creek Nature Park. Both have trails for every experience level.

Lac Le Jeune and surrounding areas are a popular spot for snowshoers. Diverse trails follow around lakes including McConnell Lake, Walloper Lake, Bush Lake, and Dogwood Marshes.

Upload on the chairlift or snowshoe your way to the top to enjoy views of the Thompson Valley at Harper Mountain.

Stake Lake Trails offer a great family-friendly destination with over 13 km of trails. Dogs are welcome in some areas. Rentals are available.



Tamra Jaeger





**Cross-Country Trails**

Kamloops is home to a network of renowned cross-country ski trails for beginners to experienced skiers. Visit Stake Lake Trails, Harper Mountain and Sun Peaks Resort to explore the pristine trails.



**Winter Biking**

As the birthplace of freeride mountain biking, Kamloops makes riding outdoors year-round a reality. Fat biking and winter biking have gained popularity and there are a couple of riding areas to choose from if you want to see what it's all about.

Conveniently located within city limits, Kenna Cartwright Park offers accessible and natural trails, making it a top spot for winter biking. Keep in mind that the trails aren't groomed so you will be riding on fresh or packed snow.

**Ice Skating**

The winter months are the perfect time for ice skating with friends and family. Experience one of Canada's iconic winter activities and skate outside on a frozen lake or rink.

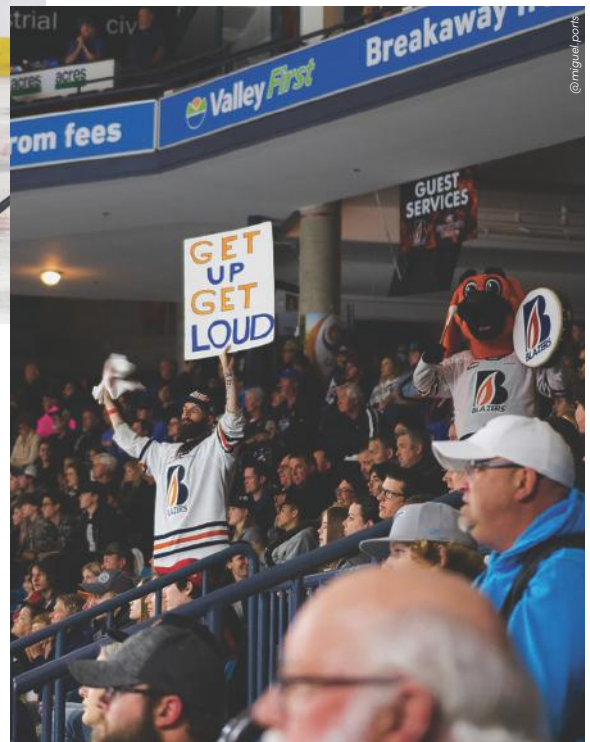
Glide on popular frozen lakes such as Inks Lake, Albert McGowan Park, and Little Heffley Lake. Follow ice safety and stay off the ice if conditions aren't great. Skate indoors at one of the city operated arenas. Visit [kamloops.ca](http://kamloops.ca) for scheduled times and locations.



**Kamloops Blazers**

Catch WHL Hockey action at the Sandman Centre starting at the end of September. Watch as these potential NHL prospects play against teams such as the Vancouver Giants, Kelowna Rockets, Prince George Cougars, and Victoria Royals. Kamloops will host the 2023 Memorial Cup presented by Kia.

[blazerhockey.com](http://blazerhockey.com)  
 f @ blazerhockey





# FIRST PLACE FOR SECOND HELPINGS

With a long growing season, Kamloops has several restaurants and cafes that serve locally grown food. From casual family restaurants to lively pubs and fine dining, there's a place for every occasion.

## Moon Wok Chinese Restaurant

Take a trip to the moon for your favourite Chinese dishes. Made fresh to order, Moon Wok Chinese Restaurant makes it easy to eat well. With three convenient locations in Kamloops, this family-owned restaurant strives to provide only the freshest ingredients without the use of MSG. Vegetarian and gluten-free menu options are available.

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

[f](#) [@](#) moonwokchineserestaurant





## Shark Club Sports Bar

Located across from the beautiful Riverside Park, the Shark Club is your HQ for good food and good times in Kamloops. Catch all the games and special events while enjoying an ice-cold beer, or catch up with friends over a hand-crafted cocktail and delicious appies.

250.852.6700 | [sharkclub.com](http://sharkclub.com)

[f](#) [@](#) sharkclubkam



## Masons Kitchen & Bar

Masons Kitchen & Bar at Bighorn Golf Course is one of the premier Kamloops restaurants, boasting spectacular views of Kamloops, the valley, the Thompson River and surrounding hills.

Rustic and elegant, with a mountain lodge feel to it, Masons also offers two spectacular patios, a beer garden and vibrant lounge.

250.828.9404 | [masonskitchen.ca](http://masonskitchen.ca)

[f](#) masonskitchenbarkam

[@](#) masonskitchenkamloops

## Moxies

Moxies offers everything from handcrafted dishes to signature cocktails and award-winning hospitality. Drawing inspiration from his experience in a Michelin-recognized restaurant and designing the menu for the James Beard House Canada 150th celebration, Executive Chef Brandon Thordarson delivers culinary excellence under a commitment to the craft of cooking and the personal mantra, "if it isn't right, it doesn't leave the kitchen." Chef Brandon has created an entire menu of artfully crafted, fresh flavours exclusive to Moxies. All served in a captivating ambiance by a team dedicated to making Moxies the best part of your day.

250.852.6710 | [moxies.com](http://moxies.com)

[f](#) moxies.kamloops

[@](#) moxies



## Cordo Resto + Bar

Cordo looks to celebrate the unique and beautiful region and the bounty it offers. They focus on supporting an exceptional menu with quality, prompt and accommodating service, enhancing the overall experience. The Mixologists are innovators, constantly creating new and interesting crafted cocktails with house-made bitters and infused syrups not found anywhere else.

778.471.8035 | [cordorestobar.com](http://cordorestobar.com)

[f](#) [@](#) cordorestobar



### Scott's Family Diner

Open daily for breakfast, lunch, and dinner, find the perfect meal to fit any craving at Scott's Family Diner. Providing home-cooked meals made from the freshest ingredients daily. Whether your craving is for a hearty breakfast or a signature entrée, they can satisfy any appetite with the generous portions. Vegan & gluten free options are available.

250.372.8221 | [scottsfamilydiner.ca](http://scottsfamilydiner.ca)

 [scottsinnkamloops](https://www.facebook.com/scottsinnkamloops)

 [scottsinnkamloops1](https://www.instagram.com/scottsinnkamloops1)



### Salty Fig Catering

Salty Fig Catering is a "Salt of the Earth," full-service catering company where local purveyors are honoured and used whenever possible. Specializing in artisan charcuterie and grazing boards, Salty Fig Catering's creative and custom menus are available for weddings, corporate events, and private functions.

604.290.4237 | [saltyfigcatering.com](http://saltyfigcatering.com)

  [saltyfigcatering](https://www.facebook.com/saltyfigcatering)

### Harvest by Nandi

Nandi's new restaurant in downtown Kamloops focuses on using fresh local ingredients for an unforgettable experience. Using local breads, vegetables, meats, cheeses, and microgreens, they strive to create something unique for customers. Harvest by Nandi is the new home of Nandi's famous Indian food that you can't find anywhere else. They also have the largest selection of BC wines in the region, craft beers on tap, and a list of signature cocktails designed in house using local ingredients.

250.851.0026 | [harvestbynandi.ca](http://harvestbynandi.ca)

  [harvestbynandi](https://www.facebook.com/harvestbynandi)



### Isagani

Opened in the fall 2022 at the Prestige Kamloops Hotel, this family friendly farm-to-table restaurant is a brand new dining experience in Kamloops. Isagani features a fresh menu using locally sourced ingredients, and serving local brews, custom cocktails, and BC wine.

250.372.0987 | [isagani.ca](http://isagani.ca)

 [isaganikamloops](https://www.facebook.com/isaganikamloops)



### K'wese'Itken Farmer's & Artisan Market

Entering its third year, the K'wese'Itken Farmer's and Artisan Market is hosted at the Tk'emlúps te Secwépemc Powwow Arbour. Meaning "relatives" in the Secwépemc language, this market brings an authentic cultural experience to Kamloops. Visitors will find traditional foods, medicines, and handmade artisan products, as well as fresh meats, eggs, fruits, vegetables, and much more every week. The space is welcoming to all and offers a unique, lively atmosphere with drum circles, singers, and other live performers.

[cfdcofcifn.com/farmers-market](http://cfdcofcifn.com/farmers-market)

 [kweseltken](https://www.facebook.com/kweseltken)

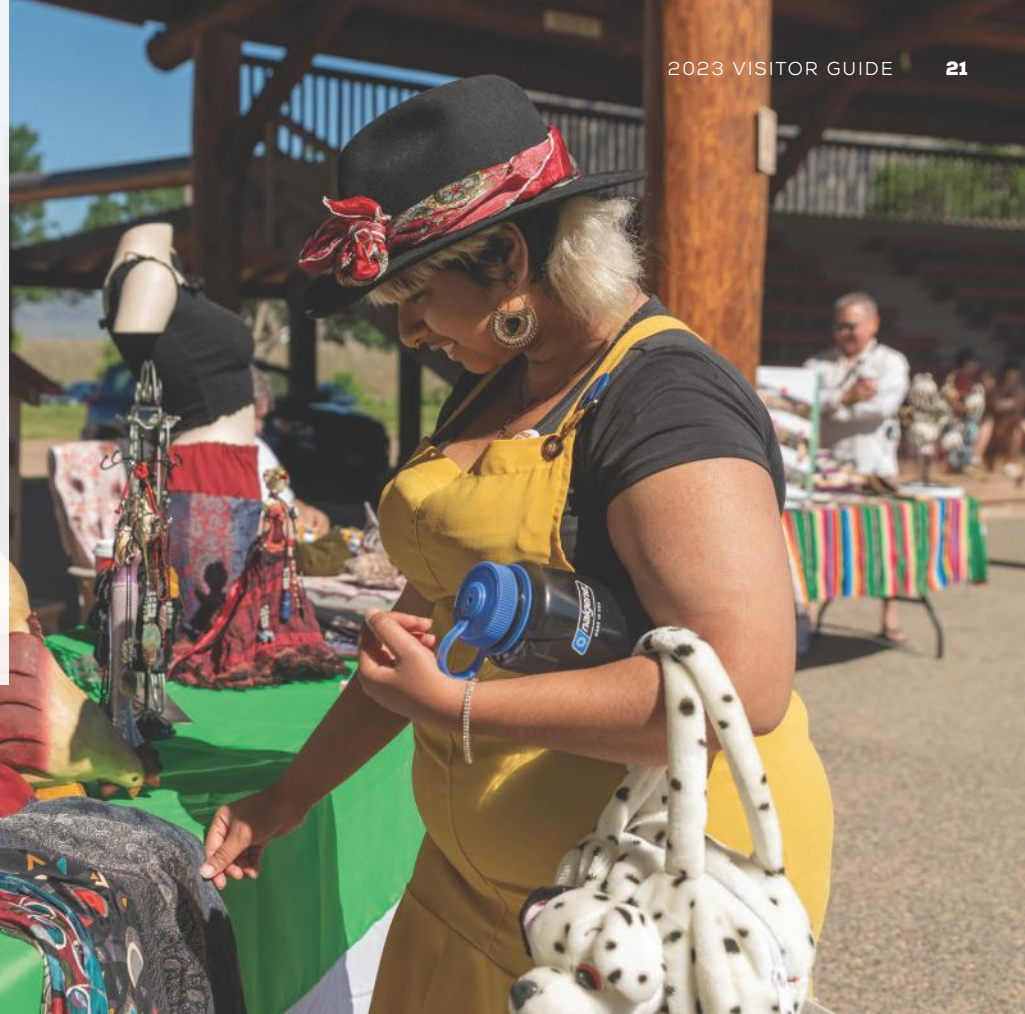


Photo: Oleson



### Spice India Cuisine

Come hungry and feast on authentic North Indian flavours. Proudly serving Kamloops since 2009, Spice offers something for everyone with gluten-free, vegan, vegetarian, and lactose-free menu items.

250.376.4444 | [spicekamloops.com](http://spicekamloops.com)

 [spice.india.cuisine](https://www.facebook.com/spice.india.cuisine)

 [spicekamloops](https://www.instagram.com/spicekamloops)

### Fresh is Best Salsa & Co.

Locally grown and operated since 1999. Manufacturing a line of fresh salsas, fresh specialty dips, tortilla chips, taco shells, and hot sauces. Taste the difference freshness makes. Visit the factory store or find products in local grocery stores.

250.377.7555 | [freshisbest.ca](http://freshisbest.ca)

 [freshisbestfactory](https://www.facebook.com/freshisbestfactory)

 [freshisbestkamloops](https://www.instagram.com/freshisbestkamloops)

**MADE LOCAL**







SWIRL AROUND THE  
**KAMLOOPS  
WINE TRAIL**

Royce Shih



Set amongst the beauty of the Thompson River Valley our family-owned wineries are producing stunning cool climate wines that further define the story of this extraordinary place. Located just north of the 50th parallel this exciting wine destination offers award-winning wines in a relaxed, more personable setting. From outdoor picnics to patio lunches, vineyard tours to guided tastings, we have it all.

[kamloopswinetrail.com](http://kamloopswinetrail.com)  
 f @ kamloopswinetrail



**Harper's Trail Winery**

Harper's Trail Winery is framed by the dramatic landscape of mysterious hoodoo formations, rolling hills of sage and the pristine South Thompson River. A visit to the winery and expansive picnic patio is as much a visual experience as it is a tasting sensation.

250.573.5855  
[harperstrail.com](http://harperstrail.com)  
 f @ harperstrail

**Monte Creek Winery**

Situated on the biodiverse 1,200-acre property just a 10-minute drive outside the city of Kamloops, Monte Creek offers guests a breath-taking view of the South Thompson River Valley overlooking 75 acres of vines. The tasting room is open year-round, welcoming visitors to taste, shop, dine, or host private events.

250.573.5399  
[montecreekwinery.com](http://montecreekwinery.com)  
 f @ montecreekwinery

**Privato Vineyard & Winery**

Crafting the best of small lot Burgundian styled wines in an intimate boutique setting. Enjoy a barrel room tasting or sip and savour as you stroll the magnificent event gardens. Be sure to visit Woodward Cider Co. which is also located on property.

250.579.8739  
[privato.ca](http://privato.ca)  
 f @ privatowine



# SOMETHING'S BREWING

The Kamloops craft beer scene is small but it packs a punch. With five micro-breweries, it's that much easier to check them all off your list, and maybe even loop back to your favourites! Why not, eh? After you drink (and eat) your way through our five micro-breweries, stop by one of the local cideries or distilleries for a sip of something with more heat than the August sun.



## Red Collar Brewing Co.

You get a two for one deal at Red Collar Brewing since it's also the home of Gin Lane Distillery. This 80-seat tasting room with an outdoor patio space, was named after the red collar their late labrador Goosey always wore. Red Collar creates dozens of European-influenced brews annually which are sold in house and into pubs and liquor stores across the province. The taproom is open to fur and human children as long as they're accompanied by an adult.

778.471.0174 | [redcollar.ca](http://redcollar.ca)

[f](https://www.facebook.com/redcollarbrewery) [@](https://www.instagram.com/redcollarbrewing) redcollarbrewery

## Bright Eye Brewing

Come for the brunch, stay for the beer. Located on the North Shore, Bright Eye Brewing has an imaginative kitchen menu and innovative variety of beers served right from the tanks they were made in. Grab a pint and watch the game in the newly opened lounge area, or play a few old arcade classics in the Brewcade. All ages are welcome, as long as they're accompanied by an adult.

250.312.1702  
[brighteyebrewing.com](http://brighteyebrewing.com)  
[f](https://www.facebook.com/brighteyebrewing) [@](https://www.instagram.com/brighteyebrewing) brighteyebrewing

## Iron Road Brewing

This award-winning brewery crafts delicious, balanced beer that locals love, and the menu makes it feel like Taco Tuesday seven days a week. Stop by the family-friendly taproom for a pint and nachos, and check out the brewing process up close and personal. And don't forget to try a churro! You won't be disappointed.

778.765.8160  
[ironroadbrewing.ca](http://ironroadbrewing.ca)  
[f](https://www.facebook.com/ironroadbrewing) [@](https://www.instagram.com/ironroadbrewing) ironroadbrewing

## Woodward Cider Co

Kamloops' first craft cidery. Woodward Cider Co.'s small-batch ciders are engineered to perfection using only BC apples. Only 20 km from town, and also located at Privato Winery, the tasting room offers fun for the whole family. Kick back and relax with a flight or challenge your family to a game of cornhole. Children and furry friends are welcome.

250.579.8739  
[woodwardciderco.ca](http://woodwardciderco.ca)  
[f](https://www.facebook.com/woodwardciderco) [@](https://www.instagram.com/woodwardciderco) woodwardciderco

**DON'T MISS**

**Southern Interior Ale Trail**  
 Discover the trail at [bcaletrail.ca](http://bcaletrail.ca)



# EXPLORE DOWNTOWN

Whether you are looking for fantastic shopping, a great place to eat, fun activities to partake in or places to stroll, Downtown Kamloops has something for everyone. We are proud of our community and invite you to experience the vibrant arts and cultural scene, exciting and diverse business district, beautiful tree-lined streets and restored heritage buildings.

## DOWNTOWN KAMLOOPS

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

Jenny Biermen

## LOCAL HOTSPOTS



### Underbelly by the Pig

Locally owned and operated modern casual restaurant in the heart of downtown Kamloops. Featuring seasonally influenced Mediterranean cuisine that pair with craft cocktails, local wines and inspired brews.

120 Fifth Avenue



### Brownstone Restaurant

Set in the historic 1904 Canadian Bank of Commerce building, the Brownstone's ambiance is warm and elegant, never stuffy. The seasonally changing menu boasts innovative flavours made with local ingredients.

118 Victoria Street



### Mittz Kitchen

An upscale casual dining experience, the kind of place you will just want to hang out at and partake in some libations, crushed grapes and tasty grub. Their menu could be described as Canadian cuisine with local ingredients and global influences.

227 Victoria Street



**Main Street Clothing**

A family-run lifestyle and retail store for men and women since 1999. They source the latest fashion with a desire to keep the atmosphere young and innovative.

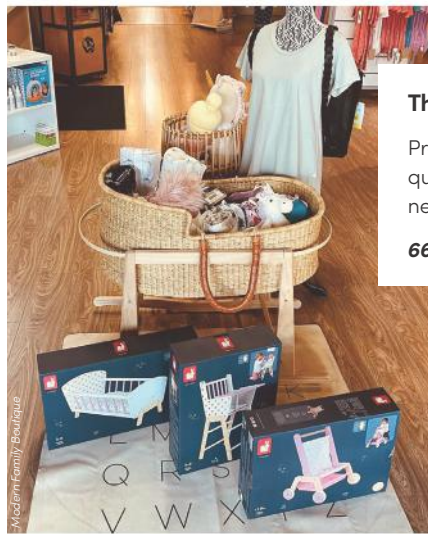
**221 Victoria Street**



**Far & Wide**

A neighbourhood shop featuring home and lifestyle goods that focuses on stocking small Canadian makers and artists, and other carefully chosen products including plants and vintage.

**353 Victoria Street**



**The Modern Family Boutique**

Providing the best selection of quality brands for pregnancy, newborns and children up to 10.

**665 Victoria Street**

**Jardines Domaine Home**

Kitchen, bath, body, bar, and home decor. Everything to make your home a masterpiece.

**241 Victoria Street**



**Brynn's Bakery**

Made-daily artisan baked goods made with local ingredients. Brynn's Bakery offers a variety of bread, cakes and artisan treats.

**424 Victoria Street**



**Hello Toast**

A popular, funky, bustling breakfast and lunch restaurant in downtown Kamloops. Open seven days a week for a sweet or savoury all day breakfast or for delicious home created, home cooked lunch plates.

**428 Victoria Street**



**Klasske's Bistro**

Home of the donair! Try their signature Halifax donair or chicken shawarma. This family-run restaurant uses authentic donair beef, perfectly spiced and tender, while sourcing seasonally fresh toppings, cheese, and meat from local producers.

**301 Victoria Street**



# EXPLORE OUR CREATIVE SIDE



Kamloops’ diverse arts and culture scene will surprise you—but in the best possible way. With art galleries, live music, theatre, outdoor festivals and more, there are always sights to see and stories to be shared. Learn about the history of the region and its first peoples—the Tk'emlúps te Secwépemc—browse art galleries, visit museums and peruse the works of local artisans at Kamloops’ many shops and outdoor markets. You’ll also want to check out Kamloops’ self-guided tours showcasing street art, murals, and heritage buildings.



## DID YOU KNOW?



The Kamloopa Powwow is the largest gathering of Indigenous culture in Western Canada



### Kamloops Art Gallery

The Kamloops Art Gallery offers inspiring, provocative, and transformative art experiences of national calibre. Located in Secwepemcúl'ecw, it is the largest art gallery in the Interior of British Columbia and boasts a collection of over 3,000 works of art. With more than 12 exhibitions every year, along with a Gallery Store that promotes the work of diverse artists, the Gallery offers engaging, accessible, and affordable experiences including talks, tours, and studio-based programming for people of all ages and abilities.

250.377.2400 | [kag.bc.ca](http://kag.bc.ca)

 [kamloopsartgallery](https://www.facebook.com/kamloopsartgallery)  
 [kamloopsgallery](https://www.instagram.com/kamloopsgallery)

Alisa Henry - Mikesing - Photo: Kim Aouasson

Mary Puhnam





Kelly Funk Photography

### Kamloops Museum and Archives

The KMA is a place where Kamloops' history is shared in the light of the present. The Museum works 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 our Archives.

250.828.3576 | [kamloopsmuseum.ca](http://kamloopsmuseum.ca)  
 f @ kamloopsmuseum



### Western Canada Theatre

For over 45 years, Western Canada Theatre (WCT) has cultivated a vibrant local arts community in Kamloops as the region's renowned professional theatre company. Each year, WCT produces spectacular professional productions ranging from classic musicals to family programming, entertaining and poignant plays, new Canadian and Indigenous work, as well as many special events and performances.

250.374.5483 | [wctlive.ca](http://wctlive.ca)  
 f @ wctlive

Photo of The Wizard of Oz CAST (2022) | Director JAMES MacDONALD | Choreographer TRACEY POWER | Set Design NARDA McCARROLLI | Costume Design STEPHANIE KONG | Lighting Design JOHN WEBBER | Scenic Painter HANS SAEFKOW | Photo by BARBARA ZIMONICK



Dylan Sheppard

### Kamloops Film Society

The Kamloops Film Society aims to bring the best in independent, Canadian and foreign cinema to Kamloops. Catch a flick at the old Paramount Theatre downtown, visit the Twin Rivers Drive-In in the summer months or attend one of their annual film festivals.

236.425.3456 | [thekfs.ca](http://thekfs.ca)  
 f kamloopsfilm  
 @ kamloopsfilmsociety

## INSTAGRAM WORTHY MURALS



Rachel Lewis



Jonny Bierman

### Homage to the Leland Hotel

by Evan Christian, 301 Victoria Street

This mural was designed to celebrate the history of the Leland Hotel. Built in 1905, but met its end in flames in 1980.

### Underwater Scene

by Kelly Wright, 347 Victoria Street

The concept for this mural is to make the viewer feel surrounded by the multiple dimensions of the walls. Note: the sun is coming through the water surrounding the mermaid.

### No Parking

by Kelly Wright, 258 Seymour Street

During the Downtown Block Party, the community was invited to throw water balloons filled with paint at the wall. Afterwards, the artist used the colours as fill for the beautiful grizzly bear.

### The Films On My Mind

by Evan Christian, 503 Victoria Street

Featuring scenes from films played at the Paramount. The mural is meant to show people recalling these scenes that stuck with them, which is why it fades from a person's face to the movies depicted.

### The Winking Man

by Zach Abney, 322 Seymour Street

This piece explores the gaze as a form of wordless expression. Body language expresses so much before words become a part of the equation. A brief glance conveys so much emotion – from happiness and joy, to sadness, grief, and pain.

EXPLORE YOUR WAY

Discover back alley art murals public art & heritage building self-walking tours here.



FIND EVEN MORE

# TODO

Kamloops has what you crave, just without the crowded sidewalks, packed trails or busy traffic. So come as you are, embrace the rush of a wrong turn or two, and let curiosity be your compass.

DISCOVER  
OUR PARKS



MCARTHUR ISLAND  
Dylan Sherrard



## Zaaz Eatery & Play

Zaaz is a unique, custom-built, indoor imaginative play village for children or “Bugz” ages 0-12, and their families. Zaaz features over 7,500 square feet of unique, safe, clean play zones, a gift shop, a 24-seat eatery with nutritious in-house meals, beverages and snacks served fresh from our on-site kitchen.

Engage with your Bugz' development like never before and watch their imaginations, personalities, and selfhood flourish! Play, where the Bugz get to lead with no pressures, will draw out their ideas, intentions, aspirations, preferences, wants and wishes in Zaaz's welcoming, community-based environment.

778.538.9229 | [zaazplay.ca](http://zaazplay.ca)

[zaazeateryandplay](https://www.facebook.com/zaazeateryandplay)

[zaazeateryplays](https://www.instagram.com/zaazeateryplays)





### BIG Little Science Centre

With over 140 different hands-on science exhibits, everyone can indulge their passion for science in our wonder-filled Exploration Room.

Participate in the fantastic shows, labs, clubs, camps, events and special exhibits. Explore and discover fun science year round.

250.554.2572 | [blscs.org](http://blscs.org)

 [biglittlesciencecentre](https://www.facebook.com/biglittlesciencecentre)

 [biglittlescience](https://www.instagram.com/biglittlescience)



### Cleavage Axe Co.

If you've never hurled an axe, a group looking for something truly memorable and fun for a special event or corporate function or you're a veteran timber sportsman who wants to sharpen their skills, Cleavage Axe Co. will forge that unforgettable axe-perience for you or your group.

Established with pure intention to bring people together in a fun, exciting and interactive space and give our guests the chance to axe-perience the most Canadian fun you'll have in Sun Peaks.

604.347.7254 | [cleavageaxeco.com](http://cleavageaxeco.com)

  [cleavageaxeco](https://www.instagram.com/cleavageaxeco)

Explore. Enjoy. Shop at **Aberdeen Mall**

250.374.3400 | [aberdeenmall.ca](http://aberdeenmall.ca)

  [aberdeenmall](https://www.instagram.com/aberdeenmall)



### BC Wildlife Park

The BC Wildlife Park is a wildlife park and rehabilitation centre for orphaned and injured wildlife. Connecting people to BC's wildlife and wild spaces; view some of British Columbia's most iconic wildlife including Kermode (Spirit Bear), grizzly and black bears, cougars, raccoons, elk, birds of prey, a badger, and more! Join us for animal encounters, feed talks, guided tours, bird of prey flight demonstrations\*, a ride on the miniature train\*, and more. Wild Times Await You!

*\*Seasonal*

250.573.3242 | [bcwildlife.org](http://bcwildlife.org)

  [bcwildlifepark](https://www.instagram.com/bcwildlifepark)







### Tumbleweed Toys

Inspiring play, creativity and learning for all ages, Tumbleweed Toys is an award-winning locally-owned and operated family business and specialty toy shop in Kamloops.

Specializing in toys that capture imaginations, educate and provide a real advantage and purpose in children's lives.

They also carry gifts, puzzles and board games for the adults too. Tumbleweed Toys is Kamloops' premiere gift destination.

250. 372.3500 | [tumbleweedtoys.ca](http://tumbleweedtoys.ca)

  [tumbleweedtoys](https://www.facebook.com/tumbleweedtoys)



### Sunmore Ginseng Farm & Factory

As a leader in ginseng manufacturing business in North America, Sunmore offers consumers a full range of value-added North American ginseng products.

Sunmore operates tours on their one-hectare property including facility and ginseng farm in Kamloops, British Columbia. It is the only facility of its kind in North America.

250.374.3017 | [sunmoreginseng.com](http://sunmoreginseng.com)

  [sunmoreginsengcanada](https://www.facebook.com/sunmoreginsengcanada)







# CRUISE THE RIVERS TRAIL



Dylan Sheppard

What makes Kamloops' North Shore so unique is the relaxed, neighbourly attitude. There is a renaissance underway on the North Shore, where you will find all of the traditional offerings mixed with eclectic and fun experiences.

Discover one-of-a-kind finds at secondhand stores, a diverse range of global cuisine types, and some of Kamloops' best brews and coffee.

For those looking to get active, walk or bike along the Rivers Trail or visit McArthur Island Park, which features a large sports centre, skatepark, baseball stadium, sports fields, and a free mini golf course (but bring your own ball and putter).

When out on your next adventure, stop on the Shore and experience the good life of family, friends, and fun.

  [exploreourshore](#)



Christine Nicole Photography



Dylan Sheppard



GET  
SOME

Zzz's

Let Kamloops be your base for adventure with over 50 accommodation choices from boutique hotels to budget motels. No matter the activity, you'll find a comfortable place to get a good night's sleep.



### The Hue Hotel

The newly-built Hue Hotel, Ascend Hotel Collection® is an all-suites boutique hotel with easy access to the mountain peaks and ski slopes surrounding Kamloops. The Hue is also a great Cascades Casino hotel for those eager to hit the tables after a day on the slopes.

778.471.1411 | [choicehotels.com](http://choicehotels.com)

 [thehuehotel](https://www.facebook.com/thehuehotel)

 [thehuehotelkamloopsbc](https://www.instagram.com/thehuehotelkamloopsbc)

@gofscymbo

### Delta Hotels by Marriott Kamloops

Experience the best in streamlined travel at Delta Hotels Kamloops. Their renovated downtown hotel has been thoughtfully designed with the essential needs of a frequent traveler in mind. The spacious hotel rooms and suites offer premium bathrooms, plush bedding, inspiring workspaces and free Wi-Fi. For relaxation, the hotel offers a state-of-the-art fitness center featuring a 24-hour gym and a heated rooftop pool with cabana seating.

After a busy day in downtown Kamloops, relax in the restaurant and bar with freshly-prepared dishes inspired from all corners of Canada, and indulge in a drink from our wine library or a craft beer. Those looking to host a special event or meeting in Kamloops, can take advantage of the hotel's versatile event venues, including the largest event space in the city.

The hotel also offers business facilities, delicious catering, and expert planning services to ensure an occasion to remember. Delta Hotels Kamloops looks forward to welcoming you.

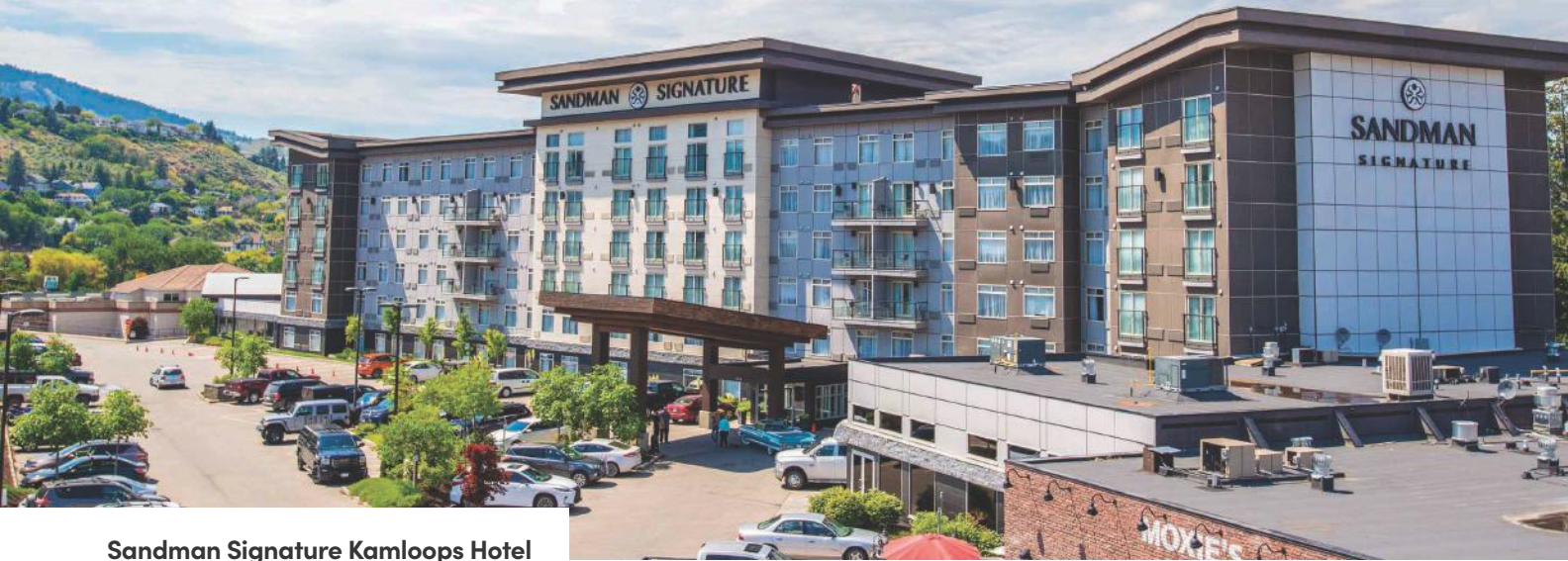
250.372.2281 | [marriott.com/ykade](http://marriott.com/ykade)

 [deltamarriottkamloops](https://www.facebook.com/deltamarriottkamloops)

 [deltakamloops](https://www.instagram.com/deltakamloops)







### Sandman Signature Kamloops Hotel

When you're in town, Sandman Signature Kamloops wants you to experience an elevated and comfortable stay. Stylishly designed with you in mind, they offer comfort with 202 premium rooms, including 100 suites. Perfectly located in the heart of downtown and right across the street from the Sandman Centre, home of the Kamloops Blazers of the WHL.

Every design element and amenity ensures that you not only feel looked after but that you enjoy yourself—whether you're here for business or leisure. For some downtime, lounge by the pool, soak in the hot tub or reach your daily goals in the modern fitness centre.

For that casual dining night out, stay on-site, and we'll pull up a chair for you at Moxies, or you can watch a game at Shark Club Sports Bar & Grill.

250.377.7263 | [sandmanhotels.com/signature-kamloops](https://sandmanhotels.com/signature-kamloops)

 [sandmanhotelgroup](https://www.facebook.com/sandmanhotelgroup)



 [sandmanhotels](https://www.instagram.com/sandmanhotels)

### Coast Kamloops Hotel & Conference Centre

Looking for a Refreshingly Local™ Experience? Look no further than Coast Kamloops Hotel & Conference Centre. The moment you step into the bright and welcoming lobby, you'll know you've arrived someplace truly unique. That feeling extends to the tropical atrium, which houses an indoor saltwater pool, a hot tub, a sauna and a wading pool for the littlest guests.

Enjoy thoughtful perks including free Wi-Fi, plush bedding, in-room fridges & microwaves. Pets are welcome in select rooms, so your four-legged companion doesn't have to stay behind. Some accommodations offer absolutely amazing views – as does the patio at ROMEOs Kitchen + Spirits, our casual signature restaurant. Plan your next business or social gathering in our 30,000 square feet of contemporary event space, which includes a magnificent ballroom and several smaller conference venues. In the mood to explore? The hotel is moments away from the highway and local shopping, as well as parks, golf courses and family-friendly attractions.

250.828.6660 | [coasthotels.com](https://coasthotels.com)

  [coastkamloopshotel](https://www.facebook.com/coastkamloopshotel)







### Best Western Plus Kamloops

The Best Western Plus Kamloops Hotel is an award-winning eco-friendly hotel, with friendly and knowledgeable customer service. Offering spacious guest rooms and suites, as well as pet friendly room options. The rooms feature Queen or King beds, 42" HDTV, fridge and a microwave, complimentary Wi-Fi, and free local calls. Facilities include a saltwater pool and hot tub, fitness room and business centre. Centrally located, we are 1 block from Thompson Rivers University and the Tournament Capital Centre. Complimentary hot continental breakfast included. They follow all Best Western We Care Clean<sup>SM</sup> standards, as well as all local Covid-19 health guidelines. Family BC Wildlife Park packages are available.

1.877.302.7878 | [bestwesternkamloops.com](http://bestwesternkamloops.com)

  [bestwesternkamloops](https://www.facebook.com/bestwesternkamloops)



Mary Puhnam



### Fairfield by Marriott Kamloops

Fairfield by Marriott Kamloops is a premier hotel nestled between Vancouver and Alberta. The hotel is walking distance to the Aberdeen Mall and Cascades Casino. The Fairfield by Marriott offers complimentary hot breakfast daily, free parking and free Wi-Fi.

778.471.0902 | [marriott.com/ykafi](http://marriott.com/ykafi)

  [fairfieldkamloops](https://www.facebook.com/fairfieldkamloops)





**The Vista Inn**

The Vista Inn is a locally owned and operated motel with newly renovated rooms and a focus on sustainability. With an unbelievable view of the river and valleys surrounding Kamloops, it will be a stay you won't forget.

They offer a grab-and-go breakfast and premium Nespresso coffee in every room. Your pup is welcome too! The Vista Inn is modernized to fit your modern lifestyle. Clean, comfy, and close to everything you need.

250.214.6800 | [thevistainn.com](http://thevistainn.com)

  [thevistainn](https://www.instagram.com/thevistainn)

**UNDER NEW  
OWNERSHIP &  
MANAGEMENT**





### Best Western Premier Aberdeen Kamloops

Newly renovated in the lobby, guest rooms, and meeting spaces. Guests can enjoy refreshing drinks at our Lounge or dining options from our on-site restaurant, Katch Craft Kitchen + Bar. Additional amenities include an indoor pool with waterslide, hot tub, sauna room, free parking, and a 24-hour fitness center.

250.374.4144 | [bestwestern.com](http://bestwestern.com)

 [bwpremieraberdeenkamloops](https://www.facebook.com/bwpremieraberdeenkamloops)



### Holiday Inn Express

The Holiday Inn Express Hotel Kamloops is furnished with guests in mind. They invite you to experience our personalized service in stylish comfort.

Whether traveling for business or during a vacation, the award-winning Kamloops hotel's mission is to provide guests with an unforgettable stay.

Given Kamloops's location at the juncture of a few major highways, the city has become a business hot spot in the British Columbia Interior. The Kamloops hotel's location provides business travelers with quick and easy access to downtown. The Holiday Inn Express Kamloops hotel is the perfect stop-off between the Rocky Mountains and Vancouver.

250.372.3474 | [ihg.com](http://ihg.com)

 [holidayinnexpresskamloops](https://www.facebook.com/holidayinnexpresskamloops)

 [holidayinnexpress](https://www.instagram.com/holidayinnexpress)





### The Plaza Hotel

The Plaza Hotel has added style and modern conveniences while preserving its treasured heritage charm. Offering one of the city's best values with complimentary inclusions. With their downtown location, they are poised to offer every guest an unforgettable stay.

250.377.8075 | [theplazahotel.ca](http://theplazahotel.ca)

[f](#) [@](#) [theplazahotelkamloops](#)



### South Thompson Inn & Conference Centre

A 4-star riverfront getaway quietly nestled on 55 scenic acres in the Thompson Valley. The Inn is beloved for its southern Kentucky style, western hospitality, and cozy atmosphere. Enjoy Rivershore Golf, an 18-hole championship course located next door.

1.800.797.7713 | [stigr.ca](http://stigr.ca)

[f](#) [stigrkamloops](#)

[@](#) [souththompsoninn](#)

### Hampton Inn & Suites

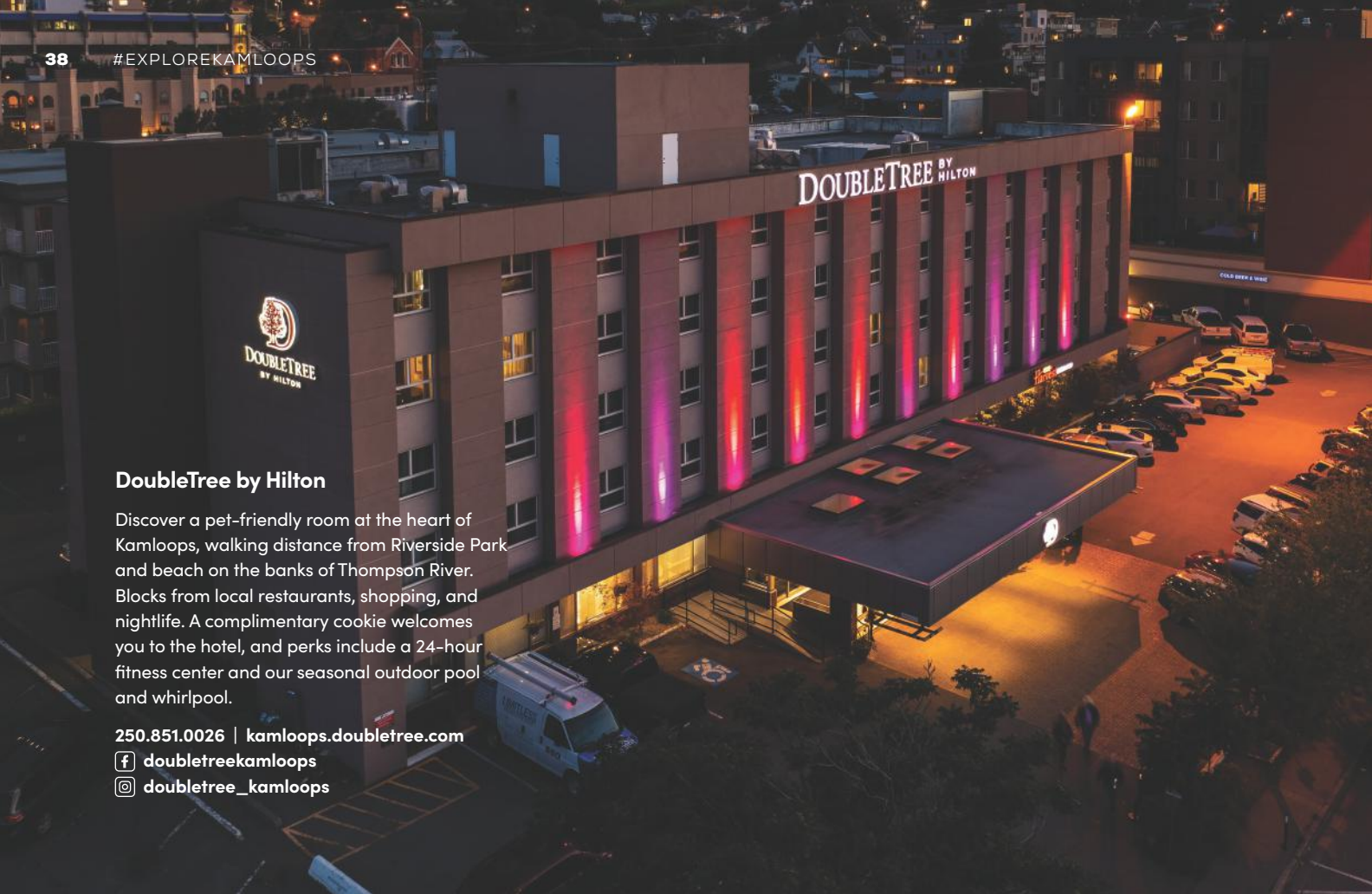
Unwind and recharge in the newly renovated guest room with a fresh bed and free Wi-Fi access. Wake up with a Hampton's free hot breakfast, or grab breakfast to go from Monday through Friday. Sip on complimentary tea and coffee in the cozy hotel lobby and stay in touch with free Wi-Fi in public areas. Catch up with work in the 24-hour business center, or re-energize with a workout in the fitness center. Plunge into the indoor pool or splash around on the waterslide.

250.571.7897 | [kamloops.hamptoninn.com](http://kamloops.hamptoninn.com)

[f](#) [@](#) [hamptonkamloops](#)







### DoubleTree by Hilton

Discover a pet-friendly room at the heart of Kamloops, walking distance from Riverside Park and beach on the banks of Thompson River. Blocks from local restaurants, shopping, and nightlife. A complimentary cookie welcomes you to the hotel, and perks include a 24-hour fitness center and our seasonal outdoor pool and whirlpool.

250.851.0026 | [kamloops.doubletree.com](http://kamloops.doubletree.com)

 [doubletreekamloops](https://www.facebook.com/doubletreekamloops)

 [doubletree\\_kamloops](https://www.instagram.com/doubletree_kamloops)



### Holiday Inn & Suites Kamloops

The perfect blend of value and convenient location as they are only 12 minutes from the Kamloops Airport. Take advantage of the free airport shuttle, free parking and electric car charging stations.

Guest rooms and suites feature HDTVs, refrigerators, free Wi-Fi and more! They have a heated indoor pool, 24-hour Fitness Centre, 24-hour Business Centre, and meeting space available for hosting events. Grab a bite at White Spot Restaurant & Lounge, where children 12 and under eat free. Sports teams can take advantage of the storage unit. Pet friendly rooms are available.

1.877.517.6508 | [holidayinn.com/kamloopsbc](http://holidayinn.com/kamloopsbc)

  [holidayinnsuiteskamloops](https://www.instagram.com/holidayinnsuiteskamloops)



## Prestige Kamloops Hotel

Newly renovated from the inside out, the new Prestige Kamloops Hotel is ideal for guests looking for a sophisticated yet comfortable experience in the heart of the city.

Prestige Hotel Kamloops is located in the Aberdeen area. From here, guests can enjoy easy access to all the attractions and amenities that this lively city has to offer. With its perfect location, the hotel offers easy access to the city's must-see destinations.

With 87 rooms, a swimming pool, waterslide, hot tub, fitness centre, restaurant, and meeting space, the Prestige Kamloops Hotel offers everything you need.

Dine on location at the newly opened Isagani, a family-friendly, farm-to-table restaurant.

250.372.0987 | [prestigehotelsandresorts.com](https://prestigehotelsandresorts.com)

 [prestigehotelsandresorts](https://www.facebook.com/prestigehotelsandresorts)

 [prestigeresorts](https://www.instagram.com/prestigeresorts)



## Wingate by Wyndham Kamloops

Rest, Recharge, and Reboot at the Wingate by Wyndham Kamloops. A newer hotel conveniently located in the Aberdeen area. Enjoy the indoor pool, hot tub, 24 hour gym, Wi-Fi and hot breakfast buffet. EVC/Tesla stations are available in the secured and heated underground parkade. Easily accessible off Exit 368 on the Trans-Canada Highway by Aberdeen Mall.

778.471.7706 | [wingatekamloops.com](https://wingatekamloops.com)

  [wingatebywyndhamkamloops](https://www.facebook.com/wingatebywyndhamkamloops)






### The Thompson Hotel & Conference Centre

The Thompson Hotel & Conference Centre, family-owned and operated with arcade room, indoor pool & hot tub, in-house movie theatre, and much more.

250.374.1999 | [thompsonhotel.ca](http://thompsonhotel.ca)

  [thethompsonhotel](https://www.facebook.com/thethompsonhotel)

### Grandview Motel

A friendly, well-maintained family-owned and operated motel in the heart of Kamloops. Enjoy a splendid sleep in a quiet, convenient location.

1.800.210.6088 | [grandviewmotel.com](http://grandviewmotel.com)

 [motelgrandview](https://www.facebook.com/motelgrandview)

 [grandviewmotelkamloops](https://www.instagram.com/grandviewmotelkamloops)



### Rodeway Inn & Suites

Newly renovated Rodeway Inn & Suites Kamloops include updated rooms with new beds, furniture, floors and kitchens.

Select from a wide variety of rooms including standard 2 queen and 1 king, full kitchen rooms and suites. Free continental breakfast, and coffee are included.

Easily accessible off Exit 368 on the Trans-Canada Highway by Aberdeen Mall.

250.374.8100 | [choicehotels.com](http://choicehotels.com)

 [rodewayinnkamloops](https://www.facebook.com/rodewayinnkamloops)








**Residence & Conference Centre  
at Thompson Rivers University**

The Residence & Conference Centre, located in Kamloops on the campus of Thompson Rivers University is a unique and affordable alternative in overnight accommodations. As a summer hotel alternative, enjoy the same quality, service and amenities you'd expect from standard accommodation facilities, but at an incredibly low rate!

250.852.6296 | [stayrcc.com/kamloops](http://stayrcc.com/kamloops)

 [rcckamloops](https://www.facebook.com/rcckamloops)

 [stayrcc\\_kamloops](https://www.instagram.com/stayrcc_kamloops)



Mary Putham

**Scott's Inn & Restaurant**

Family run for the last 30 years, and perfectly situated off Highways 1, 5, and 99, this prime location attracts a wide array of travellers. Clean, comfortable and affordable rooms give way to scenic backdrops that include mountain and river views.

250.372.8221 | [scottsinnkamloops.ca](http://scottsinnkamloops.ca)

  [scottsinnkamloops](https://www.facebook.com/scottsinnkamloops)



Mary Putham





## Accommodations

**K** Kitchenette  
**F** Fitness Facilities  
**B** Breakfast Included



**P** Pool  
 **Bike Friendly**  
 **Pet Friendly** (contact hotel for details)

### HOTELS



#### Accent Inns

1325 Columbia Street West  
 1.800.663.0298 | accentinns.com/kamloops  
**K | F | P**  



#### Best Western Plus Kamloops Hotel

660 Columbia Street West  
 1.877.302.7878 | bestwesternkamloops.com  
**F | B | P**  


#### Best Western Premier Aberdeen

1175 Rogers Way  
 250.374.4144 | bestwestern.com  
**K | F | P**  

#### Coast Kamloops Hotel & Conference Centre

1250 Rogers Way  
 1.800.663.1144 | coasthotels.com  
**K | F | P**  


#### Days Inn Kamloops

1855 Rogers Place  
 1.800.329.7466 | wyndhamhotels.com  
**K | F | B | P** 



#### Delta by Marriott Kamloops

540 Victoria Street  
 1.800.663.2837 | marriott.com/ykade  
**F | P**  


#### DoubleTree by Hilton Kamloops

339 St. Paul Street  
 1.855.851.0027 | kamloops.doubletree.com  
**F | P** 



#### Fairfield Inn & Suites by Marriott

1475 Hugh Allan Drive  
 1.855.603.1189 | marriott.com/ykafi  
**F | B | P**  


#### Hampton Inn by Hilton Kamloops

1245 Rogers Way  
 1.866.571.7897 | kamloops.hamptoninn.com  
**F | B | P** 


#### Holiday Inn & Suites

675 Tranquille Road  
 1.877.517.6508 | holidayinn.com/kamloopsbc  
**F | P**  


#### Holiday Inn Express

1550 Versatile Drive  
 1.800.996.3993 | hiexpress.com/kamloopsbc  
**F | B | P** 

#### The Hue Hotel, Ascend Hotel Collection

1529 Hugh Allan Drive  
 778.471.1411 | choicehotels.com  
**K | B | F** 

#### Pacific Inn & Suites Kamloops

1820 Rogers Place  
 1.888.738.4086 | pacificinnkamloops.com  
**K | F | B | P** 



#### The Plaza Hotel

405 Victoria Street  
 250.377.8075 | theplazahotel.ca  
**F | B**  

#### Prestige Kamloops Hotel

1810 Rogers Place  
 250.372.0987 | prestigehotelsandresorts.com  
**K | F | P** 

#### Quality Inn

1860 Rogers Place  
 1.800.575.7322 | choicehotels.ca  
**K | B | P**  

#### Ramada Kamloops

555 Columbia Street West  
 1.800.663.2832 | ramadakamloops.com  
**K | F** 


#### Sandman Inn Kamloops

550 Columbia Street  
 1.800.726.3626 | sandmanhotels.com  



#### Sandman Signature Hotel Kamloops

225 Lorne Street  
 1.800.726.3626 | sandmansignature.com  
**K | F | P** 

#### South Thompson Inn & Conference Centre

3438 Shuswap Road  
 1.800.797.7713 | stigr.ca  
**F | P** 

#### Super 8 Kamloops on the Hill

1521 Hugh Allan Drive  
 250.980.3944 | wyndhamhotels.com/super-8  
**K | F | B** 

#### The Thompson Hotel

650 Victoria Street  
 1.888.374.8999 | thompsonhotel.ca  
**K | F | B | P**  

#### TRU Residence & Conference Centre


1025 University Drive  
 250.852.6296 | stayrcc.com  
**K | F**

#### Wingate by Wyndham Kamloops

1200 Rogers Way  
 778.471.7706 | wingatekamloops.com  
**K | F | B | P**  

### MOTELS


#### 4 Seasons Motel

1767 Trans-Canada Hwy East  
 250.372.2313 | 4seasonsmotelkamloops.ca  
**K | P** 



#### Acadian Inn

1390 Columbia Street East  
 1.866.374.5591 | acadianinnkamloops.net  
**K**



#### Alpine Motel

1393 Hugh Allan Drive  
 250.374.0034  
**K | B** 


#### Best Budget Inn & Suites

1773 Trans-Canada Hwy East  
 250.372.8533  
**K | P**  


#### Country View Motor Inn

176 Comazetto Road  
 1.800.213.6673  
**K | B | P**  


#### Grandview Motel

463 Grandview Terrace  
 1.800.210.6088 | grandviewmotel.com  
**K | P** 



#### Hospitality Inn

500 Columbia Street West  
 1.800.663.5733 | hospitalityinnkamloops.com  
**K | P**  


#### Howard Johnson Downtown

530 Columbia Street  
 250.372.7761 | howardjohnsonkamloops.com  
**K | B** 


#### Kings Motor Inn

1775 Trans-Canada Hwy East  
 1.800.661.6630  
**K | B | P**  


#### Knights Inn

625 Columbia St West  
 1.888.372.7487 | redlion.com  
**K** 

#### Motel 6

1763 Trans-Canada Hwy East  
 250.374.8944 | motel6.com  
**K** 

#### Parkview Motel

1084 Battle Street  
 1.800.665.3343 | scottsinnkamloops.ca  
**K | B | P** 





### The Vista Inn

626 Columbia Street West  
250.214.6800 | thevistainn.com  
B | 🚲 | 🐾

### B&B

#### Riverside Bed & Breakfast

2664 Thompson Drive  
1.888.400.1043 | riversidebnb.ca  
K | 🐾

### Ranchland Inn

2357 Trans-Canada Hwy East  
250.828.8787  
K | B | 🚲 | 🐾

### Rider's Motor Inn

1759 Trans-Canada Hwy East  
250.374.2144  
K | 🐾

### Riverland Inn & Suites

1530 River Street  
1.800.663.1530 | riverlandinn.com  
K | P | 🚲

### Rodeway Inn and Suites

1200 Rogers Way  
1.800.665.4467 | choicehotels.com  
K | B | 🚲 | 🐾

### Scott's Inn & Restaurant

551 11th Avenue  
1.800.665.3343 | scottsinnkamloops.ca  
K | P | 🚲 | 🐾

### Skoglund Motel

2349 Trans-Canada Hwy East  
250.372.0080  
K | 🐾

### Star Lodge

775 Columbia Street West  
1.800.589.1988 | starlodge.ca  
K | B | 🐾

### Super 8 by Wyndham Kamloops East

2459 Trans-Canada Hwy East  
250.374.2488 | super8kamloopseast.com  
K | B | P | 🚲 | 🐾

### Tournament Inn

1893 Trans-Canada Hwy East  
250.372.2122  
K | 🐾

### Trans-Canada Motel

2505 Trans-Canada Hwy East  
1.800.374.5755 | transcanadaeastmotel.com  
K | 🐾

### Travelodge by Wyndham

430 Columbia Street  
250.372.8202 | wyndhamhotels.com/travelodge  
B | P | 🐾

### Travelodge by Wyndham Mountview

1225 Rogers Way  
1.800.667.8868 | wyndhamhotels.com/travelodge  
K | B | P | 🚲 | 🐾



### Riverland Inn & Suites

Riverland Inn & Suites is Kamloops' only waterfront accommodation overlooking the South Thompson River. The ideal stay for those looking for quiet comfort and the convenience of nearby amenities. Newly renovated view rooms with balconies, an indoor pool & hot tub, coin laundry, bbq area, and bus & large vehicle parking.

1.800.663.1530  
riverlandinn.com



### Travelodge by Wyndham

Centrally located, offering comfortable, affordable rooms with free continental breakfast, Wi-Fi, microwave, and refrigerator. Free vehicle parking, laundry, business centre, and seasonal outdoor pool. Business and family suites, kitchenette and accessible rooms are available.

250.372.8202  
wyndhamhotels.com/travelodge  
f travelodgemountview  
@ travelodgekamloops



### Super 8 by Wyndham East

Finding an ideal budget friendly motel in Kamloops does not have to be difficult. Welcome to Super 8 by Wyndham Kamloops East, a nice option for travellers like you.

250.374.2488  
super8kamloopseast.com  
f super8kamloopseast  
@ hotelsuper8kamloopseast



### Super 8 by Wyndham on the Hill

Wake up each morning to our free light breakfast item together with your choice beverage. Take advantage of free Wi-Fi and fitness centre. Non-smoking, accessible rooms and free parking are available. Pet-friendly.

250.980.3944  
wyndhamhotels.com/super-8  
f super8kamloops  
@ super8onthehill



# GETTING HERE

Kamloops lies at the junction of British Columbia's major highways and is easily accessible via ground transportation, rail service, or air with many daily direct flights into the Kamloops Airport (YKA).

## By Car

Kelowna	2 hours	166 km
Revelstoke	2.5 hours	212 km
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 based on Google Maps.*

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

## By Air

WestJet	<a href="http://westjet.com">westjet.com</a>
Air Canada	<a href="http://aircanada.com">aircanada.com</a>

With many daily flights into the Kamloops Airport (YKA), taxi, car rental, and shuttle services are available to both Sun Peaks and Kamloops hotels. Pre-book to ensure your ride is ready and waiting for you when you arrive in Kamloops.

## By Bus

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



## Kamloops Airport

With convenient connections to over 100 destinations on WestJet and Air Canada, Kamloops Airport welcomes visitors from around the world.

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

[f](#) [@](#) [kamloopsairport](#)



## By Rail

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



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1.877.769.3287 | [myebus.ca](http://myebus.ca)

[f](#) [ebus3](#) [@](#) [redarrowebus](#)



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# kamloops

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