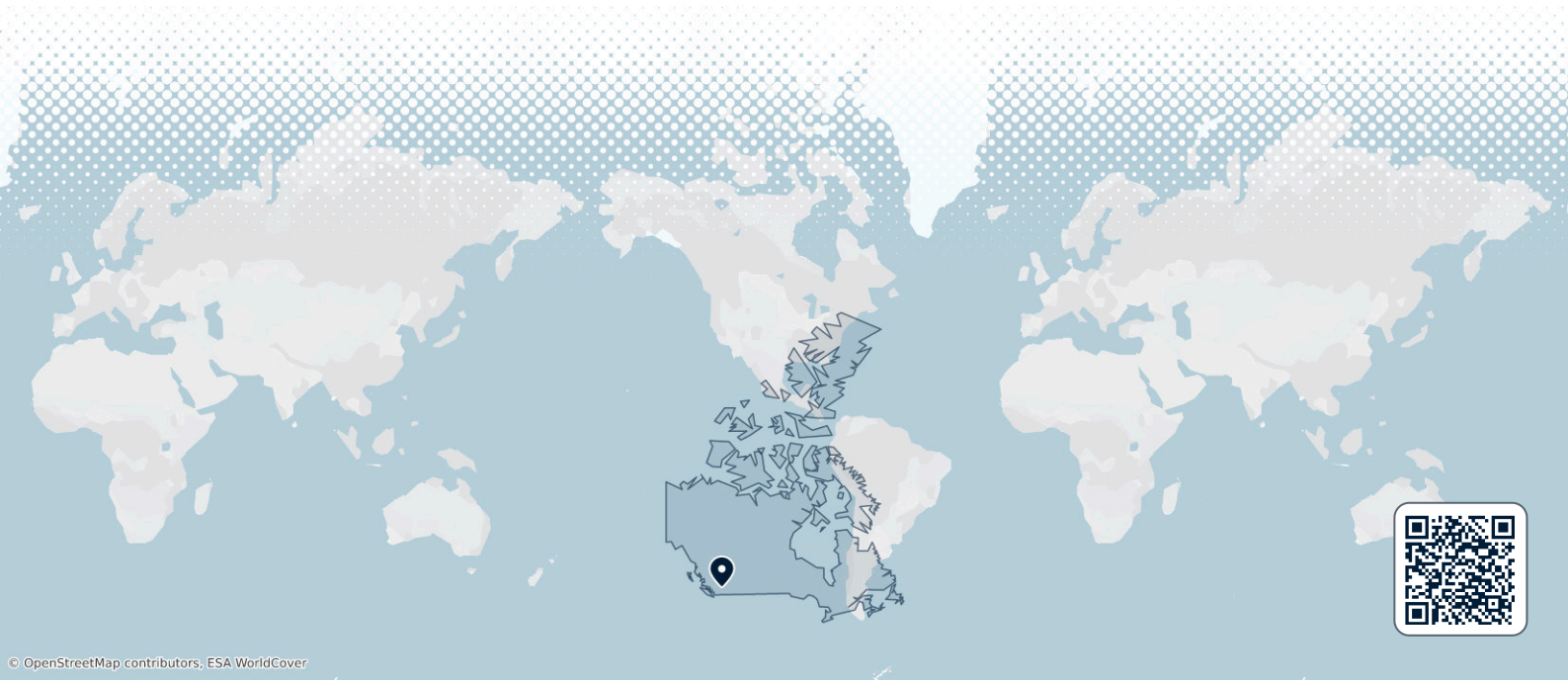


Kamloops

British Columbia · Canada

TRAVEL GUIDE

Tripomatic



© OpenStreetMap contributors, ESA WorldCover

Overview

Kamloops is a city in the dry interior of British Columbia. It sits where the North Thompson and South Thompson rivers meet. The hills around town are open grassland, and summers are hot and sunny. The city is a practical base for outdoor trips, and a stop on the Trans-Canada Highway and the Rocky Mountaineer rail route.

It suits a stop of one to three nights. Visitors come for hiking and mountain biking, a wildlife park, Secwépemc culture and the nearby ski resort at Sun Peaks. The city is on the traditional land of the Tk̓emlúps te Secwépemc.

When to visit

Late spring and early autumn are the best times for hiking and biking. Summers are hot and dry, so plan outdoor activity for the morning. Winters are cold and grey in town, with more snow on the hills.

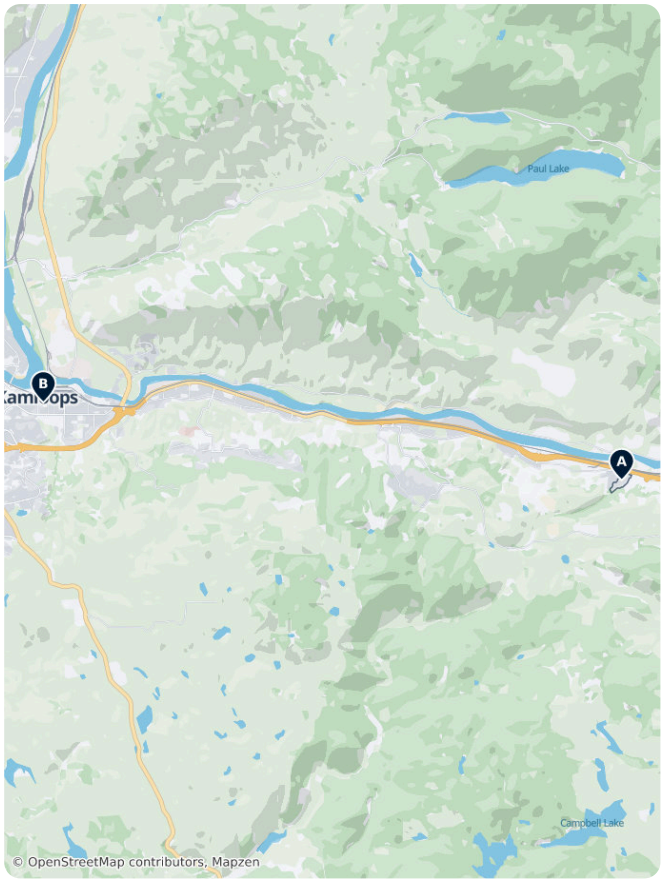
Sun Peaks ski resort is the main winter draw. Its ski season runs from late November to April.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	2° / 7° Feels like -2°	-6° / -20°	12 rainy days · Dry air · Calm winds
February	Great Great for skiing	4° / 10° Feels like 0°	-5° / -17°	Dry air · Calm winds
March	Fair Fair for cycling	9° / 15° Feels like 6°	-1° / -9°	Dry air · Calm winds
April	Great Great for cycling	14° / 22°	2° / -1°	Dry air · Calm winds
May	Great Great for sightseeing	20° / 29°	7° / 1°	Dry air · Calm winds
June	Great Great for sightseeing	24° / 33°	11° / 6°	12 rainy days · Dry air · Calm winds
July	Great Great for wildlife watching	29° / 36°	14° / 10°	Calm winds
August	Great Great for wildlife watching	29° / 36°	14° / 10°	Calm winds
September	Great Great for sightseeing	23° / 32°	10° / 5°	Dry air · Calm winds
October	Good Good for cycling	14° / 24°	4° / -1°	12 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	6° / 12° Feels like 3°	-1° / -10°	13 rainy days · Dry air · Calm winds
December	Great Great for skiing	1° / 7° Feels like -2°	-6° / -19°	14 rainy days · Dry air · Calm winds

Best months: May, June, September

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights



- A BC Wildlife Park shows animals native to British Columbia, including bears, wolves and cougars. Many of the animals were rescued. Opening days change by season, so check before you go.
- **Secwépemc Museum and Heritage Park** is on the Tk̓emlúps te Secwépemc reserve, east of downtown. It has indoor galleries on Secwépemc culture and an outdoor heritage park with a traditional pithouse and a garden of native plants.
- B Kamloops Museum is the city museum and archives, downtown. It covers local history and admission is by donation.
- Riverside Park is the main downtown park, on the South Thompson River. It has a swimming beach and shaded lawns.
- Kenna Cartwright Nature Park is a large park of grassland and hills above the city. Trails are popular for hiking and mountain biking, and give wide views of the valley.

Kamloops – Plan Your Trip

Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.

3M+ downloads · **4.6 stars** · **15 years of trip planning**

App Store · Google Play

Scan to download the app

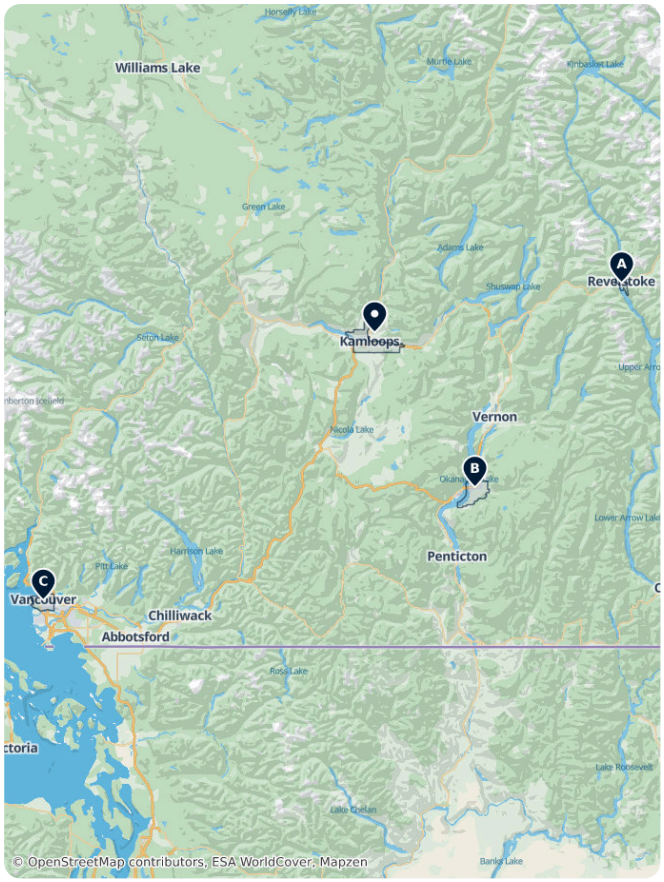
What to experience

- **Hike or bike the grassland trails.** Kenna Cartwright Nature Park and the hills above the city have many trails. Go early in summer, because the slopes have little shade.
- **Swim at the river beaches.** In summer, locals swim and float on the South Thompson River at Riverside Park and Overlanders Beach.
- **Ski at Sun Peaks.** The resort has three peaks of skiing and snowboarding. It is a day trip from the city.
- **Ride the Kamloops Heritage Railway.** The heritage railway runs special steam train excursions at various times of the year. Check the schedule before you plan.

Day trips

All trips are one way from Kamloops, in order from closest to farthest.

- **Sun Peaks Resort**: about 45 minutes by car, north-east. Skiing and snowboarding in winter. Mountain biking, hiking and golf in summer.
- A Revelstoke: about 2.5 hours by car, east on Highway 1. A mountain town with a big ski resort.
- B Kelowna: about 2.5 hours by car, south-east. A lake city in the Okanagan wine region.
- C Vancouver: about 4 hours by car, south-west on the Coquihalla Highway.



Getting there

- **By air**: Kamloops Airport (YKA) is about 9 km west of downtown. It has flights to Vancouver, Calgary, Victoria and some seasonal routes. Taxis go downtown. Vancouver International Airport (YVR) is the main long-haul gateway, about 4 hours away by road.
- **By car**: Highway 1 (Trans-Canada) and Highway 5 meet here. Highway 5 (Coquihalla) leads to Vancouver, about 4 hours. Highway 1 leads east to Revelstoke and the Rockies. Roads south lead to the Okanagan.
- **By bus**: Intercity coaches serve Kamloops from Vancouver and other cities. Check current operators and stops before you travel.
- **By train**: The Rocky Mountaineer tourist train stops in Kamloops on its Vancouver to Banff and Jasper routes. It is a paid rail tour, not a regular transport service.

For planning, see Tourism Kamloops.

Getting around

- **Public transit**: BC Transit runs local buses. See BC Transit Kamloops. Buses do not reach every trailhead or the wildlife park.
- **Taxi**: Taxis are available. Use one for the airport and for evenings.
- **On foot and by bike**: Downtown and the river parks are walkable. The main sights are spread across the city, and the hills are steep for cycling.

Getting around on foot & by bike

WALKABILITY

Moderate

Downtown and the river parks are walkable. Sights and trailheads are spread across the city.

CYCLING INFRASTRUCTURE

Moderate

Trails are good for mountain biking. City roads cross steep hills.

Driving

- **Is a car worth it?** Yes for most visitors. Trailheads, the wildlife park and Sun Peaks are hard to reach without one. Downtown is easy to see on foot.
- **Parking**: Paid street and lot parking is common downtown. Parking at parks and trailheads is usually free.
- **Winter**: Winter tires or chains are required on many BC highways from 1 October to 30 April. This includes the Coquihalla (Highway 5) and Highway 1. Check road conditions on DriveBC before you leave.

Safety & health

Kamloops is a safe city for visitors. Normal city care is enough.

- **Heat and sun**: Summers are hot and dry. Carry water on trails and use sun protection.
- **Wildfire smoke**: Summer wildfires in the region can bring smoke and road closures. Check air quality and DriveBC.
- **Wildlife**: Bears, rattlesnakes and ticks live in the hills and grasslands. Stay on trails, keep dogs on leashes and check for ticks after walks.
- **Winter driving**: Mountain passes can close in snow. Carry warm clothes and food on long drives.
- **Emergencies**: Call 911.

History

The Secwépemc people have lived in this region for thousands of years. The name Tk̓emlúps means "where the rivers meet". A fur trade post was built at the river junction in 1812. The arrival of the Canadian Pacific Railway in the 1880s made Kamloops a regional centre.

The former Kamloops Indian Residential School stands on Tk̓emlúps te Secwépemc land. In 2021 the nation announced the detection of probable unmarked graves of children at the site. It is a place of remembrance, so visit with respect. Learn more at the Secwépemc Museum and Heritage Park.

Country facts

Quick practical facts for Canada at a glance:

CURRENCY
CAD $

EMERGENCY
911

ELECTRICITY

Type A / Type B
120 V · 60 Hz

LANGUAGES
English, French

TAP WATER
Safe to drink

Top sights





A BC Wildlife Park

The British Columbia Wildlife Park is a 106-acre zoo located in Kamloops, British Columbia.

9077 Dallas Drive, Kamloops, British Columbia V2C 6V1, Canada (50.65296, -120.08207)

bczoo.org



B Kamloops Museum

Local history museum that also houses the city archives, in a building at the corner of Seymour Street and 2nd Avenue.

207 Seymour St, Kamloops V2C, Canada (50.67463, -120.33646)

Tu–Sa 09:30–16:30

kamloops.ca/museum/

DATA SOURCES

Map data	© OpenStreetMap contributors, ESA WorldCover, Mapzen
Data	© OpenStreetMap contributors, Wikidata, Wikipedia, Tripomatic, Official websites

IMAGE CREDITS

- BC Wildlife Park — "British Columbia Wildlife Park 1" by TBrandley, pd
- Kamloops Museum — "City of Kamloops Museum and Archives" by Silver Dovelet, cc-by-sa-3.0

A free travel guide — not for sale. Travel guide generated with AI on November 28, 2026. Text and layout by Tripomatic, licensed under CC BY-SA 4.0. Map data © OpenStreetMap contributors, available under the ODbL. Photos are under their own licences, as credited on this page.