MEDIA RELEASE

For immediate release

Kamloops Residential Real Estate Market Holds Steady Amid Tight Inventory

KELOWNA, B.C. – August 6th, 2026. Residential real estate activity across the Interior remained relatively steady in July, with sales closely mirroring those recorded during the same month last year, reports the Association of Interior REALTORS® (the Association).

The Association region recorded 1,496 residential sales in July, down from 1,547 in June and slightly down 2.2% compared to the same time last year.

New residential listings saw a 12.1% decrease compared to July 2025 with 2,569 new listings recorded last month, and down from the previous month's 2,963 new listings. The total number of active listings saw a 7.8% decrease in inventory compared to the same time last year with 9,630 recorded across the Association region and down compared to June's 9,803 total inventory.

"We're continuing to see a normal seasonal pattern across the Interior market with sales activity tracking closely to the pace established during the same month last year," says Association of Interior REALTORS® President Ryan Mayne, adding that "although inventory growth has been slightly muted, the fact that listings aren't building up points to a market that is steady and stable, continuing at a sustainable pace rather than experiencing significant shifts in either direction."

Within the Kamloops and District region, there were 254 residential unit sales recorded last month, down from June's 271 units sold and down 1.6% compared to the same month the previous year. There were 457 new listings recorded last month in the Kamloops and District region, down 10.6% compared to July 2025 and down from June's 572 new listings. Overall inventory, or active listings, saw a decrease of 1.8% in year-over-year comparison, coming in at 1,479 listings.

"The Kamloops and District real estate market continues to reflect stable conditions, with sales activity largely in line with what we saw at this time last year. While new listings eased in July and overall inventory remains lower than we'd like to see, that's been a longstanding challenge for the region, where demand has consistently outpaced the supply of available homes," notes Mayne.

The benchmark price, a better representation of value compared to the average or median price as it represents a dwelling of "typical attributes", saw a mild percentage increase of 2.7% compared to July 2025 in the single-family housing sub-category, coming in at $684,000. The townhome housing sub-category saw a benchmark price decrease of 4.1%, coming in at $510,000. The benchmark price for condominiums saw a 1.9% increase in year-over-year comparison, coming in at $371,300.

Given the high stakes on such a significant financial transaction, home sellers and buyers can benefit from the knowledge and skills of a practiced REALTOR®. Contact your local REALTOR® to find out more about the real estate market and how they can help you achieve your real estate goals.

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The Association of Interior REALTORS® is a member-based professional organization serving approximately 2,500 REALTORS® who live and work in communities across the interior of British Columbia including the Okanagan Valley, Kamloops and Kootenay regions, as well as the South Peace River region.

The Association of Interior REALTORS® was formed on January 1, 2021 through the amalgamation of the Okanagan Mainline Real Estate Board and the South Okanagan Real Estate Board. The Association has since also amalgamated with the Kamloops & District Real Estate Association and the Kootenay Association of REALTORS®.

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