ASSOCIATION OF INTERIOR REALTORS®

MEDIA RELEASE

For immediate release

Kamloops Residential Real Estate Market Activity Gaining Momentum

KELOWNA, B.C. – November 5th, 2026. Residential real estate activity across the Interior in October continues to demonstrate relative stability despite ongoing economic uncertainty, reports the Association of Interior REALTORS® (the Association).

The Association region recorded 1,079 residential sales in October, down from 1,141 units sold in September and down 15.2% compared to the same time last year.

New residential listings saw a 9.8% decrease compared to October 2025 with 1,986 new listings recorded last month, down from the previous month's 2,289 new listings. The total number of active listings saw a 5.1% decrease in inventory compared to the same time last year with 8,479 recorded across the Association region and down compared to September's 9,185 total inventory.

"While no real estate market is immune to the natural ebbs and flows of economic conditions, the Interior continues to demonstrate a level of stability that is encouraging when compared to some other markets across the province," says Association of Interior REALTORS® President Ryan Mayne, adding that "we're certainly not back to normalized activity levels, and things are moving more slowly than they were earlier in the year, but given the broader economic challenges, the market is holding a fairly steady course."

Within the Kamloops and District region, there were 213 residential unit sales recorded last month, up from September's 189 units sold and up 11.5% compared to the same month the previous year. There were 347 new listings recorded last month in the Kamloops and District region, down 9.9% compared to October 2025 and down from September's 446 new listings. Overall inventory, or active listings, saw a decrease of 3% in year-over-year comparison, coming in at 1,271 listings.

"It's encouraging to see Kamloops and District real estate activity gaining some momentum, particularly when other markets are still working to find their footing. What's interesting is that inventory hasn't really grown alongside that activity, suggesting there's still a healthy level of buyer interest, potentially supported by the region's relative affordability," 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 percentage decrease of 0.4% compared to October 2025 in the single-family housing sub-category, coming in at $651,800. The townhome housing sub-category saw a benchmark price increase of 1.6%, coming in at $511,900. The benchmark price for condominiums saw a 2.5% decrease in year-over-year comparison, coming in at $359,200.

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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