

For immediate release

Kamloops Residential Real Estate Market Stays Balanced as Sales Activity Eases

KELOWNA, B.C. – October 5th, 2026. Residential real estate activity across the Interior in September showing signs that the market is beginning to find its footing again after a challenging few months, reports the Association of Interior REALTORS® (the Association).

The Association region recorded 1,141 residential sales in September, on par with the 1,141 units sold in August yet down 8% compared to the same time last year.

New residential listings saw a 13.4% decrease compared to September 2025 with 2,289 new listings recorded last month, up from the previous month's 2,062 new listings. The total number of active listings saw a 6.8% decrease in inventory compared to the same time last year with 9,185 recorded across the Association region and down compared to August's 9,378 total inventory.

"Market activity across the Interior is showing early signs of a soft rebound following a challenging few months. While broader geopolitical and economic uncertainty continues to make some buyers and sellers hesitant, inventory isn't accumulating, which is helping maintain balanced conditions," says Association of Interior REALTORS® President Ryan Mayne, adding that "we're also seeing that well-priced homes are being picked up relatively quickly, which is an encouraging sign that the market is gradually moving in the right direction."

Within the Kamloops and District region, there were 189 residential unit sales recorded last month, down from August's 217 units sold and down 14.9% compared to the same month the previous year. There were 446 new listings recorded last month in the Kamloops and District region, down 12.0% compared to September 2025 yet up from August's 374 new listings. Overall inventory, or active listings, saw a decrease of 2.2% in year-over-year comparison, coming in at 1,404 listings.

"September brought a slight pullback in sales activity for the Kamloops and District region, but not a significant swing in market conditions. Some month-to-month movement is expected as markets naturally ebb and flow. While inventory continues to remain relatively low, conditions are still balanced overall," 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 0.1% compared to September 2025 in the single-family housing sub-category, coming in at \$659,100. The townhome housing sub-category saw a benchmark price increase of 0.9%, coming in at \$510,300. The benchmark price for condominiums saw a 0.8% decrease in year-over-year comparison, coming in at \$366,900.

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.

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®.

For more information, please contact:

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About HPI

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