

For immediate release

Kootenay Residential Real Estate Market Demand Holds Steady

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."

In the Kootenay and Boundary region, 253 sales were recorded last month, marking a 9.1% increase compared to September 2025 and down slightly from August's 274 units sold. There were 418 new listings recorded in the Kootenay and Boundary region in September marking a 4.1% decrease compared to the same month the previous year, up from the previous month's 354 new listings. The overall active listings in the Kootenay region saw a 1.6% increase compared to September 2025 with 1,823 recorded listings, which was slightly below August's 1,868 overall inventory.

"The Kootenay and Boundary market can naturally see considerable variation given the size and diversity of the region, but overall activity remains ahead of last year and just below the 10-year average. Relative affordability continues to attract demand, while limited supply is making it difficult to build inventory," 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 5% increase in the Kootenay region in the single-family housing category compared to the same month the previous year, coming in at \$638,300. The townhouse category saw a 3.1% decrease in benchmark pricing, coming in at \$503,200. The condominium housing category saw a benchmark price increase of 13.8% in year-over-year comparison, coming in at \$358,700.

The Association of Interior REALTORS® is a member-based professional organization serving approximately 2,600 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®.

About HPI

The MLS® Home Price Index (HPI) is the most advanced and accurate tool to gauge home price levels and trends by using benchmark pricing rather than median or average. It consists of software tools configured to provide time-related indices on residential markets of participating real estate boards in Canada.

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