

For immediate release

Kamloops Residential Real Estate Market Activity Pace Eased in January

KELOWNA, B.C. – February 5th, 2026. Residential real estate activity in January eased off its unusually strong December pace, reports the Association of Interior REALTORS® (the Association).

A total of 623 residential unit sales were recorded across the Association region in January, down from December's 788 units, and down 22.3% compared to units sold in January 2025.

New residential listings saw a 9.5% decrease compared to January 2025 with 2,021 new listings recorded last month. The total number of active listings saw a 2.5% decrease in inventory compared to January 2025 with 6,647 recorded across the Association region. The highest percentage increase in active listings across the Association region was recorded for another consecutive month in the North Okanagan with a total increase of 0.6% compared to January last year.

"January brought a bit of a cooldown in the real estate sector after a very strong December, which aligns with typical seasonal trends, even if the dip was a bit sharper than anticipated," says Association of Interior REALTORS® President Kadin Rainville, adding that "with prices holding relatively steady and demand still present, the market may be recalibrating rather than retreating. While some are waiting on the sidelines, the level of activity suggests this may be more about timing and economic conditions than a true shift in momentum."

Within the Kamloops and District region, there were 90 residential unit sales recorded last month, down from December's 137 units sold and down 35.3% compared to the same month the previous year. There were 359 new listings recorded last month in the Kamloops and District region, which was a decrease of 9.8% compared to January 2025 yet up from December's 165 new listings. Overall inventory, or active listings, saw a decrease of 0.2% in year-over-year comparison, coming in at 951 listings.

"The Kamloops and District real estate market began the year at a slower pace, with January sales down year-over-year. That said, underlying demand remains intact with both buyers and sellers taking a more cautious, measured approach as they navigate the real estate market," notes Rainville.

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 increase of 5.1% compared to January 2025 in the single-family housing sub-category, coming in at \$660,300. The townhome housing category saw a benchmark price decrease of 1.6%, coming in at \$486,400. The benchmark price for condominiums saw an increase of 8.3% in year-over-year comparison coming in at \$386,000.

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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