

For immediate release

Kamloops Residential Real Estate Market Activity Picks Up Pace Heading into Spring

KELOWNA, B.C. – April 7th, 2026. Residential real estate activity in March showed signs of gaining momentum ahead of the spring market, reports the Association of Interior REALTORS® (the Association).

A total of 1,154 residential unit sales were recorded across the Association region in March, up from February's 838 units, and up 1.3% compared to units sold in March 2025.

New residential listings saw a 4.8% decrease compared to March 2025 with 3,059 new listings recorded last month, yet up from the previous month's 2,235 new listings. The total number of active listings saw a 3.1% decrease in inventory compared to March 2025 with 8,112 recorded across the Association region. The highest percentage increase in active listings across the Association region was recorded in the Kamloops and District region with a total increase of 4% compared to March last year.

"Although sales are still trailing the 10-year average, recent sales activity is a positive sign as we head into the typically busy spring market. We're seeing improvement from earlier in the year, even as inventory edges down slightly compared to the same time last year, which is likely a reflection of economic uncertainty continuing to temper some consumer confidence," says Association of Interior REALTORS® President Kadin Rainville, adding that "in this environment, strategic pricing is essential to capture buyer attention and maximize results."

Within the Kamloops and District region, there were 202 residential unit sales recorded last month, up from February's 152 units sold and up 9.2% compared to the same month the previous year. There were 486 new listings recorded last month in the Kamloops and District region, which was an increase of 2.1% compared to March 2025 and up from February's 370 new listings. Overall inventory, or active listings, saw an increase of 4% in year-over-year comparison, coming in at 1,186 listings.

"We're seeing the Kamloops real estate market activity picking up, with more homes coming onto the market and sales increasing as well. It's a great sign heading into spring that will provide buyers more options and possibly setting the stage for an active spring market," says 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 2.1% compared to March 2025 in the single-family housing sub-category, coming in at \$675,400. The townhome housing category saw a benchmark price decrease of 1.9%, coming in at \$498,100. The benchmark price for condominiums saw a decrease of 5.4% in year-over-year comparison coming in at \$360,100.

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:

Association statistical information: Email media@interiorrealtors.com

Province-wide statistical information:

BCREA Chief Economist, Brendon Ogmundson, bogmundson@bcrea.bc.ca

About HPI

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