

For immediate release

Kamloops Residential Market Activity Remains Steady as Inventory Gradually Builds

KELOWNA, B.C. – May 5th, 2026. Residential real estate activity in April showed great resilience in the Interior in comparison to other BC markets, reports the Association of Interior REALTORS® (the Association).

A total of 1,319 residential unit sales were recorded across the Association region in April, up from March's 1,154 units, and up 0.2% compared to units sold in April 2025.

New residential listings saw an 8.9% decrease compared to April 2025 with 3,134 new listings recorded last month, yet up from the previous month's 3,059 new listings. The total number of active listings saw a 5.0% decrease in inventory compared to April 2025 with 8,926 recorded across the Association region. The only percentage increase in active listings across the Association region was recorded in the Kamloops and District region with a total increase of 2.3% compared to April last year.

"With sales closely tracking last year's activity, the Interior real estate market remains comparatively resilient amid other provincial markets that are experiencing increased volatility," says Association of Interior REALTORS® President Ryan Mayne, adding that "with healthy inventory levels, balanced market conditions and prices staying fairly steady, it remains important for sellers to price appropriately at the onset so listings don't go stale."

Within the Kamloops and District region, there were 217 residential unit sales recorded last month, up from March's 202 units sold and up 0.9% compared to the same month the previous year. There were 544 new listings recorded last month in the Kamloops and District region, which was an increase of 3.0% compared to April 2025 and up from March's 486 new listings. Overall inventory, or active listings, saw an increase of 2.3% in year-over-year comparison, coming in at 1,313 listings.

"The Kamloops and District real estate market has maintained consistent stability over the past couple of years. While the recent accumulation of active listings signals improving supply in a traditionally constrained market, supply remains on the lower side, which may be keeping buyers feeling a sense of urgency," 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 marginal percentage decrease of 0.1% compared to April 2025 in the single-family housing sub-category, coming in at \$664,400. The townhome housing category saw a benchmark price decrease of 3.6%, coming in at \$497,200. The benchmark price for condominiums saw a decrease of 2.6% in year-over-year comparison coming in at \$370,000.

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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