

For immediate release

Kamloops Residential Real Estate Market Saw Solid Spring Activity

KELOWNA, B.C. – June 3rd, 2026. Residential real estate activity across the Interior remained in line with seasonal expectations in May, reflecting a stable and balanced market environment, reports the Association of Interior REALTORS® (the Association).

The Association region recorded 1,456 residential sales in May, up from 1,319 in April and nearly matching May 2025 activity, with a modest year-over-year decrease of 1.4%.

New residential listings saw a 13.3% decrease compared to May 2025 with 3,102 new listings recorded last month, and down from the previous month's 3,134 new listings. The total number of active listings saw a 6.8% decrease in inventory compared to May 2025 with 9,486 recorded across the Association region. The only percentage increase in active listings across the Association region was recorded in the Kootenay and Boundary region with a total increase of 2.4% compared to May last year.

“While new listing activity remains below last year's levels, overall real estate activity across the Interior continues at a healthy and sustainable pace. The decline in new listings could, in part, reflect buyers' continued demand for greater choice, with fresh inventory often being absorbed into sales relatively quickly after coming to market. As a result, inventory levels have had limited opportunity to build despite a steady flow of new listings,” says Association of Interior REALTORS® President Ryan Mayne, adding that “this dynamic has helped maintain balanced market conditions, creating fair opportunities for both buyers and sellers.”

Within the Kamloops and District region, there were 250 residential unit sales recorded last month, up from April's 217 units sold and up 7.3% compared to the same month the previous year. There were 525 new listings recorded last month in the Kamloops and District region, down 13.4% compared to May 2025 and down from April's 544 new listings. Overall inventory, or active listings, saw a decrease of 3.5% in year-over-year comparison, coming in at 1,380 listings.

“Spring brought encouraging results for the Kamloops and District real estate market, as growing listing inventory helped fuel sales activity. The combination of healthy demand and improved supply has fostered a balanced market environment, providing greater flexibility and confidence for both buyers and sellers,” 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 mild percentage decrease of 0.4% compared to May 2025 in the single-family housing sub-category, coming in at \$671,600. The townhome housing sub-category saw a benchmark price decrease of 3.1%, coming in at \$508,100. The benchmark price for condominiums saw a minor increase of 0.6% in year-over-year comparison coming in at \$378,900.

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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