

Kamloops Relocation Guide

Welcome to Kamloops, BC – a vibrant city where natural beauty meets a friendly community. This guide is organized into chapters for **Families**, **Retirees**, and **Young Professionals**, each with targeted tips on daily living, services, and local highlights. We've also included general sections on utilities, neighbourhoods, community connections, and seasonal tips. Let's get you settled in Kamloops!

For Families

Kamloops for Families: An ideal blend of urban convenience and outdoor adventure. Families here enjoy excellent schools, abundant parks, and a safe, welcoming atmosphere. Below we cover key family essentials, from groceries and home services to schools and kid-friendly fun.

Family Essentials: Shopping, Services & Schools

Groceries and Food Shopping

- **Major Supermarkets:** Kamloops has plenty of large grocery stores. Popular choices include **Real Canadian Superstore**, **Save-On-Foods**, **Safeway**, and **Walmart** – all offering extensive selections. Save-On-Foods even provides online ordering with delivery or pickup, which is great for busy parentssaveonfoods.com saveonfoods.com. For bulk shopping, there's a Costco Wholesale at 1675 Versatile [Dr.m.yelp.com](https://dr.m.yelp.com) (membership required) carrying groceries, household goods, and baby supplies.
- **Specialty & Local Options:** Health-conscious families will love **Nature's Fare Markets**, an organic grocer with local produce and natural foodsnaresfare.com mapquest.com. Kamloops also boasts an excellent **Farmers' Market** downtown (200 St. Paul St.) on Saturdays (Apr–Oct, 8:30am–12:30pm) and [Wednesdaytourismkamloops.com](https://wednesdaytourismkamloops.com).
- **Grocery Delivery:** Many stores offer delivery or curbside pickup – super convenient for families with young kids. Save-On-Foods delivers to most areas (check via postal code on their website), and Superstore/Instacart services are available as well.

Home Services: Inspectors, Insurance & Trades

- **Home Inspectors:** If you're buying a home, a licensed home inspection is a must. Kamloops has many certified home inspectors – for example, **Interior Plumbing & Heating Ltd.** is a top-rated contractor offering inspection serviceswinners.kamloopsbcnow.com.
- **Insurance Agents:** To protect your home, car, and family, you'll need insurance. Kamloops has numerous brokers: **Hub International** and **Westland Insurance** operate multiple branches in the cityhubinternational.com westlandinsurance.ca.
- **Tradespeople:** Owning a home means you may eventually need a good plumber or electrician. A few well-reviewed companies include **Brown Bear Plumbing & Mechanical** and **McShane Plumbing** (for plumbing) winners.kamloopsbcnow.com, and **Crawford Electric** or **Apex Electric** (for electrical) yelp.com.

Schools and Childcare

01

Public Schools (K-12)

Kamloops is served by **School District No. 73 (Kamloops–Thompson)**, which operates numerous elementary and secondary schools. SD73 provides public education to over 16,000 students across Kamloops and surrounding communitiesd73.bc.ca. To enroll your child, use the district's online registration portal or visit the nearest school.

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Preschools & Daycare

For younger children, Kamloops has many preschools, daycares, and early childhood programs. The School District runs **StrongStart** centres – free drop-in early learning programs for ages 0–5 with a parent/ caregiversd73.bc.ca. The **Kamloops Child Care Resource & Referral (CCRR)** service can provide a list of licensed childcare providers.

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Private & Independent Schools

Kamloops has quality independent schools if you prefer a private or faith-based education. **St. Ann's Academy** (downtown) is a well-established Catholic school (K–12) topprivateschools.ca, and **Our Lady of Perpetual Help (OLPH)** on the North Shore offers Catholic education for K–7 with preschool programsolphschool.ca olphschool.ca.

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Post-Secondary

Kamloops is home to **Thompson Rivers University (TRU)**, a large university offering degree and trades programs. If you have a teenager looking at local post-secondary options, TRU's campus in Sahali is a fantastic asset.

📄 Enrollment Links:

- SD73 Registration: [Register for School – SD73 Kamloops–Thompson](https://registerforschool-sd73-kamloops-thompson.com) (online enrollment and catchment lookup)
- SD73 School Directory: [School List – SD73](https://school-list-sd73.com) (addresses and websites for all public schools)
- St. Ann's Academy: st-anns.ca (private Catholic K–12)
- Kamloops Christian School: kamcs.org (independent K–12)
- OLPH Catholic School: [olphschool.ca Admissions](https://olphschool.ca) (info on K–7 enrollment and preschool)
- TRU Future Students: tru.ca/future (programs and campus tours)

Public Transportation and Getting Around

City Transit: Kamloops Transit, operated by BC Transit, runs a reliable bus network covering the city. Buses connect downtown with major areas like Sahali, Aberdeen, North Shore, and Valleyview. The transit system offers both regular routes and handy DART services for seniors/disabled riderskamloops.ca. Fares are affordable (monthly passes available), and a new Umo electronic fare card system makes paying easierkamloops.ca.

Ridesharing & Taxis: **Uber** has recently launched in Kamloops (as of mid-2025) castanetkamloops.netcfjctoday.com, offering app-based ride-hailing across town – great for those times you need a quick lift and don't want to drive. Another service, **Urider**, started operating in Kamloops earlier and also provides on-demand rides via an appfacebook.com reddit.com.

Walking & Biking: Kamloops is relatively spread out but has wonderful recreational trails and some bike lanes. The **Rivers Trail** is a paved pathway along the Thompson Rivers, perfect for family bike rides or walks.

Driving & Parking: Most families find a car convenient. Traffic in Kamloops is generally light, and you can drive across town in ~20–30 minutes. Be prepared for winter driving – winter tires are required by law on highways. Parking is free in most places except downtown, which has metered street parking and parkades (still inexpensive, around \$1/hr).

Family Life: Activities, Recreation & Dining

Hardware and Home Improvement Stores

Whether you're setting up a new house or tackling weekend DIY projects, Kamloops has you covered for home improvement supplies:

Home Depot

A large Home Depot is located in Aberdeen at 1020 Hillside Dr., offering everything from lumber and tools to appliances and gardening [gearmapquest.com](#). They have a tool rental centre and installation services (for projects like flooring or kitchen renos)[mapquest.com](#).

RONA/Home Hardware

For Canadian-made home essentials, **RONA Home Centre** at 416 Mt. Paul Way is a go-to, especially for building materials and [hardwarebasalite.ca](#). Kamloops also has a **Home Hardware Building Centre** on the North Shore (Halston Ave.) for lumber, paint, and seasonal items.

Canadian Tire

With two locations (South: 1441 Hillside Dr., and North: 944 8th St.), Canadian Tire is a family favourite [storegoodyear.ca/riesautomotive.com](#). You'll find tools, automotive supplies, sporting goods, and home items. They also offer car seat installations and bike repairs.

Specialty Shops

Need something specific? Kamloops has niche stores too. **Windsor Plywood** carries specialty wood and doors (great if you're childproofing or finishing a basement). **Kamloops Tile** or **NuFloors** for flooring needs, and **Andre's Electronics** for appliances.

Child-Focused Activities and Family Recreation

One of the best parts of Kamloops is the wealth of activities for kids and families. You'll never be bored on weekends! Some highlights:



Parks & Playgrounds

Kamloops is nicknamed the **Tournament Capital**, and its parks are fantastic. **Riverside Park** (downtown) features a large splash park with slides and water cannons (open summer) and an all-ages [playgroundkamloops.ca/kamloops.ca](#). Other popular water parks include **Albert McGowan Park** in Sahali and **Westsyde Centennial Park**.



Recreation & Sports

The city offers many organized sports and programs for kids. The **Tournament Capital Centre (TCC)** by TRU is a hub – it has an indoor aquatic centre with pools, water slide, and a kid's splash zone, plus an indoor track and gym facilities. Swimming lessons and drop-in family swims are offered year-round.



Indoor Play & Learning

The **BIG Little Science Centre** downtown is a hands-on science museum perfect for curious kids – with interactive exhibits and live demos, it inspires science fun for all [agestourismkamloops.com/tripadvisor.com](#). **Jump360 Trampoline Park** or **FUNzone** indoor playground are great for birthday parties or rainy days.



Outdoor Adventures

Family hikes and nature experiences abound. **Kenna Cartwright Park** (Canada's largest municipal park) has gentle hiking trails with amazing views. **BC Wildlife Park** (15 min east of town) is a small zoo/animal rehab centre home to 65+ species including cougars, bears, wolves, birds of prey, [etc.en.wikipedia.org/en.wikipedia.org](#).

Fitness, Yoga and Wellness

Keeping the family healthy is easy in Kamloops with a variety of fitness and wellness options:

- Gyms & Fitness Centres:** The **Tournament Capital Centre (TCC)** offers public gyms, weight rooms, and fitness classes (with child-minding services during some classes). The **YMCA-YWCA** also provides family-friendly fitness – they have group classes and even child care while you work [outkamloopsy.org](#).
- Yoga & Wellness Studios:** You'll find numerous yoga studios to unwind and stay flexible. **Let's Move Studio** downtown offers yoga, dance, and barre classes in a welcoming environment (they even have a two-week free trial for new clients)[reddit.com](#). **Kamloops Hot Yoga** and **Oxygen Yoga & Fitness** are popular for hot yoga [enthusiastsmindbodyonline.com/kamloopshotyoga.com](#).
- Sports & Clubs:** If traditional gyms aren't your thing, consider joining a sports club. Kamloops has everything from martial arts dojos (karate, taekwondo) to adult rec leagues in soccer, softball, and hockey. The **Kamloops Ridge Runners** club welcomes runners of all levels for group runs (strollers welcome on some runs).
- Family Wellness:** Wellness isn't just workouts. Kamloops has spas and natural health practitioners to help parents de-stress. Treat yourself to a massage at **Aina Organic Spa** or a family trip to the **Halston Hydrotherapy Centre** with hot tubs and saunas.

Community Centres, Senior Hubs & Social Clubs

Building a community is important for families. Kamloops offers many gathering spots and groups to connect with others:

Neighbourhood Community Centres: The city operates centres where people of all ages can take classes, attend events, or just drop in. For example, **Westsyde Community Centre** (attached to Westsyde Secondary) hosts playgroups, craft fairs, and has a community pool. **Hal Rogers Centre** in Aberdeen and the **Brock Activity Centre** in Brocklehurst also run programs.

Parent Groups & Playdates: Kamloops parents are very active in organizing meetups. The **Kamloops Early Years Centre** (downtown) is a hub for young families, providing information on parenting resources and hosting free drop-in playtimes. There are also Facebook groups such as *Kamloops Moms* and *Parents in Kamloops* where you can find playdate buddies or ask for pediatrician recommendations.

Volunteer & Social Clubs: Getting involved in the community is easy and rewarding. Many family-oriented volunteer opportunities exist, from school PACs (Parent Advisory Councils) to coaching kids' sports. Kamloops also has service clubs like **Rotary**, **Lions Club**, and **Kiwanis** that often support youth initiatives.

Support & Information: If you're new to Canada or BC, **Kamloops Immigrant Services (KIS)** is a wonderful resource. They host family potlucks, multicultural playgroups, and have a "Family Mentor" program to connect newcomer families with local [volunteersimmigrantservices.ca](#).

Restaurants, Cafés and Family-Friendly Social Spots

Eating out (or grabbing a coffee) is part of settling in. Kamloops has a thriving dining scene, with options to satisfy the whole family:

Family-Friendly Restaurants

Mittz Kitchen (downtown) is a popular upscale-casual spot run by two local brothers – it offers a diverse Canadian menu and a kids' menu, making it a great place for a family [dinnerkamloopswinetrail.com](#). Pizza is always a hit – try **Pizza Pi** or **Bold Pizzeria** for gourmet pizza.

Coffee Shops & Cafés

The Art We Are Café is an eclectic downtown coffee shop with toys and books for kids, plus delicious soups and treats (and local art on the walls)[winners.kamloopsbcnow.com](#). **5Bean Brewbar & Café** in Aberdeen and **Frankly Coffee** in Sahali are other great spots to meet other parents over [latteswanderlog.com/tripadvisor.com](#).

Breweries & Wine

Date nights or grown-up socializing are well supported too! Kamloops has a growing craft beer scene – **Bright Eye Brewing** (Brock) and **Red Collar Brewing** (downtown) are top-rated taprooms with tasting flights and [snacksyelp.com](#).

Emergency Services and Walk-In Clinics

Your family's safety and health are paramount. Here's what you need to know about emergency and medical services in Kamloops:

Emergencies – Dial 9-1-1

For any life-threatening or urgent emergency (fire, medical, police), call 911. Kamloops is served by the **Kamloops RCMP** (police) detachment, **Kamloops Fire Rescue**, and BC Ambulance Service. Response times in the city are good.

Royal Inland Hospital (RIH)

This is the main hospital in Kamloops, centrally located at 311 Columbia St. RIH has a 24/7 **Emergency Department** and trauma [centreinteriorhealth.ca](#). In an urgent health situation (serious injury, difficulty breathing, etc.), go to RIH Emergency.

Urgent & Primary Care Centres

Kamloops now has Urgent & Primary Care Centres (UPCCs) that function similar to walk-in clinics for non-emergency care. The **North Shore UPCC** (on Tranquille Rd.) opens early at 7:30am daily for walk-ins and sees patients based on [urgencyinteriorhealth.ca](#).

Family Doctors & Pediatricians

There is a province-wide doctor shortage, and Kamloops is no exception – finding a permanent family doctor can take time. Register on the **Health Connect Registry** for Kamloops to be assigned a GP, and utilize walk-ins or UPCCs in the meantime.

Families in Kamloops will find a supportive community with all the amenities needed to thrive. From grocery runs and school drop-offs to weekend hikes and hockey games, life here is enriching and fun for children and parents alike.

For Retirees: Your Golden Years in Kamloops

Kamloops is a wonderful place to retire – it offers a relaxed lifestyle, plenty of sunshine, and a mix of amenities from golf to theatre. Whether you're moving here to be closer to family or to enjoy your golden years in a friendly, accessible city, Kamloops has much to offer. This section highlights what retirees should know: convenient shopping, home services, healthcare access, senior socials, and more.

Groceries and Home Needs

Retirees in Kamloops enjoy a range of convenient shopping options, including delivery services:

Accessible Grocery Stores

Most major grocery stores have locations with accessible parking, scooter-friendly aisles, and helpful staff. **Safeway** (Lansdowne Village downtown) is popular for its senior discount day (usually 10% off on the first Tuesday of the month). **Save-On-Foods** (Summit Dr. and Columbia St.) also caters to seniors – they'll help carry out groceries or you can order online for delivery to your doorsaveonfoods.com/saveonfoods.com.

Grocery Delivery & Pick-up

If driving or carrying groceries is difficult, take advantage of delivery services. **Save-On-Foods** has a temperature-controlled van service delivering right to your home (order by phone or online). **Instacart** operates in Kamloops as well, allowing you to order from Superstore, Costco, and more – a personal shopper does the heavy lifting for you.

Specialty Food Shops

Enjoy cooking or have dietary needs? Kamloops has several specialty shops: **Nature's Fare** for organic and gluten-free productsnaturesfare.com, **Halston Health Foods** for vitamins and supplements, and ethnic markets. Additionally, the **Kamloops Farmers' Market** (April–Oct) isn't just for families – many retirees love it for fresh produce, local meats, and the social atmosphere on Saturday morningstourismkamloops.com.

Pharmacies & Home Supplies

Most neighbourhoods have a nearby pharmacy – **Shoppers Drug Mart** (with locations in Sahali, North Hills Mall, etc.) and **London Drugs** (downtown) are full-service, offering prescriptions, home health supplies, and even Canada Post outlets. London Drugs has a seniors' discount day and can arrange free prescription deliveries on request.

Tip: Don't forget to ask about seniors' discounts everywhere – from groceries to hardware stores, many Kamloops businesses have unadvertised discounts if you're 60 or 65+. It never hurts to ask!

Home Services: Trusted Help When You Need It

As a retiree, you might be looking to downsize or ensure your home is well-maintained with minimal hassle. Here's how to find reliable services:

- Licensed Home Inspectors:** If you're buying a retirement condo or smaller home in Kamloops, use a professional inspector to check it over. For instance, **Inclined Home Inspections** (Lee Wilson) is a locally licensed inspector with construction experienceinclinedhomeinspectors.ca.
- Insurance Agents:** Ensure your home and belongings are protected. Kamloops has numerous insurance brokers familiar with the needs of retirees. **Westland Insurance** (Summit Dr.) and **Hub International** (Fortune Dr. on the North Shore) are two large brokers with experience serving seniorshubinternational.com westlandinsurance.ca.
- Home Maintenance & Trades:** If yard work or home repairs are getting challenging, Kamloops has many professionals who can help. For yard care, you can hire local gardeners or lawn care services (ask for monthly senior rates). **Handyman services** are also available – some advertise specifically as "Senior's Handyman" for minor fixes, gutter cleaning, etc.
- Housekeeping & Personal Support:** To age in place comfortably, consider occasional help. Several bonded cleaning services operate in Kamloops (e.g. **Merry Maids** or local independents) – they can do biweekly cleaning, laundry, etc. Kamloops is a very age-friendly city and has support programs like Meals on Wheels, Better at Home (help with transportation and errands), and Lifeline (emergency alert devices).

Transportation and Getting Around Town

Driving may still be your main mode of transport, but Kamloops offers alternatives that make life easier for retirees:



Driving in Kamloops

The city is easy to navigate by car. Traffic is moderate and street parking is typically available. As a retiree, you might prefer avoiding rush hour (around 8am and 4:30pm on weekdays, though it's mild compared to big cities). Winter driving requires **snow tires (M+S or 3-peak tires)** on highways from Oct 1 to Apr 30.



Public Transit & HandyDART

Kamloops Transit is a viable option if you prefer not to drive. All city buses are low-floor and wheelchair accessible. As a senior, you might appreciate the **HandyDART** service – a door-to-door shared ride service for those with mobility challengeskamloops.ca. Regular buses offer a *Senior fare* (discounted single fares and passes).



Taxi and Rideshare

Kamloops' taxi companies (e.g. Yellow Cab, AC Taxi) have traditionally been the go-to for a ride. Now with **Uber** and **Uride**, using a smartphone app can be very convenientcastanetkamloops.net/facebook.com. Also, note Kamloops has a **Volunteer Driver** program where volunteers drive seniors to medical appointments.

Senior Centres, Activities and Social Clubs

One of the joys of retiring in Kamloops is the tight-knit senior community. There are numerous ways to stay active, social, and involved:



Kamloops Seniors Community Centre (KSCC)

The main hub is the Centre for Seniors Information, based at the Brocklehurst Seniors Activity Centre (9A–1800 Tranquille Rd.). This active centre offers drop-in programs *seven days a week*, ranging from fitness classes to card gameskamloops.ca. For a \$20/year activity card, you can join activities for a nominal \$2 feesikamloops.ca.



City Seniors Programs

The City of Kamloops, through its Parks & Recreation, runs a **Seniors Drop-In Program** with organized outings and exercise sessionskamloops.ca. For example, they coordinate mall walking groups in winter and nature walks in summer – with transportation provided from central points.



Social Clubs and Networks

Many retirees plug into social organizations. Kamloops has multiple **Rotary Clubs** (daytime meetings might suit retirees), **Probus Club** (a social club for retired professionals that meets monthly for guest speakers and organizes outings), and branches of groups like **Seniors' Brown Bag Lunch**.



Volunteering

Staying active often means giving back. Kamloops non-profits deeply appreciate the skills and time retirees offer. You might volunteer at **Royal Inland Hospital** as a greeter or gift shop attendant, at the **Kamloops Food Bank** sorting donations, or with **Habitat for Humanity** building projects.

Healthcare and Emergency Services for Seniors

We touched on emergency services in the Families section, but retirees may have specific healthcare considerations:

Medical Facilities: **Royal Inland Hospital (RIH)** is the primary hospital and has specialists in cardiology, oncology, orthopedics, etc. Many retirees praise RIH's new *Phil & Jennie Gaglardi Tower* (opened 2022) which upgraded routine care areas and added private roomsinteriorhealth.ca. If you have specific medical needs, note that RIH has a **Seniors Health & Wellness Centre** that focuses on geriatric assessments – referrals are through your GP.

Finding a Family Doctor: This can be challenging. The waitlist is real, but keep at it via the Health Connect Registry. Meanwhile, consider seeing a **Nurse Practitioner** at one of the UPCC clinics for routine check-ups – they can monitor chronic conditions and prescribe medications.

Pharmacy Services: Beyond dispensing meds, pharmacies here offer extra services: flu and COVID shots (often with special seniors' clinics), medication reviews (pharmacists will sit with you to ensure all your meds are working well together – free for BC seniors), and some do home visits.

Emergency Preparedness: We know that emergencies like wildfires can be a concern. Ensure you're signed up for **Voyent Alert!** or the city's alert system for evacuations. Have a "go-bag" ready with medications, documents, and essentials for at least 3 dayskamloopsbcnow.com.

Retirees find Kamloops to be a place where they can stay active, connected, and well-supported. With its moderate climate (warm but not too humid summers, and winters that are snowy yet sunnier than the coast), many say it's the perfect retirement climate. The community values its seniors – you'll see that in everything from priority seating on buses to special events just for you.

For Young Professionals: Thrive in Kamloops

Dynamic, growing, and full of opportunity – Kamloops is an increasingly attractive city for young professionals. Whether you've relocated for a job, for more affordable living, or to enjoy the balanced lifestyle, you'll find Kamloops has a bit of everything: career prospects, social hotspots, and easy access to adventure. This section will guide you through practical essentials and ways to connect and thrive in Kamloops as a young adult.

Groceries, Markets and Food Delivery

As a busy professional, you need convenient food options – Kamloops delivers with multiple supermarkets and meal services:

- **Major Grocery Stores:** You won't have trouble finding groceries at almost any hour. **Real Canadian Superstore** (Sahali) is open late and carries a wide range from fresh produce to home goods – perfect for one-stop shopping. **Walmart Supercentre** (Sahali) similarly has extended hours.
- **Specialty and Local Eats:** Kamloops has a burgeoning local food scene. **5Bean Brewbar & Café** doubles as a mini-market selling local coffee beans and artisan bread. Don't miss the **Kamloops Farmers' Market** (Wednesdays and Saturdays in season): beyond veggies, you'll find food trucks, local craft beer vendors, and trendy items like microgreens or cold-pressed juicestourismkamloops.com.
- **Meal Prep & Delivery Services:** If cooking time is short, Kamloops has options. Many grocers provide **ready-to-eat meals** (Superstore's "Grab & Go" or Safeway's deli). Meal kit services (GoodFood, HelloFresh) deliver to Kamloops. For on-demand meals, Kamloops is well-served by **SkipTheDishes**, **DoorDash**, and **Uber Eats**, with lots of local restaurants participating.
- **Late Night and 24h:** Night owl or working irregular hours? While we don't have 24h grocery stores, **7-Eleven** and **Circle K** convenience stores are 24/7 for snacks or essentials. There's also a **Shoppers Drug Mart** (Summit Dr.) open until midnight.

Home Services: Renting, Insuring, and Setting Up

Chances are you might be renting or buying your first home/condo here. Getting set up with essential services is key:

01

Housing Setup

If you bought a condo or house, definitely get a home inspection (even for newer builds) to know what you're gettinginclinedhomeinspectors.ca. For renters, ensure you do a thorough move-in inspection with your landlord – take photos. Many young professionals rent in Kamloops' newer apartments in Sahali or North Shore.

02

Tenant or Home Insurance

Don't skip insurance. Renters insurance in BC is inexpensive (~\$20–30/month) and covers your belongings and liability. Brokers like **Sussex Insurance** or **InsureBC** can set you up quicklysussexinsurance.cominsurebc.ca. If you bought property, shop around for home insurance.

03

Trades & Tech Setup

When you move in, you might want to personalize your space or fix minor issues. If you need a hand (say mounting a TV or setting up smart home gear), consider local handyman services or even TaskRabbit. For more technical home needs, like setting up a home network, **Geek Squad (Best Buy)** in Aberdeen can assist.

04

Internet & Utilities

High-speed internet is crucial. Kamloops has two primary providers: **Telus** (offering fibre in many areas) and **Shaw (now Rogers)**, plus smaller ISPs. Compare deals – as a new customer you can often snag promotional rates. For electricity, you'll set up with **BC Hydro** (do this online before you move in) germyn.ca.

Networking, Career and Transportation

Balancing work and life is easier when you can get around efficiently and have networks in place:



Public Transit & Commuting

If you work downtown or at TRU, taking the bus can be quite convenient and save on parking fees. The #7 Tranquille and #4 Pacific Way routes are popular for getting to city centre and the university. Buses have bike racks – you can bike partway and bus the rest. If you drive, commute times are small (15 minutes is typical, 30 max).



Ride-sharing & Car-share

Owning a car isn't mandatory. With **Uber** now in Kamloops (finally expanding ridesharing here in 2025) cfjctoday.com, you can rely on it for nights out or grocery runs without a car. Kamloops doesn't yet have a Car2Go or Evo car-share service, but keep an eye out – as the city grows, these may come.



Professional Networks

One of the first things to do is connect with the local professional community. The **Kamloops Chamber of Commerce** is very active – they host monthly **Chamber Connects** mixers and networking luncheons. Consider joining the **KYP – Kamloops Young Professionals** group which organizes socials, brewery tours, and volunteering events.

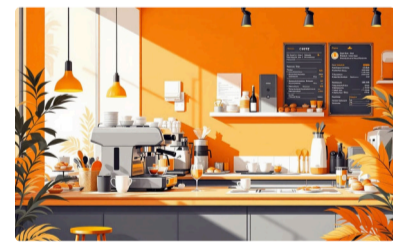


Furthering Your Career

TRU isn't just for undergrads. It offers MBAs, professional certifications, and night courses that young professionals often pursue while working. If you want to beef up your resume, check out TRU's Open Learning programs (some are online) or continuing studies in areas like project management, digital marketing, etc.

Social Scene, Dining and Nightlife

Work hard, play hard – Kamloops has a fun social scene tailored to a younger crowd as well:



Hottest Cafés and Brunch Spots

Get your caffeine fix at hip spots like **Cartwright's Café** in Aberdeen or **Casa Negra (Coffee & Chocolate)** downtown which doubles as a dessert bar. For brunch (because weekend brunch is almost a religion for young professionals), try **Hello Toast** downtown (quirky, with legendary eggs benny) tripadvisor.com.



Breweries, Pubs & Nightlife

Kamloops' craft beer scene is thriving. **Bright Eye Brewing** in the trendy Tranquille corridor has become a gathering spot – think industrial-chic taproom, food trucks outside, and trivia nightsyelp.com. For a larger group or to catch a game, **On Tap** or **The Office** pubs have lively atmospheres.



Restaurants & Foodie Finds

Young professionals are often the foodies driving the restaurant scene. Kamloops doesn't disappoint: **Mittz Kitchen** and **Underbelly by the Pig** (Mediterranean tapas bar) are favorites for group dinners or client meetings in a cool settingkamloopswinetrail.comkamloopswinetrail.com.

Emergency and Health Services

You're young and healthy – great! But still, know the basics in case life throws a curveball:

- **Health Care:** If you're new to BC, register for **MSP** immediately (if coming from another province or country) – it's required after 3 months. For a family doctor, the reality is you might not get one right away. Many young professionals use walk-in clinics or the UPCC (Urgent Primary Care Centre) for their healthcarereddit.com.
- **Hospitals & Emergencies:** **Royal Inland Hospital** is the main hospital and trauma centreinteriorhealth.ca. The new emergency department (Teck ER) is bigger and better equipped after recent renovations. For lesser emergencies, again the UPCC can often handle things like stitches, X-rays for a possible fracture, etc.
- **Personal Safety & Support:** Kamloops is generally a safe city. As a young professional, you'll be out at night occasionally; downtown and the main areas are well-lit and patrolled. Of course, use common sense – travel in groups if bar-hopping, make use of those rideshares rather than walking alone far late at night, etc.
- **Emergency Preparedness:** Even young folks need to be prepared. Wildfires can affect us all – ensure you're signed up for Kamloops emergency alerts on your phone and know at least one person in town you could stay with if evacuated. Have an emergency kit – maybe you'd throw a weekend camping backpack together anyway, so just keep essentials ready.

Young professionals infuse Kamloops with energy and innovation. In return, the city offers you a balanced lifestyle – shorter commutes, affordable living, career opportunities (from emerging tech companies to established institutions), and the chance to make a real impact in the community. Enjoy the **Kamloops life** – where after a day of hustle, you can be enjoying a sunset hike or brewery patio in minutes, surrounded by friends.

Essential Information: Utilities, Neighbourhoods & Seasonal Living

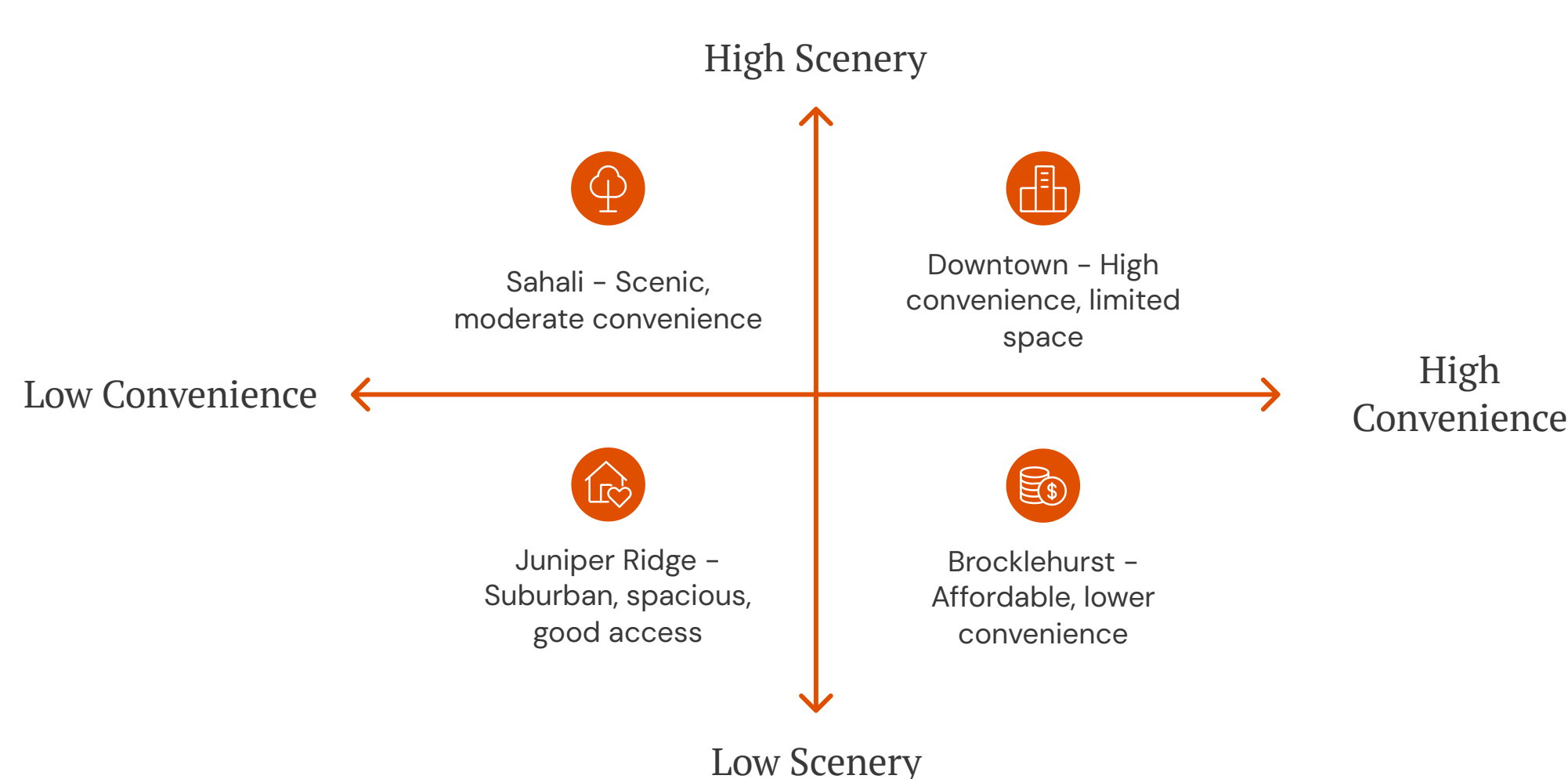
Utilities Setup and Services

No matter who you are – family, retiree, or young professional – you'll need to get your utilities and essential services up and running. Here's a straightforward guide to setting up electricity, water, internet, and other utilities in Kamloops (with direct links):

Electricity (BC Hydro) BC Hydro is the provincial electric utility. To start service, use BC Hydro's online "Start/Stop/Move" portalgermyn.ca – you can schedule your connection for your move-in date. Website: bchydro.com – create an online account for e-billing and usage tracking.	Natural Gas (FortisBC) If your home has a gas furnace, fireplace, or stove, FortisBC will be the provider. You can start service by calling FortisBC or using their online formgermyn.ca . They often have a promotional bundle with BC Hydro where you can get a free Energy Saving Kit.
City Utilities – Water, Sewer, Garbage The City of Kamloops manages water supply, sewer, and garbage/recycling pick-up. If you own your home, you need to set up an account with the City's Revenue/Utility Billing office (call 250-828-3438 or email revenue@kamloops.ca)/ kamloops.ca . MyCity online portal allows easy management once set up upkamloops.ca .	Internet, TV, Phone The two main internet providers in Kamloops are Telus and Shaw (Rogers) . Telus offers fibre-optic service (up to 1.5 Gbps speeds) in many neighbourhoods, which is great for streaming or remote worktelus.com . Shaw, now under Rogers, offers cable internet and has been a longtime provider rogers.com .

Best Neighbourhoods to Consider

Kamloops is a city of diverse neighbourhoods, each with its own character. Here's an overview of some of the best neighbourhoods to call home, whether you prioritize family-friendliness, nightlife, or scenic peace:



Sahali
A vibrant, centrally located neighbourhood on the south hillside. Sahali is *perfect for families and professionals*, with top-rated schools, parks, and abundant shopping nearby (the main mall and big-box stores are here) kevinsellskamloops.com. It offers a mix of housing: affordable townhouses, mid-century homes, and newer condos.

Aberdeen
Perched above Sahali, Aberdeen is a prestigious area known for upscale homes and townhomes with **scenic views** kevinsellskamloops.com. It's one of the fastest-growing neighbourhoods, popular with both **families and retirees** for its quiet, safe, and clean [environment](https://environmentkevinsellskamloops.com) kevinsellskamloops.com.

Juniper Ridge
A newer subdivision in the eastern hills, *family-oriented and peaceful*. Juniper Ridge is surrounded by nature, with plenty of hiking/biking trails and larger lotskevinsellskamloops.com kevinsellskamloops.com. It's a bit more car-dependent (15 min drive to downtown), but residents love the tranquility and *community feel*.

Westsyde
Tucked along the North Thompson River to the northwest, Westsyde is a *relaxed, community-focused* neighbourhood ideal for families **and** active [retirees](https://retireeskevinsellskamloops.com) kevinsellskamloops.com. It offers affordable housing, from 1970s ranchers to newer subdivisions, often on larger lotskevinsellskamloops.com.

Downtown
If you crave *walkability and nightlife*, downtown is the place. You'll find character homes, newer condos, and apartments. **Young professionals** love downtown for its cafes, pubs, arts scene and the ability to walk to work if your office is nearby.

Brocklehurst
Often just called "Brock," this is a flat area on the North Shore known for more affordable homes, large yards, and a strong sense of [community](https://communitykevinsellskamloops.com) kevinsellskamloops.com. It's close to the airport and has multiple schools and parks. Brock is great for first-time homebuyers or those seeking a quieter, older neighbourhood feel.

Community Connections and Social Networks

Moving to a new city is not just about services and houses – it's about people. Kamloops is known as a friendly, welcoming community. To help you connect, here are some local forums, groups, and resources where newcomers can meet people, ask questions, and get involved:

- Facebook Groups:** Join groups like "Kamloops Ask It/Say It" (a large group where locals ask for recommendations or help), "Kamloops Moms" (if applicable – very active for family tips), "Kamloops Housing Rentals", and "Kamloops Classifieds" for buy-and-sell.
- Reddit (r/Kamloops):** The Kamloops subreddit is a helpful online forum with a younger vibeyelp.com. People post questions and news. It's not huge but active enough, and you can search previous threads for topics.
- Kamloops Immigrant Services (KIS):** Even if you're not an immigrant, KIS is essentially a newcomers' hub. They offer a **Newcomer's Guide** and host events like monthly potlucks, cultural celebrations, and free workshops immigrantservices.ca.
- Let's Talk Kamloops:** The City of Kamloops has an online platform letsstalk.kamloops.ca where residents can give input on city projects. It's a cool way to engage civically.
- Newcomer Clubs & Activities:** Check Meetup for interest-based groups: Kamloops Hiking, Board Gamers, language conversation groups. The **Kamloops Wine Trail** wineries do events that attract many newcomers kamloopswinetrail.com.
- Sports & Rec Leagues:** Joining a recreational sports team or gym class can quickly expand your social circle. Kamloops has co-ed adult leagues for soccer, ultimate frisbee, softball, even inner-tube water polo!

Seasonal Tips for Kamloops Living

Kamloops' distinct seasons bring hot summers, crisp winters, and everything in between. Each comes with its own preparations and perks. Here are some seasonal tips to help you adapt like a local:

Winter (Dec–Feb)
Kamloops winters are cold but generally sunny. Temperatures often hover around -5°C to -15°C . Equip yourself with a warm winter coat, insulated boots, gloves, and layers. Put on **winter tires** (mandatory on BC highways) by Oct bchydro.com. Don't hibernate entirely! Go skiing at Sun Peaks, try snowshoeing, or join the Polar Bear Swim on New Year's Day.

Autumn (Sept–Nov)
Arguably the best season here – warm days (20°C in Sept often) and crisp nights. By October, nights are quite chilly and leaves put on a show of yellow and orange. Time to reverse some spring steps: clean out gutters, blow out irrigation systems, rake leaves. Fall is wildfire recovery time. Kamloops' agricultural roots shine – Farmer's markets overflow with harvest produce.



Spring (Mar–May)
Spring is when to start thinking wildfire safety. Clean up your yard – rake pine needles, trim long grasses, prune tree branches away from your roof. This is part of being *FireSmart* to protect your homekamloopsbcnow.com. Spring weather is volatile – dress in layers. If you garden, note the **frost-free date** is around mid-May.

Summer (Jun–Aug)
Kamloops summers are *hot*. 30°C is common, and heat waves can push $35-40^{\circ}\text{C}$. Drink plenty of water and use sunshades. Unfortunately, summer often brings wildfire smoke haze. Keep tabs on the **Air Quality Health Index (AQHI)**. On the upside, summer in Kamloops is AWESOME for recreation – swimming at Paul Lake, floating the river, Music in the Park concerts, and more.

This guide covered a lot, but there's always more to learn about our city. Feel free to refer back to sections as needed, and use the links provided to explore further. Kamloops welcomes you – happy moving, and welcome to your new home!