



WRNBC 2018 Conference & AGM Tourist Information

Location

Kamloops is a small town located at the northern tip of the Okanagan grasslands. It is situated at the confluence of the North and South Thompson Rivers between hoodoos, sandy shores and a desert landscape. The grasslands surrounding Kamloops are Canada's most endangered ecosystem and are home to over 30% of Canada's endangered species. Kamloops (population 90,000) resides on Secwepemc land is the stop over for travellers between Calgary/Edmonton and Vancouver and skiers heading to Canada's second largest ski resort. While March can be summer in the valley, winter can still be found at Sun Peaks, a 45 minute drive up the mountain. With wildlife at our doorstep, Rocky Mountain Sheep, Elk and Black Bears are found within city limits, and can often be spotted along Shuswap Road which parallels the South Thompson River and the Trans Canada Highway.

<https://www.tourismkamloops.com/>

Weather

Kamloops boasts the lowest rainfall in Canada. The advantage of grasslands and deserts is the climate, but with clear skies come cool nights as our daytime heat leaves the atmosphere. Average temperatures 7oC/3oC, with the last few years giving us days of 17oC and nights of -3oC. Some years, there is snow remaining and slush everywhere with the warm temperatures. Other years the crocuses are popping out. With this year being a weak La Nina, we may see a bit of snow remaining if the cool air mass reaches far enough south to affect Kamloops. Otherwise, if the cool La Nina temperatures stay in the northern areas of BC, we will see the start of spring time.

Getting Here

If you choose to come by air, there are often deals to be had. All major airlines fly to Kamloops (YKA) and many smaller airlines fly to Kamloops and some only as far as Kelowna YLW airport (1.5hr drive). The airport is not serviced by transit (although they say they are), and transit stops at the community a 15- 20 minute walk away. Make sure you pack light if you are taking transit.

Car rentals are available at the airport, although you will be able to get around without a vehicle if you choose to.

<http://www.kamloopsairport.com/>

Arriving by highway, The Trans Canada Highway feeds traffic past the BC Wildlife Park and runs north past all the hotels in Valley View, and continues up the hill to Aberdeen, where more hotels are located. Highway 5 from Valemount connects to highway 1. Kamloops highways are well designed to quickly access the three main regions of the city.

Getting Around

Bus

BC Transit offers public transport to and from downtown to the outskirts. It is a 30-45 minute ride from the BC Wildlife Park to city center, and another 30-50 minutes from city center to outskirt destinations.

<https://bctransit.com/kamloops/schedules-and-maps>

Train

Via rail serves Kamloops from Vancouver and from Jasper, to points in between.

<http://www.viarail.ca/en>

Taxi

Kamloops has several taxi services that operate. Around \$60 to ride from downtown to the BC Wildlife Park. #TAXI (8294) will get you in touch. Or download the app TheRide <http://www.poundtaxi.com/download-app>
Kami Cabs <http://www.kamicabs.ca/>
Yellow Cabs (no website)

Car Rental

There are many choices at the airport, and slightly cheaper options in town.
<http://www.kamloopsairport.com/rentals.htm>

Things to Do

Kamloops Art Gallery

<https://www.kag.bc.ca/>

The Kamloops Art Gallery is the principal gallery in the Southern Interior of BC supporting contemporary and historical visual arts on a local, national and international level.

Riverside Park

<http://www.kamloops.ca/parks/riversidepark.shtml>

Centre of the city. Located on the banks of the Thompson River next to the Interior Savings Centre and just minutes from downtown. Enjoy a picnic in the picturesque park, stroll along the beach...

Kenna Cartwright Park

<http://www.kamloops.ca/parks/kenna.shtml>

Kenna Cartwright offers an extensive network of gentle nature trails for hiking or cycling with panoramic views of the city, the Thompson Valley, Kamloops Lake and the convergence of the North and South Thompson Rivers.

Lac du Bois Provincial Park

http://www.env.gov.bc.ca/bcparks/explore/parkpgs/lacdubois_grass/

Sweeping grassland vistas, spectacular cliffs and canyons, cool, dry forests, secret ponds and small lakes await the visitor to the newest grasslands protected area in the province. It rises north and westward from the hot, dry Thompson valleys through three grassland ...

Monte Creek Winery Tasting Room

<https://www.montecreekranchwinery.com/>

Kamloops' largest winery open 11a-5p an award winning South Thompson winery and part of the Kamloops Wine Trail. Monte Creek Ranch raises beef, honey bees and berries...

Peterson Creek Park

<http://www.kamloops.ca/parks/petersoncreek.shtml#.WhtL2UqnHIU>

The park offers a unique and natural creek corridor along with its surrounding terrain which is similar to that of Kenna Cartwright Nature Park. The park encompasses 94 hectares and can be accessed from the main entrance at the south end of Glen Fair Dr, accessed off of Columbia Street. The Park's southern boundary extends to Chancellor Dr with additional entrances east of Summit Dr at a variety of locations. Some exciting attractions in Peterson creek include the Bridal Veil falls and a panoramic view of the park from some of the higher elevated trails.

Dog Sled Tours

<http://www.mountainmanadventures.ca/>

At Mountain ManDog Sled Adventures, you'll have the opportunity to experience the thrill of driving a dog sled! Live the dream of feeling the raw power of Alaskan Huskies pulling the sled through the Canadian Winter Wonderland that is the back country of Sun Peaks Mountain Resort, just a short drive from Kamloops, BC.

Sun Peaks Ski Resort

<https://www.sunpeaksresort.com/>

Interior British Columbia's largest destination ski resort, offering guests award-winning skiing, snowboarding, golf, mountain biking, lodging, dining, and more.

Eat Out

Health Conscious

Chopped Leaf

Vegan, vegetarian salads, bowls, wraps

Quick & Healthy

1180 Columbia Street

700 Tranquille Road

Pond Country Garden Market

Slow & Healthy

6231 Barnhartvale Road

Fresh made food with local fresh ingredients and tasty!

Open 11-3

<http://www.thepondcountrymarket.ca/>

Brownstone Restaurant

Higher end food, historical building, great service

118 Victoria Street

Red Beard Cafe

Made from scratch, healthy pub, café

449 Tranquille Road

Coffee

Frankly Coffee and Bistro

437 Landsdown

Café Motivo

229 Victoria Street

The Art We Are

246 Victoria Street

Zack's Coffees Teas and Gifts

377 Victoria Street

Indian

Nandi's Flavours of India

Good Food with a Great View

610 Columbia Street

Maurya's Fine Indian Cuisine

Good food, modest venue, closed Sunday's

165 Victoria Street

Pub Food

Tumbleweeds

Standard pub fare, burgers, wraps, curries.
5220 Bogetti Road

McCrakens

Standard pub food as well, burgers, chicken wings, salads.
1626 Valleyview Drive

Sushi

Arigato of Valleyview

1821 Trans-Canada Highway

Shushi Mura

1021 McGill Road

Brewery & Food

Iron Road Brewing

980 Camosun Crescent

Red Collar Brewing

355 Landsdown Street

Italian/Pizza

Pizza Pi

Closed Sunday
314 Victoria Street

Peter's Pasta

Closed Sundays
149 Victoria Street

Mexican

Quilas Mexican Restaurant

330 Victoria Street

Senor Froggy

450 Landsdown