July 17, 2019 by Mark Tugwell

Family-friendly activities in Kamloops to add to your summer

Calling all families and fans of all ages looking for adventure in Kamloops, BC! From exploring Prince Charles Park with its Kamloops Heritage Railway and Paddle Wheeler, to a day at the Bell Park Water Park, to a wildlife encounter at the BC Wildlife Park, there's adventure waiting at every turn. Indulge in mouthwatering handcrafted pizza at Bold Pizzeria, satisfying the whole family craving. Don't miss out on exploring the natural wonders of McConnell Lake or creating joyful memories at Westsyde Centennial Park.

Get ready to have unforgettable experiences with your loved ones in Kamloops!

Prince Charles Park

Discover the enchantment of Prince Charles Park, a hidden gem nestled in the heart of Kamloops. This inner city park is a haven for families, boasting a plethora of activities that cater to all ages. The park's crowning jewel is the Kamloops Heritage Railway, a charming train ride that takes you through the stunning Kamloops landscape, offering breathtaking vistas and captivating stories along the way. Alongside the railway, you can embark on a leisurely stroll along the Lyall greenery. With convenient amenities and plenty of free street parking, Prince Charles Park ensures a hassle-free and enjoyable experience for all.

Hot tip: During the month of July, check out Prince Charles Under the Stars, a Prince Charles Park for family-friendly fun outdoor theatre.

BC Wildlife Park

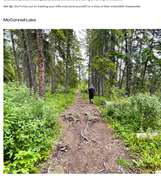
Experience the thrill of the BC Wildlife Park and a short 15-minute drive from downtown Kamloops. The zoo spans vast and breathtaking acres showcasing over 60 species native to BC, including cougars, bears, eagles, reptiles, and birds of prey. Immerse yourself in the wonder as you encounter these majestic creatures in their natural habitats. The park's playground and outdoor pools, and accounts 40 % zoo's wildlife. Don't miss this unforgettable adventure in Kamloops!

Bold Pizzeria

Bold Pizzeria is a must-try eatery in Kamloops for families looking to embark on a flavorful adventure with their kids with the delicious handcrafted pizzas. The pizzeria's menu boasts a variety of mouthwatering options, ensuring that everyone in the family will find something they love. Whether it's choosing from their premium Neapolitan or creating personalized masterpieces, kids will love this interactive experience. Beyond pizza, Bold Pizza offers a range of delicious appetizers and refreshing beverages, making it a complete dining experience.

Hot Tip: Don't miss out on treating your little ones (and yourself) to a slice of their irresistible cheesecake.

McConnell Lake



Discover the natural beauty of McConnell Lake, a beloved local hotspot just south of Kamloops. The kid-friendly 3.2 km hiking circuit winds lake side through a serene forest dotted with picnic tables and benches, creating the perfect backdrop for family adventures. With ample parking and a convenient boat launch, McConnell Lake offers a hassle-free experience for families to enjoy nature together.

Note: The trail features small but manageable hills and roots to navigate. Strollers are not recommended.

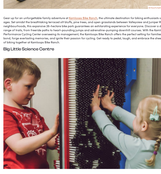
Westsyde Centennial Park

Westsyde Centennial Park is a family-friendly hot spot located in the Westsyde neighbourhood of Kamloops. Let your kids run off some excess energy at the playground with the whole family entertainment with exciting slide structures. Explore the parking area for Office Tractor Antique Museum had door. Where you can get up close and personal with vintage tractors and farm equipment. The park also boasts a tennis court, a basketball court, and a spacious field for various recreational opportunities. With picnic tables, public washrooms, and a scenic atmosphere, Westsyde Centennial Park is the perfect destination for a memorable outdoor adventure.

Kamloops Bike Ranch

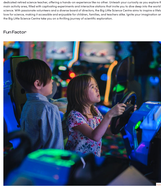
Gear up for an unforgettable family adventure at Kamloops Bike Ranch, the ultimate destination for biking enthusiasts of all ages. Set amidst breathtaking scenic trails, the ranch offers a diverse array of bike rentals, including mountain bikes and cruiser fitting neighbourhoods, this expansive 26 hectare bike park guarantees an exhilarating experience for everyone. Discover a diverse array of trails tailored to cater to riders of all skill levels, ensuring a challenging and rewarding experience for all. With the convenient Kamloops Cycling Center conveniently by Kamloops's Bike Ranch, offers a perfect setting for families to rent bicycles, gear up with essential safety equipment, and receive valuable trail tips. Don't miss this chance to create lasting memories at the ranch, where the joy of biking together at Kamloops Bike Ranch.

Big Little Science Centre



Step into a world of wonder and discovery with the Big Little Science Centre, where every corner offers an interactive and engaging environment. Located in Aberdeen Street in downtown Kamloops, this family-friendly center was founded by a dedicated group of parents who aspired to create a space where children could explore, learn, and ignite their curiosity. The center's mission is to foster lifelong learning experiences and interactive exhibits that invite young minds to delve into the world of science. With passionate volunteers and a diverse board of directors, the Big Little Science Centre strives to inspire a lifelong love for learning in children of all ages. Join us in this exciting journey of scientific exploration and discovery at the Big Little Science Centre as we cultivate a generation of scientific explorers.

Fun Factor



Get ready for an unforgettable family adventure at Fun Factor, the ultimate destination for non-stop fun and excitement in Kamloops. This vibrant entertainment hub boasts a plethora of thrilling activities that cater to all ages and interests, including Bumper Cars, Mini Bowling, Laser Tag, Laser Frenzy, Laser Maze, and an expansive arcade filled with exciting game redemption games. Whether you're celebrating a birthday, planning a date night, or organizing an outing with a sports team, Fun Factor has something for everyone to enjoy. With its state-of-the-art facilities and friendly staff, this family-owned gem ensures a clean and creative facility in Kamloops. Head to Fun Factor, where fun guarantees affordable and family-friendly entertainment all for fewer.

Splash Park Hopping

Get ready for a cool and thrill-filled adventure in Kamloops! Jump from one splash park to another, creating a splash at each location. With various features, interactive play areas, and plenty of splashing fun, it's the perfect way to cool off and enjoy quality family time.

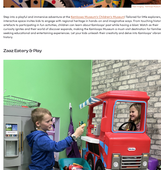
- Bell Whatcom Splash Park
- Pohlmann Green Park
- Rotary Park Splash Park
- Westsyde Centennial Splash Park
- Prince Charles Park Water Park

Grab your sunscreen, pool noodles, and hop around the splash parks for a day of unforgettable water filled excitement!

Children's Museum

Step into a colorful and immersive adventure at the Kamloops Museum & Children's Museum! Nestled in the Lightbody Building, this interactive space invites kids to engage with regional heritage in hands-on and imaginative ways. From touching historical artifacts to participating in lively exhibits, the museum offers a captivating journey through the rich tapestry of Kamloops' history. Immerse yourself in the world of dinosaur exploration, tracing the footsteps of ancient creatures that roamed the Kamloops landscape. Unleash your creativity and entertaining experiences, as you take control from creativity and delve into Kamloops' diverse history.

Zaxsi Eatery & Play



Zaxsi Eatery & Play is the ultimate family destination in Kamloops, BC. Spanning over 1500 square feet, this unique indoor playground The Village is perfect for Boys ages 0-12 and their families. Let your little one's imaginations soar as they explore the various play areas, including the Kitchen, Dress Up Area, Construction Zone, and Tree House, each meticulously designed to stimulate exciting sensory tools. While the kids play, indulge in mouthwatering treats crafted from locally sourced ingredients at the Kitchen Counter. The menu boasts a variety of delicious options, including gluten-free and vegan choices, ensuring everyone can find something to suit their tastes. Zaxsi Eatery & Play is where fun, imagination, and great food come together for an unforgettable family experience.

Sweet Home Cafe

Sweet Home Cafe is a beloved family-friendly establishment in Kamloops! With a quaint kid-size play area, spacious eating area, and a delicious menu that caters to all ages, it's the perfect spot for a memorable family outing. The cafe's commitment to fresh ingredients and high-quality coffee has earned it a loyal following, making it a cherished gathering place for families and friends. The cafe's menu boasts an array of fantastic family-friendly food options, including customer favorites like the Perfect Chicken Wrap and Chicken Quesadilla, ensuring everyone can find something they love. The cafe also offers a variety of delicious treats, such as the Nutella Banana Waffle, which is a crowd-pleaser that combines the classic flavors of Nutella and bananas in a delicious waffle. Sweet Home Cafe is a hidden gem in Kamloops, offering a cozy atmosphere, exceptional service, and a menu that caters to the tastes of all ages.

Big thanks to Mark Tugwell for the photos!

By another what you decide to experience in Kamloops with your family, your Family Bucket List Travel to Small Town BC. Be sure to tag us on Facebook, Instagram, and Twitter so we can see your adventures! Don't forget to use the hashtag #kamloopsbc when you tag us through. Has another round of golf. Based your next weekend getaway for fishing or ski? Check out 10 Things you can do in Kamloops this summer.

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