

May 1, 2024 by Beth Taylor

# Things to do in Kamloops in May

May is the perfect time to visit Kamloops and experience the city come to life. The sun is shining, flowers are in bloom, and patios are open. Uniquely situated where the North and South Thompson rivers meet, Kamloops offers a diverse mix of ecosystems and breathtaking scenery. Experience the beauty and bounty that the Thompson Valley has to offer in the Spring, from its stunning landscapes to its outdoor adventures.

Keep reading to discover hidden gems and inspiration for things to do during your visit.

## Kamloops Patios for Spring Sippin'



Dylan Sherrard

May is officially patio season! Kamloops has an amazing selection of [restaurants](#) that showcase local [brews, spirits and wines](#), and locally sourced ingredients that elevate any patio experience and allow you to explore what the region offers.

Some must-visit patios include Jadoo's Eclectic Modern Indian Cuisine and Craft Cocktails. They offer unparalleled panoramic views of the city and cocktails that are sure to impress. The Noble Pig Brewhouse's patio in the bustling downtown core offers a cozy and welcoming vibe that pairs perfectly with their local craft beer.

On the North Shore, visit the [Sandbar and Grill](#) licensed waterfront patio that will transport you to paradise, providing an idyllic backdrop for indulging in their fantastic selection of dishes. Head to [Monte Creek Winery](#) and bask in the beauty of the South Thompson River, vineyards, and hoodoos while sipping on their award winning wines.

Outdoor adventures don't have to be all about hiking or biking. Enjoy fresh ingredients, warm spring weather and stunning views that will take your breath away in Kamloops this May.

## Get Outside in Kamloops



Olvanfoodies

Get ready to immerse yourself in the beauty and wonder of Kamloops this May! The meadows and forests burst with blooming wildflowers, and the wildlife comes out to play. With sunny days and mild temperatures, it's the perfect time to explore the great outdoors [in Kamloops](#).

For a memorable [hiking adventure](#), hit the Dallas-Barnhartvale Park hiking trails, such as the Benchlands Loop, which leads you through Ponderosa pine forests to offer scenic views of the South Thompson River. The Benchlands Loop is a local favourite and is approachable for various skill levels, so the whole family can enjoy its breathtaking views.

Springtime in Kamloops is also the perfect opportunity to spot wildlife in their natural habitat. Keep your eyes peeled for bighorn sheep as you drive along East Shuswap Road or take a stroll along River's Trail at Aviation Way near the Kamloops Airport to catch a glimpse of majestic Bald Eagles soaring above. And for a chance to see some resident yellow-bellied marmots, head over to McArthur Island and keep an eye on the rocks near the rivers edge.

McArthur Island Park is also a must-visit destination for those seeking a variety of outdoor activities and natural beauty, featuring amenities like a skatepark, sports center, and a butterfly garden. Additionally, Paul Lake Provincial Park is renowned for its recreational offerings, including hiking trails, fishing, and a beach, making it an ideal spot for outdoor enthusiasts.

So, whether you're looking to take a hike, or watch some wildlife, get outside and breathe in the fresh air in Kamloops

## Explore Downtown Kamloops



Tamara Jaeger

The city is brimming with life as the outdoor Farmer's Market returns during the warmer months.

Start your Saturday off right by sipping your morning coffee while browsing the locally grown produce and handcrafted items at one of [Kamloops Farmers' Markets](#). With over 100 unique vendors and live music, it's an outing the entire family will enjoy and you'll have plenty of regional delights to discover and indulge in.

While you're in Downtown Kamloops, take in the [Back Alley Mural Tour](#) to view over 30 eclectic art murals in the surrounding area and explore different artistic styles in this outdoor art gallery. To see more local art, visit [Kamloops Art Gallery](#) to see their latest exhibits that change throughout the year.

## Local Events Happening In May



Steven Chang

They don't call us the Tournament Capital of Canada for nothing. From sports and tournaments to roller discos and dancing, there are a lot of fun events happening in Kamloops this month.

- The [BC Lions FanFest](#) is coming to Downtown Kamloops on Saturday, May 18th, 2024. This year, they're transforming Victoria Street into a vibrant block party, complete with live music, tasty food and drinks, and fun activities for the whole family. Experience the thrill of meeting BC Lions players and celebrate football fandom right in the heart of Kamloops!
- Take a trip to Downtown Kamloops for the [2024 SpringFest](#) running from May 9th to May 12th, 2024. With live music, special sales, and a gift basket giveaway, it's a chance to support our local businesses and celebrate our community.
- Located on the North Shore, the [Yew Street Block Party](#) comes alive on May 11th, 2024 from 3:00 PM to 6:00 PM. The vibrant celebration invites families and their pups to discover a colourful mix of local vendors, taste homegrown flavours, and enjoy a lineup of lively entertainment.
- Get ready for a night of boot-stomping fun! On May 11th, The [Kamloops Country Kicker](#) begins at 7:00 PM for a lively evening of country dancing, including a two-step dance lesson, live band, DJ and food trucks to hit those cravings.
- Harper Mountain is climbing its way up the 'must ride' list for biking aficionados and thrill-seekers alike! Experience it for yourself May 25 to 26, 2024 when the [Canadian Enduro Series](#) transforms Harper Mountain into a vibrant festival atmosphere equipped with food trucks, live entertainment, and onsite camping for both racers and spectators. Register at [canadianenduro.com](#).
- Join us at the [Kamloops Wine + Beverage Festival](#) from May 30 to June 1, 2024. Start the festivities with the engaging "Cheese the Day" wine and cheese pairing event, and don't miss the Grand Tasting on June 1st, featuring a wide array of beverages, lively entertainment, and local culinary delights. [Secure your tickets online](#) to sip, savour and celebrate local flavours and community.
- The Kamloops NorthPaws have 27 home games to make those iconic summer nights even better. The team roster includes NCAA Division 1 and 2 players along with local talent, which means the NorthPaws are officially serving up the highest calibre of baseball Kamloops has ever seen. Their first [Home Game Opener](#) kicks off on May 31st, 2024 against the Victoria Harborcats. With a setting as stunning as the historic Norbrock Stadium, cheering the NorthPaws on is the perfect summer activity for the whole family. Find more information on the team, tickets, and schedule at [northpawsbaseball.ca](#).

[Browse our online calendar of events](#) to see what else is happening in and around Kamloops this May.

## May Weather in Kamloops



Jordan Fraser

Get ready to soak up the sunshine and enjoy the crisp, refreshing breeze in Kamloops this May! With warm days and cooler nights, you'll want to layer up with a light jacket in the morning, peel it off by midday, and put it back on in the evening for maximum comfort. And don't forget to pack your hat and sunscreen, as the UV index increases during this time of year.

Kamloops in May is the perfect time to enjoy the city's natural beauty and variety of outdoor activities. [Plan ahead and sign up](#) to date with the latest weather information and view live webcams of Kamloops by visiting [our weather and climate page](#).

This May, travel in style without breaking the bank. Check out these incredible [travel deals and discounts](#) available in Kamloops this May. And take a peek at our list of [Top 10 Things to Do in Spring](#) for other activities to discover during your trip.

Share your local adventures with us! Tag [@tourismkamloops](#) on social and use [#ExploreKamloops](#).