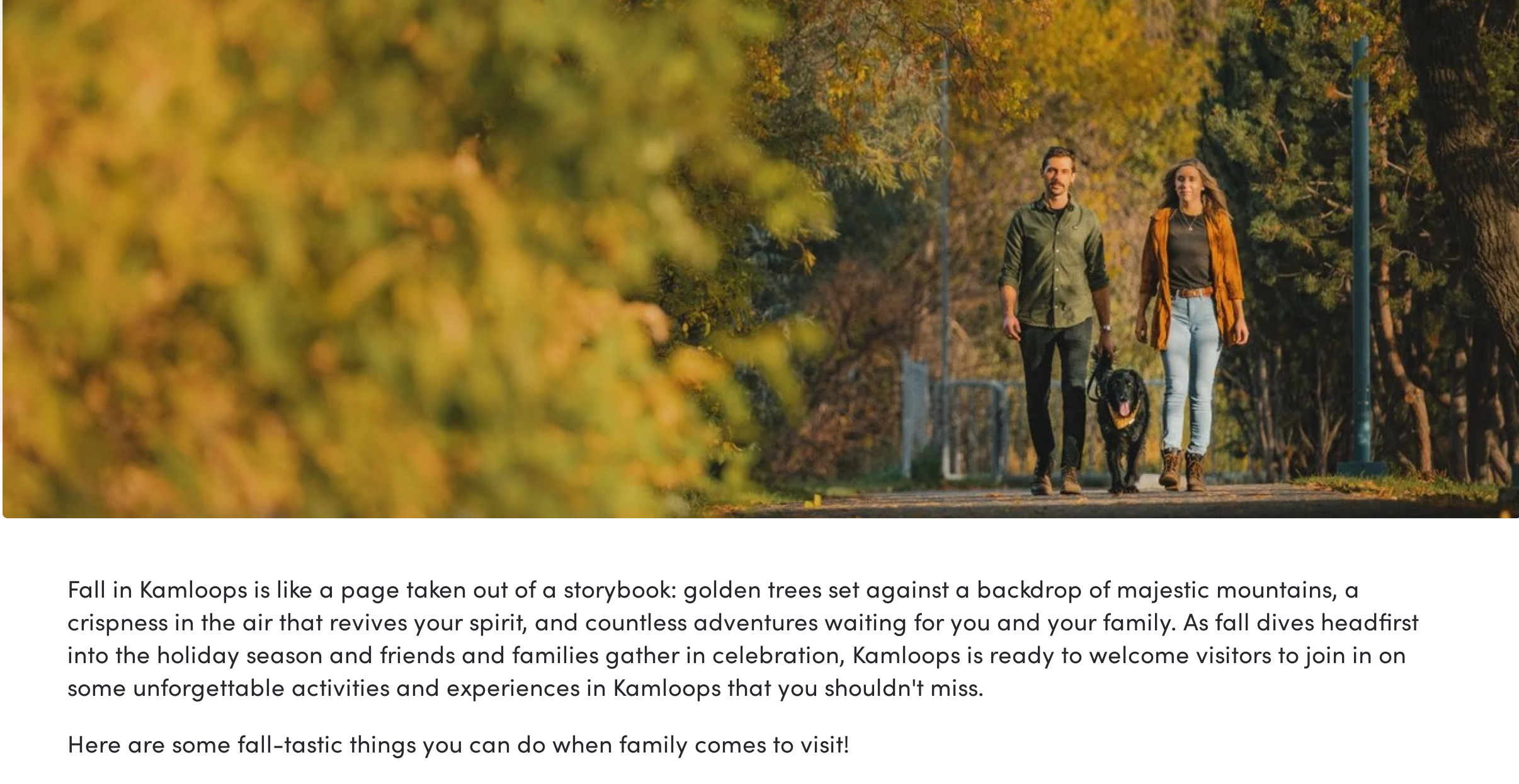


September 25, 2023 by Beth Taylor

# Exploring Kamloops in the fall: a family adventure guide



Fall in Kamloops is like a page taken out of a storybook: golden trees set against a backdrop of majestic mountains, a crispness in the air that revives your spirit, and countless adventures waiting for you and your family. As fall dives headfirst into the holiday season and friends and families gather in celebration, Kamloops is ready to welcome visitors to join in on some unforgettable activities and experiences in Kamloops that you shouldn't miss.

Here are some fall-tastic things you can do when family comes to visit!

## Take a Stroll Through Riverside Park



Beth Taylor

With the Thompson River as its picturesque backdrop, [Riverside Park](#) offers both residents and visitors a pleasant mix of natural serenity and stimulating activities.

The park's beach area is a prime spot for those seeking a day under the sun. Whether you want to relax with a book or build sandcastles with the little ones, the shores are welcoming. If you have littles in tow, the inclusive playground with a number of [inclusive structures](#), including a [We-Go-Round](#), a [We-Saw](#), and a [ZipKrooz](#), will enhance the experience at the playground, allowing children of all abilities to enjoy the City's most cherished park.

Athletes and casual players will appreciate the [well-maintained tennis](#) and [pickleball courts](#), offering a perfect setting for a game or two. Of course, numerous picnic tables dot the park for those wanting a more relaxed outing. Grab a bite, enjoy a meal, and take in the view.

Other things to do while in Downtown Kamloops:

- Cheer on the [Kamloops Blazers](#)
- Grab a bite to eat in one of our [downtown eateries](#)
- Stroll the [Back Alley Art Gallery](#)
- Get in a little [retail therapy at local shops](#)

## Flex Your Creative Side with Kamloops' Arts & Culture Scene



Olsen Imaging

Kamloops, often celebrated for its natural beauty, boasts an equally vibrant arts and culture scene just waiting to be explored. From indigenous histories to modern art exhibitions, Kamloops has a rich tapestry of experiences that cater to all ages. Dive into Kamloops' cultural heartbeat and create shared family moments that will last a lifetime.

### Galleries For Everyone

For art lovers, galleries like the [Kamloops Art Gallery](#) inside the downtown library offer thought-provoking exhibitions. If you're looking for local talent, the [Kamloops Courthouse Gallery](#) in the Old Courthouse and Cultural building is a must-visit.

### Indigenous Experiences

The roots of Kamloops lie in its indigenous heritage. The name Kamloops originates from the Secwépemc word Tk'emlúps, translating to "where the rivers meet." The [Tk'emlúps te Secwépemc](#), members of the Interior-Salish Secwépemc speaking people, offer insights into their vibrant history and culture. Delve deeper by visiting the [Kamloops Indian Residential School](#) for an eye-opening tour.

### Live Theatre and Performances

From the stellar productions of the [Western Canada Theatre](#) to the inventive presentations of [Chimera Theatre](#), there's always a show to catch.

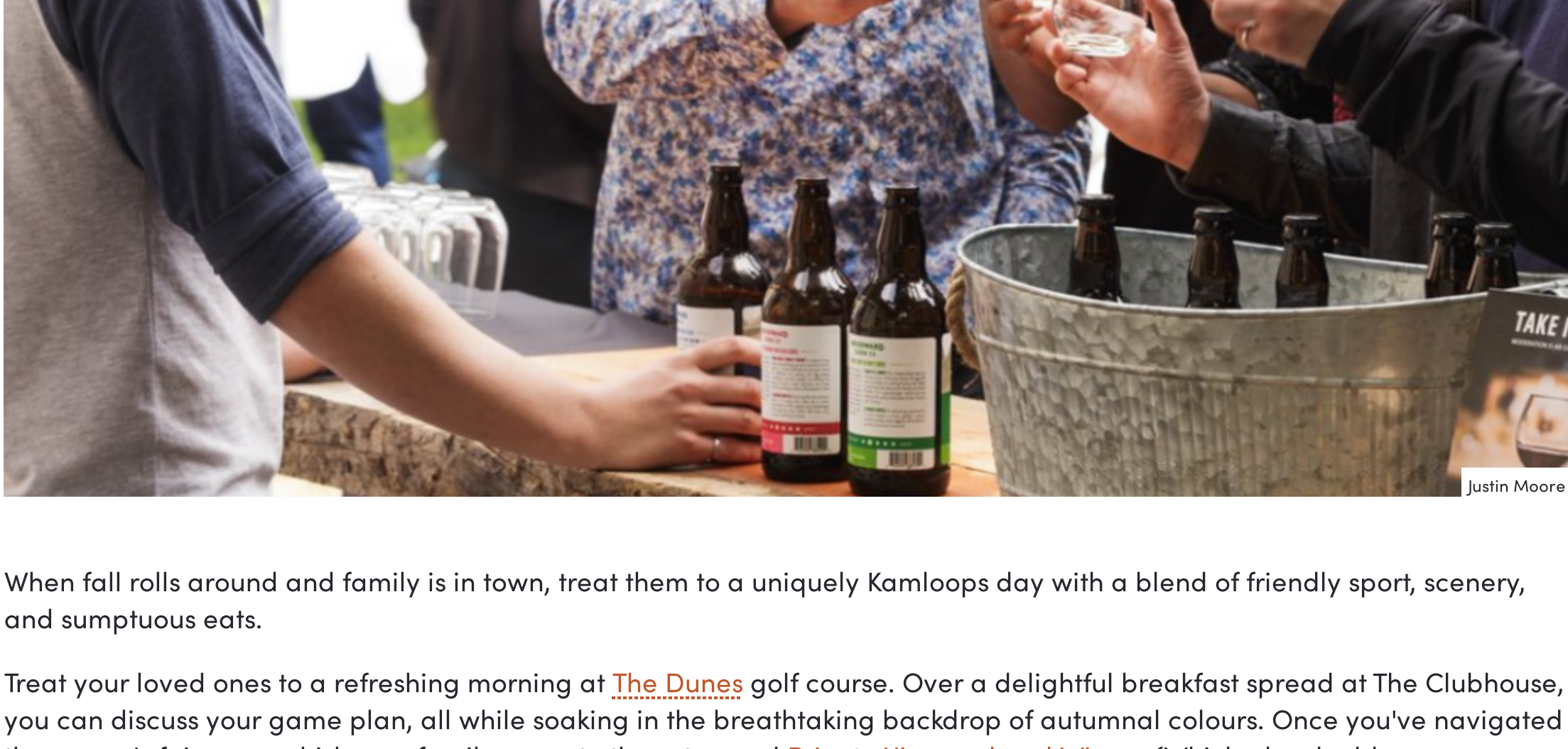
### Symphony & Film

The [Kamloops Symphony Orchestra](#) strikes a chord with its blend of classical and contemporary pieces. Film buffs can find their haven at the [Kamloops Film Society](#), showcasing the best of global cinema.

### Get Your Hands Messy

Feeling creative? Head to the [Kamloops Art Party](#) on the sunny North Shore. Whether you're into painting, sculpting, or ceramics, it's a place to unleash your artistic side.

## Take It From Tee To Table In A Day



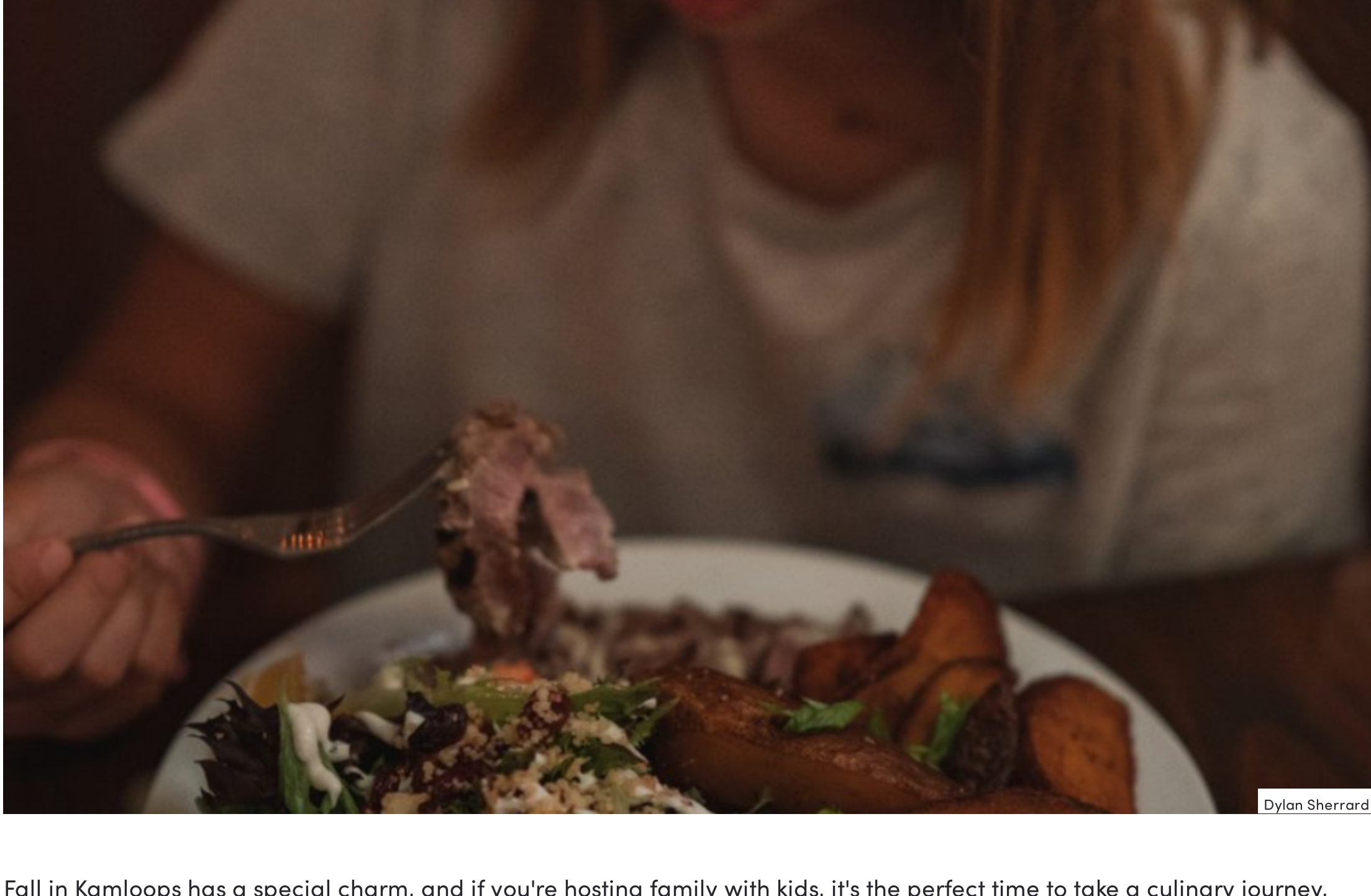
Justin Moore

When fall rolls around and family is in town, treat them to a uniquely Kamloops day with a blend of friendly sport, scenery, and sumptuous eats.

Treat your loved ones to a refreshing morning at [The Dunes](#) golf course. Over a delightful breakfast spread at The Clubhouse, you can discuss your game plan, all while soaking in the breathtaking backdrop of autumnal colours. Once you've navigated the course's fairways, whisk your family away to the esteemed [Privato Vineyard and Winery](#) (Which also doubles as [Woodward Cider](#) and [Woodward Pumpkin Patch](#)). Here, between sips of refined chardonnay and Pinot Noir, you'll share stories and select a bottle or two for later.

Drive further along Westsyde Road to the McLure Ferry, where a 5-minute ferry ride across the North Thompson River awaits. Finally, enjoy a mouth-watering meal at one of the many local restaurants. If you're feeling extra adventurous, start with a cocktail and apries at [Yew Street Food Hall](#) on the North Shore, then take a short drive down Victoria Street to find your [main course](#) and decide on a [nightcap and dessert](#) at a third spot. You'll be taking full advantage of our food scene and getting to experience three fantastic restaurants in one night!

## Family Feasting in Kamloops: Kid-Approved Eateries



Dylan Sherrard

Fall in Kamloops has a special charm, and if you're hosting family with kids, it's the perfect time to take a culinary journey, making memories at eateries that delight both the young and young-at-heart. If you're scouting for spots that come complete with high chairs, a kids' menu, or even some colouring pages to keep the little ones entertained, we've got you covered.

**BOLD Pizzeria:** There's nothing quite like the aroma of fire-inspired, handcrafted pizzas wafting through the air. At BOLD Pizzeria, expect a variety of options to suit every taste - from classics to inventive toppings that might just introduce the kids to a new favourite.

**Scotts Inn Restaurant:** Evoking feelings of home away from home, Scotts serves up heartwarming, homemade favourites. Whether you're an early bird catching breakfast or winding down with dinner, there's a dish with your family's name on it.

**Match Eatery & Public House:** This is the spot if you're in the mood for a livelier environment. Enjoy an array of pub favourites while the kids and maybe even the adults are swept up in the high-energy atmosphere.

**Cora Breakfast & Lunch:** Cora's stands ready for those mornings when only a hearty breakfast will do. Tailored to your liking, their fresh, homemade options will have everyone at the table smiling.

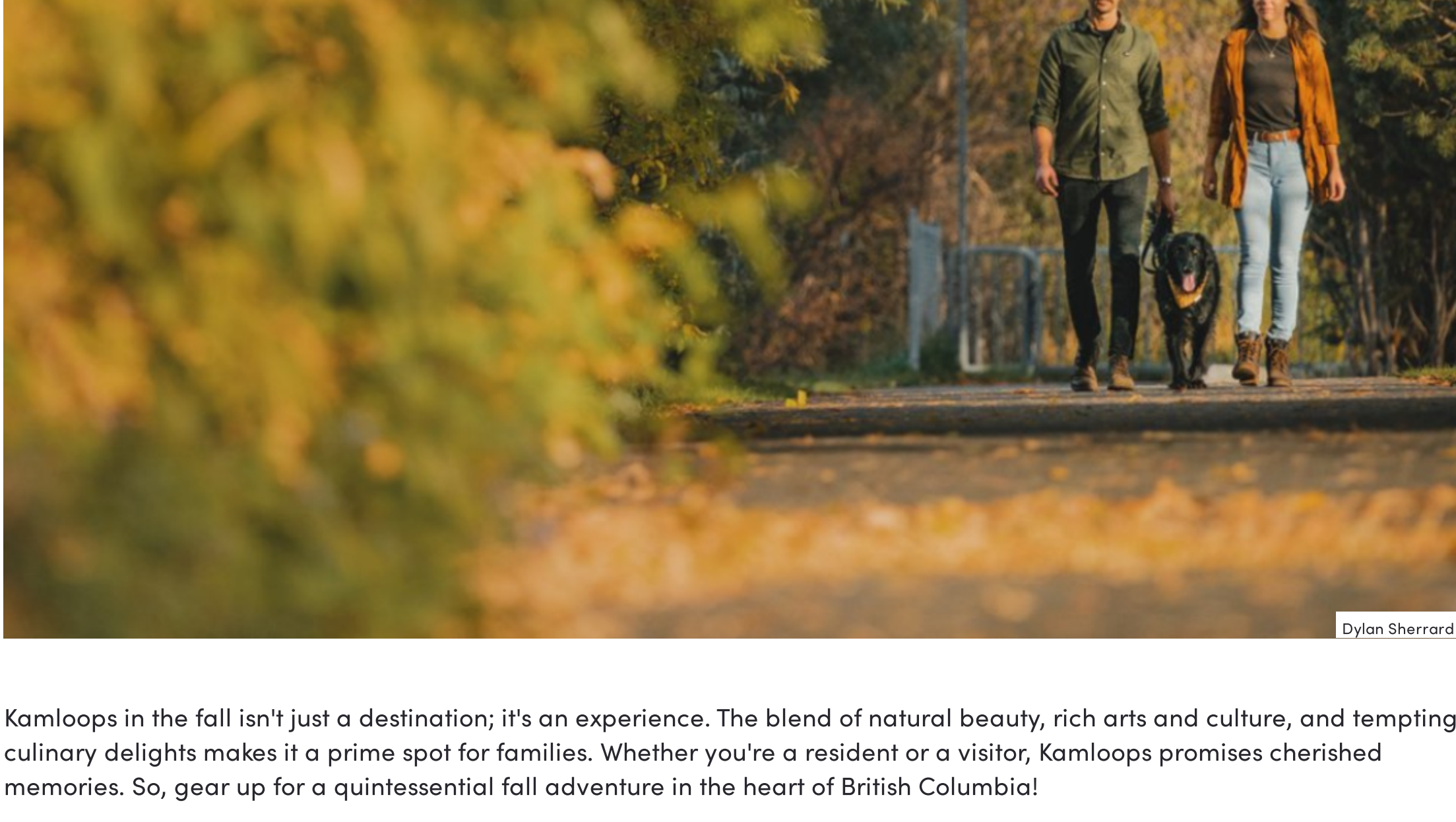
**Frick and Frack Taphouse:** A delightful fusion of ambiance and menu choices awaits here. While adults can enjoy a diverse range of dishes, kids will find themselves spoilt for choice with a menu brimming with classic favourites.

**Red Beard Cafe:** A North Shore spot on tap where every dish feels like a heartfelt embrace. From home-cooked from scratch lunch and dinner items (and local beer) to elevated diner classics, the dessert section might be the crew your family lingers a little longer.

**Zaaz Eatery:** A perfect blend of child-friendly ambiance and culinary innovation, Zaaz Eatery promises a meal that's both memorable and delicious. Attached to their [kids' play place](#), Zaaz Eatery is a great standalone option to refuel the crew or the perfect all-weather option to get some sillies out before dinner.

In Kamloops, every eatery has its own story and its own flavour. This Fall and holiday season, amidst the joy and laughter, add a culinary chapter to your family's memory book. After all, nothing brings family together quite like good food.

## Experience Fall In Kamloops



Dylan Sherrard

Kamloops in the fall isn't just a destination; it's an experience. The blend of natural beauty, rich arts and culture, and tempting culinary delights makes it a prime spot for families. Whether you're a resident or a visitor, Kamloops promises cherished memories. So, gear up for a quintessential fall adventure in the heart of British Columbia!

Enjoyed this guide on Kamloops tourism? Share it with fellow travellers and families! Here's to making memories in this beautiful region.