



Climb Kamloops

2nd Edition - June 2026

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By Matt Tobey

This is a non-comprehensive climbing guide to the Kamloops area of the Thompson-Nicola Region in British Columbia, Canada.

Thanks to Trevor Lott for starting the Climb Kamloops project and creating the first edition of this guide. Much appreciation to the route developers who made these climbs possible. Lastly, thank you to everyone who helped prepare this guide and app.

Not included:

- Prickly Pear climbing area - area closed
- Kamloops bouldering - maybe someday. See Facebook bouldering for beta.
- Undocumented routes - coming soon.
- Link-up routes - coming soon.

WARNING

Rock climbing carries inherent risks of serious injury or death. This guide is for information only and is not a substitute for proper training, equipment, experience, and judgment. It may contain errors or outdated route, anchor, or access information, and conditions may change without notice. You are solely responsible for your own safety.

You can also access this guide online at climbkamloops.app

Cover Photo: Garry Brace 11a at Roche

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LAND ACKNOWLEDGEMENT

You are climbing on the traditional lands of Tk emlúps te Secwépemc within Secwepemcúl'ecw, the traditional and unceded territory of the Secwépemc People.



Climbing around Kamloops

The Kamloops region offers two excellent options for sport climbing. Roche Lake Crag is probably the place to start, with the best quality rock and widest range of grades. The Beach offers a delightful nature experience with a relatively easy approach and a solid selection of moderate climbs.

Camping

Paid Sites

- Roche Lake Provincial Park: 36km southeast of Kamloops via Highway 5A.

Rec Sites

- Bleeker Lake: Near Roche you'll find this rec site on Bleeker FSR.
- Edith Lake: 12km south of Kamloops via Long Lake Road.
- Duffy Lake: A closer option to The Beach. Find via Dairy Lake FSR.

Local amenities

- Cliffsides Climbing Gym
- Paramount Theatre (Kamloops Film Society)
- Tournament Capital Centre (Pool, Showers, Gym)

ADVERTISEMENT



The advertisement features a central image of an indoor climbing wall with various colored holds. A dark green banner is overlaid on the image, containing the Cliffsides Climbing logo (a white triangle with a dot) and the text "CLIFFSIDE CLIMBING". Below the banner, contact information is provided: an Instagram icon followed by "@cliffsidesclimbing", the phone number "(250) 372-0645", the address "954b Laval Cres Kamloops BC", and the website "www.cliffsidesclimbing.com".

The Beach

1

Bradycardia 9 SPORT

★★★★

A long and well-protected route. Getting to the first bolt is the crux.

2

Tachycardia 11a SPORT

★★★★

Quality moves on steep rock.

THE BEACH: **TACH**



Summer Bogetti-Smith on The Verdict 12a - Photo: Kevin Bogetti-Smith

Roche

Roche Lake crag is set in a quiet forest with a near-instant approach and concentrated set of quality single-pitch climbs. The cliff is made of a solid gneiss rock that provides crisp edges and blocky pinches that demand power on steeper sections.

Wall height: 25–30 m -- Elevation: 1,134 m -- Grade range: 5.8–5.13a

Conditions

As a west-facing crag, the area receives sun in the afternoon and evening. Climbing in the heat of summer is a possibility, but arrive before the midday sun hits the wall. The season usually starts in early May. Please avoid damaging the road when it's

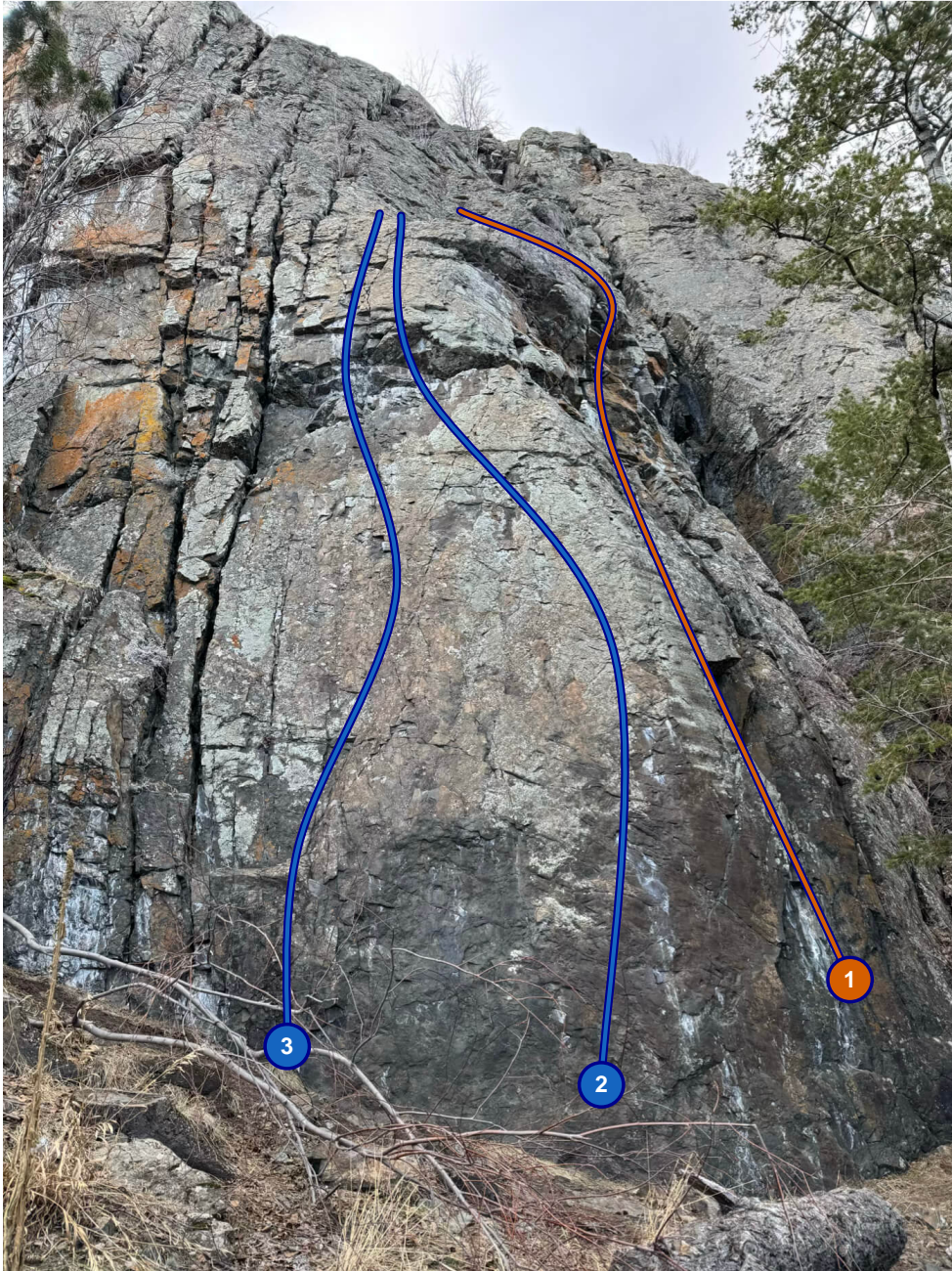
muddy. The mosquitoes can be bad when the temperatures are cool. Cell reception is spotty.



Kaley Tuba on Palmers Walk 5.9+ - Photo: Kevin Bogetti-Smith

- 1
Seamstress 8 **TRAD** ★
Shares anchor with Punch the Monkey.
- 2
Static Cling 11d **SPORT** ★★
A crimpy and technical start will likely have your belayer wearing you as a hat. Shares anchor with Punch the Monkey.
- 3
Punch the Monkey 10a **SPORT** ★★★★
Nice incuts lead to a cruxy roof pull.

THE BEACH: **PUNCH MONKEY**

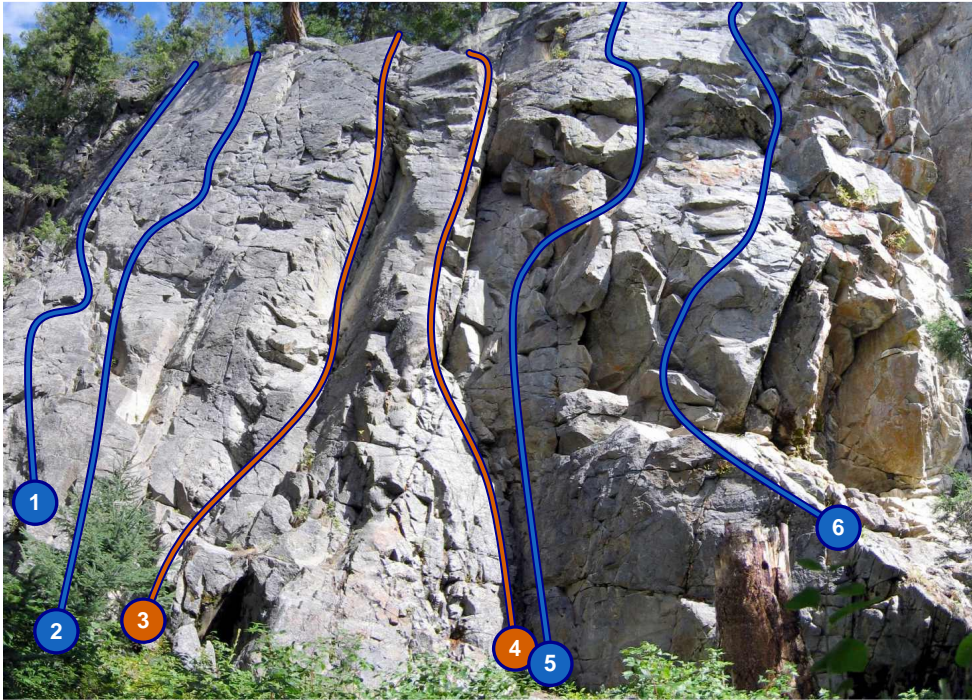


Directions

Some of the approach is on unpaved roads. Most cars can make it, but a truck or 4x4 will be more comfortable. The Roche Lake climbing area is 34 km south of Kamloops. From Kamloops, take Highway 5A south 23.5 km to the well-signed start of Roche Lake Road. Take Roche Lake Road to the 7 km marker, then turn left onto Bleeker Lake Road. Continue for 900 m and take the first left. If you reach Bleeker Lake, you've gone too far. Stay on the well-worn road for 2 km. You'll reach a cattle guard before the road climbs a hill; at the top, the crag is visible through the trees on the right.



ROCHE: **LEFT**



- 1

Boogie Train 8 SPORT ★★★

A captivating and consistent cruise.
- 2

The Sweep 8 SPORT ★★

Positive holds all the way up with a distinct crux over slabby terrain after the 5th bolt.
- 3

The Pea Pod 8 TRAD ★★

Gear to 1".
- 4

Kamloops Alpine Club #5 8 TRAD ★

Low angle climbing ending with an awkward steep chimney. Poor gear near the top. Two quick-link anchor.
- 5

Wild Rock 9 SPORT ★★★★★

A nice adventure on this well bolted route. An exciting pull through the notch in the roof.

- 2

Where's Waldo 11a SPORT ★

Hidden crimps between the 1st and 2nd bolts might send you flying.
- 3

Exodus 10c SPORT ★★

Some powerful and balancy moves.
- 4

Lichen in My Eye 10b SPORT ★★

Shares anchor with Exodus.

THE BEACH: VOICES



1 The Voices Told Me 9 SPORT ★★★★★
Long arête climb with a mid-way crux that tends to give climbers pause.

6 Denise's 10a SPORT ★★
Start on the ramp or climb the small wall to find the first bolt. A thought provoking crux gets you started with easier climbing above.

ROCHE: LEFT CENTER



1 Not a Sport Route 10d MIXED ★
A stiff start on bolts leads to easier climbing.

2 Hard Day at The Office 10c SPORT ★★★★★
Thin face climbing with an interesting crux.

3 Palmer's Walk 9+ SPORT ★★★★★
A roche classic with a notorious roof.

4 Midnight Oil 10b SPORT ★★
A weird route with a few nice moves. Stay close to the fixed draw for a more enjoyable crux. Finished at 10a on the right or 10b through the reachy roof.

5 **The Fifth Day of Christmas** 12b SPORT

6 **Heel of Steel** 13c SPORT ★★
Easy climbing until the roof where a challenging boulder problem begins.

7 **Good** 10d SPORT ★★★
A little sweet techie climb on incuts. Tricky start, but worth it.

ROCHE: **RIGHT CENTER**

1 **Evil** 12a SPORT ★★★

2 **Something Totally Inappropriate** 12d SPORT ★★

3 **Going South** 12a SPORT ★★★

4 **AirHeads** 12a SPORT ★★

THE BEACH: **WOLLY BULLY (CONT.)**



3 Going Home 10a **MIXED** ★
 Run out sport to the mid-way ledge where you'll find an anchor at the ledge. For the upper section you'll need some gear 31m route. Small gear.

4 Sod Wrestler 7 **SPORT** ★★ ★★
 A deservedly popular introduction to outdoor face climbing. 5.5 to the first anchor. This route is a full 30m - tie a knot at the end of your rope! 13 bolts. Warning: 30+ m route.

THE BEACH: **WOLLY BULLY**

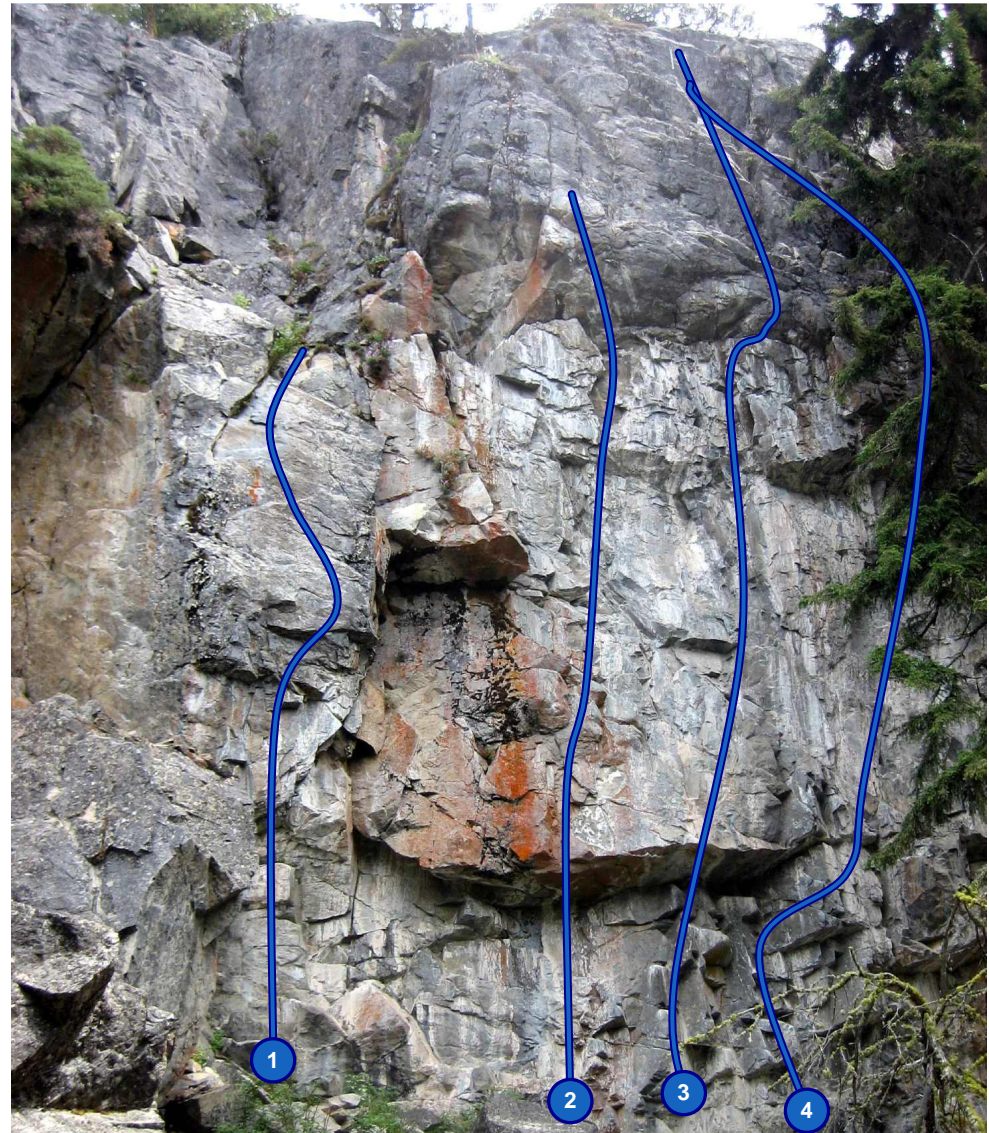
1 Fairies Wear Boots 10b **SPORT** ★★
 A good route with spaced out bolts.

2 Jealousy 10b **SPORT** ★★ ★★
 A long route with a distinctive crux midway. The standard start is the left-hand bolt line, with an 11b start variation on the right.

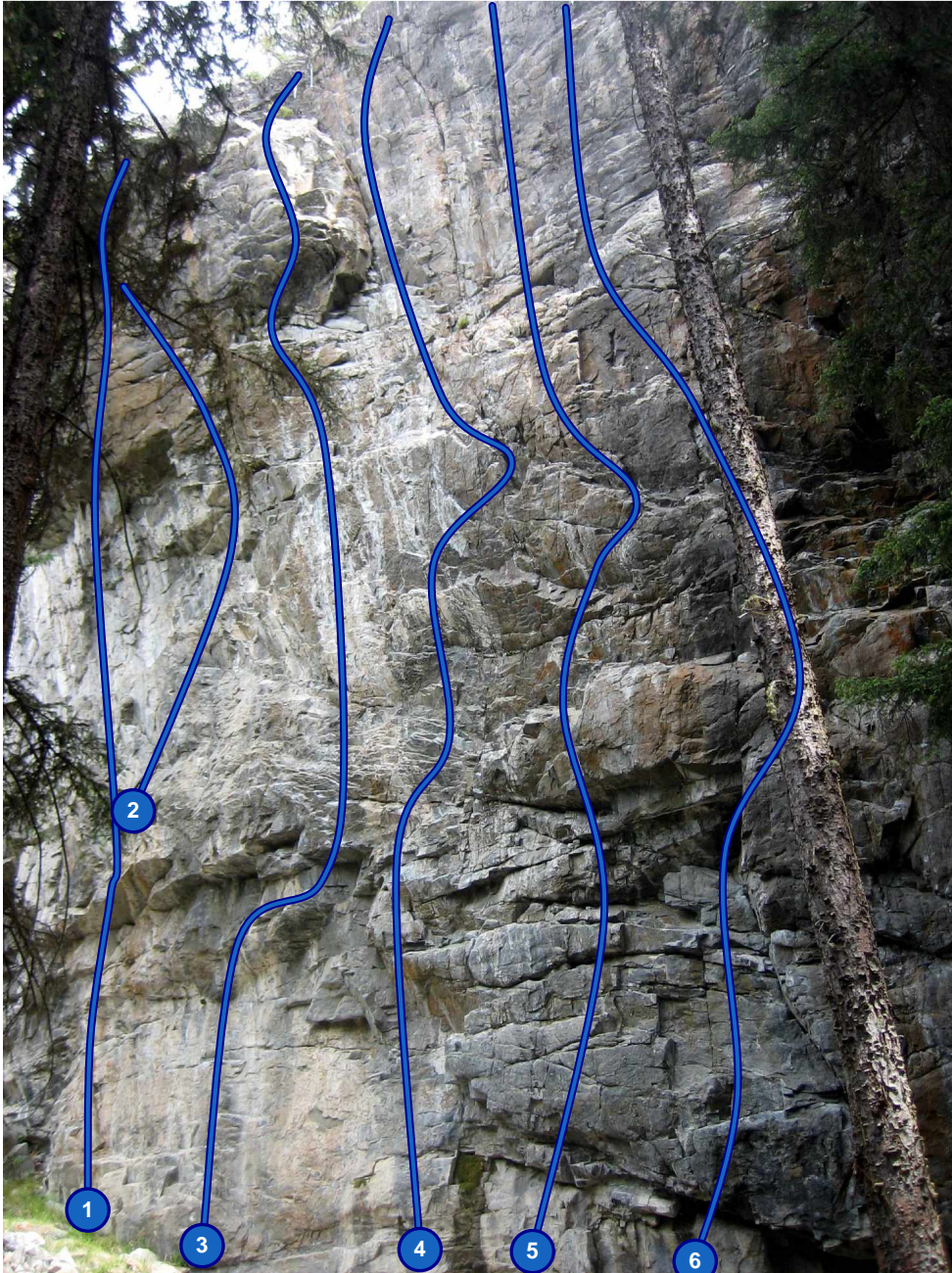
3 Riptide 10a **MIXED** ★
 Climb the crack and finish left on Jealousy.

4 Wolly Bully 10b **SPORT** ★★ ★★ ★★
 Beautiful, well-protected and pumpy climbing.

ROCHE: **RIGHT CENTER (CONT.)**



ROCHE: **RIGHT**



THE BEACH: **GOING HOME**



- 1 Shadow 10c SPORT** ★★
 Varied climbing with a run out slab at the top. Warning: The routes on this wall are 30+ m - Knot end of your rope!

- 2 Sassy 10a/b SPORT** ★
 Start on Going Home and follow the bolts left.

THE BEACH: **ONE WAVE**



- 1
Sound of One Wave Landing 10a **SPORT** ★★★
 Short, but a good challenge for the crimps.
- 2
Cottage Cheese 10d **SPORT** ★★
 Not as nice as it's neighbour, but still a worthy challenge.

- 1
Killing Yourself to Live 13a **SPORT** ★★★
 Extension goes around the same grade.
- 2
Flick of the Switch 12d **SPORT** ★★★
- 3
The Verdict 12a **SPORT** ★★★★
 Steep and mostly unrelenting.
- 4
Trials 11a **SPORT** ★★★
 A popular route with distinct crux sections. Some say, "the chains are in" ;)
- 5
Flight Risk 11d **SPORT** ★★★
 A delightful fall from the top when you miss that finish hold.
- 6
Circumstantial Evidence 11d **SPORT** ★★★
 Offers some interesting crux sections.
- 7
Crash 12b **SPORT** ★★★
 Interesting and powerful moves.
- 8
Separating Sanity 11d **SPORT** ★★
 Satisfyingly intense crimps. Uneventful easy climbing past the first anchor.
- 9
Juice 11a **SPORT** ★★★★
 Start standing or perched on top of your finest stack of shakey blocks. One big move will get you started on this excellent line.
- 10
Brass Monkey 10a **MIXED** ★★★★
 The last route at the end of the wall. Not recommended. Ice climbers have adopted this route as a place to practice dry tooling.



Alejandro Lyle on *Tachycardia*

The Beach

The Beach is a popular Kamloops sport crag with a comfortable base, a great lake view, and a solid selection of moderate routes.

Wall height: 4 to 30+ m -- Elevation: 553 m -- Grade range: 5.5 to 5.11c

Conditions

With its north-east-facing aspect and lake breeze, The Beach is a comfortable option on hot summer evenings. The cliff dries quickly after rain. Be mindful of rattlesnakes and ticks.

Helmets are recommended at all times. The area is prone to rockfall caused by loose rock and visitor activity at the lookout above.

Directions

The Beach is located at the Kamloops Lake View Point along the Trans-Canada Highway (Hwy 1) 24.5 km west of Kamloops, also known as the Six Mile Hill Protected Area. Park in the public rest area. It's a 10 minute approach to the wall.

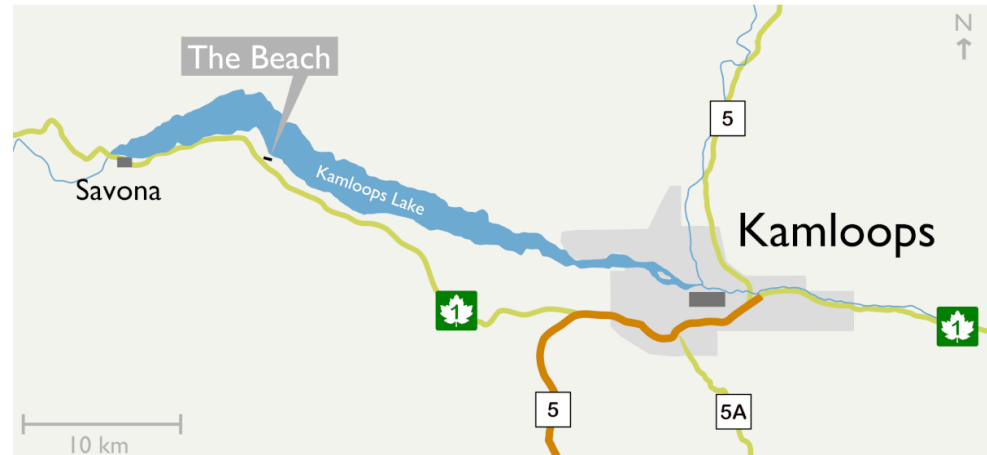
THE BEACH: BAWANNA'S (CONT.)



- 3
Needles on The Beach 10b **SPORT** ★
 Spicy, thin slab. You'll want to be solid at this grade.
- 4
The Gift 4 **SPORT** ★★ ★★
 A relaxing romp up a series of ledges. Be careful about loose rock if you go off route.

THE BEACH: **BAWANNA'S**

- 1
Bawanna's Vendetta 11b **SPORT** ★★
 A pleasant fight with some crimps.
- 2
Little Crack Halfway Up 10d **MIXED** ★★
 Fun moves to start but the small gear placement is tricky to get right.
- 3
Burnt and Peeling 10c **SPORT** ★
 A bit of a contrived line with easier climbing beside the bolt line, but there's a few nice moves to start. Run out near the top.



Note Spring 2026: Recent erosion has closed the original start of the approach trail. Use the alternate start below. From the rest area, pass through the gate beside the large information signs and follow the trail uphill. Near the summit, trend left onto the well-established trail on the west side of the rocky hilltop. Follow it north as it descends and wraps around to the first climbing wall. Do not scramble down from top of the crag; rockfall potential is high.



Trail Map



The view from the crag

THE BEACH: **FIRST WALL**



- 1
Burnt and Peeling 10c **SPORT** ★
 A contrived line with a few nice moves to start. Run out near the top.

- 2
Impermanence 10a **SPORT** ★★★
 Sustained moves on thin, crimping holds. Good incuts and technical footwork.