



# News Release

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## Penticton named #8 most livable medium-sized city in Canada

(Penticton, BC – January 30, 2026) – Penticton has been named the eighth most livable medium-sized city in Canada, according to the *Globe and Mail's* latest rankings.

“Whereas Penticton was traditionally recognized as a place to go on vacation, the city has evolved into a year-round destination for those who want to put down roots somewhere that has big city amenities with a small-town feel,” says Mayor Julius Bloomfield. “Penticton attracts people of all ages and backgrounds who appreciate an active lifestyle, taking advantage of local amenities and events that can be enjoyed in all four seasons.”

Nationally, Penticton earned high marks for access to amenities (11th in Canada), #11 for midlife transitions and #11 for retirement, as well as #13 for young professionals. The city also placed within the top 20 in the categories of raising kids (#19), contributing to an overall ranking of 35th across Canada.

“Penticton continues to attract people looking to transition from urban centres. It’s a great place to raise families, with a strong entrepreneurial spirit,” says Blake Laven, general manager of Development Services. “With our short commutes to work and quick access to nature, you can be at the ski hill or on your paddleboard in no time at all, offering the ultimate lifestyle advantages.”

Within British Columbia, Penticton ranked fifth among medium-sized cities – and the top medium-sized city in B.C. outside of the Lower Mainland.

The *Globe and Mail* article notes that Penticton’s population currently sits at 39,296, with a 4% population growth since 2020. It states that 26% of residents have children in their home, with a median household income of \$84,131 and 67% have a strong sense of belonging to the local economy. The top five languages spoken being English, Punjabi, French, Tagalog and Spanish.

Now in its third year of ranking Canada’s top cities, *The Globe and Mail* has adjusted its methodology by grouping communities based on population size: small (10,000-29,000), medium (30,000-99,999), large (100,000-499,999) and major (500,000+). The rankings assess 454 Canadian cities with populations of 10,000 or more. The full list can be viewed online at [theglobeandmail.com](http://theglobeandmail.com).

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