

## Olympic Swimming Complex

Our Olympic Swimming Complex is the only facility of its kind in the Intermountain West. With heated indoor and outdoor pools, diving boards and platforms, waterslides, speedslides, a natural hot water spa, and the Portneuf Kiddie Cove, it's the best kind of fun for kids of all ages.

The free form Olympic-size pool holds nearly a million gallons of warm, crystal clear water. This former AAU championship venue is 50 meters long by 8 lanes wide with a full diving set up above a 17' deep end. The outdoor shallow end offers ample play room for younger swimmers.

The diving platform is an adrenaline rush for those brave enough to leap from its 5, 7, and 10 meter

heights. Four springboards flank the platform tower for a diver's paradise.

Enjoy exhilarating waterslides for the whole family, including small slides for the kiddies. The speed slides' six-story body flumes send riders rocketing down a 60 foot drop. Two curly tube slides take riders around and around leaving them laughing as they jet to the bottom.

Spacious lawns surround the pools for picnicking, sun bathing, or simply watching the good times roll. Awnings, umbrellas, lawn chairs, coolers and outside food are welcome; No cooking, glass, or alcohol please.

**Come to Lava Hot Springs  
& make lasting family memories!**

IDAHO'S WORLD FAMOUS  
**LAVA**  
HOT SPRINGS.COM

- Olympic Swimming Complex
- Indoor Aquatic Center
- Portneuf Kiddie Cove

IDAHO'S WORLD FAMOUS  
**LAVA**  
HOT SPRINGS.COM

Idaho's World Famous Hot Pools



LavaHotSprings.com  
800-423-8597



# Welcome to Lava Hot Springs!



The name is shared by the two unique natural warm water attractions and the charming town that grew between them. Greenway paths and river flow through the middle of town. A short stroll along Main Street reveals delicious cafes, interesting shops, and a fun place to spend the day. There are many public parks in town for picnics, basketball, tennis and disc golf.

The South Bannock County Historical Museum on Main Street tells Lava Hot Spring's history and that of the peoples coming to the natural hot water for centuries.

Lava Hot Springs is fun for all ages! It's a popular location for family reunions, romantic weekends, spa retreats and many other gatherings.

Lodging is available in hotels and motels and campsites along the river. Bed & breakfasts and vacation rentals make longer stays possible. There are over 400 full hook up spaces for RV's.

More information at [LavaHotSprings.org](http://LavaHotSprings.org)



# Attractions Near Lava Hot Springs

Sun Valley .....	195 mi	Bear Lake	
Jackson Hole .....	100 mi	State Park .....	70 mi
Yellowstone Natl. Park		Massacre Rocks	
South entrance ...	144 mi	State Park .....	60 mi
West entrance ....	182 mi	Salt Lake City .....	150 mi

for more information visit  
[IdahoHighCountry.org](http://IdahoHighCountry.org)



## Mineral Analysis

Alkalinity Carbonate as CO <sub>3</sub> .....	0mg/L
Alkalinity Bicarbonate as HCO <sub>3</sub> ..	534mg/L
Potassium as K .....	52mg/L
Sodium as Na .....	160mg/L
Total Dissolved Solids .....	884mg/L
Iron as Fe (TOTAL) .....	<0.05mg/L
Manganese as Mn (TOTAL) .....	<0.02mg/L
Nitrate + Nitrite as N .....	0.31mg/L
Alkalinity Total CaCO <sub>3</sub> .....	438mg/L
Chloride as Cl .....	170mg/L
Fluoride .....	0.65mg/L
Sulfate as SO <sub>4</sub> .....	100mg/L
Calcium as Ca .....	98mg/L
Hardness as CaCO <sub>3</sub> .....	327mg/L
Magnesium as Mg .....	31mg/L

## Idaho's World Famous Lava Hot Springs



Bubbling up from an ancient volcano, 2 ½ million gallons of natural hot spring water swirls through our pools daily. Our odor-free, naturally filtered waters are ever-changing, with no chlorine or sulphur. Our Hot Springs Complex features five outdoor pools at five different temperatures. Find the pool that suits you perfectly. There are family, women's and men's dressing rooms with lockers. Heated floors and sidewalks lead out to the pools to welcome you.

For an experience like no other... Renew, Refresh and Relax any time of the year at Idaho's most wonderful and unique recreational oasis!

Water Temperature:  
102°-112° F (39°-44° C)

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