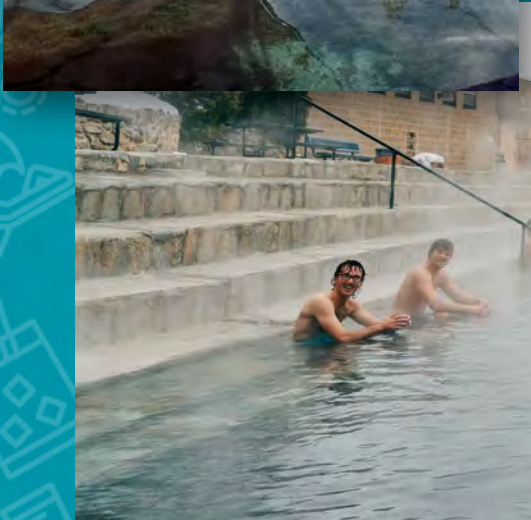


Idaho's World-Famous Lava Hot Springs



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



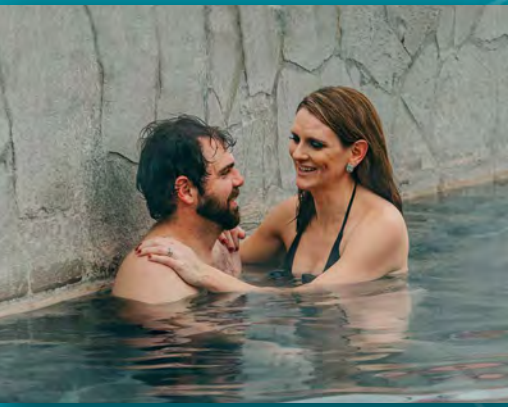
Bubbling up from an ancient volcano, 2 ½ million gallons of natural hot spring water flow directly from the source through our pools daily. Our odor-free, naturally filtered waters are ever-changing, with no chlorine or sulphur. Our Hot Springs feature five outdoor pools at five different temperatures—some with soothing pebbles underfoot or jets for extra relaxation. Find the pool that suits you perfectly. There are family, women's and men's dressing rooms with lockers and heated floors that extend to the sidewalks outside. Bottled water, ice cream, snacks, drinks and souvenirs are available in the gift shop.

Renew, Refresh and Relax any time of year at Idaho's most wonderful and unique recreational oasis!



Mineral Analysis

Alkalinity Carbonate as CO ₃0mg/L
Alkalinity Bicarbonate as HCO ₃	... 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 ₃ 438mg/L
Chloride as Cl 170mg/L
Fluoride 0.65mg/L
Sulfate as SO ₄ 100mg/L
Calcium as Ca 98mg/L
Hardness as CaCO ₃ 327mg/L
Magnesium as Mg 31mg/L



Welcome to Lava Hot Springs!



The name Lava Hot Springs is shared by the two unique natural water attractions and the charming town that grew between them. Greenway paths and a river flow through the middle of town connecting the World-Famous Hot Spring and the Olympic Swimming Complex. There is nothing more relaxing than soaking in the hot pools after playing at the swimming pools or tubing on the river. A short stroll along Main Street reveals delicious cafes and interesting shops. There are many public parks in town with picnic shelters and grassy spaces. You'll even find pickleball, basketball, and tennis courts for more fun.

The South Bannock County Historical Center tells Lava Hot Springs' history. The "Poha-Ba, Land of Healing Water" interpretive exhibit depicts the history and use of the water by Native Peoples.

Hotels, bed & breakfasts, cabins, vacation rentals, campgrounds, and RV parks are available throughout town to stay longer.

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

For more information on pools and the hot spring:
LavaHotSprings.com
For lodging and things to do:
LavaHotSprings.org
For things to do in the area:
IdahoHighCountry.org

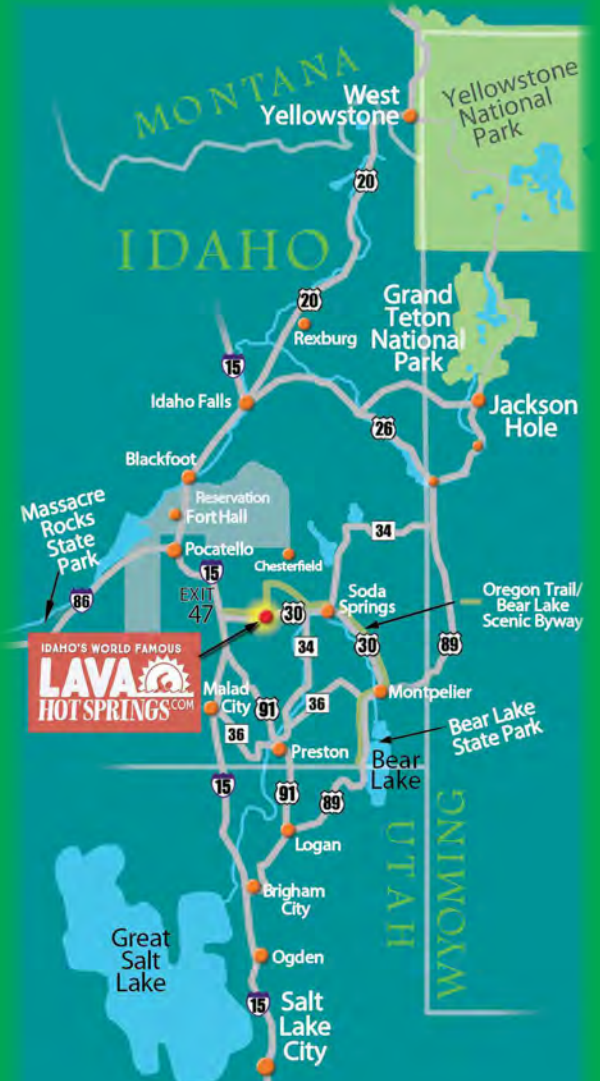


LavaHotSprings.com

Attractions Near Lava Hot Springs

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

For more information visit IdahoHighCountry.org



Olympic Swimming Complex

Our Olympic Swimming Complex is the only one 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 fun for kids of all ages.

The free form Olympic-size outdoor 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 diving platform tower is an adrenaline rush for those brave enough to leap from the 5, 7, and 10 meter heights. Four springboards flank the tower for a diver's paradise. At the other end of the pool, the shallow area offers a froggie slide, pool slide and plenty of play room for younger swimmers.

Enjoy exhilarating waterslides for the whole family. The speed slides' six-story body flumes send riders rocketing down a 60 foot drop. Two curly tube slides take riders around and around laughing all the way to the bottom.

Spacious lawns surround the pools for picnicking, sun bathing, or simply watching the good times roll. Food vendors are on site for easy refreshments. Lawn chairs, coolers and outside food are welcome. No cooking, glass, or alcohol please.



LavaHotSprings.com



Come to Lava Hot Springs to make family memories!

Indoor Aquatic Center

The Indoor Aquatic Center is open year round. Test your skills on the AquaClimb wall or 1 meter springboard. Use the designated lap lane in the 25 yard indoor pool to improve your stroke, or relax in the natural hot water spa.

Lap/fitness swimming, swim lessons, and an ADA pool lift are available. Suits, towels, and lockers are for rent.

Portneuf Kiddie Cove

In the Portneuf Kiddie Cove, kids 11 & under climb, slide, splash, and giggle on the aquatic toys. Buzz through water flowers, navigate geysers, or wait...wait...wait...for the giant yellow bucket to tip over and soak anyone beneath it! The kid's pool slopes from zero depth to 18 inches and is kept at approximately 92° F.

Pool schedule, hours, and rates are available at: LavaHotSprings.com 800-423-8597 or (208) 776-5221.

Party Room

Do you want to host a fantastic birthday party? Then book our Party Room! You can even rent the entire Indoor Aquatic Center to liven up your next family get-together or youth group outing! (Available mid Sept. through mid-May)



Make A Splash

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

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Soak It In

Idaho's World-Famous Hot Pools

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