



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.

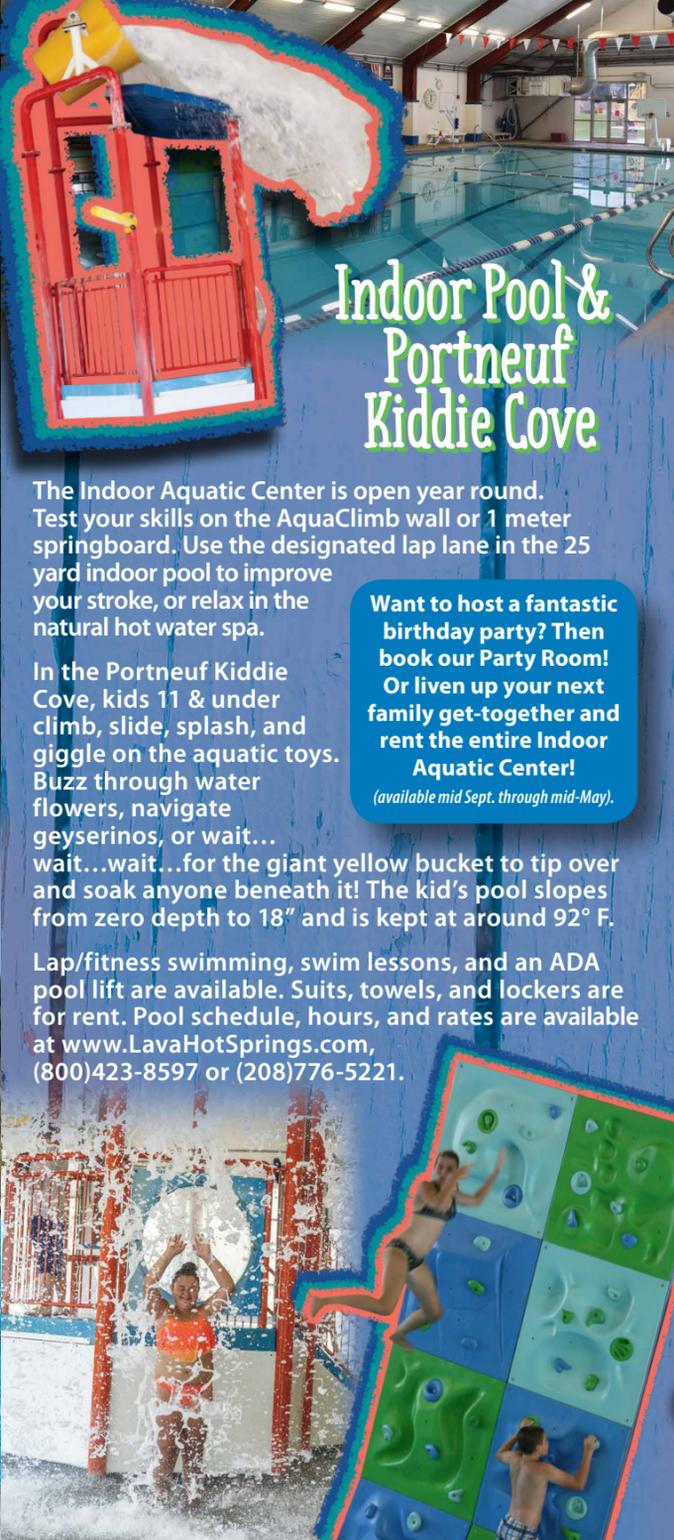
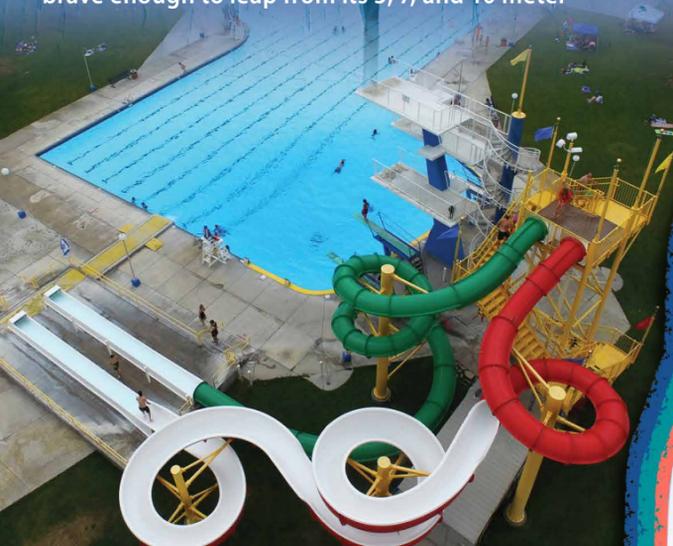
The diving platform is an adrenaline rush for those brave enough to leap from its 5, 7, and 10 meter

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!



Indoor Pool & Portneuf Kiddie Cove

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.

In the Portneuf Kiddie Cove, kids 11 & under climb, slide, splash, and giggle on the aquatic toys. Buzz through water flowers, navigate geyserinos, 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" and is kept at around 92° F.

Lap/fitness swimming, swim lessons, and an ADA pool lift are available. Suits, towels, and lockers are for rent. Pool schedule, hours, and rates are available at www.LavaHotSprings.com, (800)423-8597 or (208)776-5221.

Want to host a fantastic birthday party? Then book our Party Room! Or liven up your next family get-together and rent the entire Indoor Aquatic Center!

(available mid Sept. through mid-May).

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!

Attractions Near Lava Hot Springs

Sun Valley 195 mi Bear Lake State Park70 mi
 Jackson Hole 100 mi Yellowstone Natl. Park60 mi
 South entrance ... 144 mi West entrance 182 mi Salt Lake City 150 mi

for more information visit
IdahoHighCountry.org



Mineral Analysis

Alkalinity Carbonate as CO ₃	0mg/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

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)

LavaHotSprings.com

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

