

Welcome to Lava Hot Springs!

The name is shared by its two unique natural warm water attractions and the pleasant little town that grew between them. An attractive greenway and river flow through the middle. The cafes and shops on Main Street serve well the needs of locals and day trippers, but a short stroll reveals a welcoming and fun place to linger awhile.

The museum on Main Street tells Lava Hot Spring's history of people coming to the natural hot water to relieve stress and ailments. This also explains laid back casual being both the prevailing attitude and the dress code.



Lava Hot Springs is fun for everyone! It is common to see families,

including grandparents, arrive in the same vehicle. There are many public parks in town providing space for picnics, basketball, tennis and disc golf.

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

More information at lavahotsprings.com



lavahotsprings.com



Olympic Swimming Complex

Our Olympic Swimming Complex is the only facility of its kind in the Intermountain West. Two heated swimming pools cover nearly 1/3 acre of swimming space.

The free-form Olympic size pool has 50 meter racing lanes and a dizzying 10 meter diving tower overlooking 17 feet of clear, warm water. 7.5 meter and 5 meter diving platforms flank each side of the ten meter. They are then flanked by several diving springboards ranging from one to three meters. It makes this facility ideal for learning to dive.

Across the pool the shallow end offers ample play room for younger water enthusiasts and a good view of what fun bigger kids have. The little ones have water toys to play on and a little water slide to get ready for the next step up.

The two hydrotubes, one a half tube and the other a full tube, are where children can join the bigger kids and adults for water thrill riding.

The ultimate water thrill is debatable between standing on the edge of the ten meter platform or looking down the sixty foot drop of the superslides. They are both here and close enough you can see across and wave to the person on the other one. You come to Lava Hot Springs to have fun, and you will, even if it's just watching!

The pool is surrounded by spacious lawns for your picnic blanket and sun bathing. Awnings, umbrellas and folding chairs are welcome.



Indoor Pool Open Year Round

The 25 yard heated pool at the swimming complex is now enclosed. The new dressing and locker rooms, as well as the admission desk are designed for year round use. Heat and humidity control are part of the air exchange system for swimmer comfort.

Enjoy family fun and frolic with water basketball or serious healthy exercise swimming six 25 yard lanes. Two diving boards, 1 meter & 2 meter, are positioned at 12 ft. depth. Shallow end is 3 1/2 feet deep. Lifeguards will be present when pool is open. Suit, towel and locker rentals are available.

A schedule of lap swimming, aerobics, swim lessons, swim team practices, and open swimming times, including diving and wall climbing is available at lavahotsprings.com or call 776-5221 in state, 1-800-423-8597 toll free.



lavahotsprings.com

Attractions Near Lava Hot Springs

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



Idaho's World Famous Natural Hot Springs



Bubbling up from an ancient volcano, 2 ½ million gallons of 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

for personal enjoyment. New separate family, women's and men's changing and locker rooms with heated floors and sidewalks to the pools 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!

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Mineral Analysis

Alkalinity Carbonate as CO ₃0mg/L
Alkalinity Bicarbonate as HCO ₃	..534mg/L
Potassium as K 52mg/L
Sodium as Na160mg/L
Total Dissolved Solids884mg/L
Iron as Fe (TOTAL)<0.05mg/L
Manganese as Mn (TOTAL)<0.02mg/L
Nitrate + Nitrite as N0.31mg/L
Alkalinity Total CaCO ₃438mg/L
Chloride as Cl170mg/L
Fluoride0.65mg/L
Sulfate as So ₄100mg/L
Calcium as Ca 98mg/L
Hardness as CaCO ₃327mg/L
Magnesium as Mg 31mg/L

Water Temperature:

102°-112°F
(39°-44°C)

LAVA HOT SPRINGS

Olympic Swimming Complex



Open All Summer!
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