

A photograph of a man with short brown hair and a light beard, lying back on a large, grey, textured rock. He is shirtless and has his eyes closed, appearing to be in a state of relaxation or enjoying a hot spring. The background is slightly blurred, showing more of the rocky landscape and some greenery in the distance.

Soak Up Some Heat

Idaho is home to a multitude of hot springs and many are right here in Southeast Idaho.

By Alisa Clickenger

Native Americans believed that the Great Spirit dwelled in the center of the Earth, and that the “smoking waters” that bubbled up from the Earth were a special gift from The Creator. They believed that the waters had special healing powers, and that they were a sacred place. Pioneering settlers didn’t hold the same beliefs, yet they did know that soaking in mineral waters was beneficial.

Soaking in hot mineral waters, or hot springs, continues to be popular today. Each spring has its own mineral makeup, with its own purported healing properties. Some hot springs treat the mineral water and others do not, depending on its chemical makeup as it comes out of the ground. Some hot springs need to be cooled down before they are comfortable to soak in.

Most of the hot springs are concentrated in the Western part of the United States, many of them a short drive from Idaho Falls. Almost all welcome children and offer picnic facilities as well as changing rooms, and offer day passes. Many devotees of the healing waters make the mineral baths a destination, and most commercial establishments offer camping areas, motels and spas, even some resort amenities. Bring the entire family and try a relaxing soak in a hot spring. It just might be the cure for what ails you.

DEVELOPED

Heise Hot Springs

5116 E Heise Rd, Ririe, ID 83443

(208) 538-7312

www.heisehotsprings.net

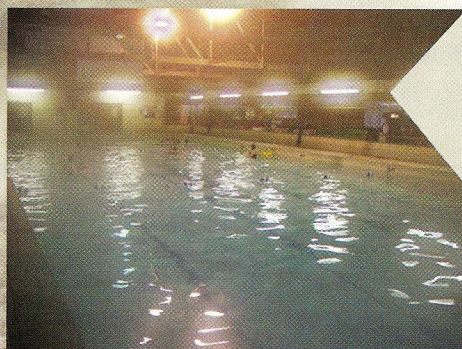
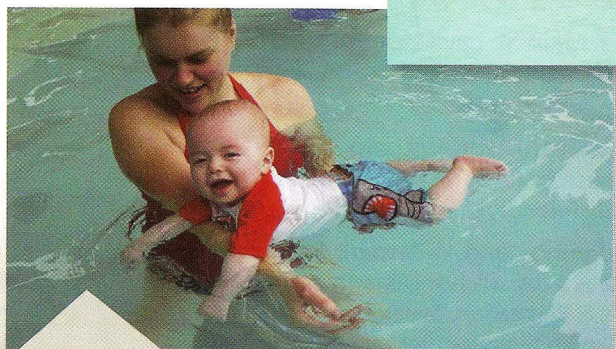
Distance from Idaho Falls: 24 miles

Family Friendly? Yes

Natural mineral hot spring kept at a temperature of around 104 degrees. Mild sulphur smell to the water.

Separate warm pool, which is fresh water and kept around 92°F (ideal for small children).

Large summer pool open from Memorial Day through Labor Day with a temperature around 84°F. 350 foot water slide. Snack bar. Call for seasonal openings and hours.



DEVELOPED

Green Canyon Hot Springs

2432 N Canyon Creek Rd, Newdale, ID 83436

(208) 458-4454

www.greencanyonhotspring.com

Distance from Idaho Falls: 53 miles

Family Friendly? Yes

Developed hot spring in a valley setting. Big pool temperature is 96°F, the hot pool temperature is 105°F, and the cold pool is 55°F. Campground setting. Open Year Round.

DEVELOPED

Indian Springs Resort & RV

3249 Indian Springs Road

American Falls, ID 83211

208-226-7700

www.indianspringsresortandriv.com

Distance from Idaho Falls: 76 miles

Family Friendly? Yes

92°F pool fed by a natural spring. Close to American Falls. RV camping resort atmosphere. Open seasonally in Summer and Fall. Winter by reservation.



DEVELOPED

Lava Hot Springs

430 E Main St, Lava Hot Springs,
ID 83246

(208) 776-5221

www.lavahotsprings.com

Distance from Idaho Falls: 86 miles

Family Friendly? Yes

Hot Springs and Waterpark Resort managed by Idaho Department of Parks & Recreation. Several individual pools with temperatures ranging from 102°F to 112°F. Drinks and ice cream. Camping, Hotels and restaurants nearby. Open 363 Days a year. Free form outdoor Olympic swimming pool with ten meter diving tower. Two outdoor speed water slides with 60 foot vertical drops and a maximum speed of 38 mph. Indoor aquatic center with aqua climbing wall. Waterpark resort and Olympic swimming pools open seasonally.

The town of Lava Hot Springs is a mineral springs destination featuring many hotels and motels, some with private hot springs as well as private soaking facilities. Be sure to check the Lava Hot Springs Web page for other places to soak and stay. www.lavahotsprings.org



DEVELOPED

Downata Hot Springs

25900 S. Downata Road Downey, ID 83234

(208) 897-5736

www.downatahotsprings.com

Distance from Idaho Falls: 94 miles

Family Friendly? Yes

Natural hot springs with large 95°F pool and 106°F hot tub. Two new 104°F-106°F hot pools summer 2014. Family resort setting. Yurts, cabins, houses, camping. Dining room. Open Year Round.



DEVELOPED

Riverdale Resort

3696 N 1600 E

Preston, ID 83263

208-852-0266

www.riverdaleresort.com

Distance from Idaho Falls: 124 miles

Family Friendly? Yes

Large warm therapy pool with temperatures between 90°F and 95°F. Hot tub at 105°F. RV park, motel, camping. Open year round. Diving pool and water slide open Memorial Day to Labor Day.

DEVELOPED

Chico Hot Springs Resort & Day Spa

www.chicohotsprings.com

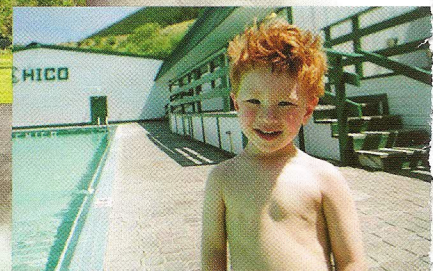
163 Chico Rd, Pray, MT 59065

(406) 333-4933

Distance from Idaho Falls: 224 miles

Family Friendly? Yes

Two open-air mineral pools. Temperatures of the large pool averages 96°F and the small pool averages 103°F. Resort atmosphere with romantic overnight accommodations. Bar. Food, drinks and snacks available. Open year round.



UNDEVELOPED

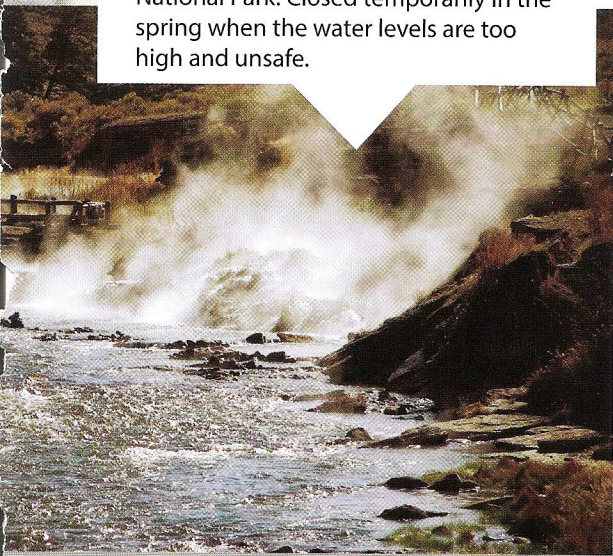
Boiling River Hot Springs

Inside Yellowstone National Park

Distance from Idaho Falls: 277 miles

Family Friendly? Use Extreme Caution

Small thermal river that flows into the Gardner River. Half-mile walk along the Gardner River to access the soaking area. Obey National Park Rules and Regulations. Mammoth area of Yellowstone National Park. Closed temporarily in the spring when the water levels are too high and unsafe.



UNDEVELOPED

Stanley, ID

Hot Springs in the Sawtooth

National Recreation Area

Contact Number (208) 727-5013

Distance from Idaho Falls: 140 miles

Family Friendly? Use Extreme Caution

Russian John Hot Springs

Elkhorn Hot Spring

Kem Hot Springs

Sunbeam Hot Springs

UNDEVELOPED

Hailey, ID

Hot Springs managed by the Ketchum Ranger District

Contact Number (208) 622-5371

Distance from Idaho Falls: 140 miles

Family Friendly? Use Extreme Caution

Frenchman's Bend Hot Springs

Warfield Hot Springs

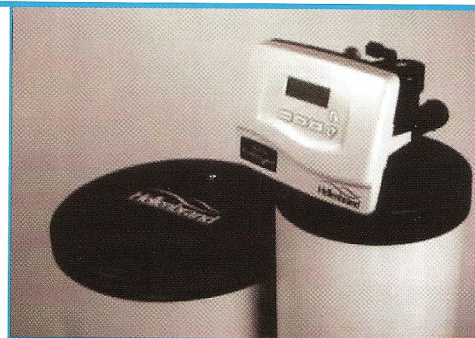
Worswick Hot Springs



Advanced Water Systems



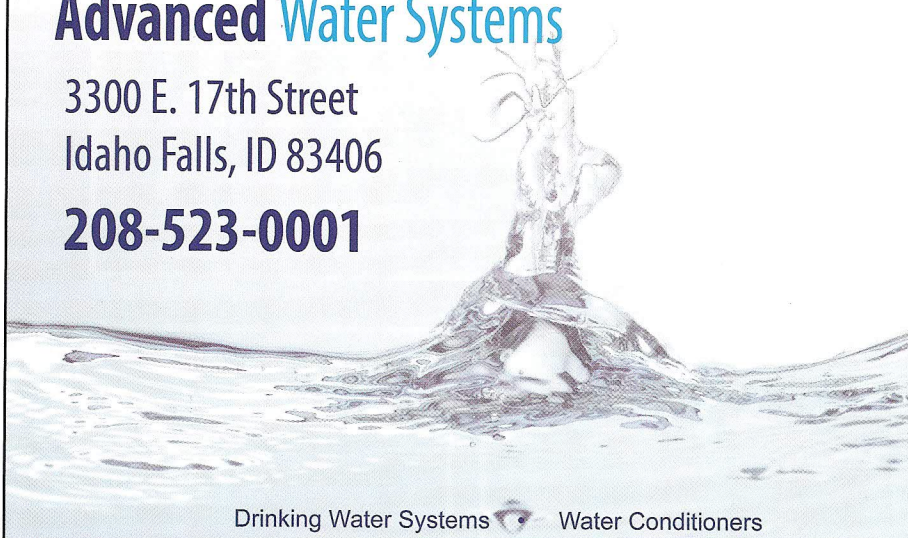
- State-of-the-Art Technology
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- Free Water Testing
- Purchase or Rent
- Chlorine and Iron Filtration
- Service for Most Makes and Models
- Bottled Water Delivery



Advanced Water Systems

3300 E. 17th Street
Idaho Falls, ID 83406

208-523-0001



Drinking Water Systems  Water Conditioners

Formerly Ecowater