



Facts About Yampah Mineral Baths

If staying just steps from geothermal hot springs soaking sounds like a dream come true, Hotel 1888 at Glenwood Hot Springs Resort delivers. Opening on June 12, 2025, within the resort's historic Stone Bath House, Hotel 1888 features 16 luxury guest rooms, including the Silver Kings Suite and Suite 1888.

Yampah Mineral Baths is a collection of five beautiful and serene pools, a shade pergola, and an outdoor lounging area with a gas-flame hearth. This entirely new area is east of the historic Therapy Pool, was designed with adults in mind, and opened in May 2024. Yampah Mineral Baths is available to all ages until 5 p.m., when it transitions to adults only (over the age of 18).

The five pools of varying temperatures are part of an innovative design that includes picturesque waterfalls, infinity edges, and a natural stone grotto. The natural geothermal water for Yampah Mineral Baths flows in from Yampah Source Spring, and the pools range in temperature from 52° to °60F in the Inhale cold plunge pool to 100° to 104°F in the warmer Cascade Waters.

Five Pools

- **Cascade Waters** – Soothe the senses and still your mind with the natural sounds of a waterfall. Natural hot springs water is known to moderate blood flow, ease stress and anxiety, and induce a state of relaxation. 100° to 104°F
- **Sacred Waters** – Discover a sense of calm and tranquility with uninterrupted views of the mountains by day and the stars by night. This infinity-edge pool has an expansive view that encourages feelings of harmony and well-being. 97° to 102°F
- **Falling Waters** – Stand beneath the waterfalls in the grotto for a natural massage on shoulders, neck and back or simply enjoy the sound for an overall sense of peace. 95° to 100°F
- **Inhale** – Dare to experience the dramatic effects of cold-water therapy proven to help with inflammation, stress, mind clarity, muscle recovery, circulation and nervous system regulation. 52° to °60F
- **Exhale** – Try this less extreme cold-contrast bath to help speed recovery after an injury, ease joint and muscle pain, and increase focus and energy levels. Exhale provides a nice transition when going to the warm baths after taking a dip in Inhale. 75° to °80F

Source Spring & Drinking Spring

The Ute people were among the earliest discoverers of this therapeutic hot spring in Glenwood Springs and named it Yampah, meaning “big medicine.” The resort’s drinking spring is located within the Yampah Mineral Baths area and Yampah Source Spring can be viewed nearby.

Please visit our [Yampah Mineral Baths page](#) for more information.

Contact Information: Contact us by phone at 800-537-SWIM (7946) or visit us at www.hotspringspool.com.