

Goldmyer Hot Springs - Etiquette

Owned and managed by Northwest Wilderness Programs, a Washington State 501c3 non-profit organization

Hot springs are truly a gift from the Earth and soaking in a natural hot spring can be a relaxing, restorative, and even spiritual experience. It is important that each person does their part to help keep these sacred places protected for current and future generations.

Recreate responsibly.

Be inclusive. Goldmyer encourages diversity in the outdoors. We do not tolerate discrimination, harassment, hateful language or behavior towards anyone. Goldmyer Caretakers live on property and are present and available during your stay if you have any questions, concerns, or are made to feel uncomfortable or unwelcomed.

Be considerate and courteous. People come to hot springs to relax and enjoy the wilderness, and everyone does this in their own way. Some may prefer to soak in solitude, others may prefer to socialize with friends. Embrace the opportunity for quiet relaxation and be considerate of others by keeping your speaking volume low. Goldmyer is not an environment for rowdy, loud partying. Be courteous and mind the time you spend at the hot springs to give others a chance to enjoy it as well, especially during peak hours between 11am and 3pm.

Be respectful and open to nudity. Soaking nude has been a traditional and important part of hot springs culture all over the world for millennia. Many visitors enjoy the freedom and naturalness of nude soaking. Other visitors are more comfortable soaking in a bathing suit. Both are acceptable. At Goldmyer nudity is only permitted in the hot springs area - the pools, cabana, and upper outhouse. Clothing is required on the rest of the property. Whichever your preference, be respectful of others' choices and understand they may be different from your own. Don't engage in staring or behaviors that draw attention to or objectify others' bodies. Cell phones or cameras are not allowed at the pools to aid privacy.

Keep in mind that nudity is not an excuse for either covert or overt sexual or lewd activity. Any visitor displaying lewd and suggestive behavior, including but not limited to: inappropriate language, gestures, or contact will be asked to leave. Any incident should be immediately reported to the Caretakers.

If you would prefer a more private soaking experience, Goldmyer offers exclusive-use on Tuesdays, where no other visitors will be on property or in the pools during your assigned time slot. Caretakers will still be present and available.

Know your limits - Stay Hydrated. Soaking will dehydrate you faster than you may realize, so bring plenty of water to drink while soaking. Eat lunch or a snack before arriving at the hot springs to avoid low blood sugar. Check in with your body - a racing heart, headache, or feeling woozy is a good indication that your body has had enough and it's time to exit the pools and cool down.

Respect the land and wildlife. Leave no trace. Human impact is cumulative and Goldmyer is a wilderness preserve with a delicate ecosystem. Leave what you find and carry out all that you bring, including biodegradable food waste. Stay on trails and within campsite boundaries. Do not trample or pick plants or fungi that grow on property. Never feed wild animals directly or indirectly via sloppy food handling.

Review safety [recommendations](#) for visiting [bear](#) and [cougar](#) country before your visit.

Do not eat in the hot springs area. Help keep the hot spring water clean and rodent populations down by not eating in or around the hot springs. Eat at picnic tables or campsites only.

Drink responsibly. Moderate alcohol consumption is allowed at campsites and at the lower picnic table by the Caretaker cabin only. Alcohol is not allowed past the Caretaker cabin - this includes the pools, cabana, upper picnic table and the trail leading to the hot springs. Drunken behavior is not tolerated.

Do not bring glass. Broken glass in or around a hot spring is a serious hazard for humans and wildlife and is very difficult to remove. Opt for unbreakable vessels only.

Hot springs are not bathtubs. Rinse yourself off using water from the small pool near the lower pool before entering. Do not use soap, shampoo, or other body products in the hot springs. Avoid applying products on your skin as it will be washed into the environment (including sun screen, bug spray, and lotions). Apply bug spray to your clothing instead.

Use the outhouses, not the woods! Do not urinate in or around the pools. Other than basic hot springs etiquette, human urine can attract unwanted wildlife.

Leave your dogs at home. Even if your dog is the sweetest dog - we do not allow dogs on the Goldmyer property. This helps avoid any interactions with wildlife and general disruptive behavior. Exceptions for service animals? Please call the office ahead of your reservation for approval.

Happy soaking!