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Berkeley Springs State Park is located in the center of Berkeley Springs, West Virginia. The Bathhouse first opened in 1930. Since then, thousands have enjoyed the variety of baths and treatments in the warm mineral waters that flow from the springs at a constant temperature of 74.3 degrees Fahrenheit. The springs discharge from five principle sources and numerous lesser ones, all within a hundred yards, approximately 2,000 gallons of clear, sparkling water per minute. Bathing in the springs has been popular since before the days of George Washington.

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## **“Ye Fam’d Warm Springs”**

**"March 18th, 1748, We this day called to see Ye Fam'd Warm Springs."**

**– George Washington**



Long before the first Europeans discovered the warm waters of Berkeley Springs, it was already a famous health mecca which attracted Indians from the St. Lawrence Seaway in Canada and the Great Lakes to the Carolinas. Those first settlers, who came in 1730, learned the uses and value of the springs from the Indians and began spreading the word of its benefits throughout the settlements of the east.

Perhaps the most notable and influential advocate of the curative powers of the springs was George Washington, who, at 16, visited them as a member of a survey party. As the party, which was surveying the western limits of Thomas Lord Fairfax's lands, camped there for the

night, young Washington noted in his diary, "March 18th, 1748, We this day called to see Ye Fam'd Warm Springs."

For many years afterwards, George Washington visited the springs regularly, and it was largely through his efforts that its fame as a health spa grew throughout the colonies. At the urging of the Colony of Virginia and in the public interest, Lord Fairfax conveyed his land holdings at the springs and fifty adjacent acres to the Colony of Virginia in 1776. Shortly thereafter, the land was offered for public sale. George Washington, three signers of the Declaration of Independence, four signers of the Constitution, seven members of the Continental Congress, and five Revolutionary generals were among the prominent colonists who made initial purchases there. Hence, the springs' reputation as a health resort became firmly established.



Borrowing the name of a famous counterpart in England, the General Assembly of Virginia formed the town of Bath on this location in 1776 and created a board of trustees to govern the new town. James Rumsey, who later invented the first successful steamboat, was then contracted to construct five bathhouses and several other public buildings. This officially established the springs as a resort facility.

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## The Spa

### Roman Baths at Berkeley Springs State Park

The Main Bathhouse offers the choice of a whirlpool or Roman Bath. The Roman Bath tub contains 750 gallons of mineral water in a private walk-in, ceramic-tiled, and soaking tub. Heated to 102 degrees Fahrenheit, the Roman Bath is big enough to stretch out and float, or just relax. There are hand rails on the side of the tub for exercise use and safety. Bath time is 15 minutes with your massage; 20 minutes without a massage.

The Old Roman Bathhouse offers a historical look and is more family oriented for those who just want the Roman Bath mineral water experience and no massage. The Roman bath tub is very similar to the one in the Main Bathhouse and each private bath can accommodate up to 6 adults and is pro-rated according. Soaks are a minimum of 30 minutes and can be reserved for individuals, couples, or families. Additional time may be requested based on availability.

## **Whirlpool (Main Bathhouse only)**

Luxuriate in a 150 gallon mineral whirlpool bath with jets heated to a maximum temperature of 102 degrees Fahrenheit. Bath time is 15 minutes with a massage; 20 minutes without a massage.

## **Massage (Main Bathhouse only)**

Enjoy 30 or 60 minutes of Swedish-style full-body massage with pure olive oil. Massagers are trained and instructed. There are female massagers on the ladies' side and male massagers on the men's side of the SPA. Requests for massager (male or female) of your choice should be made when you schedule your appointment.

## **Saunas (Main Bathhouse only)**

Relax in one of our cedar lined dry saunas. The 20 minute sauna may be included with a Bath/Massage package for an additional cost.

## **Shower**

At the end of your massage you may take a five minute shower or you may elect to shower immediately following your bath. Another option is to follow your treatment with powder and no shower; this is especially good for those with dry skin.

## **Mineral Content of the Waters**

Sodium Chloride  
Sodium Sulphate  
Sodium Nitrate  
Potassium Sulphate  
Calcium Sulphate  
Ferrous Carbonate  
Magnesium Carbonate  
Strontium Carbonate  
Alumina  
Silica  
Ammonium Chloride  
Albuminoid Nitrogen  
Organic Matter

## **Gases**

Free Carbonic Acid  
Carbonic Acid in Bicarbonates  
Dissolved Oxygen

*Check with your doctor prior to scheduling if you have health issues. The baths are heated to 102 degrees Fahrenheit and may not be appropriate for people with health issues such as uncontrolled high blood pressure, diabetes, severe allergies, sunburn or women who are pregnant or nursing.*

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# The Town



Berkeley Springs has been in the hospitality business for more than two and a half centuries -- and it shows. As you walk around this small mountain town, you'll understand why everyone comments on the friendliness of the people. And you can walk around with ease.

Stroll along historic streets, checking out the markers noting who original town lot owners were in 1776 when today's Berkeley Springs was officially established as Bath. Wade in the famed warm spring's run-off along the west wall of our park in the heart of town -- home of the historic Roman Baths. Pop in on shop owners or restaurateurs and make some new best friends. Discover forgotten treasures in the three antique malls and several shops. Explore the new library housed in a building that is part historic home and part new construction and all prize-winning architecture. Slide next door to the exciting and evolving Ice House art center.

Berkeley Springs is safe. There are sidewalks and convenient blocks of shops and restaurants. You can easily fill a day and not move beyond the couple of blocks at the heart of town.

The main square includes not only the park and quaint shops of Fairfax Street, but also the County Courthouse built at the turn-of-the-20th-century. The boulevard, entrance to the park, and scattered flowerbeds around town are maintained by the Foxglove Garden Club and change with the seasons.

If you head west from town, just a block or so along Route 9, you can peek through the trees and see the tiny town laid out at your feet -- a view remarkably similar to that seen by guests at the Castle during its heyday in the late 19th century.



While the town experience is charming, the nearby wilderness brings the peace and harmony that comes only when you are immersed in nature. Just moments in any direction and you are scooting along the ridges and valleys

that define the region. There are countless breathtaking drives and views along just about any road that beckons some including the Potomac or Cacapon rivers. So don't hesitate. All roads eventually end up back on one of the two main highways -- route 9 and 522 -- and there are no threats from local residents whether two legged or four. You'd have to work very hard to get eaten by a bear in Morgan County.



Spend a day, a weekend, a week or come for the rest of your life and you'll know why we consider Berkeley Springs the center of the universe -- a peaceful, beneficent and friendly universe colored green.

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Information on this page is from the WV State Parks deactivated website:  
"WV State Parks – Special Places - Past, Present and Future" / "History Rolls Along"