

FACTS & INFORMATION
Pocono Mountains, Pennsylvania

Public Relations

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High Resolution Photography can be found through the [Pocono Mountains Media Resources](#)



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LOCATION

The Pocono Mountains: 2,400 square miles of mountains, lakes, rivers, waterfalls and woodlands in the northeastern corner of Pennsylvania, encompassing Wayne, Pike, Monroe and Carbon counties.



TOWNS

County seats of the respective counties are Honesdale, Milford, Stroudsburg and Jim Thorpe. These, along with many other Pocono towns, offer quaint, historic atmospheres, unique shops and restaurants, authentic historic sites, public parks, art galleries, friendly faces and more.

THE ORIGIN OF “POCONO”

Pocono is a Native American word meaning, “stream between two mountains.” The Delaware Water Gap is the true namesake for the area where the Delaware River cut a gap between two mountains and formed what is now known as the “Gateway to the Pocono Mountains.”



If it's happening in the Pocono Mountains, it's on Pocono Television Network! PTN is a 24/7 television network featuring segments including Pocono Perspectives, Pocono Mountains Magazine, live webcams, weather forecasts every half hour and so much more! Pocono Television Network has new, fresh content all the time, is now available in over 8 million homes and can be found at PoconoTelevision.com as well as the following apps:



Pocono Promise is a commitment to four key pillars aimed at supporting a strong community and a continued bright future for the Poconos region. Join us as we continue to evolve this program and look for more ways to sustain, celebrate, and enjoy what we all love about the Pocono Mountains.



STATISTICS

For more research information on travel impacts, [click here](#).

Ski trails and terrain parks: more than 155 trails



Ski areas: Six major ski areas all offering downhill skiing, snowboarding and snow tubing: Big Boulder Ski Area, Blue Mountain Resort, Camelback Resort, Jack Frost Mountain, Shawnee Mountain Ski Area and Ski Big Bear at Masthope Mountain.

Natural springs and brooks: The Pocono Mountains contains the largest number of high-quality and exceptional-value streams and water systems in the Commonwealth of Pennsylvania.



Total river miles: 170 (includes Delaware, Lehigh and Lackawaxen rivers)

Total lakes: 150

State Parks: Nine State Parks covering a total of 35,537 acres. The parks are Beltzville, Big Pocono, Gouldsboro, Hickory Run, Lehigh Gorge, Promised Land, Prompton, Tobyhanna and Varden Conservation Area.



State Forest: 81,958 acres of state forest land

Highest point: Mt. Ararat, Preston, PA in Wayne County | Elevation: 2,654 feet



Lowest point: Bushkill, PA in Pike County | Elevation: 340 feet

Two National Parks: The Delaware Water Gap National Recreation Area covers 40 miles of the Delaware River from north of Milford, PA to south of Delaware Water Gap, PA. Total acres are 70,000. The DWGNRA saw 4,207,541 [visitors](#) in 2023, according to [a study](#) conducted by the National Parks Conservation Association. The Upper Delaware Scenic and Recreational River stretches 73.4 miles along the Pennsylvania and New York border. It includes riffles and Class I and II rapids between placid pools and eddies.



MORE STATISTICS

Four Indoor Waterparks: Camelback Resort & Aquatopia Indoor Waterpark, Great Wolf Lodge, Kalahari Resorts and Conventions (Largest Indoor Waterpark Resort in the U.S.) and Split Rock Hotel's H2Oooohh! Indoor Waterpark



Snow tubing: Snow tubing is a great way to spend the day on the slopes, no skill required. All six areas and several resorts offer snow tubing for guests. The two largest snow tubing parks in the U.S. are located in the Poconos at Camelback Mountain and Blue Mountain.



Shopping: Abundant antique shops and one-of-a-kind boutiques located in quaint towns as well as Pocono Premium Outlets (home to more than 100 name-brand factory stores)



The Upper Delaware Scenic and Recreational River stretches **73.4 miles** along the Pennsylvania and New York border. It includes riffles and Class I and II rapids between placid pools and eddies.

Festivals: From family-friendly fairs to chic food and wine events, the region's year-round festivals provide memorable fun for everyone.



More than **30 golf courses**, which are home to hundreds of holes, including championship courses built by Donald Ross, Jack Nicklaus, A.W. Tillinghast and Robert Trent Jones.



Snow making: 100% snow making on more than 600 skiable acres



Hiking trails: More than 126 total trails equaling 261+ miles of trails



Number of visitors per year: estimated to be between 27-30 million, combining both overnight and day trips



Year-round events: The four counties of the Pocono Mountains offer a wide variety of events. Visit PoconoMountains.com/events to learn more.

SPRING/SUMMER RECREATION

Lehigh River:

Known for its whitewater rafting outfitters. Most also offer multiple-day trips, float trips, canoeing/kayaking and additional activities such as mountain biking, paintball, outdoor barbecues, group specials and themes.

Delaware River:

A bit calmer; makes for excellent canoeing trips. Most canoeing outfitters also offer lessons, kayaking, whitewater rafting, float trips, tubing, camping, paintball, group specials and themes.

Fishing areas:

122 miles of stocked river; 11,285 acres of stocked lakes, including the third largest man-made lake in Pennsylvania, Lake Wallenpaupack.

Festivals/Fairs:

Four county fairs; more than 20 festivals celebrating culture, heritage, music and food

More than 15 museums showcasing the historical, cultural and artistic importance of the region

Pocono Raceway is home to the NASCAR Cup Series race weekend and The Great Pocono Raceway Airshow (2024 & 2025).

Treetop ropes courses:

These exhilarating obstacle courses, found throughout the region, are set in the natural mountain environment, with aerial obstacles suspended between trees. The courses include zip lines, suspended bridges, scramble nets, swinging logs and much more.

Two outdoor waterparks:

Camelbeach Mountain Waterpark and Costa's Family Fun Park

19 waterfalls:

Most are free and open to the public.



FALL RECREATION

FALL FOLIAGE:

More than **127** varieties of trees, shrubs and plants can be found. Three zones of coloration occur in the Poconos.

A Fall Foliage Forecast is available to check conditions of the changing leaves online at PoconoMountains.com/fall.

THREE OLD-FASHIONED TRAIN RIDES:

1. The Stourbridge Line, Honesdale, PA
2. Lehigh Gorge Scenic Railway, Jim Thorpe, PA
3. Steamtown National Historic Museum, Scranton, PA

HIKING TRAILS:

126 total trails equaling **261 miles** of trails.

26 WAYS TO VIEW FALL FOLIAGE:

1. Hiking
2. Skydiving
3. Mountain Biking
4. Zip Lining
5. Horseback Riding
6. Fall Foliage Rail Excursions
7. Environmental Education Events
8. Rafting
9. Kayaking
10. Canoeing
11. Sail Boating
12. Hayrides
13. Apple or Pumpkin Picking
14. Golfing
15. Fall Foliage Air Tours
16. Vineyard Tours
17. Fishing
18. Drives Through the Countryside
19. Fall Festivals
20. Walking Tours
21. Camping
22. Blue Lightning Tubing
23. Mountain Coaster
24. Playing Disc Golf
25. Treetop Adventure Courses
26. The porch of a quaint Bed and Breakfast or Country Inn



WINTER RECREATION

On the slopes:

- There are **six ski areas** that offer downhill skiing, snowboarding and snow tubing. Lessons, children's programs and group rates are available.
- Several places offer ice skating (indoor and/or outdoor).
- Winter **horseback riding** or **horse-drawn sleigh rides** are available throughout the area.
- **Snowmobiling** is popular at various trails throughout the winter season.
- A dozen properties and parks offer **cross-country skiing**, a few properties and parks offer **snowshoeing**, and one property offers **dog sledding**.

Some of these activities require your own equipment.

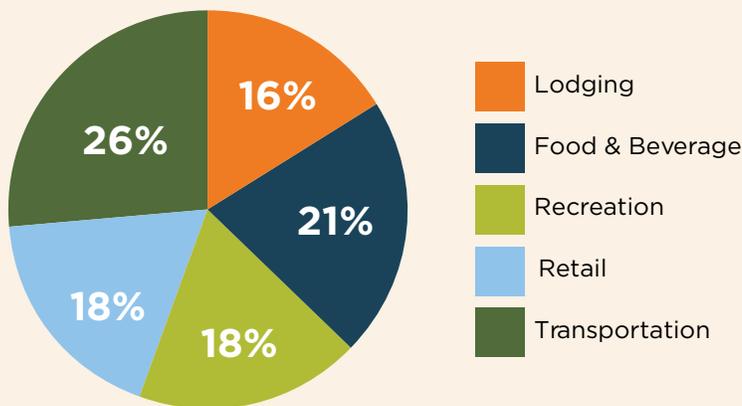


A CLOSER LOOK AT TOURISM IN THE POCONOS

An estimated 27-30 million visitors come to the Pocono Mountains each year for both day and overnight trips.



Travel spending in the Pocono Mountains exceeds **\$4.3 billion** annually



Total Tourism and Economic Impact

- **35,818** jobs
- **\$1.8 billion** in labor income
- **\$448 million** in federal taxes
- **\$427 million** in state and local taxes alone



Tourism-related Jobs

- Tourism supports a total of **35,818** jobs in the Poconos, **nearly 1/3** of all jobs in the Pocono Mountains
- Nearly **2/3** of the Poconos' labor income is derived from travel and tourism
- The Pocono Mountains region continues to have the **highest** tourism-related labor income and employment in the state of Pennsylvania
- Employment directly supported by tourism reached **24,478** in 2021, enough to employ **every** resident of East Stroudsburg, Mount Pocono, Stroudsburg and Tobyhanna

[Economic Impact of Tourism in the Poconos, 2021](#) - Tourism Economics, March 2023

