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Start Checking Items Off Your Bucket List in the Pocono Mountains This Summer

We already started, and it's becoming the best summer ever!

POCONO MOUNTAINS, PA, July 11, 2017 – Admit it. You've sat down and made a list of all the adventures you *need* to complete before you, well, "kick the bucket," creating your own unique bucket list. So have we! With four counties, 2,400 square miles, and endless activities to complete in the [Pocono Mountains](http://PoconoMountains.com), we've started with these thirteen exhilarating experiences, creating the ultimate [Summer Adventure Bucket List](#). Here it is:

1. [Big Day Out with Pocono Whitewater](#)
We had to start the list off with a bang! Pocono Whitewater's "Big Day Out" incorporates biking, hiking, and rafting all into one huge, adventurous day; sure to satisfy any outdoor thrill seeker.
2. [Off-Road Adventure](#)
There is so much nature to see in the Pocono Mountains. Experience it first-hand with an off-road adventure through the rugged mountain terrain.
3. [Zip Lining](#)
Get a bird's eye view of the summer scenery on a zip line ride through the Pocono Mountains! The region's many zip lines offer high-speed, high-flying fun in a variety of settings. Fly solo or challenge a friend on a dual racing zip line ride.
4. [Paintball](#)
In addition to Skirmish Paintball's largest paintball game in the world "Invasion of Normandy", paintball is guaranteed to get your adrenaline pumping. Grab your crew, suit up, and head out on the battlefield.
5. [Parasailing](#)
Soar above Lake Wallenpaupack's 52 miles of uninterrupted shore line while parasailing. Bask in this breath-taking experience as you witness the Pocono Mountains like never before.
6. [Jet Skiing](#)
Get out on the water and cool down with jet skiing in the Pocono Mountains. Feel the wind through your hair as you glide across the lake.
7. [Stand-Up Paddleboarding](#)
Originating in Hawaii, stand-up paddleboarding has made its way to the Pocono Mountains. It's not every day you can stand on water. Paddle between the renowned mountains on the Delaware River while standing atop of a surfboard. This low-impact sport balances both exercise and adventure.
8. [Biking Challenge](#)

Challenge yourself and ride the full 32-miles of the McDade Recreational Trail. Travel throughout the scenic Delaware National Recreation Area on the Pennsylvania side to enjoy the natural sights along the river.

9. [Pocono Slingshot Rentals](#)

Experience the Pocono Mountains up close and personal in a 360-degree view, open-air cockpit with Pocono Slingshot Rentals. Tour the area like never-before, and relax while enjoying the spectacular scenery.

10. [Alpine Slide or Mountain Coaster](#)

Dare to race down Camelback Mountain on either their Appalachian Express Mountain Coaster or Pocono Pipeline Alpine Slide. As you careen down the mountain, you're sure to feel the adrenaline from the speed.

11. [Mountain Adventures](#)

Beat the heat under the cover of the canopy at a Pocono Mountains woodland adventure park. Aerial obstacles from beginner to expert will bring you through rope ladders, swinging bridges, zip lines, and other tricky treetop elements.

12. [Delaware River Sojourn](#)

The Delaware River Sojourn is a seven-day guided paddling trip on the Delaware River. Participants can canoe or kayak the entire Delaware River while setting up camp along the shores each night. The 22nd Annual Sojourn took place June 17-23, 2017. Dates for 2018 are TBD.

13. [Skydiving](#)

Insert cliché bucket list goal here. But really, skydiving is the ultimate adventure. While jumping in the Pocono Mountains, you can enjoy views of the mountains, the Delaware Water Gap, and the New York City Skyline.

Get to checking off these adventures! Don't feel alone in this; we are completing these activities one-by-one, too. We have completed the first four, and intend on finishing the list before the summer is over. You can watch as we complete the rest of the bucket list through our Instagram Stories week-to-week by following [@PoconoTourism](#). Want to see what you missed? Catch the adventure on our YouTube Channel on this [playlist](#). Can't get enough? We have adventure bucket lists for [every season](#)!

Enter our [Summer Bucket List Sweepstakes](#) on Facebook for the chance to win a Pocono Mountains bucket list experience! Please see [here](#) for the official rules and a complete list of prizes.

Show us *your* bucket list adventures on social media by using **#PoconoBucketList**. Here's to having an adventurous Summer 2017 in the Pocono Mountains: your best summer yet!

Relevant photos are located [here](#). If using provided materials, please credit [PoconoMountains.com](#).

About the Pocono Mountains

With 2,400 square miles encompassing Pennsylvania's Wayne, Pike, Monroe, and Carbon counties, the Pocono Mountains region is home to rolling mountain terrain, breathtakingly beautiful waterfalls, thriving woodlands, and 170 miles of winding rivers. Winters offer guests the opportunity to ski, snowboard, snow tube, and even snowshoe their way through snowy wonderlands encompassing over 163 ski trails, while summers also cater to the active traveler allowing exploration of 261 miles of hiking and biking trails, over 30 golf courses, whitewater rafting, boating, fishing, and open access to nine state and two national parks.

Pocono Mountains visitor information is available online at [PoconoMountains.com](#) or by phone at **800-POCONOS** (800-762-6667). Follow [@PoconoTourismPR](#) on Twitter to stay current with up-to-date information. Established in 1934, the Pocono Mountains Visitors Bureau is a private, non-profit, membership organization. The Pocono Mountains Visitors Bureau is the official destination marketing organization for the four counties of Wayne, Pike, Monroe, and Carbon in Northeastern Pennsylvania.