

Daily Plan – Day 3

Sunday, June 21, 2026



Day Coordinators:

Nicole Landis, Wildlands Conservancy
Brit Kondravy, Delaware & Lehigh National Heritage Corridor

Recreation Activity:

Dam Release Whitewater Rafting

Stretch to be Paddled:

Drakes Creek (River Mile 61) to Glen Onoko (River Mile 50.5)
10.5 miles

Level of Paddler: Beginner, intermediate, expert. Recommended for 8 years or older.

MORNING OF SUNDAY, JUNE 21: Everyone meets at [Pocono Whitewater Rafting](#) for breakfast and registration.

NOTE ALL TIMES ARE APPROXIMATE

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| 8:00am | Registration at Pocono Whitewater Rafting (1519 PA-903, Jim Thorpe, PA 18229) Breakfast provided by Pocono Whitewater Vendor. Additional items available for purchase. |
| 8:30am | Welcome & Introduction Safety Briefing |
| 9:00am | Bus Leaves / Sojourners launch at Drakes Creek |
| 12:00pm | Lunch along the river Lunch Donated by Pocono Whitewater Recognition of 30 Years on the River |
| 3:00pm | Take-out at Glen Onoko |
| 3:30 pm | Bonfire and Broken Paddle Bar & Grill available for your enjoyment at Pocono Whitewater |

Safety Overview:

- **Required:** Life jackets provided by outfitter. Sturdy, closed-toed shoes required. We will be walking rafts into the water via Drake's Creek launch area. Expect to get wet below the knees. Guests that are participating in the Dam Release Whitewater Rafting Adventure must be comfortable walking for 20 minutes.
- **What to wear:** Quick-drying, breathable clothing and/or bathing suit, shorts, t-shirt, river shoes, or old sneakers.
- **What to bring for after the trip:** Don't forget to bring a towel, change of dry clothes and shoes. You'll want to leave these items and any other valuables (jewelry, wallet, etc.) either in the trunk of your car OR rent one of the facility's large lockers. Locker rentals are \$5.00 per day. Pocono Whitewater has

2026 Lehigh River Sojourn

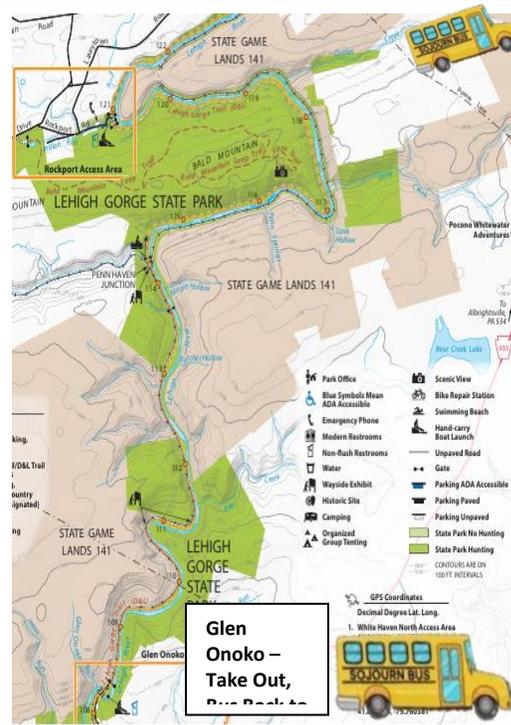
restrooms and changing rooms. They do not have a shower facility, but they do have a foot washing station.

- **Optional:** Sunscreen, sunglasses (with eyeglass traps), a hat.
- **River Conditions:** Class I, II and III Rapids
 - Class I River Rapids – Easy, small regular waves, minimal steering necessary.
 - Class II River Rapids – Slightly more difficult with small drops and waves.
 - Class III River Rapids – Numerous irregular waves with drops and holes.
- **Capacity:** Most rafts accommodate 4 to 7 people. If you have less than 4 people in your group, there is a possibility you will be teamed up with other whitewater rafting sojourn guests.
- **Lehigh River Water Trail Map:** <https://www.wildlandspa.org/lehigh-river-water-trail/>

For more information on river experiences and/or questions regarding age, health or cycling experience please contact:

Pocono Whitewater,
P: 1.800.944.8392

<https://www.poconowhitewater.com/contact/>



Many Thanks to Today's Sojourn Partners:

Lehigh River Sojourn Steering Committee, Pocono Whitewater, Wildlands Conservancy, DCNR-Lehigh Gorge State Park

Special Thanks to Sojourn Donors and Grantors:

St. Luke's Health Network, Delaware & Lehigh National Heritage in partnership with William Penn Foundation, Pennsylvania Organization for Watersheds and Rivers (POWR), **FILL IN**