

Let's hit the water trail!

From Susquehanna Greenway Partnership <info=susquehannagreenway.org@tbmail2.com>  
on behalf of  
Susquehanna Greenway Partnership <info@susquehannagreenway.org>  
Date Thu 6/12/2025 9:58 AM  
To Alana Jajko <ajajko@susquehannagreenway.org>



- JUNE 2025
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LAST CHANCE!!! - REGISTRATION CLOSES 6/15

**SUSQUEHANNA SOJOURN:  
WEST BRANCH**

Gear up for the West Branch Susquehanna Sojourn on June 19! Take on 14 wild miles of river from Baker Run to Lock Haven—a stunning stretch of the West Branch Susquehanna that promises big views, fresh air, and unforgettable moments.

This one's for the intermediate paddlers ready to embrace the distance. (First-timers, sit this one out—we have shorter routes planned!)

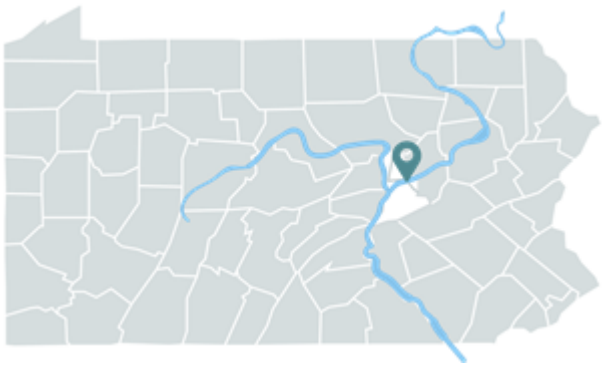
LEARN MORE

EXPLORE THE NORTH BRANCH



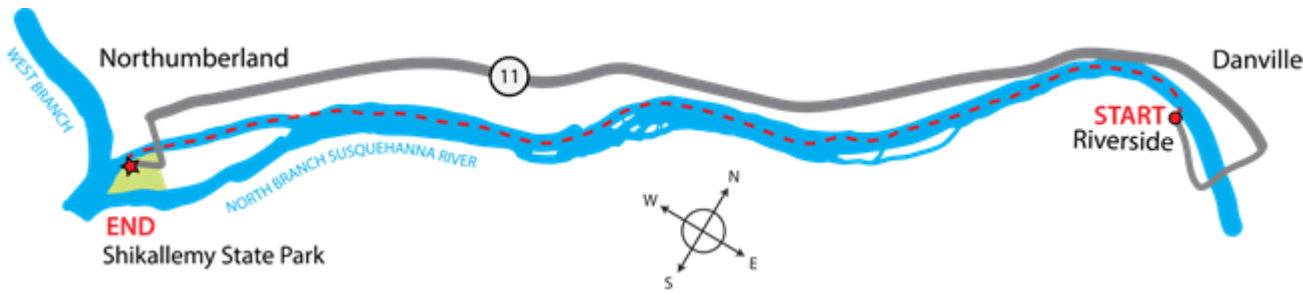
***Paddle Riverside to Shikellamy***

**River Miles:** 10.2 miles  
**Estimated Paddle Time:** 5.5 hours  
**Difficulty:** Moderate  
**Hazards:** Island banks/stones in low water  
**County:** Montour & Northumberland



Launch from Riverside, PA, for a peaceful paddle past farmland and river islands toward Shikellamy State Park, where the Susquehanna’s branches meet. Enjoy trails, picnics, and views at the state park. Nearby Danville offers a charming historic district and riverside park.

EXPLORE

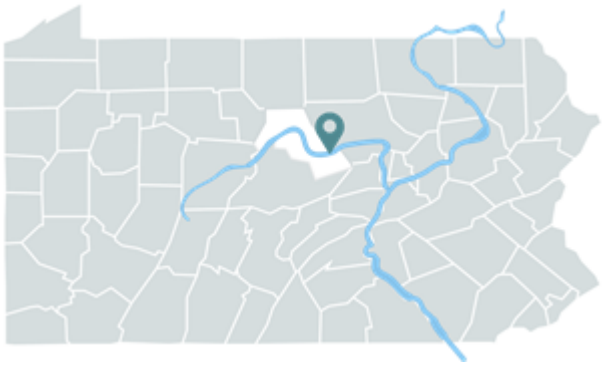


EXPLORE THE WEST BRANCH



***Paddle Lock Haven to McElhattan***

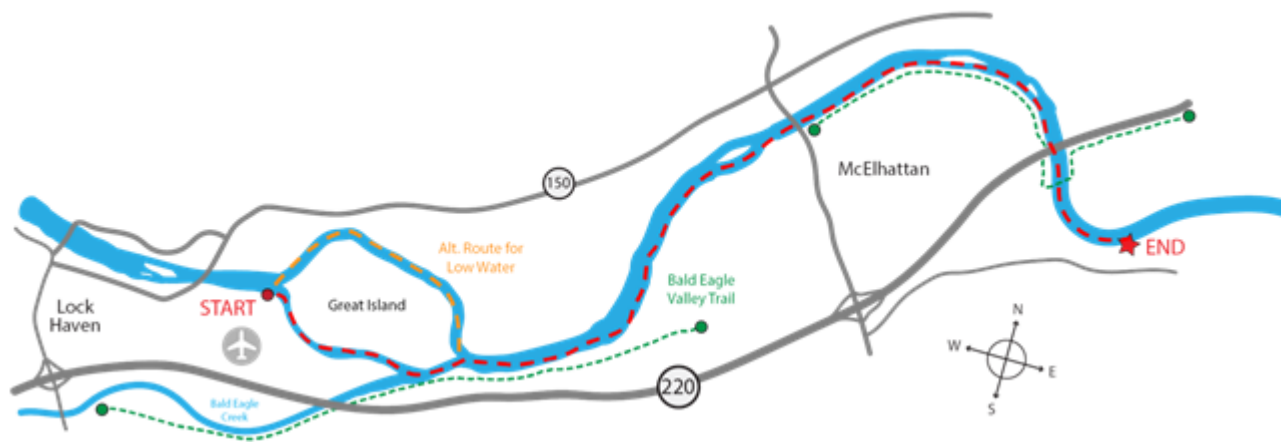
**River Miles:** 7.1 miles  
**Estimated Paddle Time:** 3.5 hours  
**Difficulty:** Easy to Moderate  
**Hazards:** Eel weirs & river islands  
**County:** Clinton



Enjoy a peaceful 7.1-mile paddle from Lock Haven to McElhattan on the West Branch of the Susquehanna. Launch at Memorial Park near historic Great Island, pass eel weirs and river islands, and take in farmland views alongside the Bald Eagle Valley Trail. Finish at PFBC Pine Access after a scenic 3.5-hour journey.

EXPLORE





## EXPLORE THE MIDDLE SUSQUEHANNA



### *Paddle Millersburg to Fort Hunter*

**River Miles:** 21 miles

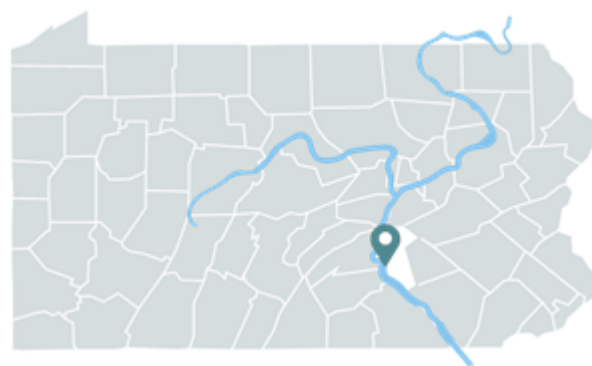
**Estimated Paddle Time:** 2 days

**Difficulty:** Moderate

**Hazards:** Watch for rock ledges & riffles

**County:** Dauphin

This scenic Susquehanna journey winds past historic Fort Halifax, Clemson Island, and Haldeman Island's quiet shores. Paddlers may camp overnight on Island #89 before continuing toward Dauphin Narrows, where you'll see PA's own Statue of Liberty. The trip ends at Fort Hunter, in sight of the iconic Rockville Bridge.



## EXPLORE



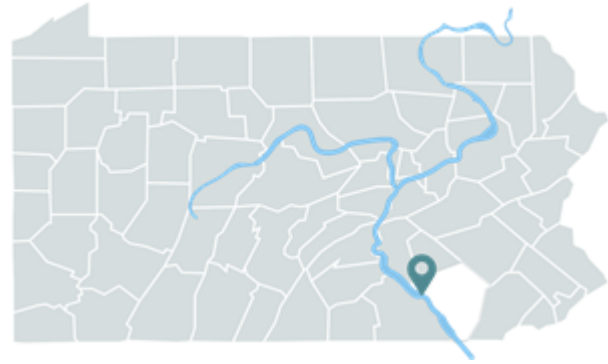
## EXPLORE THE LOWER SUSQUEHANNA



White Cliffs of Conoy, Photo by Dustin Underkoffler

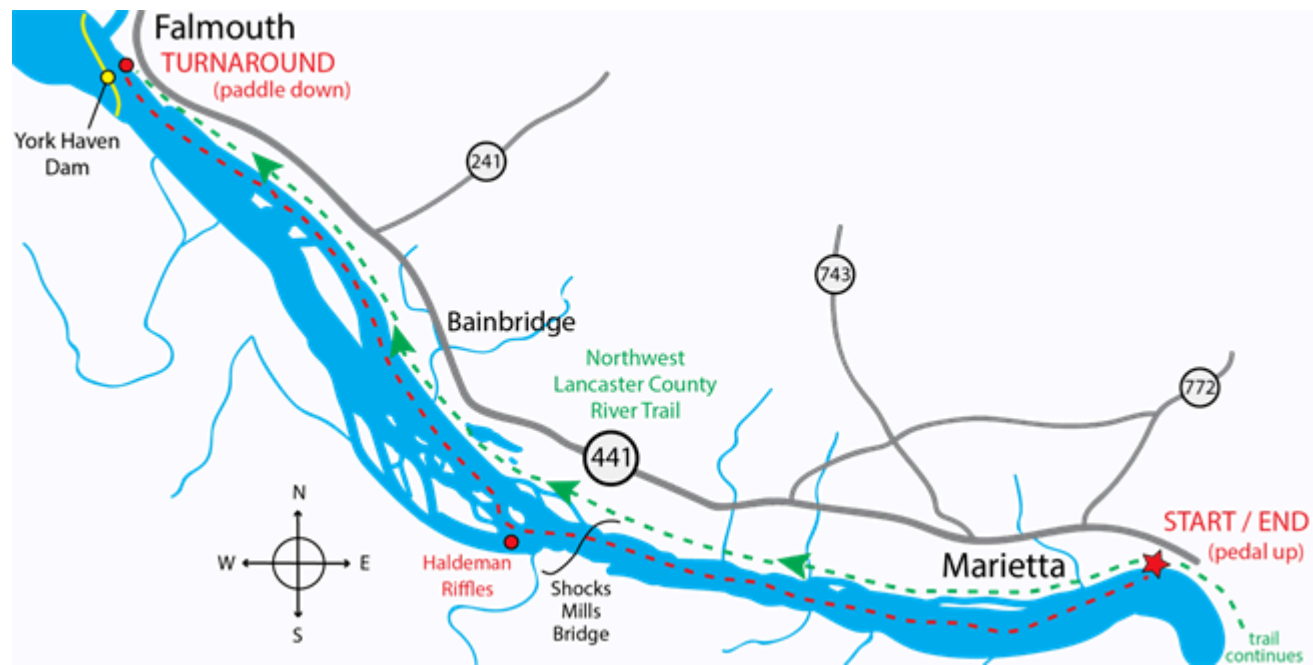
## Paddle / Pedal Marietta to Falmouth and Back

**River Miles:** 14.4 Miles  
**Pedal / Paddle:** 7.2 Miles each  
**Difficulty:** Moderate  
**Hazards:** Riffles  
**County:** Lancaster



A pedal-paddle through the Susquehanna Greenway offers a fun mix of biking and paddling in one day. Start at East Donegal's Riverfront Park, bike to Falmouth on the NW Lancaster County River Trail, then paddle back along the scenic river. See landmarks like the White Cliffs of Conoy and the Shocks Mills Bridge.

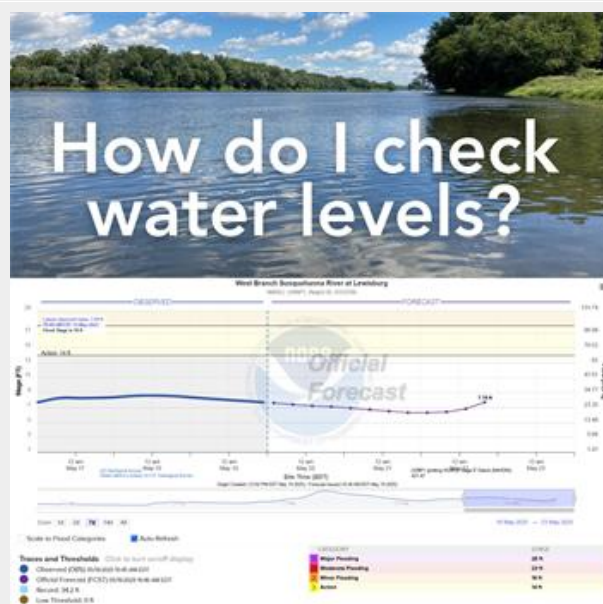
EXPLORE



**NOTE:** These recommendations are not exhaustive. To explore more parks, trails, and paddling itineraries, click the button below or explore our [interactive map](#).

EXPLORE MORE

## BEFORE YOU GO!



When it comes to planning a trip on the Susquehanna River, checking water levels should be at the top of your list. There is an online tool, known as a river gage, that can help you track this data and prepare for your next on-water adventure.

LEARN MORE



## UPCOMING PROGRAMS & EVENTS



### 14TH ANNUAL PHOTO CONTEST

*DEADLINE: July 31, 2025*

Submit your original photographs and share your stories in our annual Susquehanna Greenway Photo Contest for a chance to win cash prizes! Categories include Recreation, Transportation, River Towns, & Wildlife with an overall theme of STORYTELLING. Submissions will be accepted until July 31.

[LEARN MORE](#)

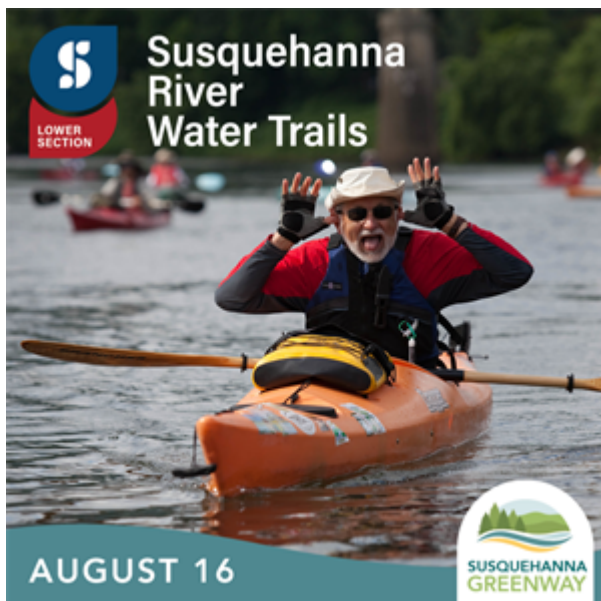


### SUSQUEHANNA GREENWAY OUTDOOR EXPO

*Shikellamy State Park; August 2, 2025*

Join SGP for an opportunity to find your next adventure in the Susquehanna Greenway. The Susquehanna Greenway Outdoor Expo will feature over 50 booths to explore, plus clinics, workshops, demonstrations, and more! Click below to learn more about this unique event, now in its fourth year!

[LEARN MORE](#)



### SUSQUEHANNA SOJOURN: LOWER SECTION

*August 16, 2025 - OPENS THIS WEEK*

We've got a great adventure lined up for exploring the Lower Susquehanna! Join us on a scenic 6.5-mile paddle between Marietta and Columbia, with lunch included. Click below for details.

[LEARN MORE](#)



### SUSQUEHANNA SOJOURN: MIDDLE SECTION

*September 24, 2025*

Explore the Susquehanna in the Harrisburg area! Following the Greenway & Trails Summit, SGP will be leading a weekday adventure on the Susquehanna River from Fort Hunter to City Island. Click below for details.

[LEARN MORE](#)

# Mineral vs Mainstream

## 6 BENEFITS TO CHOOSING MINERAL SUNSCREEN

### GENTLE ON SENSITIVE SKIN

making it a great alternative for people with allergies and skin conditions, as well as babies.

SAFETY FIRST

### USES SAFER INGREDIENTS

by avoiding parabens, which preserve chemical sunscreen, but can interfere with hormone function.

### PROVIDES IMMEDIATE PROTECTION

because it physically blocks UV rays rather than absorbing them like chemical based sunscreens.

SUSQUEHANNA GREENWAY

### A LITTLE GOES A LONG WAY

While mineral sunscreen appears to be more expensive, you only need a pea size portion to cover your entire face.

### LONG LASTING

Mineral sunscreen is photostable, so it will not degrade in the sun, making the need to reapply less often.

### ENVIRONMENTAL IMPACT

Mineral sunscreens labeled "reef-safe" are also river- and bay-safe, minimizing runoff pollution when you swim, paddle, or rinse off outdoors.

[SHARE IT ON FACEBOOK](#) 

## ABOUT THE SUSQUEHANNA GREENWAY



The Susquehanna Greenway is a connected corridor of paddling, walking, and biking trails, boat launches, conserved lands, and communities that runs along the Susquehanna River in PA.




The Susquehanna Greenway Partnership (SGP) is a 501(c)3 non-profit dedicated to advancing the vision of the Susquehanna Greenway. SGP works with partners to grow the network, inspire people to engage with the outdoors, and transform communities into places where people want to live, work, and explore.







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