The Information below has been provided by Wikipedia and can be viewed

here: https://en.wikipedia.org/wiki/Pocono_Mountains

Mountain Region

The view from Big Pocono State Park at Camelback Mountain Located in Monroe, Luzerne, and northern Carbon counties

- Albrightsville
- Barrett Township
- Bartonsville
- Bear Creek
- Blakeslee
- Canadensis
- Chestnuthill Township
- Drifton
- Delaware Water Gap
- East Side
- East Stroudsburg
- Foster Township
- Freeland
- Henryville
- Jackson Township
- Jim Thorpe
- Monroe County
- Kidder Township
- Lake Harmony
- Lausanne Township
- Long Pond
- Marshalls Creek
- Middle Smithfield, Pennsylvania
- Mount Pocono
- Mountainhome
- Packer Township
- Paradise Township
- Penn Forest Township
- Penn Lake Park
- Pocono Lake
- Pocono Pines
- Pocono Summit
- Pocono Township
- Price Township

- Reeders
- Smithfield Township, Pennsylvania
- Scotrun
- Stroudsburg
- Stroud Township
- Weatherly
- White Haven
- Swiftwater
- Tannersville
- Tobyhanna
- Saylorsburg

Lake Region

Lake Ariel

Located in Pike and Wayne counties:

- Gouldsboro
- Hawley
- Honesdale
- Lakeville
- Lake Ariel
- Lake Como
- Orson
- Poyntelle
- Starlight
- Tafton
- Tanners Falls

Delaware River Region

Dingmans Falls

Located in Monroe and Pike counties:

- Eshback
- Milford

Upper Delaware River Region

Located in Pike and Wayne counties:

- Greeley
- Lackawaxen
- Shohola

Wyoming Valley

Located in Luzerne county:

- Mountaintop
- Greater Pittston
- Wilkes-Barre
- Nanticoke

Outlying Areas

The boundary of the region can be at times, unclear, and these Lehigh Valley, Carbon County, Schuylkill County, and Greater Hazleton (Luzerne County) communities fall on the periphery of the Poconos:

- Coaldale (Schuylkill County)
- Pen Argyl (Northampton County)
- Bangor (Northampton County)
- Walnutport (Northampton County)
- Slatington (Lehigh County)
- Drums (Luzerne County)
- Hazleton (Luzerne County)
- West Hazleton (Luzerne County)
- Aquashicola (Carbon County)
- Andreas (Carbon and Schuylkill Counties)
- Beaver Meadows (Carbon County)
- Ashfield (Carbon County)
- Bowmanstown (Carbon County)
- Forest Inn (Carbon County)
- Lansford (Carbon County)
- Lehighton (Carbon County)
- Nesquehoning (Carbon County)
- Palmerton (Carbon County)
- Parryville (Carbon County)
- Portland (Northampton County)

- Summit Hill (Carbon County)Tamaqua (Schuylkill County)Weissport (Carbon County)