

Androscoggin River, Pontook Dam Reach 2026 Recreational Whitewater Release Dates

Note that a portion of the recreation flow release will start 10-15 minutes before the scheduled time, to warn users out of reach of the audible and visual warning systems that flow is increasing. For your safety, this smaller increase is an additional warning for users to exit the river before the release has ramped up to full flow.

**River Flow Information:
1-844-430-3569 (FLOW)**

SafeWaters.com



350 cfs minimum flow at all times not shown below:

**River flow and levels at these facilities are subject to change.
Please exercise caution when recreating upstream or downstream of dams and powerhouses.**

APRIL						
SU	M	TU	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
SU	M	TU	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
SU	M	TU	W	TH	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

500 CFS 9 AM TO 6 PM, EXCEPT FULL RIVER FLOW (UP TO 2,200 CFS) 10 AM TO 4 PM (Memorial Day weekend)

500 CFS 9 AM TO 6 PM (Memorial Day weekend until June 30)

JULY						
SU	M	TU	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
SU	M	TU	W	TH	F	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER						
SU	M	TU	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

500 CFS 8 AM TO 6 PM (July 1 until Labor Day)

500 CFS 8 AM TO 6 PM, EXCEPT FULL RIVER FLOW (UP TO 2,200 CFS) 10 AM TO 4 PM (Fridays, Saturdays, Sundays, and holidays from July 1 through Labor Day)

500 CFS 8 AM TO 4 PM (day after Labor Day until September 30)