



# Birds of Seven Islands State Birding Park

2809 Kelly Lane, Kodak, Tennessee 37764 / 865-407-8335

Seven Islands Birding Park is a 416-acre park in eastern Knox County along the French Broad River. From the novice to the professional, birders and researchers find Seven Islands an ideal location for avian observation. The park is located along the migratory path of many bird species and during the breeding season birds can be found nesting at the refuge. Guests can easily spend several hours strolling through the park's varied habitats enjoying the scenery and song of these feathered jewels. Habitats include wooded hills, an intermittent stream, several wooded islands and small inlets, and several fields being restored to native warm-season grasses. These upland, aquatic and riparian habitats support an impressive diversity of wildlife species. In winter, hundreds of sparrows can be found. It is possibly the most reliable Knox County location to find white-crowned sparrows. Mornings are usually the best time for birding but late afternoons, before dusk can also be rewarding. Over 190 species of birds have been observed.



American goldfinch

## Responsible Birding

- Do not endanger the welfare of birds.
- Tread lightly and respect bird habitat.
- Silence is golden.
- Do not use electronic sound devices to attract birds during nesting season, May-July.
- Take extra care when in a nesting area.
- Always respect the law and the rights of others, violators subject to prosecution.
- Do not trespass on private property.
- Avoid pointing your binoculars at other people or their homes.
- Limit group sizes in areas that are not conducive to large crowds.

## Helpful Links

Tennessee Birding Trails  
[www.tnbirdingtrail.org](http://www.tnbirdingtrail.org)  
Field Checklist of Tennessee Birds  
[www.tnwatchablewildlife.org](http://www.tnwatchablewildlife.org)  
eBird Hotspots and Sightings  
[www.ebird.org](http://www.ebird.org)  
Tennessee Ornithological Society  
[www.tnbirds.org](http://www.tnbirds.org)  
Tennessee State Parks Birding  
[www.tnstateparks.com/activities/birding](http://www.tnstateparks.com/activities/birding)



T E N N E S S E E  
**State Parks**  
[www.tnstateparks.com](http://www.tnstateparks.com)

## Additional Nearby State Park Birding Opportunities

Big Ridge – Cabins, Campground – Maynardville, TN 37807 / 865-471-5305  
[www.tnstateparks.com/parks/about/big-ridge](http://www.tnstateparks.com/parks/about/big-ridge)

Norris Dam – Cabins, Campground - Rocky Top, TN 37769 / 865-426-7461  
[www.tnstateparks.com/parks/about/norris-dam](http://www.tnstateparks.com/parks/about/norris-dam)

Pickett – Cabins, Campground - Jamestown, TN 38556 / 931-879-5821  
[www.tnstateparks.com/parks/about/pickett](http://www.tnstateparks.com/parks/about/pickett)

Roan Mountain – Cabins, Campground, Roan Mountain, TN 37687 / 423-772-0190  
[www.tnstateparks.com/parks/about/roan-mountain](http://www.tnstateparks.com/parks/about/roan-mountain)

# Birding Locations In and Around Seven Islands State Birding Park

A hiking trail map and checklist to the Birds of Seven Islands State Birding Park are available at the park.

## **Kelly Lane Greenway:** 35.95305, -83.68776

2.4 Miles Round-Trip - Paved Surface - Easy - Winter, Spring, Fall

The mostly flat greenway stretches from the parking area to the French Broad River. Sandwiched between open fields of wildflowers and farmland, along with an elevated scenic view, it is ideal for bird watching.

**Featured Birds:** summer tanager, indigo bunting, yellow-breasted chat, common yellowthroat, northern bobwhite, eastern bluebird, tree swallow, American kestrel, northern harrier, white-crowned sparrow, white-throated sparrow, swamp sparrow, song sparrow, field sparrow and savannah sparrow.

## **Seven Islands Loop Trail:** 35.95305, -83.68776

1.7 Miles Round-Trip - Natural Surface - Easy - Winter, Spring, Fall

This floodplain trail provides good viewing of spring and fall migrants along with river views.

**Featured Birds:** red-bellied woodpecker, downy woodpecker, prairie warbler, white-eyed vireo, wild turkey, and blue-gray gnatcatcher.

## **Upland Trail Inner Loop:** 35.95305, -83.68776

1.6 Miles Round-Trip - Natural Surface - Moderate - Winter, Spring, Fall

This trail traverses a variety of upland habitats along a ridge including an upland pond and provides views of the French Broad River and Great Smoky Mountains.

**Featured Birds:** northern harrier, field sparrow, white-throated sparrow, fox sparrow, white-crowned sparrow, hermit thrush, ruby-crowned kinglet, and waterfowl and green heron around Shumpert's Pond.

## **Seclusion Bend Trail:** 35.95305, -83.68776

3.4 Miles - Natural Surface - Winter, Spring, Fall

This trail follows along the French Broad River with fields and forested habitats and passes open fields of wildflowers and farmland along Kelly Lane Greenway.

**Featured Birds:** belted kingfisher, green heron, prothonotary warbler, orchard oriole, wood duck, osprey, bald eagle, great-blue heron, eastern kingbird, and American goldfinch.

## Nearby Birding Locations

### **House Mountain State Natural Area: Parking Area:** 36.10479, -83.76273

[www.tn.gov/environment/article/na-na-House-Mountain](http://www.tn.gov/environment/article/na-na-House-Mountain) - 865-215-6600 - Winter, Spring, Summer

A favorite place for birdwatchers, the 2,100-foot crest of the forested mountain provides significant vistas.

Nearly 100 species of birds have been observed.

**Featured Birds:** broad-winged hawk, warblers, indigo bunting, pileated woodpecker, scarlet tanager, and wild turkey.

### **Ijams Nature Center: Entrance:** 35.95583, -83.87318

[www.ijams.org](http://www.ijams.org) - 865- 577-4717 Winter, Spring, Summer, Fall

Forests, meadows and streams are good for migrating songbirds in the spring and fall. The Discovery Trail is great for encountering several warblers. 150 species of birds have been observed.

**Featured Birds:** warblers, yellow-billed cuckoo, great crested flycatcher, yellow-throated vireo, blue-gray gnatcatcher, yellow-breasted chat, winter wren, white-throated and swamp sparrow, owls, purple finch.

### **Rankin Wildlife Management Area: Observation Area:** 36.0796, -83.24058

[www.tn.gov/twra/topic/wildlife-management-area-wma-maps](http://www.tn.gov/twra/topic/wildlife-management-area-wma-maps) - 423-587-7037 - Spring, Summer, Fall

Rankin is the premier site in East Tennessee for warm season waterbirds due to the islands and floodplains along Douglas Reservoir being submerged during the warm season resulting in mudflats and open shallows.

Over 215 species of birds identified.

**Featured Birds:** bald eagle, sandpipers, semipalmated plover, lesser and greater yellowlegs, short-billed and long-billed dowitchers, gulls, Caspian and Forster's terns, swallows, peregrine falcon, merlin, osprey and great egrets.