



# Birds of Frozen Head State Park

964 Flat Fork Road, Wartburg, TN 37887 / 423-346-3318

Frozen Head supports high breeding populations of several Neotropical migrant birds, including the cerulean warbler, as well as breeding populations of a few high elevation species which are rare in Tennessee outside of the Blue Ridge Mountains. Acadian flycatcher, blue-gray gnatcatcher, northern parula and yellow-throated warbler and Louisiana waterthrush are common during spring and summer along the creek. Swainson's warblers have also occurred in this area. Check the fields and field edges for brown thrasher, American robin, and eastern bluebird. Eastern wood pewee, red-eyed vireo and yellow-throated vireo, wood thrush, black-and-white warbler, ovenbird and scarlet tanager are common in the roadside forests. Cerulean warbler can occasionally be seen/or more often heard/from the main park road. They are much more numerous along many of the park's hiking trails. The park's breeding populations of veery, chestnut-sided warbler, black-throated blue warbler, Blackburnian warbler, Canada warbler and rose-breasted grosbeak are only observable by hiking to higher elevations. Ruffed grouse can often be seen from the parks many hiking trails. The natural area is within the Cumberland Mountains Important Bird Area. 140 species of birds have been observed.



## 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)

Double-crested Cormorant

Photo by Scott Somershoe

## Additional Nearby State Park Birding Opportunities

Cumberland Mountain – Cabins, Camping, Golf Course, Restaurant – Crossville, TN 38555/ 931-484-6138  
[www.tnstateparks.com/parks/about/cumberland-mountain](http://www.tnstateparks.com/parks/about/cumberland-mountain)

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

Seven Islands – Hiking, Boat Ramp / Kodak, TN 37764 - 865-407-8335  
[www.tnstateparks.com/parks/about/seven-islands](http://www.tnstateparks.com/parks/about/seven-islands)

# Birding Locations In and Around Frozen Head State Park

A hiking trail map is available at the park.

**East Lookout Tower Trail:** 36.12260, -84.45767 – Spring, Summer, Fall

2.25 Miles – Natural Surface – Moderate

The tower offers a great view from the top of Frozen Head Mountain. During fall and spring passing flocks of sandhill cranes are often seen or heard.

**Featured Birds:** double-crested cormorant, turkey vulture, red-shouldered hawk, broad-winged hawk, American crow, woodpeckers, ruffed grouse, sandhill cranes, and the occasional golden eagle (rare).

**Spicewood Trail:** 36.13353, -84.49753 – Spring, Summer, Fall

2.55 Miles - Natural Surface - Difficult

This trail, a spur tail off of the Old Mac Trail, skirts along Spicewood Branch Creek before ascending Frozen Head Mountain.

**Featured Birds:** warblers, woodpeckers, red-breasted nuthatches, Carolina chickadee, tufted titmouse, northern cardinal, kinglets, sparrows, barred owl and eastern screech owls.

**North Old Mac Trail:** 36.13353, -84.49753 – Spring, Summer, Fall

3.55 Miles - Natural Surface - Moderate

This trail, a spur tail off of the Old Mac Trail, offers a more gradual ascent to the top of Frozen Head Mountain with excellent views along the way. This trail and many others in the park offer great high elevation birding opportunities.

**Featured Birds:** cerulean warblers, black-throated blue warblers, blackburnian warblers, Canada warblers, rose-breasted grosbeaks, veerys, hermit thrush and winter wrens.

**Flat Fork Creek Trail:** 36.12618, -84.50265 – Spring, Summer, Fall

0.90 Miles - Natural Surface - Easy

This trail parallels the main park road and Flat Fork Creek. It is a great place to view Louisiana waterthrushes during spring and summer.

**Featured Birds:** northern parula, yellow-throated warblers, Louisiana waterthrush, brown thrashers, American robin, eastern bluebird, eastern wood pewee, vireos, wood thrushes, ovenbirds, and scarlet tanagers.

## Nearby Birding Locations

**TVA Lakeshore Park: Swan Pond Road:** 35.92525, -84.51740 – Year-round

[www.tva.com/Environment/Recreation](http://www.tva.com/Environment/Recreation) - 865-632-2102

TVA manages this wetland park complex. This ecological restoration area acts as an important refuge for waterbirds. 159 species of birds identified.

**Featured Birds:** black-crowned night-heron, great blue heron, great egret, cattle egret, double-crested cormorant, osprey, belted kingfisher, red-winged blackbird, American goldfinch, gulls and geese.

**Catoosa Wildlife Management Area: Oak Savanna Restoration:** 36.06253, -84.87952 – Spring, Summer, Fall

[www.tn.gov/twra/topic/wildlife-management-area-wma-maps](http://www.tn.gov/twra/topic/wildlife-management-area-wma-maps) - 931-456-2479

Catoosa WMA contains extensive oak-hickory forest, gravel roads and an actively managed oak savanna restoration area to maintain open woodlands and native grass systems that historically occurred in the region before fire was removed from the system and forests dominated the area. 90 species of birds identified.

**Featured Birds:** red-headed woodpecker, prairie warbler, yellow-breasted chat, white-eyed vireo, common yellowthroat, ovenbird, and northern bobwhite.

**Melton Hill Park: Boat launch:** 35.95206, -84.23584 – Winter, Spring

[www.outdoorknoxville.com/places/parks/west/melton-hill-park](http://www.outdoorknoxville.com/places/parks/west/melton-hill-park) - 865-215-6600

This 112-acre park bordered by the Clinch River offers excellent waterfowl habitat in the winter and spring. 155 species of birds identified.

**Featured Birds:** ring-billed gull, Bonaparte's gull, American coot, mallard, double-crested cormorant, American pipit, cedar waxwing, American goldfinch, red-winged blackbird, tree swallow, barn swallow, and purple martin.