

**EAST TENNESSEE WANDERERS  
SEVEN ISLANDS STATE BIRDING PARK  
5K/10K**

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## **NATURE AT ITS BEST**

This is a premier birding park of 425 acres where more than 190 species of birds have been sighted. Nature abounds with songbirds, hawks, and waterfowl along the meadow trails, and barn owls living in the old barns. You will enjoy stunning views of the Smoky Mountains as you wander along the natural trails over rolling hills, through meadows, and along the French Broad River. Seven Islands Birding Park became the 56<sup>th</sup> Tennessee State Park in September 2013. Mornings are usually the best time for birding, but late afternoons, before dusk, can also be rewarding.

## **STARTING POINT**

The starting point for all three distances is the gravel parking lot of Seven Islands State Birding Park, 2809 Kelly Lane, Kodak, TN 37764.

**Directions:** Take Exit 402 off I-40 east of Knoxville, TN. There are adequate direction signs to the Park. Turn right onto Midway Road. Pass by Curtis Road and Smith School Road to turn left onto Maples Road. Turn right at the intersection with Kodak Road. Turn left onto Kelly Lane at the large, white Bethel Church. Take Kelly Lane to the gate with ample parking in the gravel lot on your right.

**Latitude 35.953916, Longitude -83.686420**

## **GENERAL WALK INFORMATION**

This park is managed "as a state park for native flora and fauna and low impact, non-consumptive, outdoor activities for enjoyment of the wildlife diversity and natural beauty of Seven Islands." Much of the park has been left in its natural state with minimal additions. In addition, walkers should be cautious as there are continuing changes to the trails. The directions here are correct at the time they were produced, but be aware that many trails are unmarked and have been known to have been changed without warning. One unmarked trail map is provided for use with these directions.

There is a restroom available just beyond the parking lot and Bluebird Barn. At time there there have been Porta-Potties at points on some trails (see references on the walk directions). Walkers should bring their own water, and use sunscreen and bug spray as appropriate to the season.

There are 8 miles of mowed trails that wind around the refuge, up the ridges and down to the waterfront. During times of heavy rainfall some trails may flood. You may call the Park at (865) 407-8335 to check on trail conditions, but note that there is no staff routinely present at the Park.

This walk covers a variety of surfaces including pavement, gravel, natural mowed trails, and dirt paths. It is not suitable for strollers or wheelchairs. A walking stick is recommended. Dogs are allowed on leash only, but not recommended due to bird watchers who frequent the park.

## **POINT OF CONTACT**

Point of contact for this walk is Guy Calkins (president@easttennesseewanderers.org) 585-727-6493. If you have questions, comments, or recommendations with respect to this event, please do not hesitate to make contact.

## **SPECIAL PROGRAMS**

The two Special Programs associated with this walk are A-Z (Kodak, TN) and 50 States (Tennessee)

## **OSB REMINDER**

Be sure to log back into the OSB system to finish/complete your online registration.

## **DOWNLOADABLE TRAIL MAP**

On the sign board next to the restrooms, there is a sign with a QR code that will allow the download of a trackable park map via the Avenza Maps app. After downloading to one's phone, you can find/track one's position by observing the blue dot on the park map.

While this map/app can be useful, due to possible errors in the original mapping, recommend one follow these directions even while using the app.

## **OTHER EAST TENNESSEE WANDERERS EVENTS**

While in the area, we would like to invite you to participate in our other Year-Round Events:

- Clinton 12 Walk
- Maryville Historic City Walk
- Alcoa Greenway Walk and Bike
- Alcoa-Maryville Extended Greenway Walk
- Fort Loudoun Historic Walk
- Oak Ridge Secret City Walk
- Townsend (Peaceful Side of the Smokies)
- Elkmont (Smoky Mountain National Park)
- Gatlinburg (Trail Walk and Tourist Walk)
- Knoxville Music, Moonshine and Art Walk
- Knoxville University of Tennessee Walk
- Knoxville – Old North Knoxville

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## East Tennessee Wanderers 7 Islands State Birding Park 5/10 km Walk ©

1. From the parking lot, **walk through Bluebird Barn** and look for Trailhead sign on your right.
2. **Turn right** onto the Upland Trail Loop (Inner and Outer) which will **bear to the right** up the hill.
3. At the bench on your left you are at the Mount LeConte View Point if you wish to rest and enjoy the view.
4. **Continue straight** on the Upland Trail Outer Loop when the Upland Trail Inner Loop (unmarked) goes left. Be careful on the downhill section particularly if it is wet.
5. **Continue straight** as you pass the intersection with the Upland Trail Inner Loop (unmarked) on your left.
6. When you reach the Seven Islands Loop Trail (2.5 km), **10 k walkers take the Seven Islands Loop Trail to the right and 5 k walkers take the Loop Trail to the Left. [5 k Walkers jump to 5K section on page 2 of these directions]**
7. **10 k Walkers:** As you pass the intersection with the River 15 Trail, *continue on the Seven Islands Loop Trail to the left* (unmarked).
8. **Pass under the bridge and turn left at the second intersection to walk to the entrance to the bridge.**
9. **Cross the bridge** to the largest of the Seven Islands.
10. Once across the bridge take the **Island Loop Trail** to the left or right (loops back to this spot)
11. After completing the Island Loop Trail, **cross back over the bridge and turn right to return to the Seven Islands Loop Trail (T-intersection)**
12. **Turn left at the T intersection** onto the Seven Islands Loop Trail
13. **Continue straight** onto Seclusion Bend Trail (5.2 km) with the French Broad River on your right. **Be very careful on the downhill sections with roots and slippery leaves.**
14. At 6.3 km, you will pass a marker to Kelly Lane Greenway on your left and you can see through the trees the Maple Leaf Barn that you will soon be visiting.
15. **Continue on Seclusion Bend Trail** with the French Broad River on your right. Don't cut things short when you see an opening to the trail running on your left. Continue past the bench on your left and the trail will loop around to take you back in the direction you came from.
16. Stay to the right on this new trail that will be moving inland.
17. *When you get to the Maple Leaf Barn (quilt pattern on the opposite side), be cautious as wasps are a constant here. (7.9)*
18. **Continue to follow the Seclusion Bend Trail** which is to your right as you approach the barn. The trail now goes uphill and continues inland.
19. At 8.9 km the trail will turn right (no trail marking but do not go toward the buildings you see in front of you) and begin to move from inland to again follow the river on your right.

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In case of emergency, call 9-1-1  
After emergency, call (585) 727-6493

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20. When you reach Seven Islands Landing (boat launch area), **go left** to walk uphill.
21. With the Seven Islands Park sign on your left, **turn left** onto Kodak Lane.
22. **Walk back to the parking area** to complete your walk.

## **Congratulations on finishing your 10k walk!**

### **5k Walkers:**

**From the Seven Islands Loop Trail, go left onto the Bobwhite ADA trail at the Maple Leaf Barn.**

**Follow the paved ADA trail back to the Bluebird Barn and the Finish.**

## **Congratulations on finishing your 5k walk!**

**\*\*Be sure to log back into the OSB to finish/complete your registration. You can then print out your insert cards.\*\***

While in the area, we would like to invite you to participate in our other Year-Round Events:

Clinton 12 Walk  
Maryville Historic City Walk  
Alcoa Greenway Walk and Bike  
Alcoa-Maryville Extended Greenway Walk  
Fort Loudoun Historic Walk  
Oak Ridge Secret City Walk  
Townsend (Peaceful Side of the Smokies) Park)  
Elkmont (Smoky Mountain National  
Gatlinburg (Trail Walk and Tourist Walk)  
Knoxville Music, Moonshine and Art Walk

**POC: Guy Calkins 585-727-6493**

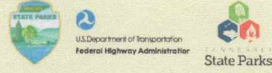
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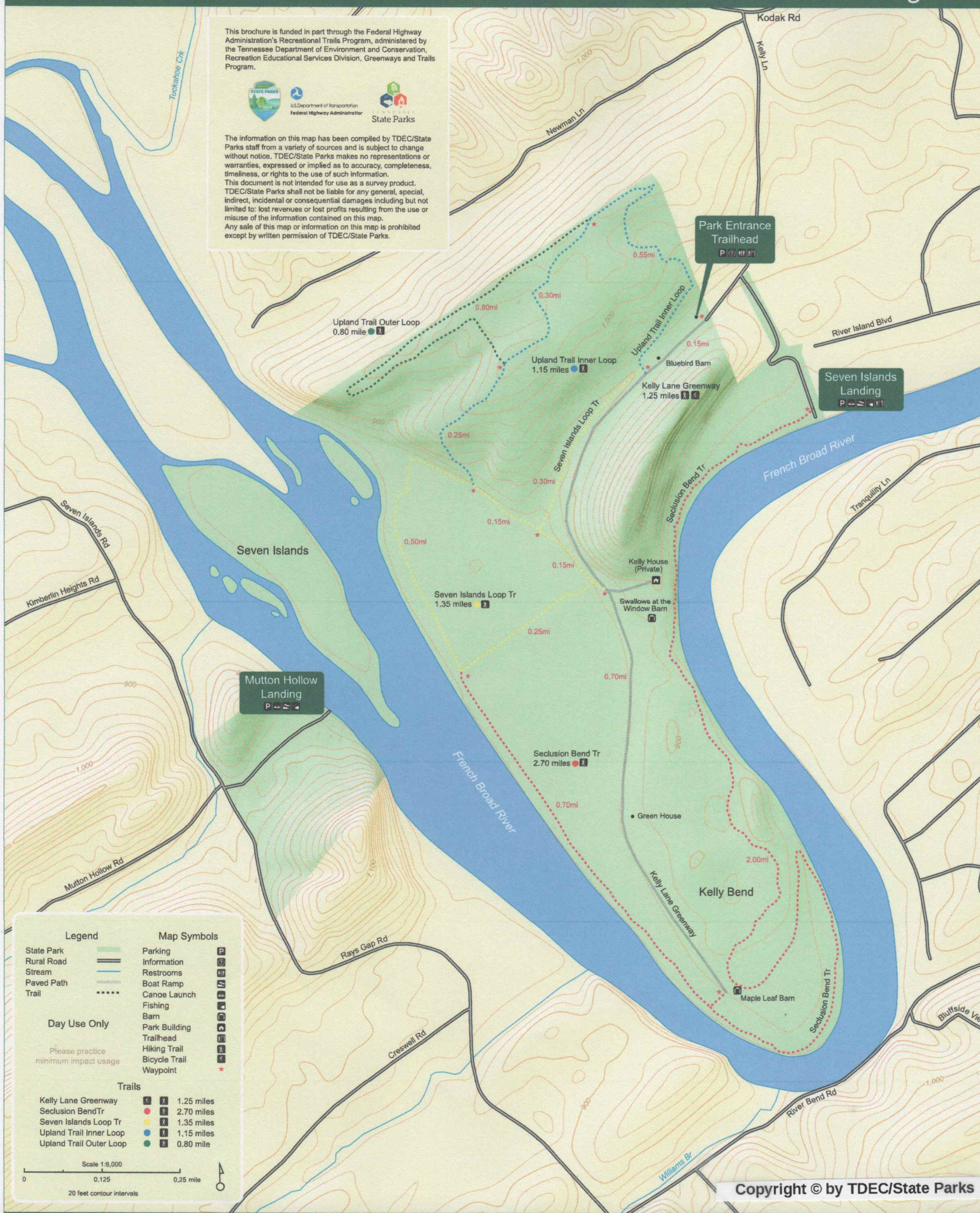
**In case of emergency, call 9-1-1  
After emergency, call (585) 727-6493**

# Seven Islands State Birding Park

This brochure is funded in part through the Federal Highway Administration's Recreational Trails Program, administered by the Tennessee Department of Environment and Conservation, Recreation Educational Services Division, Greenways and Trails Program.



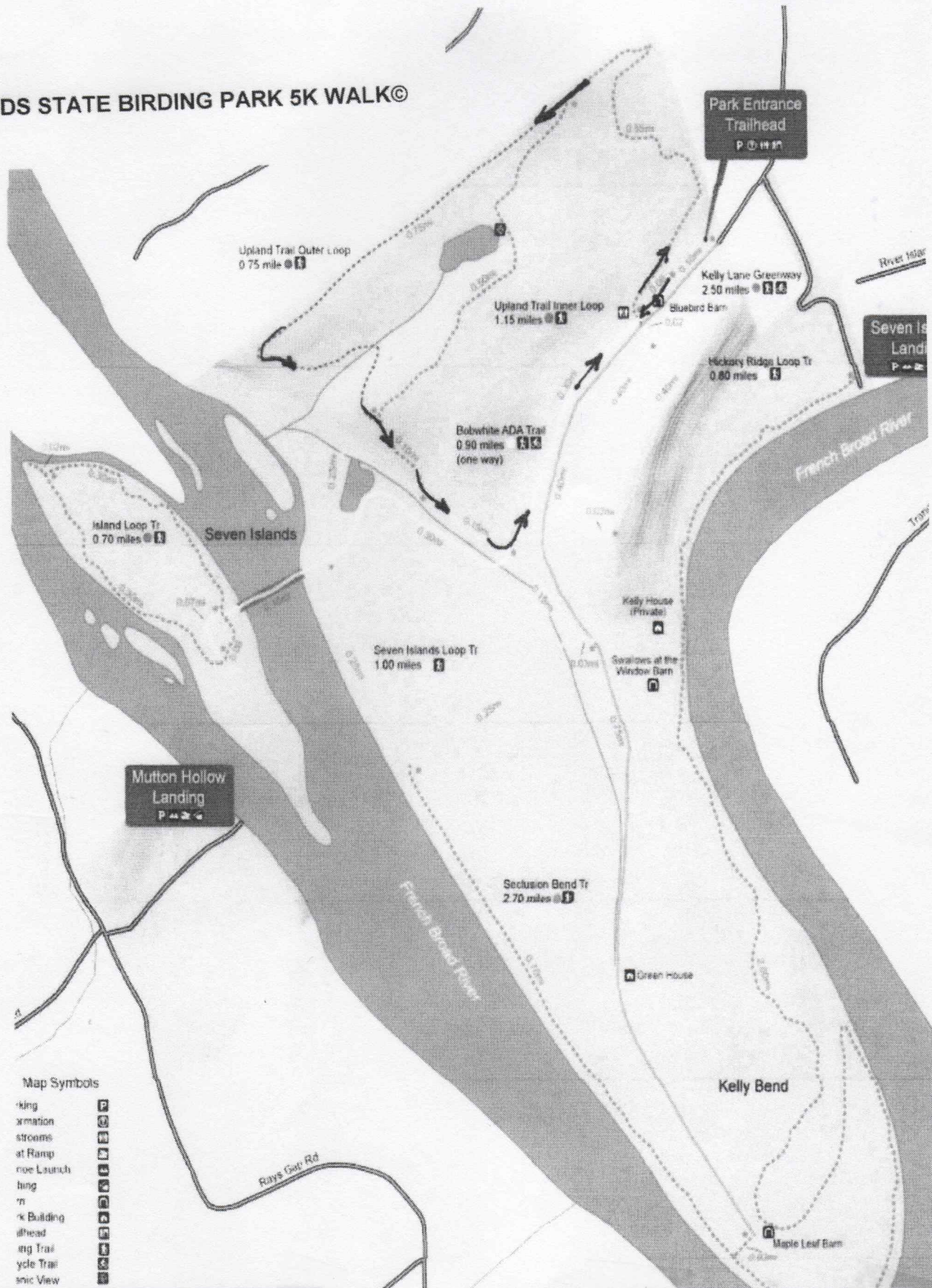
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Legend		Map Symbols	
State Park		Parking	
Rural Road		Information	
Stream		Restrooms	
Paved Path		Boat Ramp	
Trail		Canoe Launch	
<b>Day Use Only</b>		Fishing	
Please practice minimum impact usage		Barn	
		Park Building	
		Trailhead	
		Hiking Trail	
		Bicycle Trail	
		Waypoint	
Trails			
Kelly Lane Greenway			1.25 miles
Seclusion Bend Tr			2.70 miles
Seven Islands Loop Tr			1.35 miles
Upland Trail Inner Loop			1.15 miles
Upland Trail Outer Loop			0.80 mile

Scale 1:6,000  
0 0.125 0.25 mile  
20 feet contour intervals

# SEVEN ISLANDS STATE BIRDING PARK 5K WALK©



**Map Symbols**

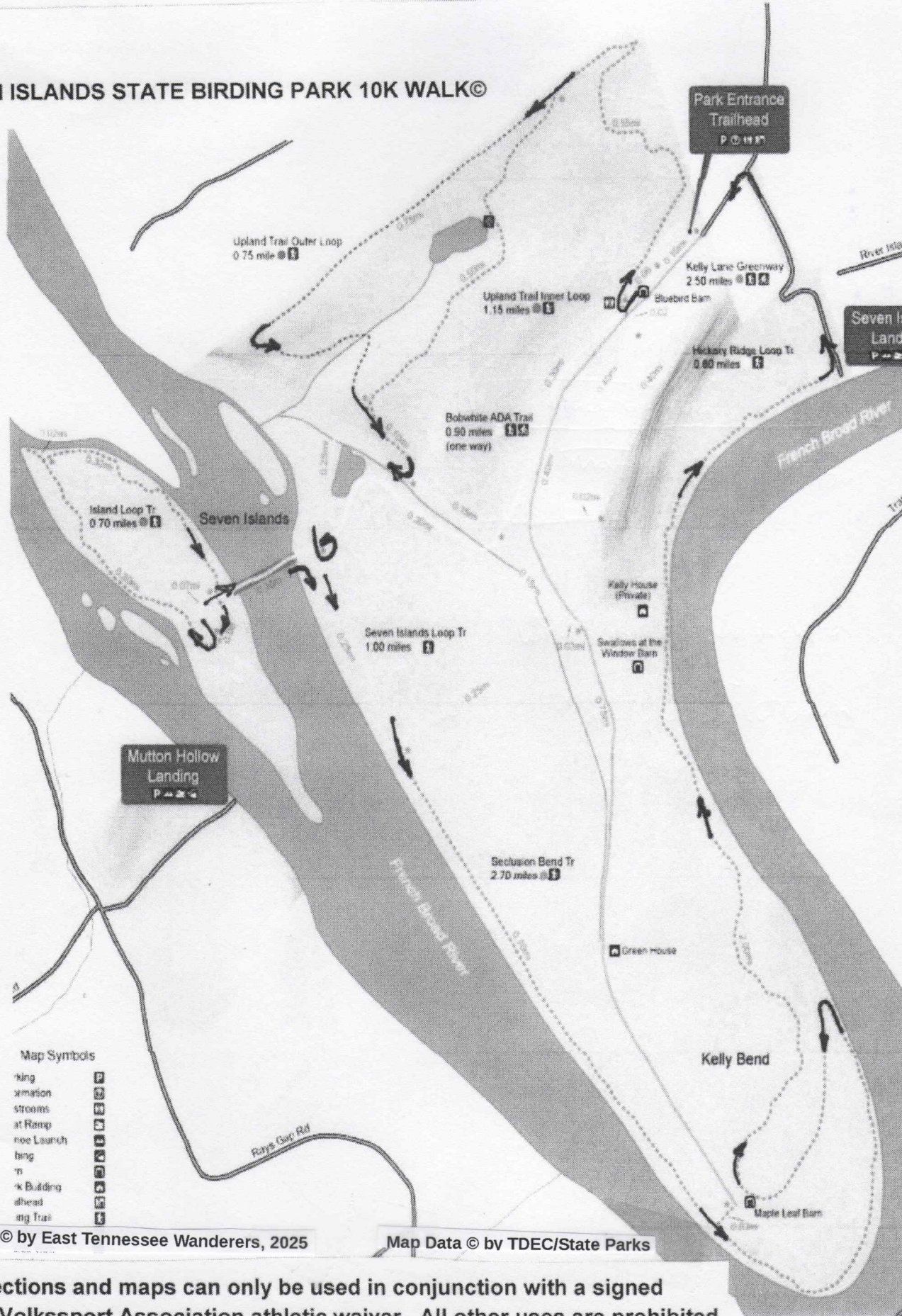
- Ⓟ Parking
- Ⓜ Interpretation
- Ⓜ Picnic
- Ⓜ Restrooms
- Ⓜ Boat Ramp
- Ⓜ Kayak Launch
- Ⓜ Fishing
- Ⓜ Picnic Shelter
- Ⓜ Park Building
- Ⓜ Lookout
- Ⓜ Birding Trail
- Ⓜ Bicycle Trail
- Ⓜ Scenic View

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# SEVEN ISLANDS STATE BIRDING PARK 10K WALK ©



- Map Symbols**
- Ⓟ Parking
  - ♿ Restroom
  - ♣ Picnic Table
  - Ⓜ Stream
  - Ⓜ Ramp
  - Ⓜ Boat Launch
  - Ⓜ Bridge
  - Ⓜ Cabin
  - Ⓜ Building
  - Ⓜ Ahead
  - Ⓜ Trail

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