

**EAST TENNESSEE WANDERERS  
SEVEN ISLANDS STATE BIRDING PARK  
5K/7K/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. There are also 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**

Dan Lewis (president @easttennesseewanderers.org) 865-441-2429  
If you have questions, comments, or recommendations with respect to this event, please do not hesitate to make contact.

## **SPECIAL PROGRAMS**

The only two Special Programs associate with this walk are A-Z (**K**odak, TN) and 50 States (**T**ennessee).

## **OSB REMINDERS**

Be sure to log back into the OSB system to finish/complete your online registration. You can then print out your insert cards for this walk.

## **OTHER EAST TENNESSEE WANDERERS EVENTS**

While in the area, you might enjoy some of our other events.

Alcoa Greenway, Alcoa Bike, Alcoa/Maryville Extended Greenway, A.T. Through Tennessee, Clinton 12, Gatlinburg Trail, Gatlinburg Tourist, Elkmont Historic, Newfound Gap (A.T.), Knoxville (Music, Moonshine, and Art), Knoxville (University of Tennessee), Knoxville (North Knoxville – 4<sup>th</sup> & Gill), Seven Islands State Birding Park, Maryville, Oak Ridge, Rogersville, Townsend, and Fort Loudoun State Historic Park.

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## East Tennessee Wanderers Seven Islands State Birding Park 5k Walk©

1. From the parking lot, **walk through** the Bluebird Barn.
2. **Look** for the trailhead sign on your right.
3. **Turn right** on the Upland Tail Loop (bears to the right as you go up the hill).
4. **Continue straight** on the Upland Trail Loop when the Inner Trail Loop goes left.
5. **Follow** the Outer Trail Loop as it passes the Upland Trail Inner Loop on your left
6. You will **go down a hill** on a dirt trail with rocks and roots...be careful!
7. When the trail reaches an intersection, **go left** onto the Seven Islands Loop Trail.
8. **Take the next left** onto the Bobwhite ADA trail back to the Bluebird Barn.

\*\*Be sure to log back into the OLSB system to finish/complete your online registration. You can then print out your insert cards for the walk.\*\*



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Congratulations on completing your 5k walk.

In case of emergency, call 9-1-1  
After emergency, call (865) 441-2429



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**East Tennessee Wanderers  
7 Islands State Birding Park  
7k Walk©**

1. From the starting point in the parking lot, **walk out** to the road you came in on.
2. **Turn left** on the road, shown on the map as Kelly Lane.
3. **Take Kelly Lane** down to the Seven Islands Landing and Boat entrance sign.
4. **Turn right** at the sign and follow the road down to the Landing. A Porta-Potty and trash receptacle are available.
5. **Turn right** and go through the fence onto Seclusion Bend Trail.
6. **Follow** Seclusion Bend Trail with the French Broad River to your left.
7. You will come to the Maple Barn. A Porta-Potty is available.
8. **Turn left**, with the barn to your right, go left onto to stay on Seclusion Bend Trail.
9. **Walk on** until you go around a loop with a bench.
10. **Stay** on the trail to your left (not the trail you came in on). The river will be on your left. Watch for turtles along the water's edge!
11. **Continue straight** on the Seclusion Bend Trail.
12. After a long stretch of trail, you will come to a bench and trail sign.
13. **Make a right turn** from the Seclusion Bend Trail onto the Seven Island Loop Trail.
14. **Take the next left** to stay on Seven Islands Loop trail.
15. **Take the next right** onto Bobwhite ADA Trail.
16. **Walk back** to the start/finish point.

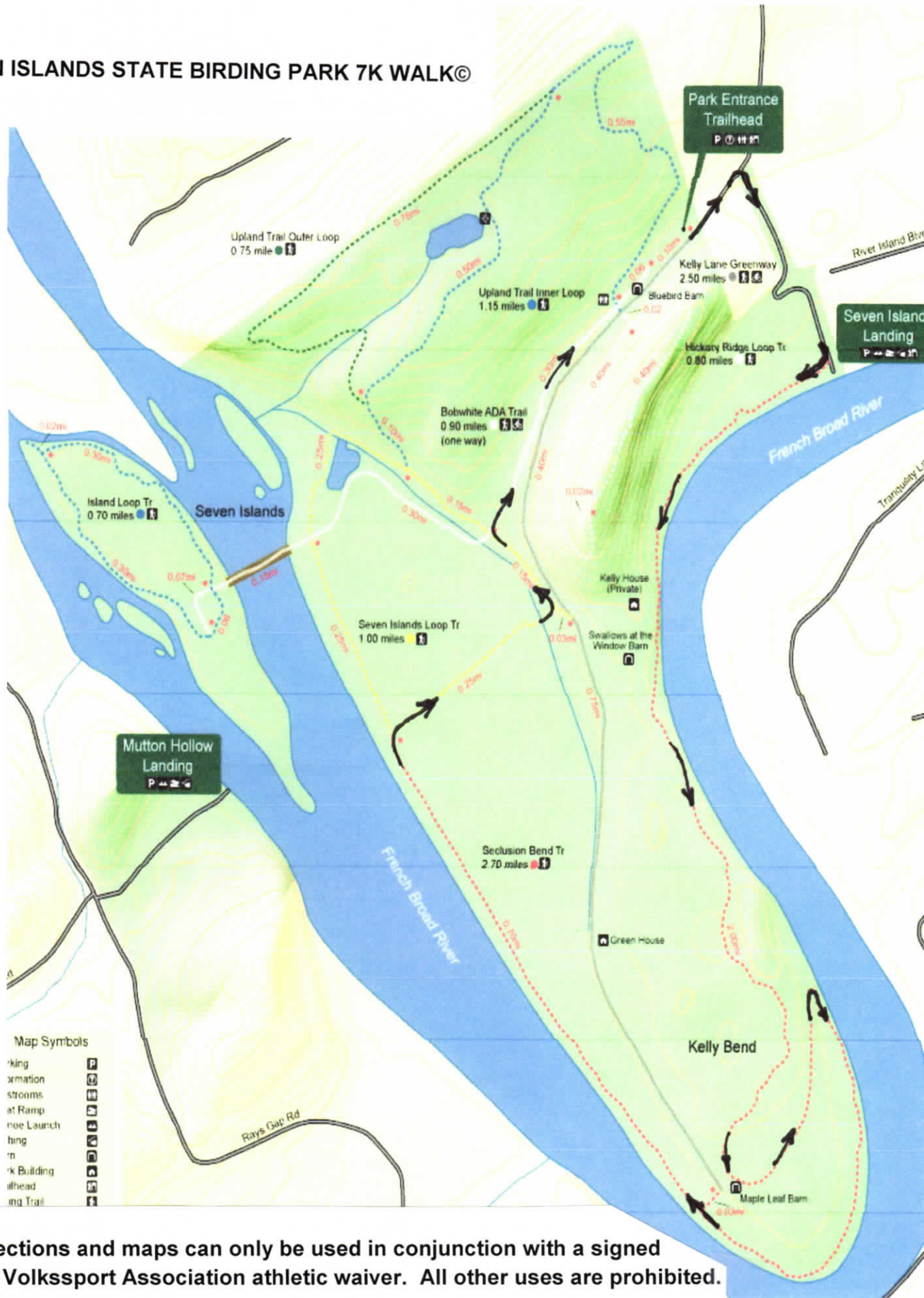
**Congratulations on  
finishing your 7k walk!**

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# SEVEN ISLANDS STATE BIRDING PARK 7K WALK©



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## East Tennessee Wanderers 7 Islands State Birding Park 10k 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 which will **bear to the right** as you go up hill.
3. At 0.96 km, you will be at the Mount LeConte View Point with a bench if you wish to rest and enjoy the view.
4. **Continue straight** on the Upland Trail Outer Loop when the Upland Trail Inner Loop goes left. (1.1 km)
5. **Continue straight** as you pass the intersection with the Upland Trail Inner Loop (unmarked) on your left. (1.98 km)
6. When you reach the Seven Islands Loop Trail (2.48 km), **take the Seven Islands Loop Trail to the right**.
7. As you pass the intersection with River 15 Trail, continue on the Seven Islands Loop Trail to the left.
8. **Pass under the bridge and turn left 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 the bridge and turn right to return to the Seven Islands Loop Trail**
12. **Turn left** onto the Seven Islands Loop Trail
13. **Continue straight** onto Seclusion Bend Trail (5.2 km)
14. At 6.31 km, you will pass a marker to Kelly Lane to your left and you can see the Maple Leaf Barn that you will soon be visiting.
15. **Continue on Seclusion Bend Trail** with the French Broad River on your right until you reach loop that takes you back along the same trail.
16. When the trail splits, take the right fork with the trail moving inland.
17. At the Maple Leaf Barn, there will be a Porta-Potty and trash receptacle available. (7.93)
18. **Continue to follow the Seclusion Bend Trail** as it goes uphill and continues inland.
19. At 8.94 km the trail will begin to move from inland to again follow the river on your right.
20. When you reach Seven Islands Landing (boat launch area), **go left** on the road to walk uphill. (9.73 km)
21. When you reach Kodak Lane (Seven Islands Park sign on your left), **turn left** onto Kodak Lane.
22. **Walk back to the parking area** to complete your walk.

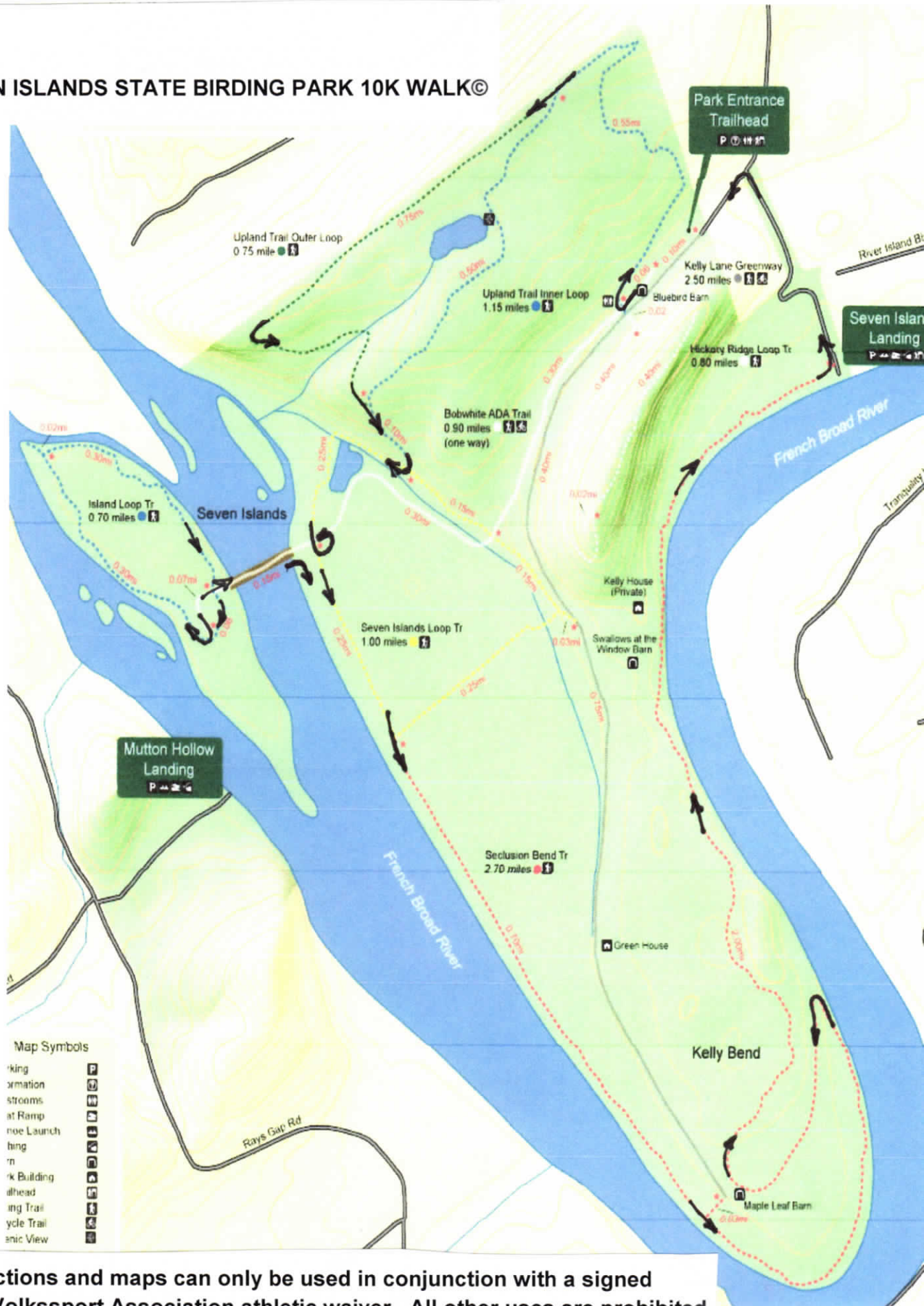
### Congratulations on finishing your 10k walk!

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# SEVEN ISLANDS STATE BIRDING PARK 10K WALK©



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