

E.B. Jeffress Park

<https://www.carolinaoutdoorsguide.com/jeffresspark/>

Location: Blue Ridge Parkway milepost 272.5 (GPS 36.245566, -81.458525)

Species of Interest

Spring/Summer

Red-bellied Woodpecker	Blackburnian Warbler
Downy Woodpecker	Black-throated Blue Warbler
Hairy Woodpecker	Black-throated Green Warbler
Northern Flicker	Pine Warbler
Pileated Woodpecker	Black-and-white Warbler
Eastern Wood-pewee	American Redstart
Acadian Flycatcher	Kentucky Warbler
Eastern Phoebe	Ovenbird
Red-eyed Vireo	Hooded Warbler
Yellow-throated Vireo	Scarlet Tanager
Blue-headed Vireo	Rose-breasted Grosbeak
Common Raven	Indigo Bunting
White-breasted Nuthatch	Northern Cardinal
Red-breasted Nuthatch	Eastern Towhee
Carolina Wren	Dark-eyed Junco
Wood Thrush	

Migration

Tennessee Warbler	Worm-eating Warbler
Cape May Warbler	Louisiana Waterthrush
Bay-breasted Warbler	Canada Warbler

Species List: <https://ebird.org/hotspot/L1157162>

eBird Bar Chart: <https://ebird.org/barchart?r=L1157162&yr=all&m=>

Habitats: wooded stream, deciduous forest, rhododendrons, mountain laurels

Access and Parking open year-round, weather permitting

Parking: paved lot, 45-50 marked spots

Drinking water: yes, in summer

Restrooms: yes

Accessibility: accessible parking; first part of trail going counter-clockwise on loop is level and relatively smooth

Site Description

Property ownership: owned and managed by the National Park Service as part of the Blue Ridge Parkway

Trails: 1.2-mile loop to Cascades Waterfall and back; half-mile trail from the south end of the parking lot to Tompkins Knob

Trail surface and elevation gain: unpaved, some roots and rocks, steps near waterfall, moderate elevation change

Likely spots for species of interest: warblers common along Cascades Loop (but harder to hear as you near the waterfall!); Louisiana Waterthrush often seen along the creek (clockwise from parking lot); about .3 miles south along the Parkway is a rock escarpment in an area where Cerulean Warblers have been recorded

Special Considerations

Hunting: not allowed

Need for boots/waterproof footwear: may need boots during wet weather

Other: picnic tables by parking lot; Cascades trail can be popular

Directions: from Boone, travel east on US 421 S 9.5 miles, take the ramp to the Blue Ridge Parkway and travel north for 4.5 miles.