

## **Sims Pond Overlook & Green Knob Trailhead**

**Location:** Sims Pond Overlook on the Blue Ridge Parkway south of Blowing Rock,  
North of Julian Price Lake (GPS 36.14236665934571, -81.7199580486018)

### **Species of Interest**

#### **Spring**

|                              |                         |
|------------------------------|-------------------------|
| Hooded Merganser             | Common Raven            |
| Osprey                       | Carolina Chickadee      |
| Broad-winged Hawk            | Winter Wren             |
| Red-tailed Hawk              | Ruby-crowned Kinglet    |
| Northern Saw-whet Owl (rare) | Northern Parula         |
| Belted Kingfisher            | Black-and-white Warbler |
| Yellow-bellied Sapsucker     | Field Sparrow           |
| Blue-headed Vireo            | Song Sparrow            |
| American Crow                | Dark-eyed Junco         |

#### **Summer**

|                       |                              |
|-----------------------|------------------------------|
| Broad-winged Hawk     | Wood Thrush                  |
| Red-eyed Vireo        | Chestnut-sided Warbler       |
| Yellow-throated Vireo | Blackburnian Warbler         |
| Blue-headed Vireo     | Black-throated Blue Warbler  |
| American Crow         | Black-throated Green Warbler |
| Common Raven          | Canada Warbler               |
| Carolina Wren         | Hooded Warbler               |
| Winter Wren           | Indigo Bunting               |
| Blue-gray gnatcatcher |                              |

#### **Fall**

|                       |                              |
|-----------------------|------------------------------|
| Broad-winged Hawk     | Wood Thrush                  |
| Red-eyed Vireo        | Chestnut-sided Warbler       |
| Yellow-throated Vireo | Blackburnian Warbler         |
| Blue-headed Vireo     | Black-throated Blue Warbler  |
| American Crow         | Black-throated Green Warbler |
| Common Raven          | Canada Warbler               |
| Carolina Wren         | Hooded Warbler               |
| Winter Wren           | Indigo Bunting               |
| Blue-gray Gnatcatcher |                              |

#### **Winter**

|               |               |
|---------------|---------------|
| American Crow | Field Sparrow |
| Common Raven  | Song Sparrow  |

Brown Creeper  
Yellow-rumped Warbler

Dark-eyed Junco

**Species List:** <https://ebird.org/hotspot/L4759098>

**eBird Bar Chart:** <https://ebird.org/barchart?r=L4759098&yr=all&m=>

**Habitats:** pond, old-growth rhododendrons, mixed hardwood forest, wooded creek, open pasture, wildflower meadow, hemlocks

**Access and Parking:** open year-round depending on weather

**Parking:** well-maintained paved lot with unpaved parking as well, for 20-30 vehicles

**Drinking water:** not available

**Restrooms:** not available

**Accessibility:** the Sims Creek Overlook is accessible, the trail is not

### **Site Description**

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

**Trails:** 2.3 mile loop

**Trail surface and elevation gain:** 615 feet in elevation gain, trail generally moderate with several stream crossings with a few tricky spots that can be strenuous. Strongly recommended to start by crossing the dam at Sims Pond. Beginning in the other direction, a prolonged and steep uphill section makes for a very strenuous hike.

**Likely spots for species of interest:** ducks on Sims Pond in winter and early spring, along with kingfishers and warblers. Creekside sections good for Brown Creepers in winter and warblers during breeding and migration. Pasture good for sparrows and hawks soaring overhead. Wildflower meadow great for sparrows and indigo buntings.

### **Special Considerations**

**Hunting:** not allowed

**Need for boots/waterproof footwear:** several creek crossings, generally with stepping stones or large log, but waterproof shoes recommended

**Other:** again, start by crossing the Sims Pond Dam to avoid very strenuous hike in opposite direction

### **Directions**

**From Boone / Blowing Rock:** travel on the Blue Ridge Parkway SOUTH to Sims Pond Overlook on the left. Blue Ridge Parkway milepost 295.9

**From Points South:** travel on the Blue Ridge Parkway NORTH about one mile past Price Lake to Sims Pond Overlook on right. Blue Ridge Parkway milepost 295.9