Trout Lake

**Location:** in the Moses Cone Memorial Park off of the Blue Ridge Parkway near highway 221, Watauga County (GPS 36.1526173,-81.7035423)

**Species of Interest**

**Summer**
- Wood Duck
- Ruby-throated Hummingbird
- Yellow-bellied Sapsucker
- Red-eyed Vireo
- Blue-headed Vireo
- Brown Creeper
- White-breasted Nuthatch
- Red-breasted Nuthatch
- Golden-crowned Kinglet
- Northern Parula
- Chestnut-sided Warbler

**Winter**
- Pied-billed Grebe

**Migration**
- Ring-necked Duck
- Scaup

**eBird Bar Chart:** [https://ebird.org/barchart?r=L523242&yr=all&m=](https://ebird.org/barchart?r=L523242&yr=all&m=)

**Habitats:** pond, wooded stream, deciduous forest

**Access and Parking**

**Parking:** ample on paved surface
**Drinking water:** not available
**Restrooms:** not available

**Accessibility:** accessible parking but no accessible trail around lake; however, accessible paved quarter-mile flat road to the parking lot with excellent birding along the marshy end of the lake

**Site Description**

**Property ownership:** part of Moses H. Cone Memorial Park which is managed by the
National Park Service as part of the Blue Ridge Parkway

**Trails:** 1 mile around Trout Lake; 4 miles to top of Rich Mountain; links to other carriage trails at Moses Cone

**Trail surface and elevation gain:** packed dirt-and-gravel carriage trail; level around lake, uphill to Rich Mountain

**Likely spots for species of interest:** trail around lake; Louisiana Waterthrush, Ovenbird and Acadian Flycatcher more likely on trail to Rich Mountain; Indigo Buntings near top of Rich Mountain (open grasslands there)

**Special Considerations**

**Hunting:** not allowed

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

**Other:** popular spot for hiking, running and dog-walking but usually not very crowded; horse traffic allowed on all but a small section of the trails

**Directions:** From Wendy’s at the intersection of Blowing Rock Rd. (321) and NC 105 in Boone, take NC 105 South for one block and turn left at the traffic light on Wilson Drive. Go one block to a traffic light at a t-intersection and turn right on Winkler's Creek Rd. After 0.4 miles turn right to stay on Winkler's Creek Rd. (Name eventually changes to Flannery Fork Rd.) Go 5.3 miles and turn right on Shulls Mill Rd., then immediately turn right on a paved one-way road, going 0.25 mile to the Trout Lake parking lot. (GPS 36.1526173,-81.7035423)