

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	Black-throated Blue Warbler
Ruby-throated Hummingbird	Black-and-white Warbler
Yellow-bellied Sapsucker	American Redstart
Red-eyed Vireo	Common Yellowthroat
Blue-headed Vireo	Canada Warbler
Brown Creeper	Hooded Warbler
White-breasted Nuthatch	Scarlet Tanager
Red-breasted Nuthatch	Rose-breasted Grosbeak
Golden-crowned Kinglet	Eastern Towhee
Northern Parula	Song Sparrow
Chestnut-sided Warbler	Dark-eyed Junco

Winter

Pied-billed Grebe	Bufflehead
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Migration

Ring-necked Duck	Hooded Merganser
Scaup	Additional Warblers

eBird Bar Chart: <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)