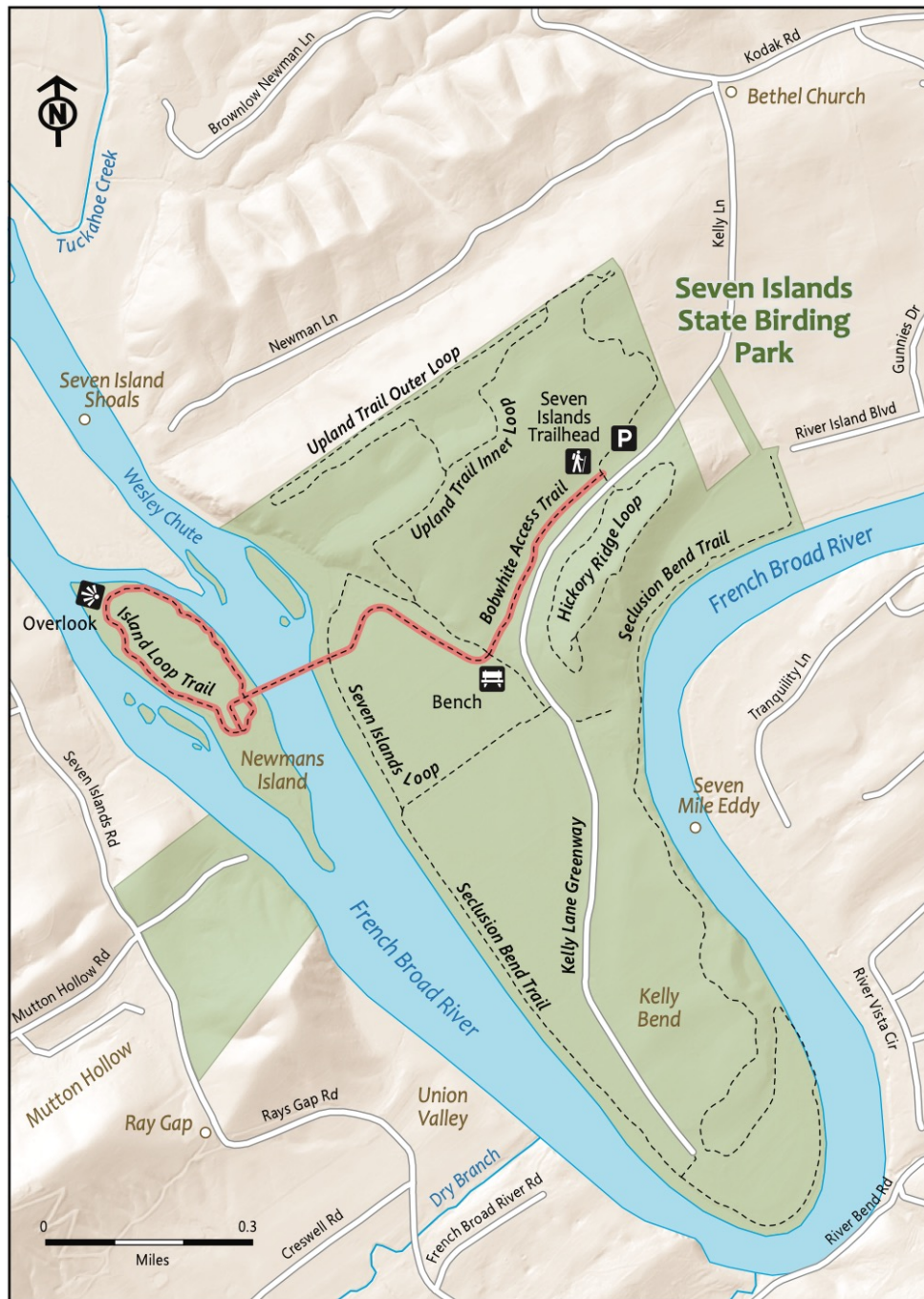


Trail 1: Seven Islands

Key Characteristics

Trail Name	Seven Islands Loop
Region	Knoxville and Surroundings
Trail #	1
Time Estimate - Hiking Fast	1.5 hours
Time Estimate - Hiking Slowly	3 hours
Trail Distance (Miles)	2.3
Elevation Change	Gentle
Pets	Allowed on leash
Parking Pass/Entrance Fee	Not Required
Restroom(s)	Yes
Terrain	Paved; dirt path
Trailhead Address	Seven Islands State Birding Park, 2809 Kelly Ln, Kodak, TN 37764
Trailhead GPS Coordinates	35.95366, -83.68701



Overview

This is one of our favorite trails in this book—it is the first trail for that reason. Even though it is relatively close to Knoxville, it is simply a fantastic place to hike. For the trail we highlight, a paved path descends through a meadow. Look for birds and deer! The trail crosses a bridge over the French Broad River and hike around a beautiful island (look for side trails and the native paw paw fruit in the fall!) before returning to the start—or pick one of the many other nearby trails in the park. Great for all ages and seasons, though sometimes hot in the summer due to limited shade on the paved part of the trail.



Directions to the Trailhead

Trailhead Address | Seven Islands State Birding Park, 2809 Kelly Ln, Kodak, TN 37764 |

Trailhead GPS Coordinates | 35.95366, -83.68701

Navigate using the above address to the main parking area (note there is another parking area by a boat launch that is not the correct location for this hike!). Park in the large gravel lot. We have never had trouble finding a spot even on the busiest of days. The address of the parking lot at Seven Islands is: 2809 Kelly Ln., Kodak, TN 37764.

Trail Description

Distance from Start	Description
0.0	Barn with the blue “barn quilt” featuring four blue birds. You can walk through the barn to begin the hike on the paved Bobwhite Access trail.
0.05	Bathroom on the left of the trail.
0.1	Descend through grassy meadows with wildflowers in the spring and early fall.
0.3	Bench.
0.6	Start of the Newmans Island Bridge.
0.8	End of the bridge. Paved trail ends. Turn right onto the Island Loop Trail to hike around the island in a clockwise direction.
0.85	Picnic table beside a pretty part of the French Broad River.
1.05	Stick house (kiddo favorite!).
1.5	Connect back to the bridge, heading back onto the Bobwhite Access Trail.
2	Climb back up past the meadows. This is the toughest part of the hike (but, it shouldn’t be too steep, and the trailhead is near!).
2.3	Trailhead.

Nearby

- Hiking other trails. Hike up the Hickory Ridge trail, another trail at Seven Islands State Birding Park that is accessible from just behind the bathrooms near the parking lot. There are several other great hikes available, including hikes down the Kelly Lane Greenway (the other, wider, paved path near the barn that is gated to prevent cars from driving on it) and the Upland Inner and Outer Trail Loops.

- Enjoying watersports. Consider kayaking, canoeing, or paddleboarding, especially on warm days. There is a great place to put in, Seven Islands Landing and Boat Ramp (2809 Kelly Ln, Kodak, TN 37764). Also, River Sports Outfitters rents kayaks and canoes here during the summer (see <https://www.riversportsoutfitters.com/>).
- Stopping for a bite to eat and a drink on the way back. On the way home, consider stopping by kid-friendly Walnut Springs Winery (1175 Midway Rd, Knoxville, TN 37914), open Wednesday-Sunday as of this writing.