



North Carolina

Birding Trail

mountains • piedmont • coast

Northwest Piedmont

1 Salem Lake, Salem Lake Greenway, and Civitan Park

Owner: Winston-Salem Parks and Recreation Department

1001 Salem Lake Road, Winston-Salem, NC 27102 Forsyth County
<http://cityofws.org/Home/Departments/RecreationAndParks>
336-650-7677

Site Description: Salem Lake is a 365-acre reservoir that provides winter habitat for a variety of waterfowl, grebes, gulls and other birds. A 6.9-mile unpaved trail encircles the lake and provides excellent vantage points. For the best morning visibility, start on the south shore. Ruddy and Ring-necked Ducks, Bufflehead and grebes may be in open water, but watch coves closely for Northern Shoveler, Gadwall, American Black Duck and others. Ring-billed Gull are abundant and are sometimes joined by other gulls. Find Yellow-bellied Sapsucker, Brown Creeper, Winter Wren, Hermit Thrush and kinglets along the shore and the 1.9-mile paved greenway that connects with Civitan Park to the west. Belted Kingfisher, Brown-headed Nuthatch, Pileated Woodpecker, Eastern Phoebe, and Pine Warbler are year-round residents. Warm weather brings Green Heron, Great Egret and occasional Osprey. Check the east end for Prothonotary Warbler. Civitan Park is a restoration area along Salem Creek with a variety of birds and wildflowers. Fall brings Wilson's Snipe and several sparrow species. Spring welcomes warblers, orioles and other migrants. Green Heron, Eastern Kingbird, Common Yellowthroat, Indigo Bunting, and Red-winged Blackbird are summer residents. The greenway continues west to Old Salem. An eastward extension from Salem Lake is planned.

Species of Interest: Wilson's Snipe, Brown-headed Nuthatch, Winter Wren, Prothonotary Warbler, wintering waterfowl

Habitats: oak forest & mixed hardwoods/pine, small wetland communities, lake, creek

Access & Parking: The Salem Lake Creek Greenway can be accessed from Civitan Park or Salem Lake. The main parking lot at Salem Park is by the marina. Another small lot is at the east end of the lake on Linville Road. Call or check the website for marina gate hours, which vary seasonally. Civitan Park and the greenway are open from dawn until dusk. Civitan parking is always available from an entrance off of Martin Luther King Drive on the south side of Salem Creek. There is parking on the north side of Salem Creek behind the Anderson Center of Winston-Salem State University, but restrictions apply when school is in session. A drive on the south side of the creek leads to additional parking.

Directions: Salem Lake and Civitan Park are connected via a 2-mile stretch of the Salem Lake Creek Greenway. To reach Salem Lake from downtown Winston-Salem, take I-40 Business east to exit 6A (US 52/NC 8 South). Take the Stadium Drive exit (exit 108C) toward Old Salem, and turn left on Stadium Drive. Turn right on South Martin Luther King Jr. Drive and proceed 0.4 miles to the stoplight at Reynolds Park Road. Travel 1.8 miles on Reynolds Park Road and turn left on Salem Lake Road. The park is at the end of this road. To reach the east end of the lake, go east on I-40 Business to Exit 10, then south about 0.5 miles on Linville Road.

Coordinates: N 36° 05' 41" W 80° 11' 35" (Salem Lake) DeLorme (NC Gazetteer) Page: 36





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2 Miller Park

Owner: Winston-Salem Parks and Recreation Department

400 Leisure Lane, Winston-Salem, NC 27103

Forsyth County

<http://cityofws.org/Home/Departments/RecreationAndParks>

336-727-2063

Site Description: A 40-acre urban oasis, Miller Park is a prime spot in Winston-Salem to observe songbird migration. It also provides nesting habitat for several interesting species. Get close to birds on a compact network of paved trails through a mix of hardwoods and pine in bottomland, slope and upland habitats. In April and May, several thrush species hop across the paths, and flycatchers, vireos, warblers, tanagers and orioles flit about the trees. The park features Yellow-crowned Night-Heron that nest April - July near Picnic Shelters 1 & 2, usually in isolated pines. Barred Owl, Cooper's and Red-shouldered Hawks nest in the park; please do not disturb nest sites. Check pines for Brown-headed Nuthatch and Pine Warbler. Woodpeckers, Eastern Phoebe, White-breasted Nuthatch and Blue-gray Gnatcatcher also nest here. In late fall and winter, the park stays alive with Yellow-bellied Sapsucker, kinglets, Brown Creeper, Hermit Thrush, sparrows and the year-round residents. Bring a picnic, or enjoy the playground, tennis courts, ball fields or recreation center. The Audubon Society of Forsyth County is a city Adopt-a-Park sponsor.

Species of Interest: Yellow-crowned Night-Heron, Cooper's Hawk, Barred Owl, Brown Creeper, spring migrants

Habitats: oak forest & mixed hardwoods/pine, creek

Access & Parking: The park is open during daylight hours. The paved trails and most shelters are wheelchair accessible. The Queen Street parking lot provides the best access to the woodlands and picnic shelters, but other lots are available by the tennis courts and on the upper level.

Directions: From downtown Winston-Salem, take I-40 Business west to Knollwood Street (Exit 3A). Turn left on Knollwood Street, proceed across Stratford Road, and turn left onto Queen Street at the next stoplight. Parking is on the right in 0.1 miles.

Coordinates: N 36° 05' 13" W 80° 17' 04" DeLorme (NC Gazetteer) Page: 36





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3 Reynolda Gardens of Wake Forest University

Owner: Wake Forest University

100 Reynolda Village, Winston-Salem, NC 27106
336-758-5592

Forsyth County

www.reynoldagardens.org

Site Description: Wake Forest University operates 129 acres of this former estate of R.J. and Katharine Smith Reynolds. Spring migration is prime birding time at Reynolda. On the right side of the lawn as you face the Reynolda House is Warbler Lane. The trees here are alive with vireos, warblers, orioles, tanagers and grosbeaks from mid-April to mid-May. Walk up the road away from the house, past the entrance to an unpaved trail and check the tree lines for additional activity. Return to the trail to continue searching for warblers, as well as cuckoos, woodpeckers, flycatchers, and thrushes. This trail connects to a woodland loop with side paths to explore. Adjacent to the lower parking lot is a marsh created years ago when sediment filled the bed of Lake Katharine. Access the woodland loop here, but first check the marsh for Spotted and Solitary Sandpipers, Cedar Waxwing, Red-winged Blackbird, warblers and resident raptors. Ruby-throated Hummingbirds are active in summer, and all three local owl species are seen at times near the lake or the house. Winter is good for Yellow-bellied Sapsucker, Ruby-crowned and Golden-crowned Kinglets, Swamp and White-throated Sparrows, Hermit Thrush, and Dark-eyed Junco. In spring, take the detour through a small wildflower garden along the creek.

Species of Interest: Black-billed Cuckoo, Swainson's Thrush, Gray-cheeked Thrush, Scarlet Tanager, Rose-breasted Grosbeak

Habitats: oak forest & mixed hardwoods/pine, small wetland communities, early successional

Special Feature: The grounds also include formal gardens and a plant shop, the Reynolda House Museum of American Art, and the Reynolda Village Shops. There is a fee for house tours and the museum, which also hosts plays, concerts and other special events.

Access & Parking: The museum grounds, gardens and woodland trails are open daily during daylight hours. Park in the lower lot at Reynolda Village, or on either side of the lawn in front of the Reynolda House Museum of Art. The lower lot has no curfew, but gates to the Reynolda House area of the grounds close at the stated times. A map and checklist are on the website, or ask at the garden shop during open hours.

Directions: Reynolda Gardens is located off Reynolda Road, adjacent to the campus of Wake Forest University. From I-40 Business, take Exit 2 (Silas Creek Parkway North) and follow Silas Creek Parkway for approximately 4 miles. Bear right at the Wake Forest University exit. At Reynolda Road, turn right at the stoplight, then left 0.3 miles to the first stoplight, entering Reynolda Village at By Way Street. Turn left and then take an immediate right to park in the lower lot behind the white barn. Alternatively, proceed past By Way another 0.2 miles and turn left at the entrance to Reynolda House Museum of American Art.

Coordinates: N 36° 07' 38" W 80° 17' 04" DeLorme (NC Gazetteer) Page: 16, 36





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4 Historic Bethabara Park

Owner: Historic Bethabara Park

2147 Bethabara Road, Winston-Salem, NC 27106
336-924-8191

Forsyth County

www.bethabarapark.org

Site Description: Birds flock to this archeological site and nature preserve where Winston-Salem began. Watch for Eastern Bluebird as you stroll from the visitor center to a paved greenway behind the stockade. In winter, the greenway supports both Golden- and Ruby-crowned Kinglet, various sparrow species, and occasionally Rusty Blackbird and Purple Finch. Spring brings vireos, warblers and tanagers. Yellow-billed Cuckoo, Blue-gray Gnatcatcher, Wood Thrush and Brown Thrasher nest in summer. Check for Barred Owl near the hillside path to God's Acre. The Upper Trail at the God's Acre area is good for woodpeckers, spring thrushes, Ovenbird, and Northern Parula. From the greenway, cross Old Town Road and bird along the Lower and Mill Creek Trails. Both ultimately lead to the "Beaver Pond" wetland. A marsh boardwalk along the east edge links two observation decks. Beaver and otter are sometimes seen, and regular bird species include Wood Duck, Red-shouldered Hawk, herons, flycatchers, woodpeckers, Common Yellowthroat, Indigo Bunting, and Brown-headed Nuthatch. Eastern Phoebe nest at the Reynolda Road Bridge. Winter Wren and Swamp and Savannah Sparrows are found in winter. The Park has a nature trail behind the Visitor Center, while another path leads to Sciworks (1 mile north).

Species of Interest: Wood Duck, Brown-headed Nuthatch, Wood Thrush, Indigo Bunting

Habitats: oak forest & mixed hardwoods/pine, early successional, mesic forest, small wetland communities

Special Feature: This 180-acre National Historic Landmark was the 1753 settlement of Moravians who later founded the Salem community four miles to the south. The city-managed Park includes archeological ruins, a reconstructed palisade fort, a 1788 church, historic God's Acre Cemetery and colonial community and medicinal gardens, in addition to the Poindexter Wilderness Preserve.

Access & Parking: The park is open daily during daylight hours. The visitor center is open April – November, 10:30am to 4:30pm, Tuesday – Friday; 1:30pm to 4:30pm, Saturday and Sunday. Park behind the visitor center. Additional parking is immediately right of the "T" intersection, around the curve on Old Town Road, and at the God's Acre Parcourse and Upper Trail further up Old Town. Parking for the wetland also is available in the Reynolda Commons Shopping Center, at the intersection of Reynolda and Yadkinville Roads.

Directions: Historic Bethabara has directional signs on main roads. From downtown Winston-Salem and I-40 Business, take Cherry Street (Exit 5) north for 1 mile to a merge with University Parkway. Stay on University for 4.1 more miles to Bethabara Park Boulevard. Turn left and go 1.0 miles to Bethania Station Road. Turn left and at the "T" intersection, turn left on Bethabara Park Road. Go 0.1 miles and park behind the visitor center. To drive to the wetland, return to Bethabara Park Road, turn left and go 1.0 miles to Reynolda Road. Turn left and go 0.2 miles to the Reynolda Commons Shopping Center. Park near Harris-Teeter and take the greenway under Reynolda Road.

Coordinates: N 36° 09' 17" W 80° 17' 46" DeLorme (NC Gazetteer) Page: 16





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5 Tanglewood Park & Arboretum

Owner: Forsyth County

4061 Clemmons Road, Clemmons, NC 27102
336-778-6319

Forsyth County

www.tanglewoodpark.org

Site Description: The varied habitats of this 1200-acre park along the Yadkin River offer birding opportunities year-round. On the main road, the stable area is the best chance in the county to see Red-headed Woodpecker; Mallard Lake is another good spot. Look for Baltimore Oriole nesting in walnut trees behind the Manor House and for woodpeckers, Brown Thrasher, and other species in the Arboretum area. Return to the main drive, turn left at the locomotive and park at Skilpot Lake. Walk the BMX road (usually closed to cars) to seek out Barred Owl and Brown-headed Nuthatch. Stop at the marsh for Swamp and Savannah Sparrows in winter. Green Heron, Wood Duck, Eastern Kingbird, Common Yellowthroat, and Blue Grosbeak are possible in summer. Travel along the far tree line for White-crowned and other sparrows in winter, and nesting songbirds in summer. Prothonotary Warbler nest at a wooded wetland in the southwest corner. At the BMX road entrance, a side trail also leads you to the river and excellent warbler habitat during spring migration. Cliff Swallows nest at the I-40 and US 158 bridges. The NC Bluebird Society maintains a park bluebird trail.

Species of Interest: Wood Duck, Red-headed Woodpecker, Cliff Swallow, Brown-headed Nuthatch, Prothonotary Warbler, Baltimore Oriole

Habitats: oak forest & mixed hardwoods/pine, early successional, mesic forest, small wetland communities

Special Feature: Tanglewood County Park was formerly the estate of both William Reynolds and Kate Smith Reynolds. You can find state record white oak and black walnut trees near the manor.

Access & Parking: The park is open daily from 7am to sunset. The visitor center is open daily from 8am to 5pm. There is a \$2 admission fee (per vehicle) into the park. The visitor center has a small parking lot outside of the toll booth. There are parking areas throughout the park, including the Manor House, the Mallard Lake picnic area and Skilpot Lake.

Directions: From I-40 West, take Exit 182 (Harper Road). Turn left on Harper Road and travel for 0.4 miles. Turn right on US 158. The park entrance is 0.1 miles on the left. The Canoe Access area is 0.1 miles west of the main park entrance on US 158.

Coordinates: N 36° 00' 11" W 80° 24' 24" DeLorme (NC Gazetteer) Page: 36





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6 Pilot Mountain State Park

Owner: NC State Parks

1792 Pilot Knob Park Road, Pinnacle, NC 27043
336-325-2355

Surry County

www.ncparks.gov

Site Description: You can see Pilot Mountain rising more than 1,400 feet above the rolling countryside of the upper Piedmont plateau as you approach the park. The mountain section of Pilot Mountain State Park is forested in typical northern piedmont mixed hardwoods/pine, with elevation ranging from approximately 1000 feet above sea level to 2400 feet, culminating in a quartzite monadnock at the summit area. The Little Pinnacle Overlook offers hikers a close-up view of Big Pinnacle and distant views of the valley below. The 2-mile portion of the Yadkin River that flows through the park's lower elevation is one of the most scenic stretches along the river's course. Here, the river is broad and shallow. Two small islands, 45 and 15 acres in size, lie in the river. A 6.5-mile woodland corridor links the two sections of the park. Camping is available at the mountain section. All sections have hiking trails and day use facilities. Migrating raptors may be observed from the summit area starting in late September into November. A wide variety of birds associated with water may be seen in the river section, including Bald Eagle, Snowy Egret, and an occasional Green Heron.

Species of Interest: Bald Eagle, Common Raven, migrating raptors

Habitats: oak forest & mixed hardwoods/pine, floodplain forest, mesic forest, river

Access & Parking: The park is open 8am to 6pm, November – February; 8am to 7pm, March and October; 8am to 8pm, April, May, and September; 8am to 9pm June – August. The park office is open 8am to 5pm, weekdays.

Directions: From Pinnacle, take US 52 north to the Pilot Mountain State Park exit and travel west to the park entrance. To reach the north River Section, take the Pinnacle exit from US 52 and follow the signs to Horne Creek Farm. The park entrance is 0.5 miles beyond the Horne Creek Farm entrance.

Coordinates: N 36° 20' 25" W 80° 28' 48" DeLorme (NC Gazetteer) Page: 16





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7 Hanging Rock State Park

Owner: NC State Parks

Hanging Rock Road, Danbury NC 27016
336-593-8480

Stokes County

www.ncparks.gov

Site Description: Not far from the urban landscape of the Triad cities, there is another North Carolina to be discovered. Hanging Rock State Park offers sheer cliffs and peaks of bare rock, quiet forests and cascading waterfalls, and views of the piedmont plateau that stretch for miles. Hike the Moore’s Wall Loop trail to find the rare Peregrine Falcon or hear the guttural croaks of a Common Raven. Look to the sky to witness one of these cliff dwellers perform aerial acrobatics during courtship. Enjoy a short stroll to any of the five waterfalls in the park and listen for Black-throated Green Warbler and Hooded Warbler along the way. For a chance to see the elusive Worm-eating Warbler, hike the Tory’s Den Trail over Huckleberry Ridge. Covering more than 7,000 acres, Hanging Rock State Park is a haven for birds, as well as beautiful displays of mountain laurel and rhododendron in the spring and a colorful palette of deciduous leaves that turn in early autumn. Be sure to pick up a trail map at the visitor center. Hanging Rock State Park has more than 18 miles of hiking trails, some of which are quite long, with significant elevation changes.

Species of Interest: Broad-winged Hawk, Peregrine Falcon, Common Raven, Black-throated Green Warbler, Worm-eating Warbler, Hooded Warbler

Habitats: oak forest & mixed hardwoods/pine, mesic forest, rock cliffs

Access & Parking: The park is open 8am to 6pm, November – February; 8am to 7pm, March and October; 8am to 8pm, April, May and September; 8am to 9pm, June – August. The visitor center is open 9am to 4:45pm, daily.

Directions: From Danbury, take SR 8/89 north for 2 miles. Turn left on Hanging Rock Road (SR 2015). Go 2 miles to the park entrance at the end of the road.

Coordinates: N 36° 23' 42" W 80° 15' 59" DeLorme (NC Gazetteer) Page: 16

