

Walking Wing's Island



Wing's Island Points of Interest

1 - Upland Edges

The tall grass and woody thickets along the edges of the salt marsh provide excellent cover for birds and animals.

2 - High Salt Marsh

Twice a day, the tides provide nutrients and sediment to the salt marsh, which supports a rich and diverse community of plants and animals.

3 - Upland Forest

This was a meadow until the early 1900s. When clearing stopped, eastern red cedar soon appeared, followed by pitch pine and oaks. The changes illustrate the dynamics of plant succession.

4 - Sachemas' Field

The stones in this abandoned field are arranged in a pattern similar to what Native Americans might have used to mark time. Sun-loving plants such as asters thrive in the field.

5 - Meadow

In 2004 this area was cut over with the hope that woody plants would be discouraged and meadow plants and animals could thrive.

6 - Mudflats

This ecosystem, which crosses the marsh, the dunes and the flats is home to crabs, tiny fish and microscopic creatures.

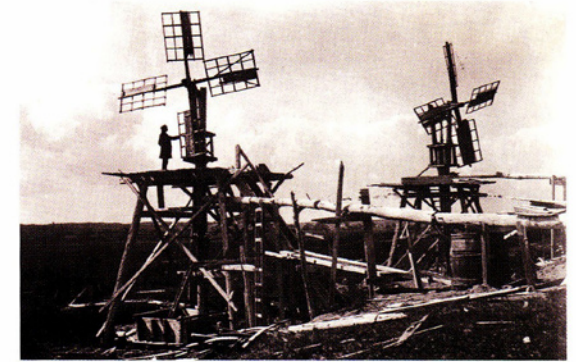


7 - Dune Community

The sand is the harshest environment of them all, with very little protection from wind, salt and temperature fluctuations. The wrack line is the collection of debris that marks the high tide line. Sandpipers and plovers, as well as fox and skunk, find nourishment here.

8 - Paine's Creek

Known as Stony Brook on the other side of Route 6A, this is the stream that the herring take from Cape Cod Bay to reach the Mill Ponds where they spawn.



Salt Works c.1860

Wing's Island and its Salt Marsh

*where
HISTORY and the NATURAL WORLD
go hand in hand*

Wing's Island is named after our first colonial settler, John Wing. The adjacent salt marsh provided a rich environment for both Native Americans and European settlers. The bay waters were teeming with fish, and the woods with plants and animals. After 1700, salt hay was farmed and in the 1800s salt was produced on the west side of the island.

Today we enjoy the area for its beauty and the view it gives into plant and animal life in this complex environment.



Sea Lavender and Glasswort at High Tide