

Fall Migration & Foliage

Sandy Neck Beach Park self-guided hike



Just like other parts of New England, Sandy Neck sees beautiful changes of color as fall approaches. Summer residents also begin to leave and begin their migration to their overwintering grounds!



Cranberries: One of only 3 species of native fruit to North America, the cranberry plant grows in unique conditions - acidic bogs with lots of sand and water. Typically we see large commercial cranberry bogs, but we can also find these plants growing wild in bogs throughout Cape Cod.

Sea Pickle: A salt tolerant plant commonly found marshes, sea pickle is a succulent that is a bright green in the summer and turns to a vibrant red in the fall. Sea pickle survives in marshes, which can be harsh conditions as its stem holds large amounts of water. Although it is edible, you don't want to eat too much!



Tree Swallow: Small cavity nesting birds, the tree swallow is most often spotted along the Marsh Trail at Sandy Neck. Tree swallows feed on insects in the summer and will eat bayberries and other vegetation in the fall/winter. Large groups of these small birds will often be spotted in the dunes and on the beach in late summer/early fall as they prepare for migration.

Hawks: Hawk migration starts as early as August, however the best time for observing hawks is in September. Throughout the fall you may spot anything from large groups of broad winged hawks to bald eagles. The Sandy Neck Marsh Trail is a great place to spot Northern Harriers and Red-Tailed hawks!

