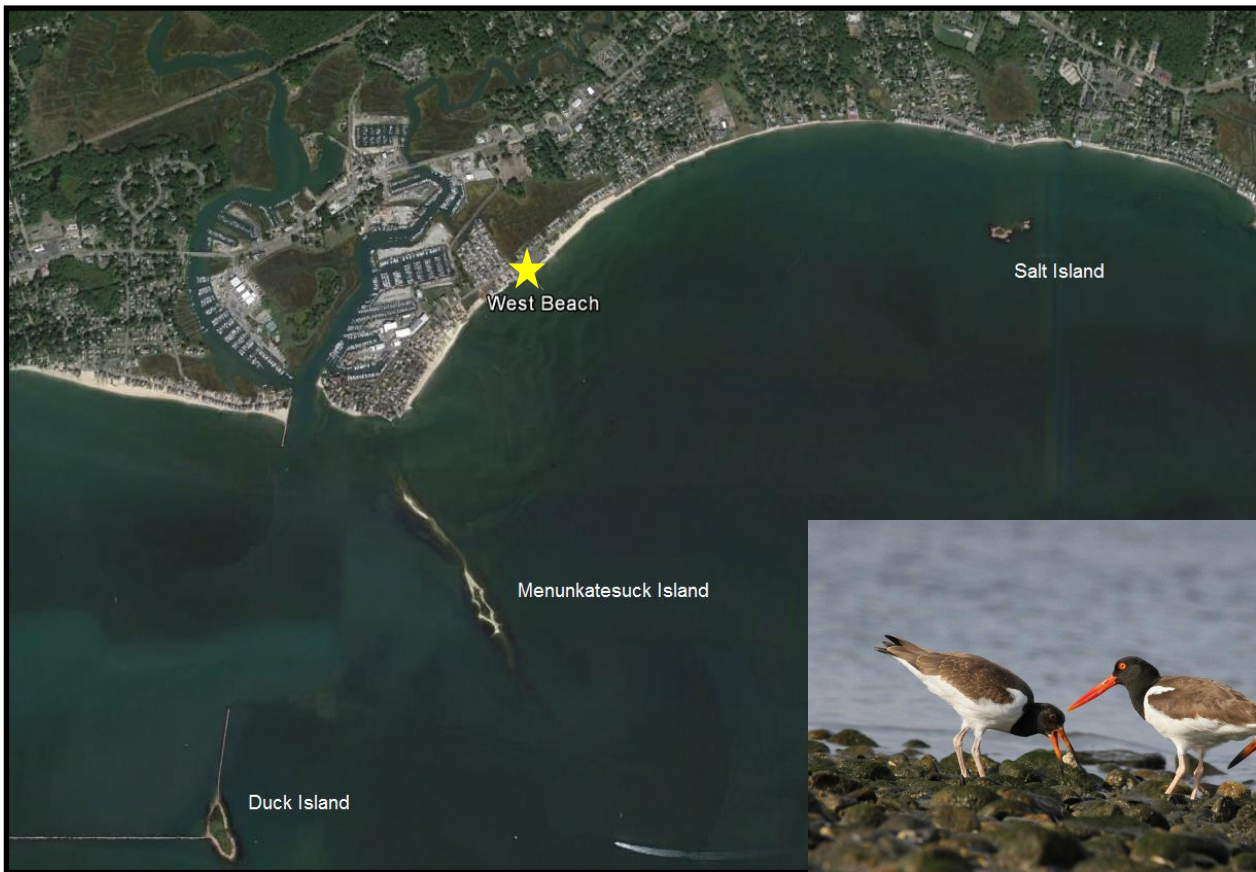


# West Beach, Westbrook



**Be a Good Egg Table Location:** West Beach (on Seaside Ave) in Westbrook. Set-up the table between the parking lot and the beach.

**About the Westbrook Barrier Islands and West Beach:** The Westbrook Barrier Islands (Menunkatesuck, Duck and Salt Island) Important Bird Area is the second largest nesting area for American Oystercatchers in the state of CT and can be viewed from West Beach. A heron and egret rookery, one of just five in the state, is located at Duck Island. Over 25 pairs of Great Egret (state threatened), plus Snowy Egret (state threatened), Glossy Ibis (state SC), Black-crowned Night-Heron, and Little Blue Heron (State SC) nest at this location. The mud/sand flats around Menunkatesuck Island and off of West Beach are important foraging areas for nesting and migrating waterbirds. During shorebird migration (April-May and mid-July through mid-Sept) many shorebirds and terns stop to rest and refuel on the flats. The Menunkatesuck flats are one of three Horseshoe Crab sanctuaries in the state of CT.

**Regulations:** Duck and Menunkatesuck Island are closed to the public during the nesting season. Salt Island is open to the public, but visitors are required to stay outside of fenced areas. Dogs are not permitted on the beach or on the islands during the nesting season. Horseshoe crab harvesting is banned at this location.

**Suggested outreach:** Volunteers should ask beachgoers to stay off the islands or outside of string fencing, not bring their dogs on the beach, and avoid disturbing birds roosting or foraging on the mud/sand flats.