

SundayTravel

CANADA

M

WITH: NEW ENGLAND DESTINATIONS

BOSTON SUNDAY GLOBE APRIL 28, 2019 | BOSTONGLOBE.COM/TRAVEL

Don't wing it: Here's where to find the spring birds

Red-winged blackbirds take flight.



CANICE CLARK

By Laurie Wilson
GLOBE CORRESPONDENT

I heard it before I saw it, a red-winged blackbird — a refreshing tweet after a long, cold winter. It was the first day of spring and I was on a walk in the Parker River National Wildlife Refuge, north of Boston, one of the top refuges in the country. New England is, in fact, home to many refuges and parks that welcome spring migratory birds. Here are six to visit, with recommendations for picnic grub and overnight stays, too.

MASSACHUSETTS

THE PARKER RIVER NATIONAL WILDLIFE REFUGE is a 3,000-plus acre birdwatching fantasy of salt and freshwater marshes, beach, and maritime forest and shrub — and a lanky necklace of boardwalk trails. It's

a safehouse for 300 species of resident and migratory birds. You'll find a visitor center up the road in Newburyport; sign on for a birdwatching tour. www.fws.gov/refuge/parker_river

Grab a bite: The refuge extends to Plum Island, a barrier beach island with spots to eat and stay. The early bird gets the worm at Mad Martha's a fun breakfast and lunch spot. www.madmarthaslandcafe.com Plum Island Provision, is popular for pizza, subs, and fried seafood platters. www.plumislandprovisions.com Another harbinger of spring: seasonal Bob Lobster has opened — grab a lobster roll and a photo of the iconic Pink House, a favorite perch for birds. www.boblobster.com

BIRDING, Page M7

Where to catch up with migrating birds

BIRDING

Continued from Page M6

Where to nest Blue, located on the southern tip of Plum Island, is a chirp away from the refuge. Book an oceanfront room and jump on one of the complimentary bikes for a refuge ride. Double room rates begin at \$269 per night, including breakfast. www.blueinn.com

CAPE COD

Thoreau migrated to the Outer Cape and so do the woodcocks, to the Wellfleet Bay Wildlife Sanctuary. The spring hawk migration over Pilgrim Heights here is a favorite time. Peak season begins mid-April. www.massaudubon.org/get-outdoors/wildlife-sanctuaries/wellfleet-bay

Grab a bite Many of the Outer Cape's restaurants are seasonal and not open until late spring, but Mac's Market and Kitchen in Eastham is open year-round. Grab a lobster roll to enjoy at the counter or take it to go. www.macseafood.com/markets/eastham

Where to nest Fort Hill Bed & Breakfast in Eastham is five miles from the sanctuary. It's a two-suite, one-cottage spot located inside the Fort Hill area of the Cape Cod National Seashore. The ocean-view cottage is open in April, rates begin at



SHERRI VANDENAKKER

A yellow warbler at Wellfleet Bay Wildlife Sanctuary.

\$350 per night; suites open in May. www.forthillbedandbreakfast.com

RHODE ISLAND

The Block Island National Wildlife Refuge, 12 miles offshore, spreads over 134 acres and is a popular refuge for young, inexperienced birds who "overfly" the mainland and stop over on the island. www.fws.gov/refuge/block_island

Grab a bite Block Island Grocery or BIG has you covered with hot coffee, fresh baked muffins, and made-to-order sandwiches.

Where to nest Dating to 1852, the Spring House is the oldest hotel on the island and sits on a 10-acre promontory with ocean views. The wrap-around veranda is a perfect perch for birding and sipping. Rates begin at \$125 per night. www.springhouseblockisland.com

VERMONT

Marsh-Billings-Rockefeller National Historic Park is home to many songbirds, including the Hermit Thrush, Vermont's state bird. The park's towering evergreens also attract breeding

songbirds like the bright yellow Magnolia Warbler. There are several walks hosted this spring including one on April 27. www.nps.gov/mabi/index.htm

Grab a bite Mon Vert Café is spot on for organic breakfast and lunch picnic food (locally sourced ingredients, too). www.monvertcafe.com

Where to nest The Woodstock Inn & Resort practically sits at the park's doorstep. This spring, the resort is offering sugar season packages through May. Rates begin at \$179 per night. www.woodstockinn.com

NEW HAMPSHIRE

Late in spring, visit Mount Washington State Park on the summit of Mount Washington, surrounded by 750,000 acres of White Mountain National Forest and one of the few places to spy the elusive Bicknell Thrush. The 7.5-mile road to the top of Mount Washington opens early May — take the Mt. Washington Auto Road van tour at 6 a.m. before the park opens to visitors to spy the rare bird. www.mtwashingtonautoroadd.com/events/bicknell-thrush-tours

Grab a bite J-Town Deli &

Country Store in Jackson Village, 15 miles south, is a great stopover for an egg sandwich, breakfast bowl, or sub. www.jtowndeli.com

Where to nest The Notchland Inn in Harts Location has partnered with the Mt. Washington Auto Road tours for a birding package. Rates begin at \$199 per night, including breakfast, and \$50 per person for the tour. www.notchland.com

MAINE

For 50 years the Rachel Carson National Wildlife Refuge has protected the salt marshes and estuaries here for migratory birds. Hike the one-mile Carson Trail in Wells and you'll spy red-winged blackbirds. www.fws.gov/refuge/rachel-carson

Grab a bite Just up the road about four miles is Kennebunk. Stop at H.B. Provisions, the town gathering spot, for your

picnic fare (breakfast sandwiches, wraps, subs). www.hbprovisions.com

Where to nest The Cape Arundel Inn & Resort in nearby Kennebunkport is offering an early-bird "Spring is the New Summer" special through June

14, including breakfast, \$35 resort credit and 20 percent discounted room rate. Double room rates start at \$179 per night. capearundelinn.com

Laurie Wilson can be reached at laurieheather@yahoo.com.

EUROPE SPECIAL

GERMANY, AUSTRIA & SWITZERLAND

15-day Europe Tour by Image

\$4190

Sept. 19 & 26 departures

Includes AIR from BOSTON

Includes 22 meals, 13 nts. hotels, air taxes, transportation and escort in Europe, per person, double occupancy. BOOK BY 6/5/19. Call for a FREE brochure.

DEDHAM TRAVEL

Ph: 781-329-1160

Before folks get away,
they get into
Globe Magazine



News from. **NJF** 307,801 circulation
AN MMG GLOBAL COMPANY