The marsh we have at Bald Head Island is full of brackish water: a mix of saltwater and freshwater. Our marsh tends to be saltier than most because ocean water rushes in with each tide that rises.

This salty environment makes it extremely difficult for animals and plants to live in. However, the organisms that live here are equipped with many different adaptations to survive.

The marsh is home to many invertebrates like mud snails, blue crabs, fiddler crabs, squareback marsh crabs, ghost shrimp, and oysters, while also being the feeding ground for herons, ibises, egrets, ospreys, and eagles.

Beyond being beautiful to look at, salt marshes supply many incredibly important ecosystem services. Our marsh provides natural water treatment, absorption of excess water, and a nursery for juvenile fish.

Check out the Kent Mitchell Trail off of Federal Road to explore the marsh!