



OCTOBER 2026 PROGRAMS

All programs are free and open to the public. Children must be accompanied by an adult. Reasonable accommodation is available upon request. Inclement weather, including rain and high winds, may cancel programs. To confirm, or for more information call 617-721-4132 or email Matthew.Nash@mass.gov

 ADA/Reasonable Accommodation
617-645-0358 | Moneesha.dasgupta2@mass.gov

Saturdays
8:00–10:00am
October 3 & 17

An Oasis for Birds
Look for shorebirds, hawks, and other birds on a roughly one-mile walk at this MA State Reservation that’s a birding hotspot. This program often visits other locations after Belle Isle Marsh Reservation. *Participants provide their own transportation between locations.* Binoculars recommended; loaners available. Insect repellent strongly recommended. Please leave pets at home. Co-sponsored by the Brookline Bird Club and Friends of Belle Isle Marsh.

This program meets year-round on the 1st and 3rd Saturday of each month, except when the Saturday is a state or national holiday.

Ages: Adults and children 8+ accompanied by an adult.
Meet at: At the information sign kiosk in the parking lot of Belle Isle Marsh Reservation, 1399 Bennington Street, East Boston

Wednesday
6:00–7:30am
October 28

Nature-based Mindfulness
Start off the day with a dose of nature. This program provides attendees the opportunity to slow down, awaken their senses, and connect with the natural world in a deeper way. During this program, the DCR Park Interpreter leads attendees in some light stretching and breathing, a nature-based guided meditation, and a self-led nature discovery exercise. After taking the time to slow down, and noticing the sights, sounds, and rhythms of nature, participants will likely find themselves continuing the day feeling more peaceful, creative, and refreshed. Each date this program is offered has a mindfulness focus.

Ages: Adults, and teens accompanied by an adult.
Meet at: John Joseph Kilmartin Pathway, 442 Revere Street, Winthrop (across from Short Beach)

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Coming events



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Coming events

Saturdays

9:00-10:30 am

October 10

Focus: Trees

October 24

Focus: The Salt
marsh

Morning at the Marsh

Start your day off at Belle Isle Marsh Reservation! As we make our way around the reservation, we will be mindful of the sounds around us – the calls of birds, along with the subway starting its first runs of the day and airplanes going overhead; reminders that the reservation is truly an oasis in the heart of the city. We'll keep an eye out for birds, mammals like eastern cottontail rabbits, and will also take in the beauty of the reservation's trees and other vegetation. Binoculars suggested, some loaner binoculars available thanks to the Friends of Belle Isle Marsh. Insect repellent strongly recommended due to the presence of mosquitoes and ticks. Please keep pets at home. Co-sponsored by Friends of Belle Isle Marsh, and Mystic River Watershed Association.

Ages: Adults and children 8+ accompanied by an adult.

Meet at: The information sign kiosk in the parking lot of Belle Isle Marsh Reservation, 1399 Bennington Street, East Boston

Sunday

9:00-11:30am

October 18

Migration Bird Banding

Stop by MassDCR's Research & Education Center (red shed) at Belle Isle Marsh Reservation to see Stewardship Research Biologist Sean Riley banding birds that are stopping by the reservation this fall! During the bird banding process Sean will be taking each bird's weight, wing measurements, fat count, and age estimate. Sean will also be talking about the importance of this research and how it helps us study bird behavior, migration, survival, and how it informs conservation efforts. Please leave pets at home. Rain and or high winds will cancel this program.

Meet at: The Research & Education Center at Belle Isle Marsh Reservation, 1399 Bennington Street, East Boston.

Sunday

1:00-3:00pm

October 18

Friends of Belle Isle Marsh Harvest Festival

Stop by Belle Isle Marsh Reservation for the Friends of Belle Isle Marsh's Annual Harvest Festival! There will be live music, MassDCR will have information tables about the marsh's future restoration and about the benefits of a salt marsh, a photo opp area with the reservation's tractor, pumpkin decorating, live reptiles, a story walk, conservation walks, & Belle Isle Marsh partners including Mystic River Watershed Association, Trustees of Reservation, Rumney Marsh Conservancy, and more will have information tables. This event is free of cost.