



CAPE COD CERTIFIED

WILD CAPE COD

# The Sandwich Boardwalk: Salt Marsh, Blue Herons & Bay Sunsets

A free field guide from the people who actually live here.



[capecodcertified.com/guides/sandwich-boardwalk-guide](https://capecodcertified.com/guides/sandwich-boardwalk-guide)

There are places on Cape Cod that remind you why people have been coming here for centuries. Sandwich Boardwalk is one of them.

We stumbled onto it late on a July 4th weekend evening — after a full day at Craigville Beach, after dinner in Hyannis watching Brazil vs. Norway in the World Cup. It was past 7pm when we finally pulled off Route 6A and walked out onto the 1,350-foot boardwalk over Mill Creek marsh.

And it was worth every minute of the drive.

---

## What Makes Sandwich Boardwalk Special

The boardwalk spans one of the most pristine salt marshes on the Upper Cape. At low tide, the creek drops to reveal sandbars, tidal pools, and the creatures that call them home. Our kids found green crabs tucked under rocks off the jetty at the far end — that alone kept them busy for 20 minutes.

Then, standing perfectly still in the center of the creek, a **great blue heron**. Full wingspan must have been five feet. It didn't move. We didn't move. For a full minute, the only sound was the tide.

This is Wild Cape Cod at its most accessible.

---

## The Walk Itself

The boardwalk stretches from Town Neck Road out to **Town Neck Beach** on Cape Cod Bay. The walk is flat, easy, and takes about 10-15 minutes each way. Bring the stroller — it's fully walkable.

At the beach end, the Bay opens up. In summer, bonfires light up the shoreline at dusk. The sunset here faces west over the Bay — one of the best sunset beaches on the Cape.

**Distance:** 1,350 feet (about 0.25 miles each way)

**Difficulty:** Easy — flat boardwalk, no elevation

**Best time:** Low tide in the evening for wildlife; sunset for the Bay view

**Parking:** Free lot at the Town Neck Road trailhead

---

## Wildlife You Might See

- **Great blue herons** — patient hunters that stand statue-still in shallow water
- **Green crabs** — abundant at low tide under rocks and along the jetty
- **Osprey** — common overhead, hunting the marsh
- **Fiddler crabs** — look for the burrow holes in the mudflats
- **Diamondback terrapins** — rare but spotted in summer

---

## Town Neck Beach

At the far end of the boardwalk, Town Neck Beach is a hidden gem. It's less crowded than Sandwich's more popular Scusset Beach, the water is calmer (Bay side), and the evening light here is extraordinary.

July 4th weekend, there were bonfires going as the sun dropped. Families spread out across the sand. It felt like the Cape most tourists never find.

---

## Getting There

The Sandwich Boardwalk is on Town Neck Road in Sandwich — take Exit 2 off Route 6 and follow signs toward Town Neck Beach. The parking lot is free and well-maintained.

From Hyannis, it's about 20 minutes west on Route 6A — a scenic drive through Barnstable and Sandwich villages worth taking on its own.

---

## The Local Secret: Ice Cream in Sandwich Village

After the boardwalk, head back into Sandwich village (5 minutes east) for ice cream. The town center is one of the most charming on the Cape — the Heritage Museums, the grist mill, the canal. It earns its reputation as the oldest town on Cape Cod (founded 1637).

---

## Pro Tip: Beat the Traffic

We discovered this spot at the tail end of a long July 4th weekend day, and it was completely uncrowded even at 7:30pm. While everyone else was sitting in traffic on Route 6, we were watching a blue heron fish in a salt marsh at sunset.

The key to a great Cape Cod summer day isn't avoiding the traffic — it's outlasting it. Plan long days with multiple stops. Stay until the light fades. The drive home at 9pm takes half as long as it would at 5pm, and you'll have seen twice as much.

**Explore all Sandwich trails and beaches →**

### ◆ THINGS TO DO

## Make a day of it

Bookable experiences that pair perfectly with this guide. Scan any code to reserve.

BOOK · FROM \$135

### Porgy / Seabass / Blackfish Private 6 Pass Charter

Bounty Hunter Fisheries LLC · Yarmouth

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book

BOOK · FROM \$500/PERSON

### Atlantic White Shark Conservancy — Shark Research Cruise

Atlantic White Shark Conservancy · Chatham

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book

BOOK · FROM \$100

### Cape Cod Pirate Adventure Paddle Hunt and Battle

Cape Cod Pirate Adventures · Dennis

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book



## Headed to the Cape with friends? Share this guide.

Every share helps a real local business get found — and keeps Cape Cod guides free. Scan to send it along.

[Plan Your Cape Cod Day →](#)



Cape Cod Certified · [capecodcertified.com/guides/sandwich-boardwalk-guide](https://capecodcertified.com/guides/sandwich-boardwalk-guide) · Real guides, real local knowledge. Verify seasonal details before you go.



FOR CAPE COD BUSINESSES

# This is what being Cape Cod Certified looks like.

You just read a guide that travelers and locals download, keep, and share. The businesses inside it were chosen on merit — real vetting, real local knowledge, never pay-to-play.

Own a Cape Cod business? Get Certified and earn your place in guides like this one — in front of the exact people planning their trip and their spend.



Get Certified → [capecodcertified.com/join](https://capecodcertified.com/join)