CCF acquired all of the almost 50 acres that now protect Frost Fish Creek over a span of 33 years. The 1.1 mile walking trail meanders along the eastern edge of Frost Fish Creek offering walkers glimpses of an old cranberry operation which has reverted into open wetlands. As you walk along the high trail, borrow pits for sanding the bogs appear on either side of the path. With its unique configuration featuring a brakish-freshwater tidal wetland over viewed from upland Pine/Oak woodlands, this area offers the most varied and numerous opportunities to experience seasonal bird and mammal life in our area.

From the traffic light in North Chatham, travel 0.7 mile north on Route 28. The entrance to the trail is a dirt road on the left. Parking is available.