Before the establishment of this wildlife management area, the Nova Scotia Bird Society leased and maintained a bird sanctuary on the Bird Islands. The area protected was expanded in 1976 and became a wildlife management area for the protection of nesting habitat critical for various species of colonial nesting birds. It is one of the most important areas in the province for eider duck breeding habitat. Many other species including great blue heron, Leach’s storm petrel and common tern breed in the area as well. The wildlife management area was expanded again in 1991 to add Goose Island and Long Island.

Total area of the wildlife management area is 12,535 hectares, of which 11,610 hectares is ocean. An additional 536 hectares is coastal wetlands such as marine flats. The wildlife management area includes many islands which have a total area of 389 hectares. This includes 182 hectares of coastal forest, 112 hectares of cliffs, rocks and beaches, 84 hectares of barrens, 9.6 hectares of fresh water wetlands and 1.8 hectares of built-up land, most of which is the site of the Beaver Island lighthouse. The islands are owned by the Province.

Hunting and trapping are allowed in this wildlife management area in season. Access to the islands is prohibited from April 1 to August 15 each year to prevent disturbing the breeding birds, except for commercial fishers retrieving lost gear or persons with written permission from the Department of Natural Resources.