Grassy Island is a small sandy island located near Tancook Island in Lunenburg County. This island is owned by the Province and is 0.7 hectare in size. It is an important nesting site for colonial nesting birds.

Grassy Island became a wildlife management area on March 30, 2007. The wildlife management area includes the island, and the water within a 250 metre radius circle around the centre of the island. Wildlife habitat within the wildlife management area may not be altered without written authorization of the Director of Wildlife. To prevent disturbance of breeding birds, access to the island is not permitted between March 31 and September 1, without written authorization of the Director of Wildlife. Between March 31 and September 1, it is forbidden to disturb any wildlife in the wildlife management area, or to hunt or discharge a firearm. Camping, fires, and operating a vehicle within the wildlife management area is not allowed any time of the year.