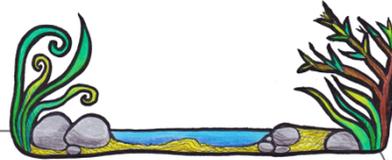


# Discover LE ROYS BUSH SELF-GUIDED WALK

NAU MAI HARAE MAI

Le Roys Bush (also known as Te Uruao) leads down to one of the largest freshwater wetlands on the North Shore and contains other diverse habitats including coastal broadleaf forest and pockets of kauri trees.

On your walk today you'll follow a stream up through a shaded valley, learning more about the special plants and animals that live here and how you can help protect them.



## 1 – LITTLE SHOAL BAY RESERVE

Discover more about the history of the area from the sign opposite the repo (wetland). This area was known to Māori as 'Wai Manawa' meaning 'source of the water'. There were two fortified pā and many kainga (villages) nearby. Why do you think it was a good place to settle?

## 2 – MAKE A RAFT FROM RAUPŌ

Raupō (bullrush) grows in the freshwater parts of the wetland. The leaves can be used to weave hats, and the stalks used for thatching the walls and roofs of whare (huts). Large bundles of the stalks could also be made into small temporary rafts. Pick a few dry raupō leaves from the left of the track to make a little model raft then try floating it from the bridge nearby.



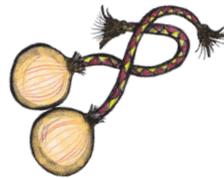
## 3 – INVESTIGATING MANGROVES

The wetlands were once a good place to gather kai moana including shellfish, kairau (mud crabs) and ika (fish). Look for holes in the mud where the crabs hide. You might spot kōtare (kingfisher) and matuku moana (white-faced heron) searching for food. Take a closer look at the mangroves to investigate some of their special adaptations: Because they live in salty, muddy water with low oxygen levels they grow roots called pneumatophores "new-mato-fores" to take in air. Mangroves get rid of excess salt from their leaves, look for salt crystals underneath them. New plants grow from bud-like propagules, can you find any on the ground to examine?



### Did YOU KNOW?

Dry raupō leaves were traditionally used to cover poi, which were filled with the fluffy down from the seed heads.



## 4 – MAKE SOME CABBAGE TREE ROPE

Captain Cook named tī kōuka 'cabbage trees' because the boiled shoots tasted like cabbage. The cooked shoots, roots and core of the trunk were an important food source for early Māori. The leaves had lots of medicinal uses e.g. healing cuts.

Tī kōuka leaves can be used to make rope: Pick a fallen, dried leaf that has started to split into fibres. Use your fingers to separate the leaf fibres even more. Split them into two bundles, twisting both in a clockwise direction while someone loosely holds the end of the frond. The twisting motion should result in a rope. Alternatively you could try splitting the fibres into three sections and plaiting them. What else do you think could be made from the leaves?



## 5 – CAN YOU SPOT A KAURI TREE?

Look for the grove of young kauri (called rickers) on the far side of the wetland and mature kauri in the forest to your right of the boardwalk. Their smooth trunks are a mottled grey colour. Kauri are one of the largest and longest-living trees in the world – they can grow more than 60m high and live for 2000 years! Do you know the name of the largest kauri tree in New Zealand?

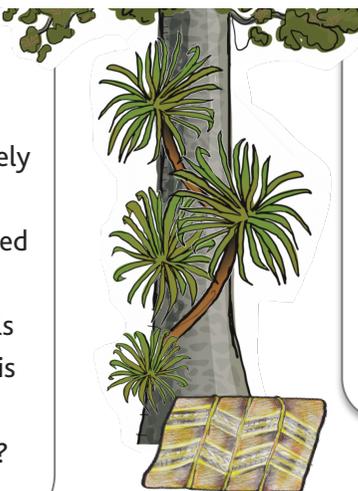


### Did YOU KNOW?

*Kauri trees are at serious risk from a disease called kauri dieback. What can you do to help stop the spread of the disease and protect our treasured kauri?*

## 6 – COUNTING CLIMBING KIEKIE

Kiekie is a climbing vine that wraps around the trunks of trees. Its leaves can grow to 1m long and its foliage can almost completely cover a tree trunk. Its vines can be as thick as a person's wrist! Kiekie was an important food source for early Māori. The specialised white leaves surrounding the flowers (known as tāwhara) that bloom in spring taste deliciously sweet and juicy. The flower petals can be made into jelly, and the corn on the cob-like fruit (ureure) is also very tasty attracting birds, but also rats and possums. How many kiekie leaf clusters can you count growing on one tree? Can you identify any of the trees that it is growing on?



### Did YOU KNOW?

*Kiekie is the most valued plant for weaving after harakeke. It is often used for making mats and decorative tukutuku wall panels.*



## 7 – WHAT'S LIVING IN THE TE WAI MANAWA STREAM?

As you follow the stream up past a series of pools on your right, you might be lucky enough to spot tuna (eels), inagna (whitebait/juvenile fish), kōura (freshwater crayfish), banded kokapu, and damselflies hunting for insects above the water.

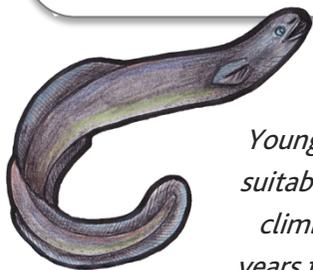
These animals need water to be clean, clear and cool to survive. How do you think the surrounding forest helps to keep the stream clear and cool? What could you do to help keep our waterways clean?

You might like to visit the wairere (waterfall), a 5-minute walk up the steps. The flow of water is dependent on recent rainfall. It was once possible to canoe all the way from the waterfall down to the wetland at Little Shoal Bay.



### Did YOU KNOW?

*Young tuna (elvers) migrate up streams to find suitable adult habitat. They can use their fins to climb waterfalls up to 20m high! After many years they return to the Pacific to breed and die.*

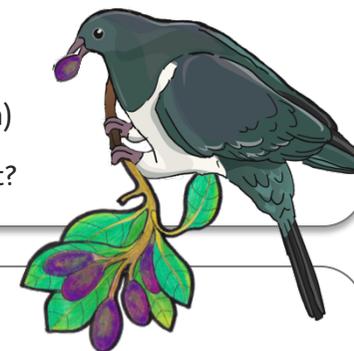


## 8 – TE TAUTU MANŪ – BIRD SPOTTING

At the steps leading to the waterfall, take 5 minutes to look and listen for birds. Close your eyes and each time you hear a new bird call hold up a finger. How many different native birds can you identify?

- tauhou (silvereve)
- kākā
- tūī
- pīwakawaka (fantail)
- kererū (wood pigeon)

Which bird would you probably hear calling at night?



## 9 – LOOKING FOR TARAIRE LEAVES AND FRUIT

Lots of mature taraire trees grow in this part of the forest. Their large green, leaves turn brown when they fall, can you find some on the ground? Their large purple fruits are eaten by kererū. How do you think the seeds from the fruit are spread through the forest? The fruit kernels were once an important food for Māori but need to be cooked for a long time to taste nice.

## 10 – BECOME A KAITIAKI (WILDLIFE GUARDIAN)

Here are some ideas of how you can help protect native wildlife in your local park, reserve or garden...

- Freshwater Fish
- Weed Busting
- Become a Pest Detective

Help to look after the wildlife in waterways in protected areas by keeping your dog on the tracks and out of any streams and pools. Check if you have any weeds that threaten native plants at home. For lots of useful resources visit [weedbusters.org.nz](http://weedbusters.org.nz). Park rangers and volunteers use tracking tunnels and traps to identify and catch pests. Visit [pestdetective.org.nz](http://pestdetective.org.nz) to see how you could do this at home or school.



To find out how you could get involved with conservation projects in Le Roys Bush visit [leroysbush.org.nz](http://leroysbush.org.nz).