

Discover MANGEMANGEROA

SELF-GUIDED WALK

NAU MAI HARAE MAI

The Mangemangeroa Valley is an area of significant scenic, environmental and cultural value. During your visit today you'll walk through coastal native bush, wetland and estuarine habitats, learning about the history of the area and the special plants and animals that live here.



1 – HISTORY OF THE VALLEY

Ngāi Tai and Ngāti Paoa (iwi of Tainui descent) lived in this area from around 800 years ago until the 1800s when the land became utilized for farming by European settlers. There were once several pā (fortified villages) along the valley. Why do you think this area would have been a good place for people to settle?



2 – A CHANGING LANDSCAPE

The natural habitats in the area have changed significantly since people have occupied the area. Looking across the valley, how many different human activities can you see that continue to alter the landscape?

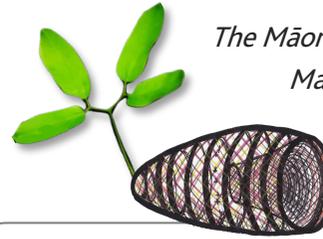
3 – RESTORATION OF NATIVE FOREST

The slopes of the valley that had been cleared for farming now form part of the reserve are being restored to help stop erosion. How many different types of native plant can you identify that have been recently planted? You might spot mānuka, harakeke, māhoe, karamu and tī kōuka. The young plants have protectors around them to stop rabbits from eating them. Which other pests do you think could be a problem for plants?



Did YOU KNOW?

The Māori word 'mangemangeroa' means 'valley of the mangemange'. Mangemange is a type of twisting, climbing fern that was traditionally used to make hīnaki (eel traps) and construct whare (huts).



4 – GET TO KNOW YOUR NATIVE PLANTS AND THEIR TRADITIONAL USES

As you walk along the track, you'll find lots of signs to help you identify native plants. Can you spot the following species and find out more about them? You could collect leaves from the ground to help you make your own native plant identification guide.

- Māhoe The wood was used to make fire by rubbing it with tōtara. The inner bark could be applied to help heal burns.
- Kawakawa Crushed leaves can be used as an insect repellent. The leaves were made into tea and had lots of medicinal uses.
- Tōtara The trunk was carved to make waka. The small red fruit is edible. The inner bark was used for roofing and containers.
- Mamaku The fronds were used as mats, and the trunks to build whare walls. The stem pith was used to help heal skin rashes.
- Pūriri Yellow dye was extracted from the bark for colouring woven items. The leaves were boiled for aches and pains, and sore throats.
- Tūrepo Also known as 'Milk Tree' – early European settlers found that the white sap was a palatable replacement for milk in tea!
- Hangehange The leaves were used for flavouring food and for making black dye. The sap was applied to the skin to treat infections.
- Karaka The wood was used for burning. The poisonous fruit needed careful preparation and treatment before being ground into a type of flour.
- Taraire No traditional medicinal uses. The cooked fruit was eaten by Māori. The wood wasn't used by Māori as it's not durable without treatment.



Please note: Do not try any traditional remedies without professional guidance. Do not eat or gather any plant matter unless guided by an adult who knows it is safe.

Did YOU KNOW?

The coloured ribbons that you may spot tied on trees along the track help park rangers and volunteers identify where they've put pest traps and tracking tunnels.

Visit tiakitamakaurau.nz to find out more about pest control.



5 – WHAT'S LIVING IN THE MANGROVES?



Shallow coastal areas are home to lots of different animals including shellfish, kairau (mud crabs), ika (fish), kōtare (kingfisher) and matuku moana (white-faced heron). Sit quietly on the boardwalk to see if you can spot any fish or birds, what you see will depend upon how high the tide is.

Take a closer look at the special adaptations of mangroves:

Because they live in salty, muddy water with low oxygen levels they grow roots called pneumatophores “new-mato-fores” to take in air. New plants grow from bud-like propagules – can you see any young mangroves growing?

Over the years, a lot more sediment has washed into the estuary.

It's estimated that before humans arrived, 1mm of sediment accumulated on estuary floors each year. Now, up to 20mm is deposited in some areas. What problems do you think this increase could cause?



6 – TE TAUTU MANŪ – BIRD SPOTTING

As well as spotting wetland birds, you are likely to see or hear forest birds as you walk along the track, for example in spring, tūi visit the kōwhai trees that line the boardwalk. Find a quiet spot to spend 5 minutes looking and listening for birds. How many different native birds can you identify?

- tauhou (silvereye)
- tūi
- kererū (wood pigeon)
- pīwakawaka (fantail)
- kākā
- riroriro (grey warbler)

7 – BECOME A PEST PLANT DETECTIVE

A few sections of native bush have been affected by storms that have caused slips – washing soil, trees and other plants down the hillside. Pest plants such as tradescantia, nightshades, pampas grass and ginger are often quick to establish themselves on the disturbed ground. Why not download the free app 'Plant Snap' to help identify them? Check to see if you have any pest plants at home. You can discover how to remove them and what to plant instead by visiting tiakitamakaurau.nz.



Did YOU KNOW?

There are several middens in the reserve. These are places where food was prepared. They contain large quantities of mātaītai (shellfish) and some contain pieces of burned hāngī stones and charcoal.

8 – IN THE NĪKAU GROVE

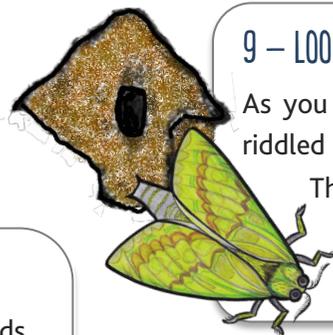
Nīkau palms are the world's southernmost growing palm tree. They can reach 15m tall with fronds up to 3m long. The large curved bases of the leaves were used to carry water. The fronds were traditionally woven to make kete (baskets), whariki (mats) and roofing; they could also be used to wrap food before cooking in a hāngī. You could have a go at weaving using some of the old fronds that have fallen to the floor. Can you spot another plant nearby that was used for weaving?



9 – LOOKING FOR PŪRIRI MOTH HOLES



As you walk along the track look out for pūriri and putaputaweta trees that are riddled with holes. The holes have been made by ngutara (pūriri moth caterpillars). The caterpillars live in the wood for up to 7 years and grow up to 10cm long. When the adults emerge as moths in the spring, they only live for a couple of days to mate and lay eggs.



10 – WATCHING WADING BIRDS AT THE SANDSPIT

The best time to view wading birds is 2 hours before or after high tide. You're likely to spot tōrea (oystercatchers) and huahou (knots) feeding in the intertidal zone. Also look out for kuaka (bar-tailed godwit) during the summer months.

