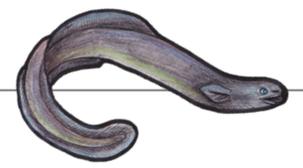


# Discover TE WAI ŌREA WESTERN SPRINGS LAKESIDE

NAU MAI HARAE MAI

Te Wai Ōrea means 'the waters of the longfin eel'. The park is considered a site of regional ecological significance. As well as being a sanctuary for a variety of native birds, eels and other native fish species, Te Wai Ōrea is also recognised for its lava rock forest and wetland habitats. These activities will help you explore the park, learn about its wildlife and history, and see how restoration efforts are helping to increase biodiversity and improve the mauri (health) of the water.

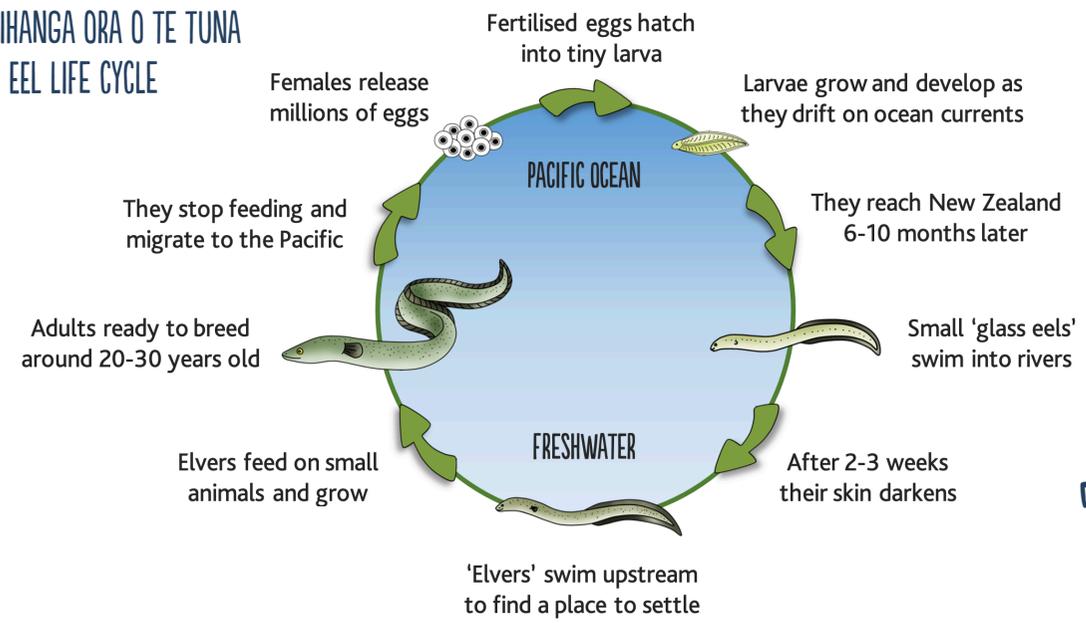


## MĀTAKITAKI TUNA / EEL WATCHING

Some of the best places to watch tuna (eels) are marked on the map. You might see tuna hinahina (shortfin eels) and ōrea/tuna kuwharuwharu (longfin eels). Te Wai Ōrea was once highly valued by Māori for its clear spring water and eels. Special traditions and protocols were developed around the harvest of eels. Although no longer caught for food in large numbers, eels are still regarded as taonga (cultural treasures) and protection measures have been put in place to help to conserve and increase their populations.



## TE HURIHANGA ORA O TE TUNA EEL LIFE CYCLE



## MĀTAKITAKI MANU REPO / WETLAND BIRD WATCHING

The benches around the lake are lovely spots to sit and watch birds. You could bring a sketch book to draw what you see. How many different birds can you find?



pūtangitangi  
paradise shelduck



pāpango  
scaup



pārera  
grey duck



rakiraki  
mallard duck



kāwaiwai  
ducklings



pūkeko



coot



kawau  
shag



weweia  
dabchick



kōtuku ngutupapa  
royal spoonbill



kuihi  
goose



warou  
swallow



kōtare  
kingfisher



matuku moana  
white-faced heron



kakīānau  
black swan

**Did YOU KNOW?** Longfin eels usually grow up to 1.2m long and weigh about 10 kg. Females grow up to twice as long as males, some can be 2m long, weigh over 50kg and reach 100 years old!



## LOOK OUT FOR TĪ KŌUKA AND HARAKEKE

Tī kōuka (cabbage trees) and harakeke (New Zealand flax) were valued by Māori and European settlers for a variety of traditional uses. Some of the things that can be made using the leaf fibres of tī kōuka and harakeke are shown below, can you think of any other items that could be made from the leaves?

kākahu (clothing)



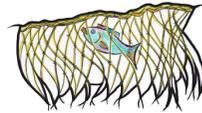
whāriki (mats)



hī ika (fishing lines)



kupenga (nets)



kete (baskets)



Search 'harakeke weaving for beginners' online to find out how you could make a simple item.



## MAKE YOUR OWN TĪ KŌUKA KĀRURE

*Pick a fallen leaf that has started to split into fibres. Use your fingers to separate the fibres even more. Split the fibres 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 thin rope.*

## Did YOU KNOW?

*Tī kōuka and harakeke are rongoā Māori (traditional medicines).*

*For example, harakeke sap can be applied to wounds and used for toothache, and the leaves used as dressings and for binding broken bones.*

*Preparations of tī kōuka leaf can be used to heal cuts and stomach upsets.*



## WHAKARAUORA-PAPATŪĀNUKU - RESTORATION

The Western Springs Native Bush Restoration Project on the northern slopes of the reserve will return an area previously dominated by aging pine trees to native forest. Native species including kauri, pūriri, taraire, tānekahe, ponga and mānuka will provide important habitat for wildlife and a place for people to enjoy. Visit the Native Garden near the Circle of Friends to experience an area of restored forest and see if you can spot the following plants and find out more about them.

- Kahikatea Why do birds like to visit our tallest native tree?
- Kānuka What did Māori traditionally use kānuka wood to make?
- Karaka Why are the fruits of this tree dangerous to eat?
- Kawakawa What can the leaves be used for?
- Kiekie What did Māori use the roots of kiekie to make?
- Kōwhai Which animals visit kōwhai flowers to feed?
- Mahoe Why was mahoe wood useful to Māori?
- Rewarewa What did European settlers use the wood for?
- Pūriri What can be made from the bark of this tree?



## TĀHUHU KŌRERO TUKU IHO - HISTORY

Visit the signs at the entrances to the park to discover how the land here has been used in different ways and changed over time. Can you discover...

- The name of a Māori chief who tried to escape from a battle through the volcanic rock caverns nearby.
- Which Māori village was once located behind Auckland Zoo?
- What the park was used for in 1933?
- Who used the park during World War II?

## Did YOU KNOW?

*Western Springs Lake was artificially created from swampy ground in the late 1800s. The pumphouse, now located in MOTAT, once helped to supply water from Western Springs to the whole of Auckland until the early 1900s.*

*Experience the pumphouse steam engines in action at MOTAT every day, 10am – 4pm.*

