

# Discover MURPHY'S BUSH SELF-GUIDED WALK

NAU MAI HARAE MAI

Murphy's Bush Reserve is one of the largest areas of mature flat land native forest in the South Auckland area.

Of particular interest is the dominant canopy of kahikatea, the tallest of our native trees.

During your visit today you'll learn about the history of the area and the plants and animals that live here.

## 1 – BRIEF HISTORY

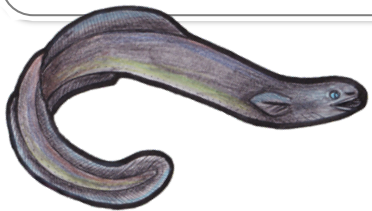
Ngāi Tai (iwi of Tainui decent) lived in this area from around 800 years ago until the mid-1800s when the land was used for farming by European settlers. Read through the signage at the main entrance to discover how the reserve got its name and which animals and crops used to be farmed here.

You could visit the Flat Bush School House and historic cottage a short walk away. How do these buildings differ from the new houses and apartments you can see nearby?

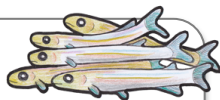


## 2 - WHAT'S LIVING IN THE STREAM?

Looking into the stream from the bridge you might spot īnagna (whitebait/juvenile fish), tuna (short or long-finned eels) and kōura (freshwater crayfish). These animals need clean, clear and cool water to survive. How do you think the forest helps to keep the stream clear and cool? What could you do to help keep our waterways clean?



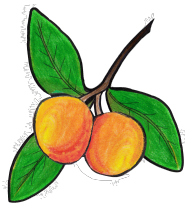
**Did YOU KNOW?** Young eels (elvers) migrate upstream to find suitable adult habitat. After many years they return to the Pacific Ocean to breed and die.



## Did YOU KNOW?

At the entrance of the reserve you can find kōhia (New Zealand Passionfruit) growing through the canopy.

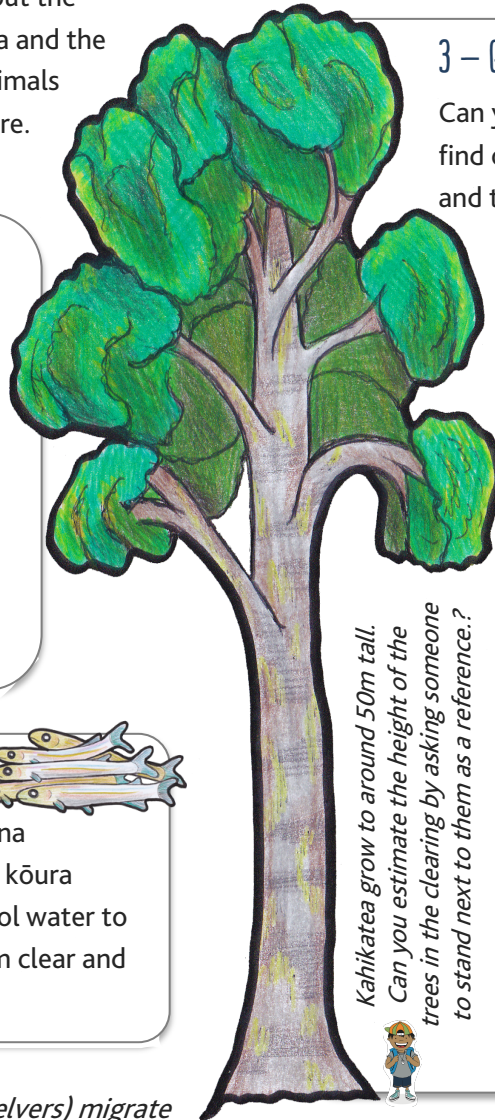
This climbing vine was traditionally used to bind the frames of buildings and fences. Oil was extracted from the seeds of the edible fruit to make scented body oils and used for medicinal purposes.



## 3 – GET TO KNOW YOUR NATIVE TREES AND THEIR TRADITIONAL USES

Can you find the following rākau rangatira (chiefly trees) in the clearing and find out more about them? You could collect leaves from under each tree and take photographs to make your own native tree identification guide.

- Kahikatea      The timber was used for bird spears. Soot from the heartwood made a pigment used for tā moko (tattooing). The inner bark could be applied to help heal burns. The juicy seed-bases were eaten.
- Mataī            The foliage has antiseptic properties and the fruit was eaten. The wood was used for various types of construction including carvings and waka.
- Tōtara            The trunk was carved to make waka. The small red fruit is edible. The inner bark was used for roofing and containers. Tōtara has many medicinal uses.
- Pūriri            Yellow dye extracted from the bark was used for colouring woven items. The leaves were boiled for aches, pains and sore throats. The strong wood was used for buildings, bridges, paddles and tools.
- Rimu             The bark was used to make dyes and the wood used for spears, waka, torches and tools. Rimu has many medicinal uses e.g. the gum can be applied to wounds to stop bleeding.



*Kahikatea grow to around 50m tall. Can you estimate the height of the trees in the clearing by asking someone to stand next to them as a reference.?*



*Please note: Do not try any traditional remedies or eat any plant matter without professional guidance.*

## Did YOU KNOW?

Plants that grow on the branches and trunks of trees are called epiphytes. Look out for kahakaha (perching lily) growing on the pūriri tree in the clearing. Be careful not to stand directly underneath one though - they've been known to fall down when they grow too big!



## 4 – TE TAUTU MANŪ – BIRD SPOTTING

Take a seat on one of the benches along the track and spend a few minutes looking and listening for birds. Close your eyes and each time you hear a new bird call hold up a finger. How many different species can you identify?

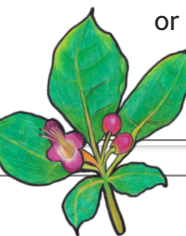
- tauhou (silvereye)     tūi     riroriro (grey warbler)  
 pīwakawaka (fantail)     kākā     kererū (wood pigeon)  
 pīpīwharau (shining cuckoo)

Which bird would you be likely to hear calling at night?



## Did YOU KNOW?

Kererū help the forest ecosystem by dispersing the seeds of native trees with large fruits including taraire, karaka and pūriri.



## 7 – LOOKING FOR LEAVES

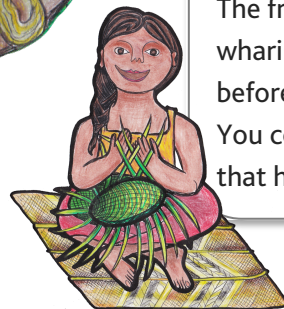
How many different leaves can you find on your walk? You could see how many different shaped leaves you can find; the smallest/largest leaf; the longest leaf; the palest/darkest; or a range of colours from yellow through to red. Download the free app 'PlantSnap' to help identify the leaves that you find.



## 6 – IN THE NIKAU GROVE

Nikau palms are the world's southernmost growing palm tree. They can reach 15m tall with fronds up to 3m long. The 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 or use them to build a mini shelter.

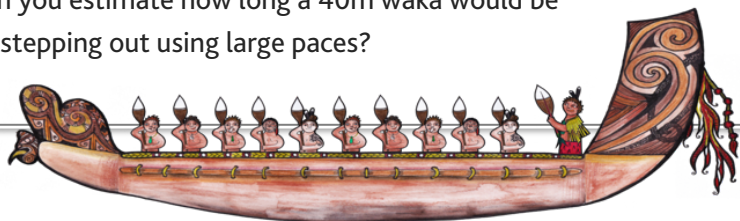
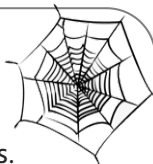


## 5 – THE GIANT TŌTARA TREE

Take a closer look at the giant tōtara in the clearing. Look on the ground to find some of its small fallen leaves.

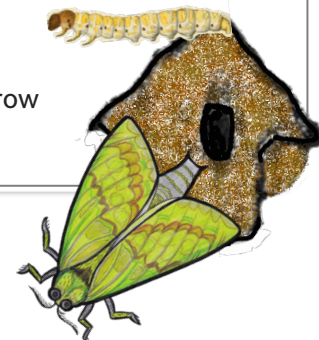
Can you spot any spiders or other animals living on the trunk? Look for bright red fruit in autumn. The fleshy seed bases are safe and tasty to eat and attract birds such as tūi.

Huge Māori waka taua (war canoes) up to 40m long and capable of carrying 100 warriors were hollowed out from a single tōtara log. Imagine trying to cut down a tree without electrical or metal tools – how do you think it would have been done? Can you estimate how long a 40m waka would be by stepping out using large paces?



## 8 – INVESTIGATING A PŪRIRI TREE

Just past a bend in the track you'll find a large pūriri tree. Tūi and kererū visit to feed on its flowers and fruit. The trunk has lots of holes in it made by ngutara (pūriri moth caterpillars) that live inside for up to 7 years before emerging as large green moths. Look on the ground for fallen flowers, leaves and seeds. The seeds look like small black stones. You could take some home to grow. But you'll need to be patient as they can take 6 months to germinate.



Use the words below to play a game of Te Rākau I-Spy as you follow the path back to the main car park:

- |                          |                         |                          |
|--------------------------|-------------------------|--------------------------|
| <i>hua</i> – berry       | <i>kākano</i> – seed    | <i>putiputi</i> – flower |
| <i>kiri rākau</i> – bark | <i>rākau</i> – tree     | <i>pakiaka</i> – roots   |
| <i>manga</i> – branch    | <i>rau</i> – leaf       | <i>tinana</i> – trunk    |
| <i>mauu</i> – bird       | <i>ngahere</i> – forest | <i>aka</i> – vine        |