



Let's play!

Welcome to the **Matairangi Nature Trail**, a place where Piwakawaka loves to play. We know you will love it too!

This **Play Guide** highlights Māori Atua, Tāne Mahuta, and how we connect with the forest and all of its wonderful creatures.



We would love to see your play in action! Tag us on Instagram @wgtnc for your chance to win a Nature Play Prize pack!

Play at home

- Practice the **New Zealand Sign Language** words on the inside page
- Make art with pine needles and other items collected from your adventurer
- See what creatures you can find or notice near where you live

Learn more

- Learn about different habitats by using the **iNaturalist App**
- Learn more about Atua and native species at Zealandia Te Māra a Tāne, in person or online. zealandia.com
- Visit Te Papa's website to listen to other stories about Tāne Mahuta. tepapa.govt.nz



This tool was developed by the playful team at Wellington City Council, with help from Zealandia.

Matairangi Nature Trail

Play Guide

Grab a friend, get outside and tick off as many nature challenges as you can!



Ngā pātai



Who is Tāne Mahuta?

What habitat do Wētā live in?

How do glow worms catch their prey?

What are the other two names for Matairangi?

Pine trees are not native to Aotearoa.
Where do they come from?

What is the 'Pua o te Rēinga'? Why is it so special?

Can you name three native plants from your journey?

What parts of Wellington can you see from the trail?

How many words can you use to describe Matairangi?

Connect with Tāne Mahuta, Atua of the forest

Allow time and freedom to explore the wonder of the nature trail. Learn, play and connect with Te Taiao (nature) as you walk around the forest of Tāne Mahuta.

- Find five different plant leaves
- Pull apart a pine cone and inspect how it grows
- Can you find any creatures living in a rotting log?
- Build a hut in the forest using dead branches and twigs
- Roll or slide yourself down a hill, watch out for very steep areas!
- Squeeze the pine needles in your hands, how do they smell?
- Introduce yourself to the biggest tree you can find, what does it tell you about itself?
- Tall trees hold onto the side of Matairangi with large root systems, how well can you hop and step between the roots, without touching them?
- Take a moment to lie under a tall tree. What can you see, hear, smell and feel?



Ngā pātai! Answers

1: Tāne Mahuta is the Atua or guardian of the forest. 2: Wētā live in shrubs, forests, under stones, in trees and rotting logs. 3: Glow worms (Titiwai) light up to lure insects into their sticky threads. 4: Mt Victoria and Tangi Te Keo. 5: The Northern Hemisphere. 6: It is a flower pollinated by the pekapeka (bat), providing life to many forest creatures

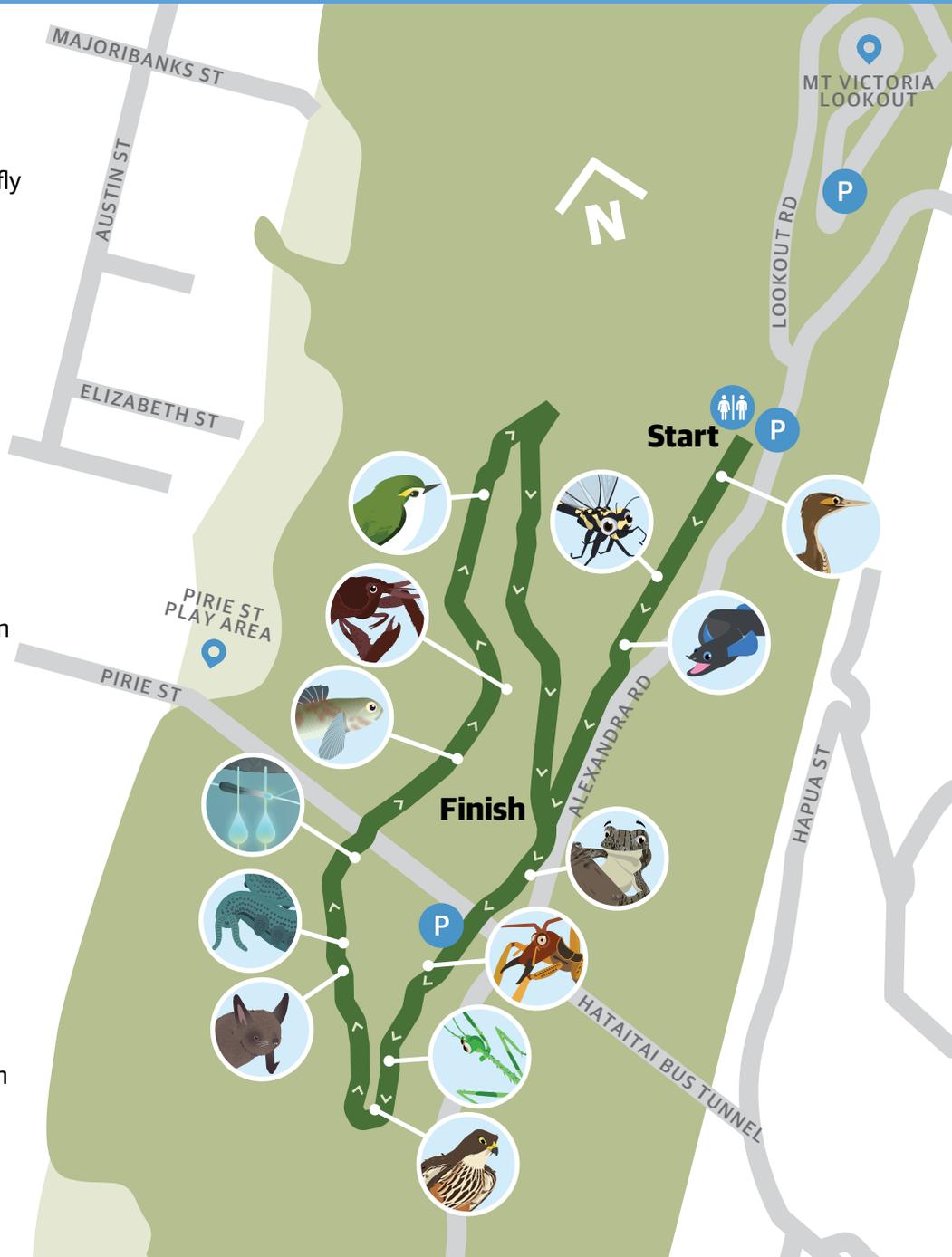
Bonus pātai



Can you draw how Matairangi might have looked 100 years ago?

Meet our friends on the Trail

-  **Matuku Hūrepo**
Bittern
-  **Kapokapowai**
Giant Bush Dragonfly
-  **Tuna**
Freshwater eel
-  **Moko pirirākau**
Forest Gecko
-  **Wētā**
-  **Rō**
Stick insect
-  **Kārearea**
New Zealand Falcon
-  **Pekapeka**
Short Tailed Bat
-  **Ngaokeoke**
Velvet Worm
-  **Titiwai**
Glow Worm
-  **Toitoi Pakikura**
Redfin Bully
-  **Kōura**
Freshwater Crayfish
-  **Titipounamu**
Rifleman



Nature play care code

We must care and respect the environment. We are playing in the home of Tāne Mahuta – the Atua or guardian of the forest and of all plants, birds, invertebrates and other animals that live within it.

- Be gentle if handling live creatures – always return them to where you found them.
- Avoid damaging living plants.
- Avoid disturbing nesting birds.
- If you turn over a rock or a log to see what's underneath, always turn it back.
- Collect only dead materials for art and craft, and take only what you need.
- Never drop litter and take your rubbish home.

Toitū te whenua – leave the land undisturbed.

Department of Conservation "care code for creative play outdoors"

Trail information

- Self-guided play trail starts at any point on the trail. Usually at the top lookout carpark, or from the bottom near Pirie Street Play Area.
- Allow at least 30 minutes for a short visit, to 2 hours to complete the loop with play.
- Terrain is rough and very steep in some parts.
- Follow the friendly Piwakawaka (fantail) as you move around the trail.
- Bring snacks, water, and a sense of adventure!



Signs of te taiao



Pīwakawaka
Fantail



Rau
Leaf



Rākau
Tree



Whenua
Land



Tipu, tupu
Plant



Maunga
Mountain

Did you know?...

- **Matairangi** means 'to examine the sky'
- The summit is also known as **Tangi-te-Keo**, meaning 'cry of the peak' or 'cry of the bird'
- It was later named **Mount Victoria** by Pākehā settlers
- The ridge line the trail follows is called **Te Ranga a Hiwi Ridge**

“Connecting with nature is so good for our physical and mental health. It increases our oxygen levels and raises our endorphins and recharges our wairua (spirits) ”
Wellington Parent

