

TAHUNA TOREA RESERVE – GLENDOWIE SANDSPIT

A TREASURE TROVE OF NATIVE BIODIVERSITY

Tahuna Torea means ‘the gathering place of the oyster catcher’. The reserve is an important sanctuary for a variety of native birds, in particular the Bar-tailed Godwits that stop to feed in the summer before migrating back to the Arctic 11,000km away.

The walking tracks feature excellent native tree signage explaining their Maori traditional use and describing the insects that feed on them.



ACTIVITY IDEAS



- Look for the tiny caterpillars that nibble holes under the heart-shaped Kawakawa leaves.
- Use binoculars to see how many different native species of bird you can spot - tick them off overleaf and add to the list if you can - www.nzbirdsonline.org.nz is a great online tool.
- Sit quietly on one of the benches along the walk and listen out for fantails and tui. Visit www.doc.govt.nz/nature/native-animals/birds to hear and download bird song files.
- Make your own native plant guide by photographing the identification signs you find and the leaves of each plant. Print and laminate when you get home to take on your next walk.
- Search for interesting shells and mangrove seedlings that have washed up on the shore. 
- Look for crabs under rocks near the sandspit - put them back carefully where you found them.

TOP TIPS + FACILITIES



- The nearest playground, café and toilets are a short drive away on the corner of Riddell Road and Roberta Ave. You could walk there from Tahuna Torea - it takes about 20 mins each way.
- Take birdseed to feed the ducks and pukekos - it's much healthier for them than bread.
- Pack towels in case you fancy a paddle in the Tamaki Estuary.
- Check the tide times before you go at www.metservice.com/marine/tides/auckland
- You can walk right out along the sandspit at low tide - wear suitable shoes.



WHICH PLANTS AND ANIMALS DID YOU SPOT TODAY?



Little Shag Nesting



Kingfisher / Kotare



Fantail



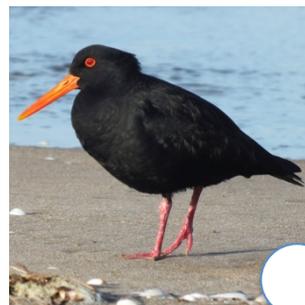
Nikau Palm



White-faced Heron



Bar-tailed Godwit



Oyster Catcher



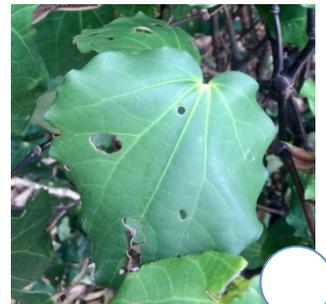
Nursery Spider Web



Puriri Caterpillar Holes



Mangroves



Kawakawa

I ALSO SPOTTED:



FOLLOW LITTLE FERNS ON FACEBOOK

I'm always adding resources and activity ideas and would love to see photos of your trip to the Tahuna Torea Reserve if you'd like to share them 😊