

# THE POU HERITAGE TRAIL

In the Waitakere Ranges Regional Park are six impressive pou hand crafted by Te Kawerau a Maki artist - Sunnah Thompson (pictured on the front cover of this brochure).

The Pou Heritage Trail was a project initiated by the Friends of Arataki in 2001 and completed in partnership with Te Kawerau a Maki (the local iwi of this region) and the then Auckland Regional Council.

The vision was to erect pou with interpretation panels at sites of significance depicting Māori and European history, thereby creating a Heritage Trail throughout the Waitakere Ranges.

The scenic pou sites can be found using the map overleaf. Before planning your walk to the Pou Heritage Trail sites or any other sites in the Waitakere Ranges Regional Park, please check that tracks are open. Several tracks are closed to protect against kauri dieback disease. Go to: [www.aucklandcouncil.govt.nz/protectkauri](http://www.aucklandcouncil.govt.nz/protectkauri) or contact the Arataki Visitor Centre on 09 892 4789 for all information on track status and kauri dieback

THE POU HERITAGE TRAIL WAS COMPLETED WITH FUNDS RAISED BY FRIENDS OF ARATAKI FUND RAISING EVENTS, MEMBER DONATIONS AND GRANTS FROM:

REGIONAL ARTS AND CULTURE FUNDING SCHEMES,  
COMMUNITY WELLBEING FUNDS,  
CREATIVE COMMUNITIES FUNDS,  
THE TRUSTS CHARITABLE FOUNDATION,  
THE POU - TE WAONUI A TIRIWA WAS FUNDED BY MONTANA



Partnership members of the Pou Heritage Trail project

## ARATAKI VISITOR CENTRE

300 Scenic Drive, Titirangi, Auckland

Open 7 days a week

Open 9am - 5pm

Ph 09 892 4789

Closed Christmas Day

## FRIENDS OF ARATAKI AND WAITAKERE RANGES REGIONAL PARKLAND INC

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# FRIENDS OF ARATAKI POU HERITAGE TRAIL

Funding Projects That Help You Enjoy The Beauty And History of The Waitakere Ranges

## AWARDS:

2007 INFRATIL WAITAKERE CITY COMMUNITY AWARD FOR HERITAGE AND ENVIRONMENT

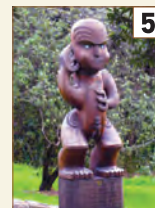
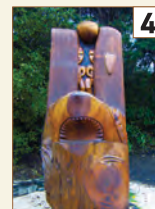
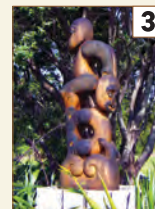
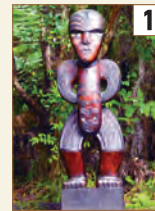
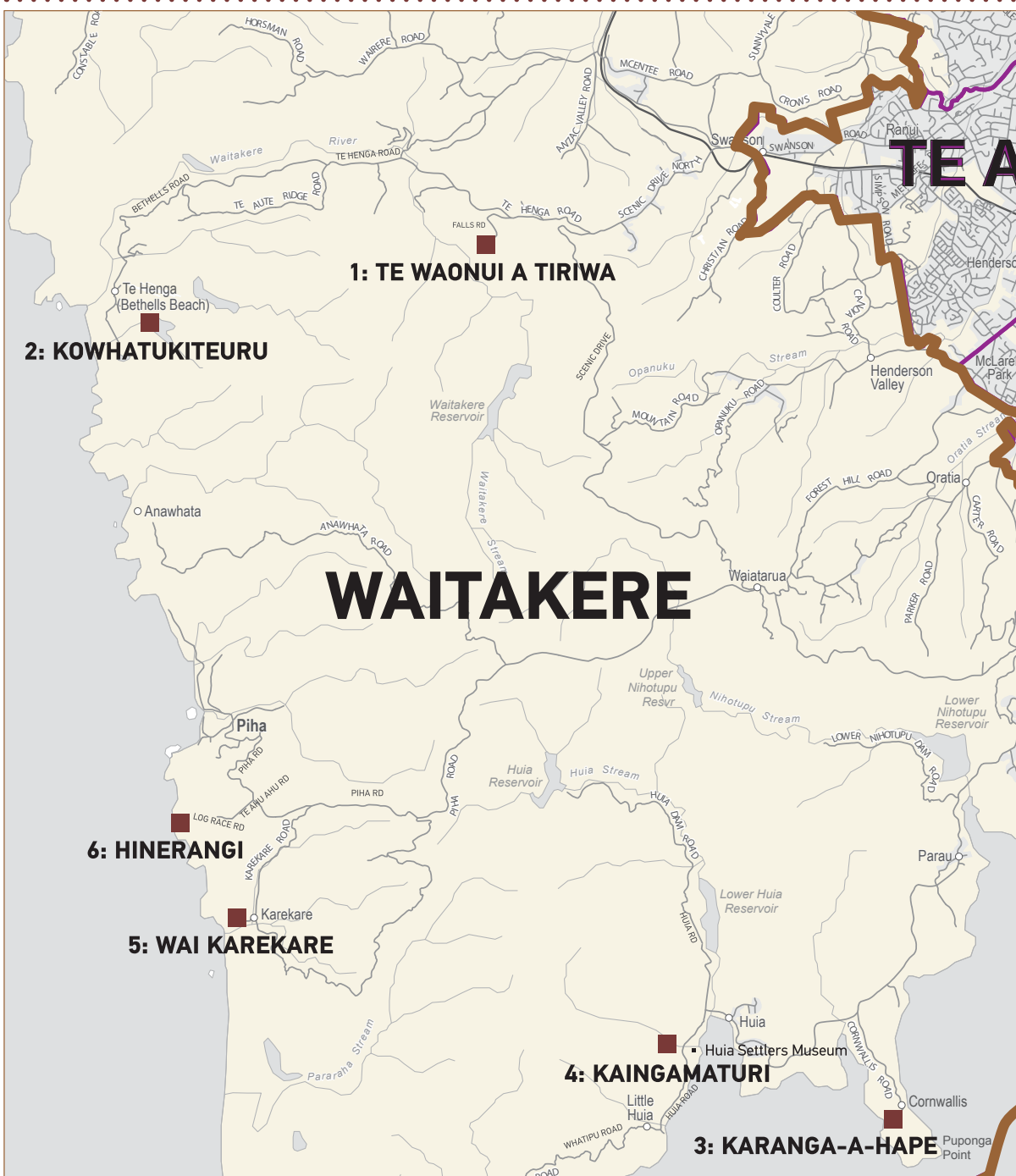
2016 ECOMATTERS KAHIKATEA AWARD FOR OUTSTANDING GROUP TAKING ACTION ON A SIGNIFICANT LOCAL ENVIRONMENTAL ISSUE



FRIENDS OF ARATAKI



# THE POU HERITAGE TRAIL



## 1 TE WAONU I A TIRIWA:

Situated in Cascade Kauri Park. From Scenic Drive take Te Henga Rd then turn left into Falls Rd.

Go to the carpark at end of road then walk back up the road to Auckland City Walk. Follow this walk over the bridge then turn right continuing until you find the pou on the left. Return the same way.

“Te Waonui a Tiriwa” is the name for this area known by Māori as “the great forest of Tiriwa”. Tiriwa is an early ancestor of Te Kawerau a Maki.

## 2) KOWHATUKITEURU:

Situated at the head of Lake Wainamu. Take Scenic Drive and turn right onto Te Henga Rd, which becomes Bethells Rd.

Head for the carpark by a bridge crossing Waiti Stream and look for Lake Wainamu Track. Walk past the sand dunes, follow the stream to Lake Wainamu outlet, then walk around the lake until you cross Ainamu stream. The pou is on the bank next to the waterfall.

Kowhatukiteuru built the pā known as Pā Kowhatu, which stood above Lake Wainamu and is one of the few remaining examples of a stone pā. The spiral on the back of the pou acknowledges the many springs in the area where rituals were carried out.

## 3) KARANGA-A-HAPE:

Situated at Cornwallis Beach. Take Huia Rd until you come to Pine Ave on the left. Head to the carpark by the beach. The pou is just across the footbridge on the beach front.

Karanga-A-Hape depicts local taniwha, the guardians of the Manukau Harbour and Hape, an early tupuna of Te Kawerau

a Maki, who gave his name to this area. Karangahape is the Māori name for Cornwallis. Karangahape Rd was originally a part of a long Māori trail from Cornwallis.

## 4 KAINGAMATURI:

Situated in the carpark at Karamatura. Take Huia Rd and travel past Huia until you get to the bridge, then turn left. Karamatura is on the right, past Karamatura Farm entrance. Head to the carpark. Kaingamaturi (dwelling place of the deaf) depicts two lovers who eloped and hid behind a waterfall, where they became deaf from the roaring waters.

## 5) WAI KAREKARE:

Situated in the carpark at Karekare Beach. Take Scenic Drive to Piha Road, then turn left onto Karekare Rd. Head to the carpark. “Wai Karekare”(Bay of Boisterous Seas). The pou depicts Kowhatukiteuru who built the main Pā on a large outcrop to protect local villages. That outcrop is known today as the “Watchman”.

## 6) HINERANGI:

Situated at Te Ahua Point. Take Piha Rd and turn left into Te Ahu Ahu Rd, which becomes Log Race Rd. At the end of the road, head to the carpark. Take the Mercer Bay Loop Walk. (RHS) and follow the track to the lookout. “Hinerangi”, a tupuna of Te Kawerau a Maki, died at this point after waiting in vain for her husband’s return after he had tragically drowned. Her face became forever etched into the rock face below and became known as ‘Te Ahua o Hinerangi’ (the likeness of Hinerangi).