



The trail moves out of the gully and climbs more steeply up the shoulder of a hill.

This plant was used for medicinal purposes; the seeds were crushed and used as a dressing for wounds. A liquid derived from the leaves was used as medicine for colds or as an ointment for sore muscles and sprains.

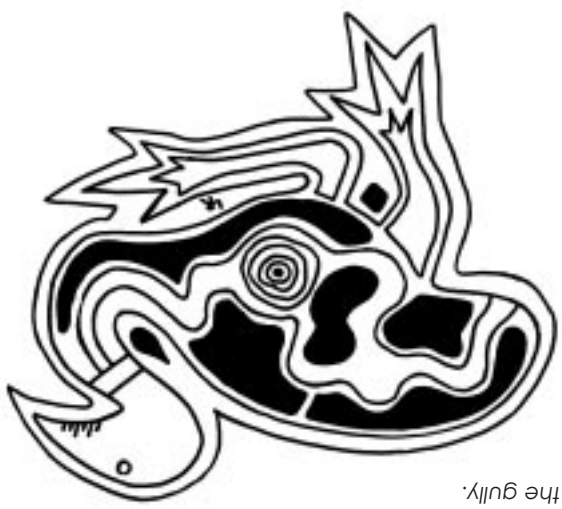
3 Native Apricot
Pittosporum phylliraeoides

Where the trail splits, take the trail straight ahead, continuing up the gully past a disused quarry on the right.

Kaurna people used this area during winter when food and water were available. In summer they moved to the coast to escape the inland heat, searching for food and water and to avoid possible injury from falling branches of River Red Gums.

2 Gadla (Fire)

Fire was an important tool. It was used for heating, cooking, and in ceremonies. 'Firestick farming' (gadia burtito) was a method of land management. It was used for clearing unwanted vegetation and promoting new growth to attract animals to the area. Land was burnt seasonally in a 'mosaic' pattern in order not to cause long term damage to the environment.



Where the trail splits, take the left fork heading into the gully.

The Emu is the Kaurna totem for this area. Totems are important symbols that play a significant part in ceremony and Ancestral stories. It is also a way of ensuring protection through selective hunting, called kuyunda. Ancestral stories provide people with knowledge and understanding of their culture.

1 Kari [male] and Taiya [female] (Emu)

Follow the trail east, to the right of the flood mitigation dam. Where the trail splits, continue straight-ahead.

The Mai Tappa Hike begins at the sign shelter located 125 metres east of the Smith Road entrance car park.

Trailhead
How Kaurna people used the area

The Mai Tappa Hike begins at the sign shelter located 125 metres east of the Smith Road entrance car park.

Trail Notes

- Wear sturdy shoes, hat and sunscreen.
- Carry sufficient drinking water.
- Keep to the defined walking trail and follow the markers.
- Dogs must be kept on a lead at all times. Please clean up after your dog.

Be prepared when bushwalking

Walk Safely



*Time is estimated for walking at a comfortable pace and allows for stops

Distance – 2 km return

Estimated time* – 1 hour return

MODERATE HIKE

- some moderate inclines
- irregular surface with loose uneven base
- average level of fitness

Mai Tappa Hike 'food pathway' of the Kaurna People

Welcome to the Mai Tappa Hike. Along this trail you will discover how Kaurna people ('Gar-na), the original inhabitants of this area, lived and how they used this land.

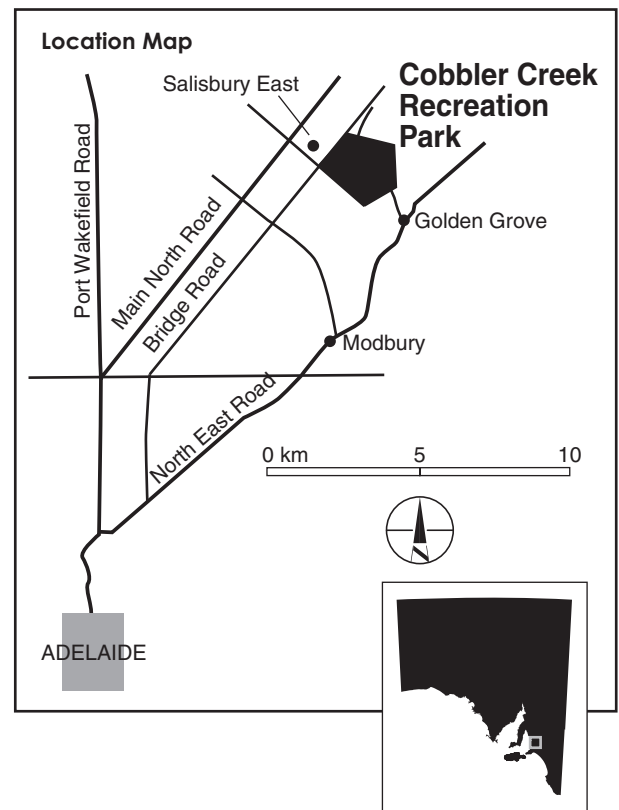
Mai Tappa means 'food pathway' in Kaurna language. The interpretive stops indicated in the brochure correspond to markers on the ground. At each stop, you will discover an aspect of the Kaurna culture including the importance of plants for food, medicine or textiles, and the importance of local animals in Kaurna life.

The National Parks Code

Help protect your national parks by following these guidelines:

- restrain your dog on a lead at all times and clean up after it
- take your rubbish with you
- observe fire restrictions usually 1 November to 30 April. Check CFS hotline 1300 362 361
- camping is not allowed in the park
- respect geological and heritage sites
- keep wildlife wild – do not feed or disturb animals, or remove native plants
- keep to defined vehicle tracks and walking trails
- be considerate of other park users

Thank you for leaving the bush in its natural state for the enjoyment of others.



For further information:

Please contact:
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www.environment.sa.gov.au

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The production of this brochure has been a cooperative effort to bring together knowledge of Kaurna culture, the land and its elements. The agencies and individuals involved are:

- Program for Aboriginal and Islander Students, University of SA – Levels Campus Kaurna Heritage Committee
- Kaurna Heritage Committee
- Cobler Creek Steering Management Group comprising:
 - Department for Environment and Heritage
 - Friends of Cobler Creek
 - City of Salisbury
 - City of Tea Tree Gully

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Revised August 2005 • FIS 2246.05
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Department for Environment and Heritage
Cobler Creek Recreation Park
Mai Tappa Hike



'food pathway' of the Kaurna People



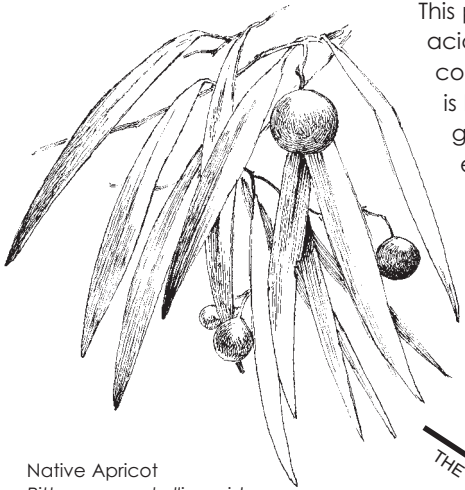
4 Kadno (Eastern Bearded Dragon – Pogona barbata)

The Eastern Bearded Dragon is a common reptile found in the park. Lizards were a valuable source of food for Karna people.



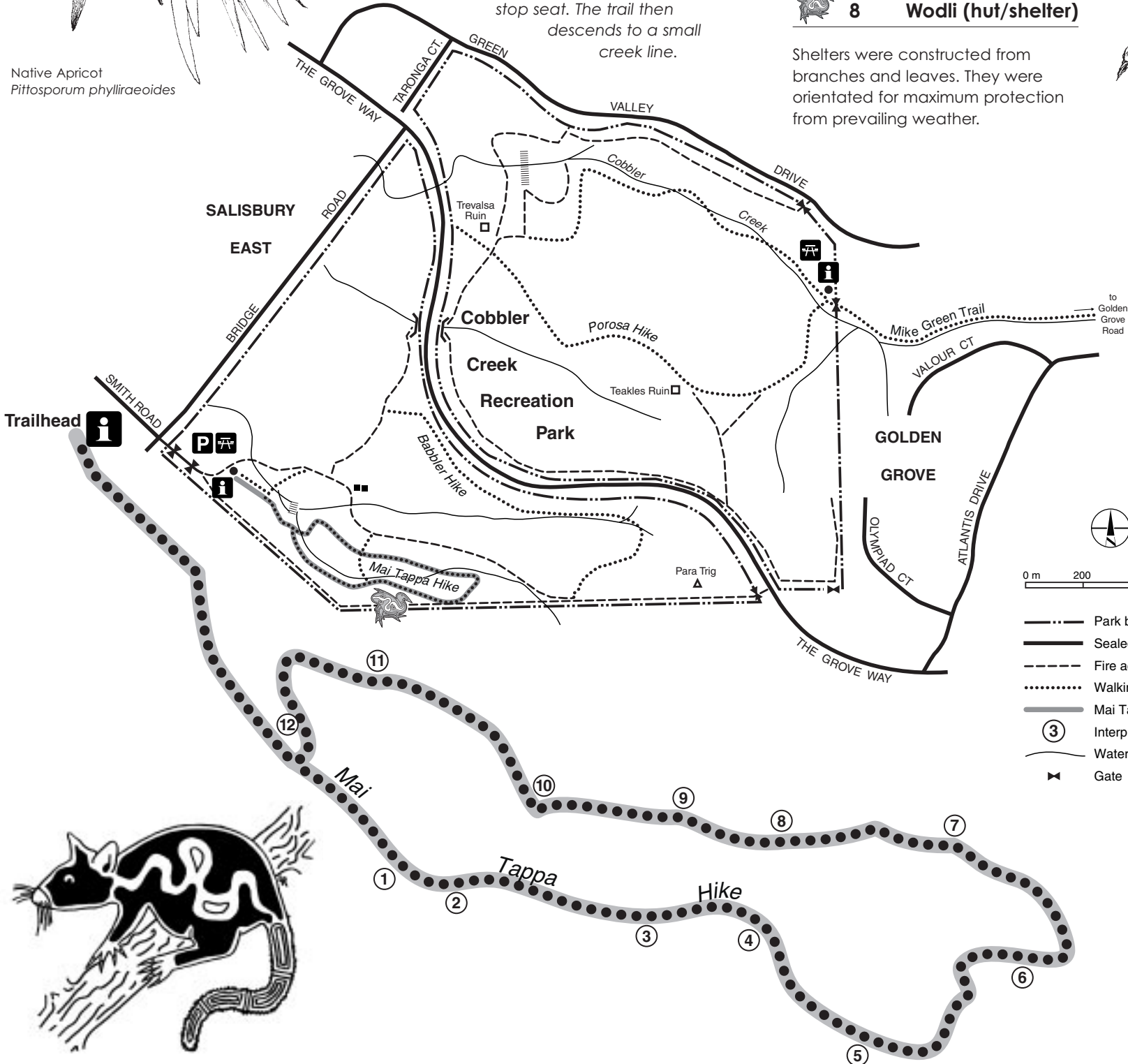
5 Kurti (Quandong or Native Peach – Santalum acuminatum)

This plant has edible fruit which is red, fleshy, and tastes acidic and dry, similar to peach or apricot. Each fruit contains a deeply pitted stone with an edible kernel that is highly nutritious but slightly toxic. The kernels were generally dried and eaten after a certain time had elapsed and were often used for medicinal purposes. A paste made from ground seed kernels was considered a powerful medicine and was used as a form of liniment.



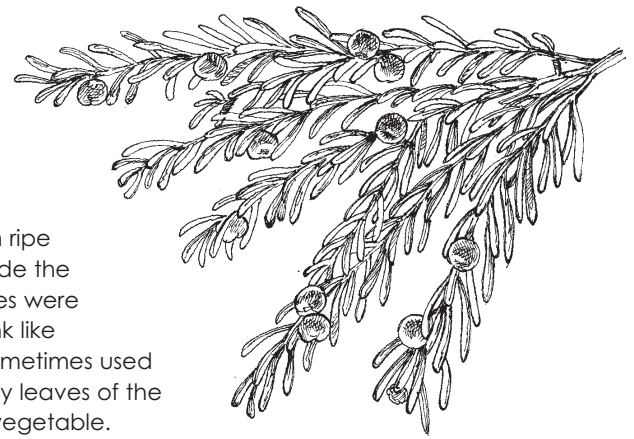
Native Apricot
Pittosporum phylliraeoides

Head north, through a stand of Mallee Box trees regenerating after fire, to a rest stop seat. The trail then descends to a small creek line.



6 Kitya karta (Ruby Saltbush – Enchylaena tomentosa)

This small plant has salty-sweet, red, flattened fruits that are eaten when ripe and juicy. The small black stone inside the fruit was also eaten and dried berries were soaked in water and the liquid drunk like sweetened tea. The berries were sometimes used to produce a red dye and the fleshy leaves of the plant were boiled and eaten as a vegetable.



7 Flax Lily Dianella revoluta

The fibre in the leaf of this plant is very strong. The leaves were split and twisted into a thin cord. This material was used for baskets (tairyedli) and fishing nets (kuyawika).



8 Wodli (hut/shelter)

Shelters were constructed from branches and leaves. They were orientated for maximum protection from prevailing weather.



The blue flowering Flax Lily is commonly found in grassy woodlands



9 Pilta (Common Brushtail Possum – Trichosurus vulpecula)

The Common Brushtail Possum was once common in the area and can still be found in the park and surrounding suburbs. Possum skins were used for clothing.

Within an area of revegetation the Mai Tappa Hike crosses the Babbler Hike. Continue straight on through the junction.



10 Mallee Box Eucalyptus porosa

These trees often have small white crusts on their leaves called 'lerps'. A lerp is a sweet, cap-like covering produced by a small insect to protect itself while it feeds on the leaf. The lerp consists mainly of sugar and was an important food source for Karna people as well as native birds.

A rest stop seat, set amidst Mallee Box, is located immediately after Stop 10 and overlooks the Adelaide Plains. Continue west after the seat.



11 Karko (Drooping Sheoak – Allocasuarina verticillata)

The hard wood of the sheoak tree was often used by Karna people to make boomerangs, shields and clubs. Young shoots were chewed to cure thirst. Young cones (karkomarngo) were roasted on a fire and eaten.

The trail soon veers down into a small creek bed.



12 Marti (Southern Brown Bandicoot – Isodon odesulus)

The bandicoot was once found in this area. It is a small marsupial that was a source of food. The skins were used for clothing. Bandicoots are no longer found in the park due to loss of habitat and predation.

This is the last stop along the trail. Continue back to the trailhead start/finish point and Smith Road car park. Hope you enjoyed the walk.

