

field guide

(english translation)

to the

CAÑI

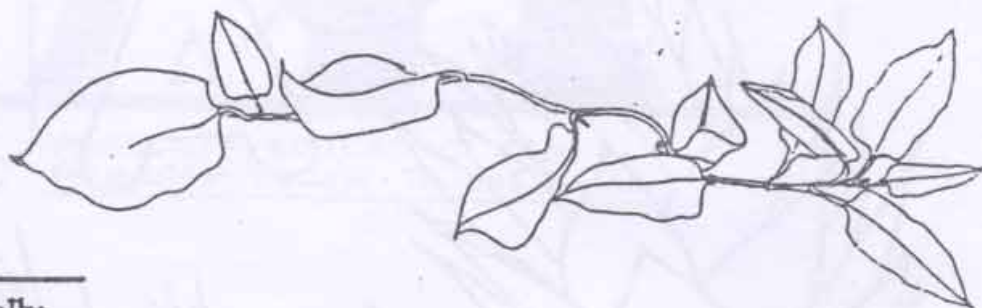


"THE TRANSFORMING VISION"

QUILO or voqui

Muehlenbeckia hastulata (Polygonacea)

A climbing plant with red stalks and leaves shaped like the tip of a lance, and edible fruit. An infusion of leaves and root is a good diuretic and lowers blood pressure. As it is a "cool" plant, the juice of the leaves rubbed together is effective in lowering a high fever.



And finally,

two shrubs that produce berries which are NOT edible, so as to avoid any confusion :

PICHA PICHA *Myrceugenia planipes* (Mirtacea)

Can be seen near the first lakes as you enter the sanctuary from the Coilaco side. The fruit is a large berry about 1 cm across, blackish purple in colour. The bark is used for skin problems.

GUAYUN or repu or arrayán macho ;
Rhaphithamnus spinosus (Verbenacea)

A very ornamental shrub or small tree, with dark green, shiny leaves, thorns and berries a pretty deep purple colour. Not edible.

DIVERSITY OF TREES AND SHRUBS

(Note - the rubbings of leaves on pages 21 & 22 are life size.)

- A. TEPA. Light green leaf. In coihue forest, on Coliaco side.
- B. LAUREL. In the valley. Beautifully shaped oval tree.
- C. FUINQUE. Looks like a fern, found in gulleys and shade.
- D. PALMILLA. Small fern, everywhere.
- E. TRIACA. In water courses.
- F. MAQUI. Red stalks, black edible fruit.
- G. ULMO. Damp areas, lovely white flower.
- H. ÑIRRE. Stunted tree on highest peaks of Cañi range.
- I. NOTRO. Attractive red flower. Invader of deforested areas.
- J. ARRAYAN. Reddish bark, edible fruit.
- K. HUALLE. Only up to 1,000m. Large leaves. Called roble pellin when a mature tree.
- L. COIHUE. Evergreen, serrated dark green leaf. Grows very tall.
- M. LINGUE. Leaves toxic to cattle but used medicinally.
- N. CHAURA. At least 3 species in the Cañi.
- O. LUMA DE LA CORDILLERA. Shrub, purple berries.
- P. AVELLANILLO. Very common, evergreen, with shiny leaves.
- Q. TAIQUE. Likes damp spots. Lovely bell-shaped flower.
- R. CORCOLEN. Very common. Noticeable for "baby" leaves at base of big leaves.
- S. LENGA. Rounded leaf, very regular shape, between 10 and 12 pairs of veins. Grows together with araucaria.
- T. MAÑÍO. Short leaved mañío grows sparsely around 1,000m.
- U. RADAL. Large ones rare. Leaves smell good.
- V. TINEO or PALO SANTO. In gulleys. Rare to see a fully grown one.
- W. OLIVILLO. Near water. Scaly underside to leaf.
- X. TREVO. Very common in cleared areas. Sharp thorns.

THE EARTH SMILES IN ITS FLOWERS

MICHAÍ and CALAFATE

Possibly 4 varieties in the Cañi, all with spectacular small flame-coloured flowers, mostly edible fruits.

CANELO

In the south it grows as a shrub, further north as a tree. The Andean variety, found in the Cañi, is small and forms part of the forest understory. The cream coloured flowers smell of vanilla. The bark has a high vitamin C content.

ORTIGA CABALLUNA

A local nettle, with huge hairy leaves and a beautiful orange flower. It stings.

TAIQUE or CHAPICO

Very common in the Cañi, prefers cool damp habitats above 600m. Flowers are like small copihues, red with yellow tips, and can be seen from September to April.

ESTRELLITA (little star)

In the coihue forest, on fallen trunks and climbing up the shady side of living trees, these little red flowers grow in profusion.

CHILCO or FUCHSIA

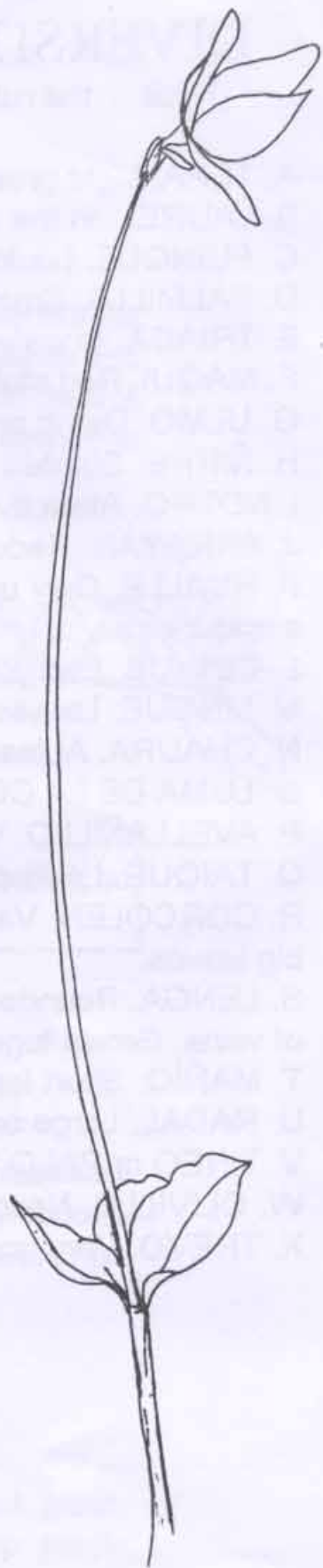
This exuberant native moisture-loving shrub, greatly valued in ornamental gardens, grows abundantly in the area. Its fruit is edible.

CHAURA

Many species in the Cañi, especially on the way to the Mirador, some are edible.

ANEMONA

A bulb, typical of the undergrowth of these forests. White flower.



S. PEQUEN ... BURROWING OWL

L.25cm, back greyish and white spots, foreparts whitish, this owl has long legs and very mobile head, with no "ear" tufts. Diurnal habits, feeds on insects and rodents, nests under ground.

T. COMETOCINO or CHANCHITO ... SIERRA FINCH

L.15cm, bright yellow with grey wings, head and tail, calls tuit - tio, repeated. Lives in densely vegetated areas but will also approach camps.

U. PATO ANTEOJILLO ... SPECTACLED DUCK

L.53cm, found on Cañi lakes, together with other ducks; its call resembles a small dog barking. We would welcome more specific duck information (patient photographers?)

V. PATO JERGÓN CHICO ... SPECKLED TEAL

L.38-43cm, common in summer groups of 10 or more on Cañi lakes; dark facial colouring, quick to hide from danger among tree foliage.

W. TRARO ... CARANCHO CARRION HAWK

L.56cm, this is northern distribution limit; larger than tuque but similar habits. Guttural croaking call, dark head crest, unfeathered reddish areas on face; often observed flying out from rest in forest trees.

X. QUELTEHUE or TREILE ... CHILEAN LAPWING

L.36cm, this ground feeding and nesting meadow bird is well known for its shrieking call warning intruders and, it is said, calling for rain. Colours black, white and grey, reddish beak, eyes and feet.

Y. ZORZAL ... AUSTRAL THRUSH

L.26cm, yellowish brown, darker head, tail and wings, with characteristic bobbing movement. Famous for its song; finds grubs in ground by listening and digging, also feeds on tree fruit. Migrates north in autumn.

Z. DIUCA ... DIUCA FINCH

L.17.5cm, grey with white throat and abdomen, wings and tail darker. Habitat varied, even city suburbs, feeds on seeds, song a monosyllabic trill.

AA. JILGUERO ... BLACK CHINNED SISKIN

L.13.5cm, very common, greenish yellow back, with black on crown and throat. Often seen in flocks, especially in autumn when it migrates locally; melodious song.

BB. LOICA ... RED BREASTED MEADOWLARK
L.26-28cm, male has bright crimson throat and chest, female colouring more subdued; both have light eye stripe. Frequents open grassland. Call ends with rattle.

Over 750,000 species of insect have been identified on the planet, and an even larger number remain as yet unnamed. Chile is known as a "biogeographical island", because of the enormous variety of native animal and plant species it contains within its geographically isolated territory.

One possible explanation is continental drift, since the most closely related ancestors of Chilean insects are found in Australia, Tasmania and New Zealand, with some in southern Africa. Around 500 million years ago, these regions were connected, in Gondwanaland.

"LIVING FOSSILS" ... Few insect fossils have been found in Chile, but there are *living* species that share characteristics with those that lived 40 million years ago or more. One example is the *Apoplania penai*, a moth recently discovered in the *Nothofagus* forests and bamboo groves of the south.

Other cases of primitivism are the 5 species of Mecoptera, one rare example of which is found in quila growth, or near water in *Nothofagus* woods - *Anabittacus iridipennis*. Another is the dragonflies; some of Chile's 50 species share characteristics with those of Oceania. Not to be forgotten, of course, is the araucaria, itself an enormous living fossil.

Here we have sketched some of the insects that are most *common, visible or interesting in the area; some are specifically adapted to the habitat of Nothofagus or Araucaria forest.*

COLEOPTERA have the highest number of member species :

CANTABRIA lives in *Nothofagus* and has pole-like jaws.

HACHERO, so called for its habit of beating its head when captured , is a beautiful metallic green colour,

PILME is highly destructive in kitchen gardens and crops. Its urine leaves a blister. Proliferates in times of drought.

MANCAPOLLOS (meaning "lamer of chickens")
Country people say its strong jaws can kill chickens.

GORGJO de la ARAUCARIA Brown, lives in dead araucaria trunks.

SAN JUAN 1cm long, is a beautiful green colour.

CABRITO Slow and inoffensive, 500 species in Chile.

CUCÚJIDO Very long antennae, common beneath the bark of Nothofagus, in groups together with its larvae.

MADRE DE LA CULEBRA ("Mother of serpents")
Black, female as long as 8cm (5"). Larvae are found in rotten trunks.

JERJEL, TÁBANO & COLIHUACHO All three bite humans

INSECTS NOT ILLUSTRATED : Some are too numerous to mention or extremely easy to find -

ANTS 62 species in Chile.

BEEES Very varied, but only 2 social kinds, bumble bee and domestic or honey bee.

WASPS Over 100 species, none social except 2 which are introduced; one is the Yellowjacket (*Vespula germanica*) from Europe. Voracious and capable of killing insects in flight, nestling birds or honeybee colonies. Painful, irritant bite.

FLIES, MOSQUITOES We include 4 species, 3 of which bite and 1 of which does not (the long-legged mosquito).

Also, CRICKETS, STICK INSECTS,
GRASSHOPPERS, BUTTERFLIES AND MOTHS.

And a note on **ARACHNIDS** ... Only 2 poisonous spiders are known in Chile. The **ARAÑA DEL TRIGO** is unlikely to show up in the Cañi, but the **ARAÑA DEL RINCÓN** is possible, though it is both rare and retiring. It is black, with a large abdomen.

The imposing, hairy **TARÁNTULA** is not poisonous; it lives in holes and under stones. Wide variation in size and colour according to habitat. When threatened, raises front feet prepared to bite. Some wasps lay eggs in its body after they have put it to sleep, as a food store for their larvae.

Finally, mention must also be made of the **SCORPION** (alacrán), which can be found in the Cañi.

(free rendering of a poem by
ELICURA CHIHUAILAF,
prize-winning Mapuche poet)

This is the land where stars live
In this sky you can hear water
singing its dreams

From beyond the clouds that surge
out of these waters
and this soil
our ancestors are dreaming us

Their spirit - it is said - is the full moon
and the silence, their beating heart.

oooooooo

A LITTLE HISTORY

The Cañi sanctuary's unusual mix of ancient trees, dramatic geography and sheer beauty have provided powerful inspiration to many people over the years. In 1990 the Quartermaine-Bragg purchase of the forest and Ancient Forest International fund-raising drive reflected a growing and broad-based interest in native forest protection, triggering a sequence of events that has made your visit possible.

From the start in 1990 it was clear that the forest, cleared of cattle, could provide a unique educational resource. But first it was necessary to create a local legal entity to hold title to the Cañi; the process culminated in the incorporation in 1991 of the Fundación Lahuéñ, Chile's first NGO dedicated to native forest protection and conservation through educational and scientific activities. Lahuéñ is the indigenous word for "alerce" (Southern redwood) or healing plant. 1991 saw the first educational groups visit the forest, and 1992 the construction of the Base Hut. From 1993 to 1994 Canadian funds supported Cañi activities, including a first training course for local ecotourism guides, who began to work in the summer of 1994-5 (the same summer as the launching of the Ecole guest house in Pucón by a group of Cañi friends). The collective aim - eventual self-sustainability for the Cañi sanctuary and its multiple related projects. Towards the end of 1995 a native forest nursery and community project was approved for funding by the Fondo de las Américas; work started that summer and continues, also aiming to contribute to economic sustainability and new sources of local employment.

A bioregional vision is emerging, far wider than that of one sanctuary. Conversations proceed with the authorities to extend protection along the forested ridges and summits of the whole Cañi mountain range, opening them to ecotourism and contributing appropriately to the economies of the surrounding valleys.

WALK SOFTLY ON MOTHER EARTH

Experiencing the forest and its rhythms can bring us nearer to living deep ecology. How can we prepare the experience, and leave behind - even for a few brief moments - the habits of the city in order to listen, touch, and feel the living magic of the Cañi?

SOME GUIDELINES

Simplify everything - food, equipment, ideas... take only what is needed.

Walk calmly, respecting the forest silence. Let's talk quietly, that way we can hear the sounds of those that live there, like the woodpecker and the huet-huet. Conserving energy is also a good safety measure.

Be ready to get tired, cold and wet, perhaps even arrive after dark.

Show respect in everything we do - to earth, water, air, plants, animals and humans.

SOME PRACTICAL DETAILS

EARTH - Garbage: everything gets brought back home, even used toilet paper. There are latrines in the designated camping areas. Elsewhere, make a deep hole, cover it well and bring out the paper. That will keep our traces light.

FIRE - We limit fires to nights in designated campgrounds.

WATER - To keep watercourses pure we wash everything, including ourselves, using artificial containers. Dispose of used water and small traces of food in a hole, well away from the watercourse.

FLORA & FAUNA - Using trails helps to minimize erosion and protect the forest, especially the small plants of the understory. It's preferable not to collect any plants or animals from the forest.

AND....S A F E T Y Each group will have a guide. It's good to stay together as a group while on the move, and walk at the speed of the slowest. As it's easy to get lost in the forest, never leave the group except on marked trails and only after telling your guide.

AND....most important E N J O Y ! without forgetting Chief Seattle's words

" Everything that affects the earth affects the children of the earth " : Let's walk lightly on her.

A. PITIO ... CHILEAN FLICKER

L.33cm, belongs to the woodpecker family. Feeds on grubs and insects in tree trunks. Climbs with specially adapted feet (2 toes forward, 2 back) and stiff feathered tail for support. Calls pitiu ... pitiu ... pitiu ...

B. CÓNDROR ... ANDEAN CONDOR

L.1m10cm, wingspan up to 3m. Sometimes seen around Cañi peaks, legend calls it the spirit of the warrior Manque. Bird of carrion, very wide ranging.

C. GOLONDRINA ... CHILEAN SWALLOW

L.13.5cm, deeply forked tail, captures insects on the wing, high or low depending on temperature. Very common in summer, especially in lake clearings.

D. CHOROY ... SLENDER-BILLED PARAKEET

L.38cm, exclusive to Chile. Uses sharp bill to split open pine seeds, a favourite food. Sociable, moves in chattering flocks. Bright green with dark red tail, and feet with 2 toes forward, 2 back, like woodpeckers.

E. PICAFLOR ... HUMMINGBIRD

The most common is the green-backed firecrown (L.11cm), with iridescent red flash on head and green back. Whistles shrilly, can hover and fly backwards. Has a predilection for red flowers like chilco and escallonia.

F. FÍO-FÍO ... WHITE CRESTED ELAENIA

L.15cm, greenish-grey chest and white crest on head. Two white wing bars. Migrates to Colombia from to September. Its call a plaintive "fi-io ..."

G. CHUCAO ... TAPACULO

L.17cm, reddish throat, erect tail and enormous feet for scratching earth for food; very difficult to see, its repeated bubbling call is for many the most typical forest birdsong.

H. HUED-HUED ... BLACK-THROATED HUET-HUET

L.22cm, similar to the chucao but with blackish throat and erect black tail and feet. Retiring, ground-feeding ; its trademark "huet huet" call becomes faster with alarm, and sometimes a melodious descending series of notes.

I. TINTICA ... WHITE-THROATED TREERUNNER

L.15cm, russet brown, white throat, explores tree bark for larvae and insects. Metallic trill, penetrating whistle and

L.45cm, male has scarlet crown, female only at base of beak; white bars on black wings. Agile climber, capable of hopping vertically down trunks backwards. Makes powerful hammering sound, and has a plaintive cry.

K. MIRLO ... SHINY COWBIRD

L.20cm, also known as Argentine cowbird from its country of origin; feeds on insects and parasites of grazing animals. Male black, female grey-brown, frequents marshy areas as well as other birds' nests.

L. AGUILA-CHILENA ... GREY BACKED BUZZARD

L.70cm, the largest Chilean bird of prey, feeds on animals up to the size of goats; wide wings, short broad tail, adult dark chest, white abdomen, often soars. Re-uses nest and territory over long periods.

M. TIUQUE ... CHIMANGO CARRION HAWK

L.40cm, extremely common all-purpose scavenger, brown with white-banded wings and tail. Sociable, highly agile in the air, characteristic scream, roosts in tree tops.

N. CHERCAN ... HOUSE WREN

L.12cm, found up to 2500m all over Chile except desert, brown smooth plumage, tilted tail, confidently nests around houses. Chatters, from scolding to melodious.

O. AVUTARDA ... ASHY-HEADED (SHELD)GOOSE

L.53cm, grazes in flocks in swampy areas and lake edges, like the Dry Lake. Nests in long grass or dead trees. Pairs for life, migrates in winter. Handsome grey, white, russet.

P. BANDURRIA ... BLACK-FACED IBIS

L.74cm, black face, ochre neck, long curved beak and a characteristic clanking call make flocks of these large birds a common feature of local meadows and marshes.

Q. TORCAZA ... CHILEAN WOOD PIGEON

L. 34cm, scarce, slowly recovering from near extinction in the 50's, this large pigeon has chestnut and violet colours on body, white stripe on head, feeds on tree fruit.

R. CHURRETE ACANELADO ... BAR-WINGED CINCLODES

L.16cm, cinnamon wing stripe, white stripe over eye, this cinclodes ranges farther from water than most; can be found in Cañi clearings until winter.

Also known as pangué. The generous stalks of this gigantic leaved plant are much prized as food by children and adults alike. They are eaten raw and taste slightly tart like rhubarb. The root is a tonic and also used for diarrhea and sore throat. It also serves as a red dye when mixed with the bark of roble pellín (*N. obliqua*).

PARRILLA *Ribes trilobum* (Grosulariaceae)

Also known as muhul. The small black berries are edible. Leaves and twigs are used in infusion to "purify" the kidneys, and for diarrhea and haemorrhage. A poultice made of leaves relieves sprains.

PIÑON *Araucaria araucana* (Araucariaceae)

The seed of the feminine flower of the araucaria or pehuén tree, the piñón, falls in autumn when mice and choroy parrots have a feast. The seeds that survive spend the long winter under snow, and are then sweeter to eat. The name pehuén became that of indigenous people whose diet was based on it - the "pehuenches". Though the piñón contains little protein it is high in carbohydrate and is eaten raw, boiled or ground.

QUILA *Chusquea quila* (Gramineae)

If you manage to find any, the fruits are edible. This attractive bamboo-like plant, which is in fact a plague, flowers only every 10 to 30 years and then dries up. Cattle devour its leaves especially the young shoots. In deforested, burnt areas it is one of the first invaders.

QUINTRAL *Tristerix tetrandus* (Lorantaceae)

Although a harmful parasite that destroys the circulatory system of trees, it has a lovely bright red flower similar to that of the notro.

The leaves and twigs are used for the kidneys after boiling 10 minutes, also for back ache. It dyes black.

QUINCHAMALI *Quinchamalium chilense* (Santalacea)

Native to Chile, Bolivia and Argentina, this fairly rare little plant grows on sunny slopes up to 3000 m (around 10000 ft), and can be found on the Mirador. It is difficult to cultivate because it is a hemiparasite.

After the canelo it was the favourite of the Mapuche as a universal panacea and to dry up wounds. Taken on an empty stomach as a tea with honey, it is effective against diarrhea, is diuretic, cleans the liver and relieves the effect of bruising or strong blows.

ROSA MOSQUETA *Rosa moschata* (Rosacea)

Originally from Europe, Africa and India, this wild rose is now common in Chile and Argentina. In the central precordillera foxes and birds enjoy its sweet fruit (hips) in autumn when other food becomes scarce. They are full of vitamin C and make an extraordinary jam or syrup. An infusion of the dried fruits is good for colds and flu, aids digestion and acts as a diuretic. The oil is highly valued as a healing agent and for wrinkles.

TRUN *Acaena* spp (Rosacea)

This little plant grows along the ground and has strawberry-like leaves, and fruits that turn into burrs with sharp little tips that cling to clothes and fur, and so are spread far and wide. The leaves and stalks boiled are good for diarrhea.

USNEA spp - Old Man's Beard

Used as a yellow dye, and to light a fire with wet wood: a little usnea on top is said to help it ignite.

THE NOTHOFAGUS OF THE CAÑI

Of the 40 species of Nothofagus in the Southern Hemisphere, there are 10 native to Chile, 4 of them in the Cañi. Only the Coihue is evergreen.

ÑIRRE (*Nothofagus antarcticus*)

Specially adapted to low temperatures and steep slopes, a small and scrublike tree. Its rough and cracked grey bark makes it look very old. The leaves turn an intense red in Autumn. It often grows together with Lenga. Edge of leaf as if "written", with 4 - 5 pairs of veins.

LENGA (*Nothofagus pumilio*)

Also adapted to low temperatures. A beautiful tree with light green leaves that grow in layers, it can be seen growing as a stunted bush in high spots like the Mirador. It grows up to the tree line, approximately 1,500 m. Leaf edge very regular "m" shape between 10 - 12 pairs of veins, half of them faint.

COIHUE (*Nothofagus dombeyi*)

A noble evergreen which can grow up to 40m high and 4m wide, it has dark green layered foliage. The wood is much used for building although it is not resistant to humidity. The leaves are arrow-shaped with a regular serrated edge.

HUALLE or ROBLE (*Nothofagus obliqua*)

Its bark forms plates. Highly prized as wood as it resists water. When mature it is called "pellín", a very hard, red, water-resistant wood that is now scarce. Hualle is popular as firewood because it grows so fast. Leaf edge as if written untidily, 8 - 15 pairs of veins.

The name Nothofagus ("false" or southern beech) refers to the family Fagaceae to which these belong - found in temperate zones and all of them monoicas (feminine and masculine flowers on the same tree). Others are Fagus (beeches), Quercus (oaks), and Castanea (chestnuts).

NOTE - The relative proportion of the leaf sizes on page 19 of the leaflet is accurate, although the images themselves are slightly smaller than life size.

The **ARAUCARIA** or **PEHUEN** grows from around 1,000m above sea level, up to the highest and most exposed ridges in the Cañi range. It can reach a height of 50m and a trunk diameter of 3m. Its thick bark forms rectangular plates called "choros". The seeds of the feminine flower form big cones which drop the "piñón" in early autumn. These have traditionally been the staple diet of the Pehuenche people.

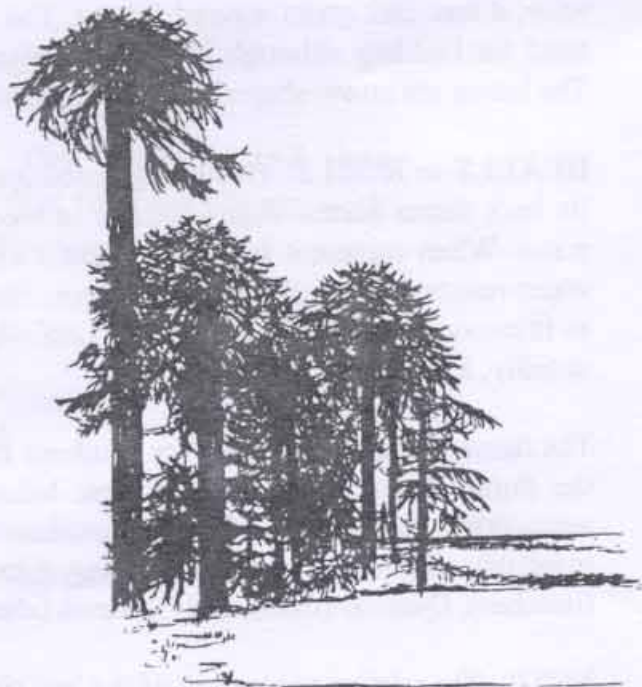
As a species it is considered to be a living fossil. It has inhabited the earth uninterrupted for some 200 million years, since the dawning of tree life in Gondwanaland. Once food for dinosaurs, it has survived eons of natural predation only to become endangered by the modern industrial human.

THE LAST CHIEF

José María Avilez died in 1949, aged about 90. He was buried with great ceremony in a robe coffin he had had made, which was placed inside a carved out robe trunk and carried by oxen to Pichares cemetery. His riding gear, and other personal belongings like his silver spurs, were buried with him.

According to his daughter, he recalled the time when Villarrica was first colonized. In 1938 he donated 2 hectares for the local school to be built.

The "**Puesto José María**" lake is named after him because he used to spend the summer in the Cañi camped beside it with his second wife (of four), making cheese.



MEDICINAL AND EDIBLE PLANTS

In the Cañi "cordón" (range) and surrounding area there is a rich variety of medicinal plants, some of which also have edible fruits. This is a selection of 25 of the most common ones .

ARRAYAN *Myrceugenia* o *Luma apiculata* (Mirtaceae)

White flowers and lovely brick red and white bark, black edible berries tasting a little tart. Infusion made of leaves and twigs is used for kidney problems. Native to Chile and Argentina.

CALAFATE *Berberis buxifolia* (Berberidaceae)

A spiny bush with the thorns grouped in threes (often very long), its fruit is edible. The dark berry grows singly, not in bunches as on the michai, another *Berberis*.

CANELO *Drimys winterii* (Winteraceae)

A canelo branch is a symbol of peace to the Mapuche people. It is native to America, Australia and New Zealand (due to the ancient proximity of the continents). Winter was a sea captain who took the bark of the canelo to Europe in 1578 to cure scurvy, for its very high vitamin C content.

It has many medicinal uses, but in the area it is especially popular in cases of infected wounds (with pus). An infusion is made with leaves, for 5 minutes, and the wound is washed with it. A leaf is placed on the wound. For toothache due to a current of air or sudden change of temperature ("aire"), a leaf is heated on the stove and placed on the cheek with Mentolatum. If a horse has a cold, the leaves place round the bit help to give some relief.

A common shrub in the Cañi, but with so many species it is difficult to identify the edible ones. We advise.. only eating the fruits when with a local guide who can identify which is which.

CHILCO *Fuchsia magellanica* (Onagracea)

The fruit of this famous flower native to Southern Chile, is edible. It has many tiny seeds and tastes like a fig. Pick them in Autumn when they are almost black.

A scraping of bark off a branch is boiled a few minutes and taken for high fever. It is also used for "empacho" (overeating), and problems of circulation, kidneys and diabetes.

COPIHUE *Lapageria rosea* (Fiesacea)

Evergreen climbing plant with a tulip-like flower, it is the Chilean national flower. Native to Chile and Argentina, it thrives in the shade of the southern temperate forests. The twisting stems are useful in basket work, and its fruit is edible. Birds pollinate it, especially the hummingbird, as is also the case with fuchsia and escallonia.

DIGUEÑE

A fungus that grows on the hualle (*N. obliqua*), in August and September, later turning into a strange knobbly lump. It is orange, round and spongy, about 2.5 cm across. Delicious in salads or fried with eggs or vegetables .

The coihue (*N. dombeyi*) also produces its own digueñes. People say there are two kinds, one of them sweet. This is the one that acts like alcohol and can make you drunk.

FRAMBUESA *Rubus geoides*

Although the name means raspberry, this tiny creeping plant has leaves like strawberries and tiny similar fruit. It

Verbascum thapsiforme (Escrofulariacea)

Originally from Europe, this strange hairy plant called after the cloth its leaves resemble, is highly valued for its use in bronchial problems like asthma and coughs. It is antispasmodic and a slight tranquillizer. An infusion of leaves and flowers is recommended.

LAUREL *Laurelia sempervirens* (Monimaceae)

Not to be confused with the bay leaf or *Laurus nobilis*, this is a native tree with aromatic dark green shiny leaves, evergreen, and a greenish wood much prized in carpentry. The leaves, flowers and bark are used in infusions with honey for coughs and colds.

LIMPIAPLATA *Equisetum bogotense* (Equisetaceae)

Its name means "silver cleaner". This little plant is a survivor of a group which abounded in the Triassic period (some 195 million years ago) and the Devonian (320 million) and there are fossils which testify that it used to grow to some 30 m (almost 100 ft) tall.

It is very useful in all urinary problems, like cystitis, kidneys and gall bladder, because it is a natural diuretic. Make an infusion and sip twice a day for two days.

It is also used as a compress for wounds, mainly putrid ones like ulcers. Some locals use it to clean their teeth, or silver...or even on an empty stomach for any ailment whatsoever.

LINGUE *Persea lingue* (Lauraceae)

Strangely enough this is also a Lauracea like the bay leaf, but not like the "laurel" here. It is not fragrant. There are few of them left which are not new growth, because they have been exploited in the leather curing trade as well as for dyes (brown). As a medicinal plant it is very concentrated, and only a piece of one of the big leaves is

For cattle it is toxic, yet torcazas (a rare native dove) devour its fruit. Not suitable for babies. Native to Chile.

tena cimensis (Elaeocarpacea)

of the "fresh" or "cool" plants, it is
tive with nappy rash, sore throat, mouth
evers. An infusion is made of a teaspoon
up of boiling water. For nappy rash the
ed in the hand with warm water until, by
/ juice is made and applied directly to the

is also remarkably effective in lowering
cially in babies; mix it with a little warm
in copious amounts.

s, much sought after by children when
and used in infusion for diarrhea.

lleia globosa (Buddleiaceae)

palqui, palguín or pañil, it is native to
common in the South where the leaves
to 15 cm) than in the Central region.

vn healing agent for the skin. The leaves
ground, and the powder can be applied
ind or ulcer. As an infusion it is also good
diarrhea.

ris darwinii (Berberidaceae)

ich are edible, grow in bunches and taste
leaves are like holly, edged with tiny

d as a yellow dye. The bark in infusion
d is good for the liver. The berries are
flu and menstrual pain.

gni molinae (Mirtaceae)

c red berries, delicious raw and also
. The shrub grows in humid, shady spots
forests.

MARIPOSA BLANCA

White solitary flower on a long stalk, like a snowdrop. It lasts barely 2 weeks at summer's end.

SIETE CAMISAS or ESCALLONIA

Small pink flowers found on Mirador, related to the ñipa in the central region, but without that curry smell. Commonly cultivated in Europe, native to Chile.

VIOLA AMARILLA

Five petalled yellow flower, very common, relative of the pansy.

LIUTO or ALSTROEMERIA

Native, very visible on slope approaching Mirador; flowers spotted, varying shades of yellow.

FRAMBUESA

A small native plant with red edible fruits hidden beneath strawberry-like leaves..

LYCOPODIUM

Grows on the forest floor, looks like moss.

TRUN or AMOR SECO

Strawberry-like leaves. The fruits are burrs that stick to everything.

ESTRELLA DE LOS ANDES

Beautiful lilac-coloured flower with many petals and large, irregular leaves emerging directly from the ground.

CAPACHITO or TOPA-TOPA

Striking yellow flowers like little balloons. They prefer sandy areas like the edge of Laguna Negra.

ECHOES FROM DISTANT TIMES

CRATERS and NAMES

The Cañi sanctuary area is considered to be a series of ancient, eroded volcanic craters.

There are also some 18 small lakes, each with its own special character and atmosphere.

Traditional names which have endured are : Dry Lake, Black Lake, Twin Lakes, Puesto José María and the Mirador or 3 Peaks.

FISH IN THE LAKES ?

Some years ago trout were introduced into the Black Lake (Negra), but it seems there was insufficient food for them to become established.

THE DRY LAKE

In the 70's the lake -also known as Totoras (Rushes) for its vegetation - was drained and sown with grass for cattle pasture. Before leaving it to go up to the sanctuary, it is well worth a moment looking down into the deep drainage channel. In places it goes down to volcanic bedrock as deep as 5 meters.

The lake is an extraordinarily beautiful spot, where you see your first araucarias as you walk up from Pichares.

PEOPLE OF THE AREA

Almost all the families around are owners of small farms which they use to raise animals and produce crops and timber.

Pichares and Coilaco Bajo were once Mapuche reservations, and aspects of this culture still endure. The name of the Cañi itself means "TRANSFORMING VISION". Tradition has it that the indigenous inhabitants used the Cañi for ceremonies. There are people today who still believe that you must leave a small offering

BELIEFS AND TALES

There are various local beliefs about the Cañi hills and forest. The last chief himself used to say that cordilleras (mountain ranges) have owners, and that they are "enchanted". And so, he would say, it is wise therefore not to be insulting or shout while in the mountains.

It is also believed that there used to be silver up there but that it was buried under a landslide. Tools are said to have been found where people dug for silver.

You can sometimes hear a sound like a gunshot; it is simply the cordillera "creaking". Or something like a hammer blow on a box, which is the sound of the amazing Magellanic woodpecker.

Many locals have commented on strange blue lights they have seen hovering in the depths of the forest at night.

Once, they say, two bulls were fighting, and one of them moved backwards. He suddenly disappeared into the moss-covered swamp beneath his feet. There are several such areas in the forest.

And why was the Pudú, the world's smallest deer, chosen as the emblem for the Cañi Education Project? As a symbol of the inter-relatedness of the forest ecosystem. It is a constant, almost invisible presence in the forest, though its tracks are often seen. Rather like the Puma or León (mountain lion). But that is a subject for telling stories around the camp fire at night

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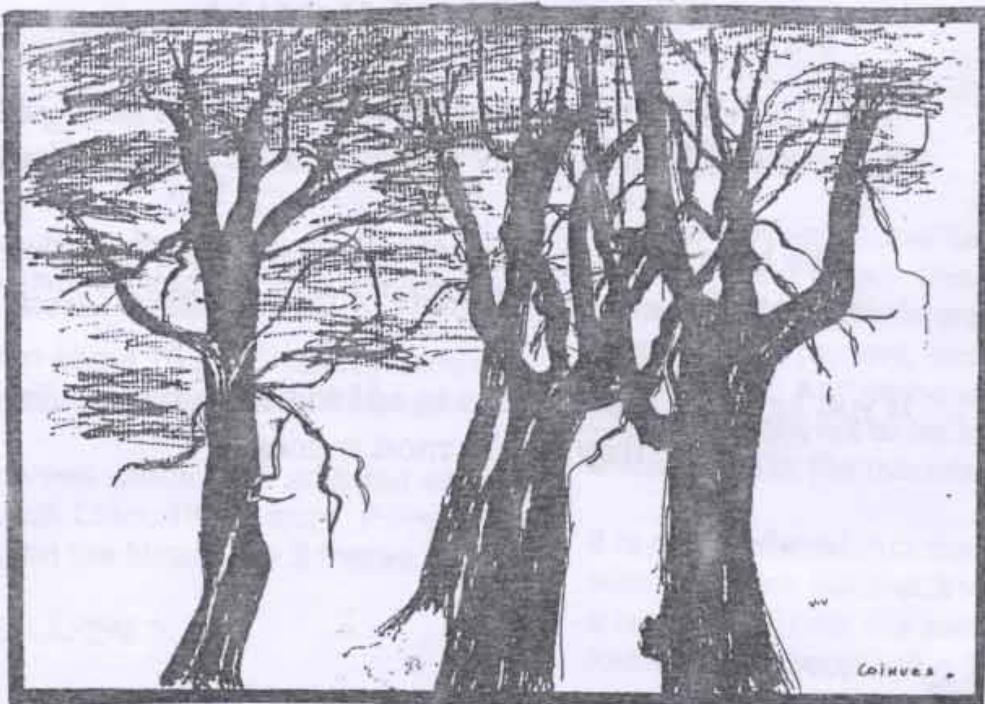
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