A REPORT ON THE BIRDS OF NEPAL
A VISIT BETWEEN MARCH 13th - APRIL 14th
1989

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WHY NEPAL?

The number of species of bird recorded in Nepal is over 840, a remarkably high number for a country the size of the United Kingdom. In a one month trip one can probably see over 300 species without too much trouble, and maybe many more. It is also easy to see some incredible wildlife such as Indian Rhinoceros at close range. The scenery is some of the most spectacular anywhere in the world and the weather good most of the time. All in all an excellent place to go, and it's cheap.

VISAS

You need a visa before you can enter Nepal. Visas are obtained for a one month period by sending 2 passport sized photographs, ten pounds sterling, a visa application form and your passport, to: The Nepalese Embassy, 12a Kensington Palace Gardens, London, W8. The visa is only valid for three months from the date of issue, and must last until the day you leave or later. It takes about two weeks for them to return it to you. If your staying longer than a month you will need to get an extension. To obtain an extension you need one passport size photograph, your passport and a foreign bank receipt to show you have changed at least $10 a day for each day of the extension. The extension costs 75 rupees for each extra week. To obtain your visa extension or a trekking permit you need to go to the immigration office, most taxi drivers etc know where it is.

Treking permits cost 200 rupees which goes towards conservation. To obtain one you need a passport size photograph, foreign bank receipts to show you have changed at least $10 for each day of your trek, and your passport. You can collect the permit the next day. A trekking permit is also a substitute for a visa.

INJECTIONS

- Tetanus
- Polio
- Typhoid 1 and 2
- Hepatitis A (3 days before you go)
- Malaria Tablets

MAPS

It is much cheaper to buy maps once you are in Nepal, as they are about 1/10th the price. They are widely available throughout Kathmandu and Pokhara.

MONEY

The Nepalese currency is the Rupee. There are 100 paisa to 1 Rupee. When we went there were 45 Rupees to one Pound Sterling.

BUSES

The buses are very noisy, bumpy, dusty, uncomfortable and often overcrowded, but very cheap and definitely worth going on unless you can afford to fly and can get a seat. Flights cost about $50 - $60 to most places from Kathmandu.

Local buses to PHULCHOWKI go from Ratna Park or opposite the Post Office to Largankheli (large bus station). You have to change buses at Largankhel and catch another bus from the same bus station to Godawari (6 Rupees return). Buses run every half hour or when full. On the way back you have to again change buses at Largankhel and then catch a bus back to Kathmandu. The last bus back from Godawari leaves at about 1900 hrs.

Local buses to DOKhana also go from Ratna Park or opposite the Post Office. You have to catch a bus going to Bodhnath and stay on until the last stop which is normally right outside the entrance to the park. It costs 1 Rupee each way.

Buses to KOSI BARRAGE cost 45 Rupees and leave at 1600 hrs from near Bhishen Tower. You need to book your ticket a day in advance from one of the many offices near Bhishen Tower. It takes about 114 hours to get there and travels overnight. There is a check post at Kosi so all the buses have to stop.

Buses from KOSI to HETAUDA cost 54 Rupees. There is only one bus a day and it leaves at 0700 hrs. Catch the bus at the check post. It is normally full so there is no guarantee of getting a seat, and it takes about 8 hours to reach Hetauda (large bus station).

The bus from HETAUDA to KATHMANDU (overnight) leaves the main bus station at 2100 hrs and takes about 10 hours to get to Kathmandu. It costs 83 Rupees and tickets can be booked at the main bus station.

The bus from Kathmandu to POKHARA leaves at 0700 hrs from Bhishen Tower and costs 120 Rupees. Book your ticket a day in advance at one of the Bhishen Tower offices and try to get on one of the tourist buses. The journey takes about 8 hours.

The bus from POKHARA to SAURANGA (Chitwan National Park) leaves the main bus station at 0700 hrs and costs 65 Rupees. It takes 6 hours and you need to get off at Tadi Bazaar. From here take an ox cart to one of the many lodges (cost 10 Rupees).

The bus from SAURANGA to KATHMANDU leaves Tadi Bazaar at 1000 hrs and costs 75 Rupees. You can book tickets in advance to guarantee a seat at the office in Tadi Bazaar and the journey takes 5 - 6 hours.
BOOKS
Carol Inskipp - "A Birdwatchers Guide To Nepal". It may seem expensive but it is definitely worth buying, as it is full of very useful information which will make your trip much easier, and so more enjoyable.

Fleming, Fleming and Bangdel - "Birds Of Nepal". Artwork etc not very good, but probably worth having.

King, Woodcock and Dickinson - "A Field Guide To The Birds Of South-East Asia". Better artwork, but many species recorded in Nepal not in the book as it is outside the area covered.

MEDICAL KIT
It is very advisable to take a good medical kit. The kit should contain a minimum of Bandages, Plasters and Padding for blisters, Iodine for diarrhoea, Aspirin and Cold Cure medicine (including cough sweets), Antiseptic cream and Iodine for purifying water. Alternatively, you can drink the bottled mineral water available at most places. We were told that water purifying tablets did not kill the amoebas in the water but iodine did.

TREKKING
We did the JOMSON TREK and took 15 days to do it. We also hired 1 porter and a guide/porter to carry your gear, which made birding much easier, but obviously cost much more than carrying your own pack (150 Rupees a day plus food).

We learnt two important things about trekking:
1. You don't need to take as much gear as you think.
2. 15 days is much too quick to walk from Pokhara to Muktinath and back. The walking is quite strenuous in places and you need some rest days. Some places like Poon Hill and Ghaza need more than one day to cover properly.

For the start of the trek it is probably worth taking one of the many jeeps from Kinning Hospital (Pokhara) to Sikkhet, cost 25 Rupees. Taking the jeep cuts out a 4 hour walk that goes through a river valley similar to the ones in Kathmandu. You are probably not likely to miss much by taking the jeep.

KATHMANDU VALLEY

PHULCHOWKI: This is the best place for birding in the Kathmandu Valley, and there is an amazing variety of birds as well. It is well worth spending at least one day here even if you only have limited time. The bus to Godawari stops at the bottom of the track to Phulchowki Summit.

GODAWARI ROYAL BOTANICAL GARDENS: These are also good but you need another day as Phulchowki takes a whole day on its own.

MAP 1: PHULCHOWKI SUMMIT AND GODAWARI ROYAL BOTANICAL GARDENS
KATHMANDU VALLEY

GOKARNA: Try to get to the park when it opens at 0700 hrs as this is by far the best time for birds. They disappear later in the day as the park is popular and hence gets disturbed. The entry fee to the park is 15 Rupees.

ARUBERI AND BAGMATI RIVER: The area around Aruberi Temple and the Bagmati River between Bodhnath and Gokarna are worth a look in the afternoon when the park is busy.

MAP 2: ARUBERI, BAGMATI RIVER AND GOKARNA

KOSI BARRAGE

There is no bottled water available at Kosi only tea and Coke. Stay at Narayan Hotel, room 10 Rupees a night. It is a very basic room in a wooden hut but is the only accommodation available. There is no toilet in the whole area. You need to spend at least two days here, and the more days the better. It is a very long journey on the bus and very basic when you get there, but it is definitely worth visiting if you have the time as the birding is excellent. You need to do both the western and eastern embankments and the pools to the east of the barrage.

POKHARA

At Pokhara bus station many people meet the buses and try to make you stay at their hotels. Choose one of the ones at Damside as it is nearer the better birdwatching areas and is less busy. Damside also has booking offices for tickets to Chitwan National Park and back to Kathmandu, and shops. You can also hire boats here to go out onto Phewa Tal, and K.C.'s Restaurant is good for food. The wood to SE edge of Phewa Tal is good for birds.

SAURABA (CHITWAN NATIONAL PARK)

We stayed at the Eden Guest House Sauraha which cost 60 rupees for a double room. The place was very friendly but the food not so good. We took one of their guides Deepak into the park, and he was very knowledgeable about the birds and wildlife. He showed us some species which we may not have seen without him. The entry to the park costs 65 Rupees which all goes to conservation. It is definitely advisable to take a guide into the park with you. They cost about 100 Rupees per person they take. The guides know the sounds of the jungle and try to keep you safe from the dangerous animals such as Tiger and Rhinoceros.

The area around the river to the right of the checkpoint at Sauraha is very good, as are the woods and grassland in the park itself. You need about three days in the area, but some days could prove profitable.
ITINERARY

13th MARCH - KATHMANDU CITY
14th MARCH - PHULCHOKI
15th MARCH - LEBULI, BASMATI RIVER AND SOKARMA
16th MARCH - SWAYAMBHUNATH AND SUROUNDED AREA
17th MARCH - KATHMANDU CITY
18th - 20th MARCH - XOSI BARRAGE
21st MARCH - SODAMERI AND PHULCHOKI
22nd - 23rd MARCH - POKHARA WOODS
24th MARCH - 6th APRIL - JOHNSON TREK
25th MARCH - SAURANA (CHITWAN NATIONAL PARK)
26th MARCH - KATHMANDU VALLEY

JOHNSON TREK

24th MARCH - JEEP TO SUKHEK, SUKHEK TO CHANDRAPUR
25th MARCH - CHANDRAPUR TO ULLERI
26th MARCH - ULLERI TO POON HILL
27th MARCH - POON HILL TO TATOPANI
28th MARCH - TATOPANI TO GHASA
29th MARCH - GHASA TO TUKUKE
30th MARCH - TUKUKE TO KAGBENI
31st MARCH - KAGBENI TO MUKTINATH
1st APRIL - MUKTINATH TO JOHNSON
2nd APRIL - JOHNSON TO GHASA
3rd APRIL - GHASA TO TIPILYAM
4th APRIL - TIPILYAM TO BENI
5th APRIL - BENI TO KUSMA
6th APRIL - KUSMA TO KARKINETA
7th APRIL - KARKINETA TO NAGGANDA, BUS TO POKHARA

EXPEDITION MEMBERS

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If you would like any more information please feel free to phone the above number.

CONCLUSION

In conclusion Nepal was a very worthwhile and interesting country to visit. We saw 340 species of bird in just under 5 weeks of birdwatching. We may have seen more but were slightly harpered by a shortage in Nepal stopping the running of most taxis and buses. We also saw some varied and interesting wildlife including: Indian Rhinoceros, Bharial (crocodile), various species of Rhesus Macaque, Grey Langur, Red Fox, Indian Grey Mongoose, Wild Boar, Chital (spotted deer), Hog Deer, Swamp Deer, Squirrel and House Rat.

KEY TO THE FOLLOWING PAGES

The bird names follow Inskipp "A Birdwatchers' Guide To The Birds Of Nepal". Those names in brackets follow Fleming, Fleming and Benedict "Birds Of Nepal".
STORK-BILLED KINGFISHER
CHESTNUT-HEADED BEE-EATER
CRESTED TREE SWIFT
CDMSP1N KINGFISHER
LITTLE SWIFT
PACIFIC SWIFT
PIED KINGFISHER
RED-HEADED REDSDM
ALPINE SWIFT
CO~ON
SPEOTED LITTLE OWL
SCARLET L\NEATED BARBET
CITRINE WAGTAIL
OLIVE-BACKED PIPIT
ORIENTAL SKYLARK
GREY-HEADED IIOODPECKER
ORIENTAL PIED HORNBILL
CRAG KARL
GREATER GUCAL
CO~ON
RED-RUMPED SWALLOW
YELLOW-THROATED BARBET
LESSER YELLOW-NAPPED WOODPECKER
GREY-HEADED WOODPECKER
GREY WAGTAIL
BROWN THROATED SAND MARTIN
CRA\ MARTIN
BARN SWALLOW
RED-RUMPED SWALLOW
NEPAL HOUSE-MARTIN
RICHARD’S PIPIT
OLIVE-BACKED PIPIT
ROSY PIPIT
UPLAND PIPIT
YELLOW WAGTAIL
CITRINE WAGTAIL
GREAT BARBET
BLUE THROATED BARBET
LESSER GOLDEN-BACKED WOODPECKER
FULVUS-BREASTED PIED WOODPECKER
BENGAL BUSHLARK
SANDLARK
ORIENTAL SKYLARK
BROWN THROATED SAND MARTIN
CRAB MARTIN
RED-WHISKERED BULBUL
WHITE-CHEEKED BULBUL
RED-VENTED BULBUL
Cuculus canorus
Surnicolus lugubris
Eudynamys scolopacea
Centropus sinensis
Centropus bengalensis
Otus spilocephalus
Glaucomys blalioides
Athene brama
Collocalia brevirostris
Apus apus
Apus pacificus
Apus melba
Apus affinis
Hemiprocne coronata
Harpactes erythrocephalus
Halcyon sphenysnis
Pelargopsis capensis
Alcedo atthis
Ceryle rudis
Merops orientalis
Merops leschenaulti
Coracias benghalensis
Eurystomus orientalis
Upupa epops
Anthracoceros coronatus
Megalaima virens
Megalaima lineata
Megalaima asiatica
Picus chlorolophus
Picus canus
Picus myrmecephalus
Dinopis stori
Dinopis benghalensis
Chrysocolaptes lucidus
Dendrocopos canus
Nirfaka ama
Calandrella rutila
Alauda gulgula
Riparia paludicola
Ptyonoprogne rupestris
Hirundo rustica
Hirundo daurica
Dendroicos nipalensis
Anthus novaeseelandiae
Anthus hodgsoni
Anthus roseatus
Anthus sylvanus
Motacilla flava
Motacilla citreola
Motacilla cinerea
Motacilla alba
Motacilla maderaspatensis
Tephrodornis gularis
Coracina melanostictos
Coracina novaehollandiae
Pericrocotus flaveolus
Pericrocotus etholopogus
Pycnonotus jocosus
Pycnonotus leucogenys
Pycnonotus cafer
Everywhere
Jooson Trek (1)
Everywhere
Kosi (1)
Jooson Trek (1)
Sauraha (1)
Jooson Trek (1)
Jooson Trek (10)
Jooson Trek (5)
Mugling (6)
Jooson Trek (9)
Kathmandu
Sauraha (2)
Sauraha (1)
Everywhere
Sauraha (5)
Kosi (12)
Kosi (7), Sauraha (18)
Bokhara (16), Sauraha (35)
Kosi (13), Sauraha (15)
Sauraha (2)
Kosi (104), Sauraha (2)
Sauraha (2)
Pokhara (7), Jooson Trek (16)
Sauraha (3)
Aruberi (1), Jooson Trek (6)
Sauraha (1)
Sauraha (4)
Sauraha (2)
Sauraha (6)
Pokharka (2), Sauraha (5)
Kosi, Sauraha
Kosi (1), Sauraha (6)
Aruberi (3), Kosi (6)
Everywhere
Jooson Trek (300+)
Everywhere
Pokhara (50)
Kathmandu Valley
Everywhere
Kosi (6), Jooson Trek (2)
Jooson Trek (5)
Kosi (20+)
Kosi (30+)
Everywhere
Everywhere
Kosi (17)
Jooson Trek (1)
Jooson Trek (1)
Sauraha (2)
Pokharka (1)
Aruberi (4)
Kosi (4), Sauraha (6)
Pokharka (21), J.T. (50+)
Everywhere
1. Hypsipetes acutellandii
2. Hypsipetes madagascariensis
3. Anethia tirphia
4. Chloropsis hardwickii
5. Irena puella
6. Cinclus pallasii
7. Troglodytes troglodytes
8. Prunella staphiophila
9. Prunella rubeculoides
10. Luscinia calliope
11. Luscinia svecica
12. Tarsiger cyanurus
13. Tarsiger indicus
14. Copyschus saularis
15. Copyschus malabaricus
16. Pheonicurus ochrurus
17. Pheonicurus hodgsoni
18. Pheonicurus frontalis
19. Rhyacornis fuliginosus
20. Saxicola torquata
21. Saxicola caprata
22. Saxicola ferrera
23. Denanthe cenanthe
24. Denanthe deserti
25. Chaianarrornis leucocephalus
26. Monticola rufiventris
27. Monticola solitarius
28. Myiophonus caeruleus
29. Zoothera dauma
30. Zoothera dauma
31. Turdus unicolor
32. Turdus boulboul
33. Turdus ruficollis
34. Turdus viscivorus
35. Tesla castaneocoronata
36. Cettia palliceps
37. Cettia brunnifrons
38. Cisticola juncidis
39. Prinia hodgsoni
40. Prinia flavicincta
41. Prinia cinerigera
42. Prinia cinerigera
43. Orthotomus sutorius
44. Acrocephalus dumetorum
45. Acrocephalus paludicola
46. Seicercus burhinus
47. Seicercus xanthothorax
48. Abrasornis supercilialis
49. Hylobius schisticeps
50. Phylloscopus reguloides
51. Phylloscopus occipitalis
52. Phylloscopus trochiloides
53. Phylloscopus pulcher
54. Phylloscopus acutus
55. Phylloscopus prasinus
56. Phylloscopus affinis
57. Phylloscopus collybita
58. Phylloscopus sibilatrix
59. Phylloscopus virgatus
60. Phylloscopus collybita
GOLDCREST
LARGE NILTAVA
RUFUS-BELLIED NILTAVA
PYGMY BLUE FLYCATCHER
VERDITER FLYCATCHER
SLaty-BLUE FLYCATCHER
ULTRAMARINE FLYCATCHER (White-Browed Blue Flycatcher)
ORANGE-BORGITUDE FLYCATCHER
YELLOW-BELLIED FANTAIL
WHITE-THROATED FANTAIL (White-Throated Fantail Flycatcher)
ASIAN PARADISE FLYCATCHER (Paradise Flycatcher)
BLACK-NAPED MONARCH (Black-Naped Flycatcher)
RUFT-CHEEKED SEMI-MER-SEEBLER
WHITE-BROWNED SCIMITAR-BABBLER (Blaty-Headed Scimitar-Babbler)
BLACK-CHINNED BABBLER
STRIPED TIT-BABBLER (Yellow-Breasted Babbler)
RED-CAPPED BABBLER
STRIPED BABBLER
JUNGLE BABBLER
STREAKED LAUGHING-THRUSH
STREAKED LAUGHING-THRUSH
RED-BILLED LEIOTHRIS
WHITE-BROWNED SHRIKE-BABBLER (Red-Winged Shrike-Babbler)
RED-TAILED MILNA
RUFUS-WINGED FULVETTA (Chestnut-Headed Tit-Babbler)
WHITE-BROWNED FULVETTA (White-Browed Tit-Babbler)
NEPAL FULVETTA (Nepali Babbler)
BLACK-CAPPED SIBIA
WHISKERED YUHINA (Yellow-Naped Yuhina)
STRIFE-THROATED YUHINA
RUFUS-VENTED YUHINA
WHITE-THROATED TIT
BLACK-THROATED TIT (Red-Headed Tit)
GREY-CRESTED TIT (Crested Brown Tit)
RUFUS-VENTED BLACK TIT (Rufous-Breasted Black Tit)
COAL TIT
GREAT TIT (Grey Tit)
GREEN-BACKED TIT
BLACK-LORED TIT (Yellow-Headed Tit)
VELVET-FRONTED NUTHATCH
WHITE-TAILED NUTHATCH
CHESTNUT-BELLIED NUTHATCH
RUFTY-FLANKED TREECREEPER (Nepal Treecreeper)
PURPLE SUNBIRD
MRS. GOULD'S SUNBIRD
GREEN-BACKED SUNBIRD (Nepal Sunbird)
BLACK-THROATED SUNBIRD (Black-Breasted Sunbird)
CRIMSON SUNBIRD (Scarlet-Breasted Sunbird)
FIRED-TAILED SUNBIRD
PLAIN FLOWERPECKER (Plain Coloured Flowerpecker)
BUFF-BELTED FLOWERPECKER (Fibre-Breasted Flowerpecker)
ORIENTAL WHITE-EYE (White Eye)
MAROON ORIOLE
BLACK-HOODED ORIOLE (Black-Headed Oriole)
EURAERIAN GOLDEN ORIOLE (Golden Oriole)
BROWN SHRIKE
LONG-TAILED SHRIKE (Black-Headed Shrike)
GREY-BACKED SHRIKE
BLACK DRONGO
Regulus regulus
Niltava grandis
Niltava sundara
Muscicapa hodgsonii
Muscica pa thalassina
Ficedula tricolor
Ficedula supercilios
Ficedula striaticeps
Culiciceps ceylonensis
Hypothymis obscura
Pomatorhinus phrygicus
Streptopelia macleayii
Macronus rularis
Tamula pila
t
Turdoides eurytus
Turdoides striatus
Garrulax sibilis
Garrulax lineatus
Leiothrix lutea
Pteruthius flavicollis
Minla ignicta
t
Alcippe castaneiceps
Alcippe viniceps
Alcippe nape
Heterophasia capistrata
Garrulax sibilis
Garrulax lineatus
Leiothrix lutea
Pteruthius flavicollis
Minla ignicta
Alcippe castaneiceps
Alcippe viniceps
Alcippe nape
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Pteruthius flavicollis
Minla ignicta
Alcippe castaneiceps
Alcippe viniceps
Alcippe nape
Heterophasia capistrata
Garrulax sibilis
Garrulax lineatus
Leiothrix lutea
Pteruthius flavicollis
Minla ignicta
Alcippe castaneiceps
Alcippe viniceps
Alcippe nape
Heterophasia capistrata
Garrulax sibilis
Garrulax lineatus
Leiothrix lutea
Pteruthius javanicus
ASHY DRONGO
WHITE-BELLED DRONGO
BRONZED DRONGO
LESSER RACKET-TAILED DRONGO
SPANGLED DRONGO
EU ASIAN JAY
YELLOW-BILLED BLUE MAGPIE
RED-BILLED BLUE MAGPIE
GREEN MAGPIE
RUF OUS TREEPIE
GREY TREEPIE
ALPINE CHOUGH
RED-BILLED CHOUGH
HOUSE CROW
JUNGLE CROW
COMMON RAVEN
COMMON SPARROW
CINNAMON SPARROW
EU ASIAN TREE SPARROW
BAYA CROW
STRIATED MUNIA
SCALY-BREASTED MUNIA
YELLOW-BREASTED GREENFINCH
PLAIN MOUNTAIN-FINCH
BEAUTIFUL ROSEFINCH
SPOT-WINGED ROSEFINCH
WHITE-BROZEN ROSEFINCH
WHITE-WINGED GROSBEAK
F INE BUNTING
ROCK BUNTING
CRESTED BUNTING

Dicrurus leucophaeus
Dicrurus aeneus
Dicrurus reafer
Dicrurus hotteniottus
Dicrurus paradiseus
Garrulus glandarius
Urocissa flavirostris
Urocissa erythrorhyncha
Cissa chinensis
Dendrocitta vagabonda
Dendrocitta formosae
Pyrrhocorax graculus
Pyrrhocorax pyrrhocorax
Cervus splendens
Corvus macrorhynchos
Corvus corax
Saroglossa spiloglera
Sternus malabaricus
Sternus pagodarum
Sternus contra
Acridotheres tristis
Acridotheres ginnianus
Acridotheres fuscus
Passer domesticus
Passer rutilans
Passer montanus
Ploceus philippinus
Lonchura striata
Lonchura punctulata
Carduelis spinoides
Carduelis flavirostris
Leucothis neoricola
Carpodacus erythrinus
Carpodacus pulcherreus
Carpodacus rhodopeplus
Carpodacus thura
Myioborus cyanops
Eberitha leucocephalos
Eberitha Cia
Melophus Iathani

Sauraha (6)
Pokhara (2)
Phulchowki (1)
Pokhara (1)
Phulchowki (2), Pokhara (7)
Jomsom Trek (1)
Goswari (1)
Pokhara (2)
Kosi (6), Sauraha (30+)
Jomsom Trek (4)
Jomsom Trek (2)
Jomsom Trek (common after Tukuche)
Everywhere
Jomsom Trek (12)
Sauraha (6)
Sauraha
Kosi, Sauraha
Everywhere
Kosi, Sauraha
Everywhere
Jomsom Trek (5)
Everywhere
Sauraha (4)
Jomsom Trek (4)
Sauraha (15)
Jomsom Trek (4)
Jomsom Trek (15)
Jomsom Trek (30)
Jomsom Trek (3)
Jomsom Trek (6)
Jomsom Trek (1)
Jomsom Trek (2)
Jomsom Trek (1)
Jomsom Trek (2)
Jomsom Trek (common after Tukuche)