The attached list summarises birds seen by myself, Chris Gladwin and Alan McBride on a visit to Nepal from 28 February to 26 March 1993.

Areas covered were:

<table>
<thead>
<tr>
<th>Area</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Kathmandu/Phulcowki</td>
<td>28 Feb - 1 March, 21 - 25 March</td>
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<tr>
<td>Pokhara</td>
<td>2 March, 19 - 20 March</td>
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<tr>
<td>Jomosom - Muktinath</td>
<td>3 - 6 March</td>
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<td>Muktinath - Pokhara</td>
<td>6 - 18 March</td>
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A few notes may assist others in preparing for their visit:

Immigration procedures were more relaxed than we had been advised. No one in looked at our trekking permits or asked for proof of currency exchange when we left Kathmandu. The trekking permits were, however, rigorously checked on the trek, even between Biretanthe and Pokhara which we travelled by "bus". We arranged for our hotel to get our trekking permits (for a fee) and gained a day’s birding in the process.

We had no difficulty getting flights to Jomosom, though flights had been cancelled for the few days prior to our visit due to low cloud. Several flights seemed to get through on most days we were on the trek. The flight is highly recommended as a means of saving time and is an awesome experience in its own right. Cost $US50.

Accommodation is readily available on the trek, and was generally as expected - basic but clean. Best lodges we stayed at were Jomosom Guest House (Jomosom), Sulin Lodge (Tukche) and Superview Lodge (Ghorepani) (don’t miss the chips or banana porridge !). In Kathmandu we stayed at the Hotel Ganesh Himal which was pretty good.

Bottled water is easily obtained throughout the trek, and in towns. We found our supply of iodine unnecessary. We had no health problems on the trek, except for Chris who had mild AMS in Muktinath - as the guidebooks say, the symptoms (headaches etc) disappeared as soon as we descended to Jomosom. We all caught bacterial dysentery on our return to Kathmandu - it seems unavoidable! We all lost a lot of weight through this and the trekking.
The Nepalese in the hills were virtually without exception friendly and helpful. Porters aren’t really necessary and most trekkers seemed to carry their own packs. The climb to Ghorepani (both ways) and from Kagbeni to Muktinath were the most strenuous sections (the latter mainly due to altitude). Maps provide some points of reference, but again aren’t really necessary - just follow the locals and other trekkers. Trucks now run from Birethanthe to Pokhara.

The weather was good on the trek, with only a few evening showers on several days. Even at 4200m it is quite mild during the day. We had some persistent rain in Kathmandu, and even snow at the top of Phulcowki. I found gloves necessary to protect from sunburn rather than to keep warm. Snow glare was quite severe on the Thorong La approaches.

We used Ali and Ripley’s "Pictorial Guide to the Birds of the Indian Subcontinent" and Flemings "Birds of Nepal" (the latter is out of print and now retails for about $US100 in Kathmandu). Neither is really adequate so notes from Inskipp’s "A Guide to the Birds of Nepal" were used frequently. Seb Buckton and Pete Morris’s trip report from 1990 was most useful for maps and general site information.

The forest at Ghasa was more degraded than we had expected, with many trees appearing to have been recently felled. It was also worrying to see the number of pheasant snares at the top of the "Big Wood" - about 30 seen. On an encouraging note, a few of the young people take an active interest in the pheasants and talked of their concerns for the birds and their attempts to educate the other locals. We found Abinash particularly knowledgeable and used his services as a guide on two days - contact the Eagle Nest Lodge.

Some of the high altitude birds appeared scarce. We had only four alpine choughs above Muktinath, and saw no snow pigeons.
BIRDS IN NEPAL MARCH 1993

Oriental Honey Buzzard  One Pokhara 19 March
Red-headed Vulture  Singles Tatopani and Biretanthe.
Cinereous Vulture  Singles Ghasa.
Crested Serpent Eagle  Daily at Phulcowki and also Tatopani and Pokhara.
Northern Harrier  Singles Ghasa
Northern Goshawk  Singles daily Ghasa
Upland Buzzard  Singles Ghasa and Ghorepani
Steppe Eagle  Two Ulleri 18 March and one Ghorepani 16 March.
Golden Eagle  Singles Ghasa.
Mountain Hawk-Eagle  One Ulleri 18 March.
Himalayan Snowcock  6 above Muktinath on the Thorong La trail on 6 March. Seen well in the ravine above the last ruined house at 4200m.
Chukar  Up to eight Muktinath 5 - 6 March.
Common Hill Partridge  2 Ghasa 9 and 11 March.
Koklass Pheasant  Two males and one female at Ghasa 11 March. One male Ghorepani 15 March (at the first clearing on the Deurali Tea House ridge trail - a regular site in March 1993).
Himalayan Monal  Females in the "Black Forest" at Ghasa 9 March, and "Bamboo Forest" Ghasa 11 March.
Kalij Pheasant  Pokhara 2 and 19 (two) March, and three Ghasa 11 March.
Cheer Pheasant  Male near the top of the "Big Wood" at Ghasa 10 March.
Woodcock  One Gokarna 22 March.
BIRDS IN NEPAL MARCH 1993

Solitary Snipe
One bird that was either this species or Wood Snipe gave several flight views by the stream between Deurali teahouse and Chitre on 15 March. The birds at Muktinath appeared to be "Common" snipe.

Green Sandpiper
Three Jomosom and one Pokhara.

Ibisbill
One on the river just south of Tukche 7 March.

Hill Pigeon
Up to 30 daily Kagbeni and Muktinath (no snow pigeons seen).

Speckled Woodpigeon
50 in the "ravine" at Phulcowki 21 to 24 March.

Ashy Woodpigeon
Singles at Ghasa 9 and 10 March, and six Gokarna 22 March.

Slaty-headed Parakeet
20 Pokhara and 10 Biretanthe.

Asian Barred Owlet
Up to two daily around Fishtail Lodge, Pokhara, and singles Godaveri.

Alpine Swift
Two Naudande 18 March.

Common Kingfisher
Three Biretanthe 18 March.

Crested Kingfisher
Three Biretanthe 18 March.

Chestnut-headed Bee-eater
Two Biretanthe, and six Gokarna.

Golden-throated Barbet
One Phulcowki 1 March.

White-browed Piculet
One Phulcowki 22 March.

Rufous Woodpecker
One Pokhara 2 March.

Greater Yellownape
Up to two daily Pokhara.

Scaly-bellied Woodpecker
Singles Ghasa and Phulcowki.

Fulvous-breasted Woodpecker
Singles Pokhara.

Grey-capped Woodpecker
Single Pokhara 2 March.
Rufous-bellied Woodpecker Single Ghorepani 15 March.
Darjeeling Woodpecker Three Phulcowki 1 March.
Long-tailed Broadbill Nine Pokhara 19 March.
Gold-billed Magpie Four Ghorepani 14 March.
Blue Magpie Up to ten Pokhara.
Green Magpie Up to four Pokhara.
Eurasian Nutcracker Singles Ghasa, Ghorepani, and Deurali Teahouse.
Yellow-billed Chough Only four above Muktinath.
Common Raven Up to two Jomosom and Ghorepani.
Large Cuckoo-shrike Four Pokhara 2 March.
Scarlet Minivet Ten Pokhara 2 March.
Grey-backed Shrike One Pokhara 19 March.
Plain-backed Thrush One Ghorepani 16 March.
Long-billed Thrush One in the stream behind the Mustang Guest House at Ghasa 10 to 11 March.
White-collared Thrush Maximum 30 Ghorepani. Also Pokhara and Phulcowki.
Grey-winged Blackbird Up to three Phulcowki 1 March.
Chestnut Thrush Male singing Ghorepani 17 March.
Chestnut-tailed Starling Up to six Pokhara.
Slaty-backed Flycatcher Two males Godaveri 21 March.
Snowy-browed Flycatcher Male Fishtail Lodge, Pokhara 2 March.
Small Niltava Singles Phulcowki 23 - 24 March.
Blue-capped Redstart Up to four Ghasa.
BIRDS IN NEPAL MARCH 1993

Hodgson's Redstart  Up to two Ghasa and Phulcowki.
White-throated Redstart  Up to 10 daily between Marpha and Muktinath.
White-winged (Guldenstadt's) Redstart  Up to 20 daily between Marpha and Muktinath.
Little Forktail  Up to four daily Ghasa, two Chitre, and six Biretanthe.
Slaty-backed Forktail  One Biretanthe 18 March.
Spotted Forktail  Two daily Ghasa, one Chitre, and up to three Phulcowki.
Bar-tailed Treecreeper  Singles at Marpha.
Rusty-flanked Treecreeper  Singles Ghasa and Ghorepani.
Eurasian Crag Martin  Two near Tukche and two Ghorepani.
Red-rumped Swallow  Four Naudande 18 March.
Goldcrest  Singles Jomosom.
Ashy Bulbul  Three Pokhara 19 March.
Striated Bulbul  One Phulcowki 21 March.
Mountain Bulbul  Two Ulleri and up to six Phulcowki.
Striated Prinia  Singles Ghasa, Biretanthe and Phulcowki.
Chestnut-headed Tesia  Up to two in the "ravine" at Phulcowki.
Grey-bellied Tesia  Two Pokhara, up to nine Phulcowki ("ravine") and two Gokarna.
Grey-sided Bush-Warbler  Singles Ghorepani and Phulcowki.
White-browed (Stoliczka's) Tit-Warbler  Up to 10 Muktinath, and four near Tukche.
Golden-spectacled Warbler  Four Pokhara 2 March.
Chestnut-crowned Warbler  Four Ulleri and up to 10 Phulcowki.
BIRDS IN NEPAL MARCH 1993

White-throated L.-Thrush Up to 40 Phulcowki and four Chitre.

White-crested L - Thrush One Phulcowki 1 March and five Pokhara 19 March.

Striated Laughing-Thrush Up to 20 Phulcowki.

Rufous-chinned L-Thrush Up to three Phulcowki.

Black-faced L- Thrush Up to six Ghorepani.

White-browed Sc-Babbler One Pokhara 2 March

Streak-breasted Sc- Babbler Up to four Ulleri.

Scaly-breasted Wren-Babbler Singles Ghasa.

Pygmy Wren-Babbler Up to four daily Phulcowki.

Black-chinned Babbler Eight Phulcowki 24 March.

Grey-throated Babbler Up to eight daily Phulcowki.

Spiny Babbler Two 22 March and one 23 March behind the "red brick buildings" at Godaveri / Phulcowki.

Red-billed Leiothrix Up to 20 daily Phulcowki.

Cutia Three about halfway up Phulcowki 1 March.

Green Shrike-Babbler Up to four Ghasa.

Black-eared Shrike-Babbler Four Ghorepani - Ulleri 17 March.

White-browed Shrike-Babbler One Pokhara 2 March.

Hoary-throated Barwing Two Phulcowki 1 March.

Rufous-winged Fulvetta Two Phulcowki, and up to 10 Ghorepani.

Nepal Fulvetta Up to 40 daily Phulcowki.

Whiskered Yuhina Four Ulleri and ten Phulcowki.

Stripe-throated Yuhina Four Phulcowki and four Ghorepani.
BIRDS IN NEPAL MARCH 1993

White-bellied Yuhina
Up to four daily Pokhara.

Black-throated Parrotbill
Flock of 30 in bamboo on the lower slopes of Phulcowski 1 March.

Yellow-browed Tit
Up to ten daily around Chitre-Ghorepani-Ulleri.

White-browed Wagtail
One Pokhara 2 March.

Oriental (Paddyfield) Pipit
Two Pokhara 19 March.

Himalayan (Altai) Accentor
Singles Ghasa and Ghorepani.

Robin Accentor
Up to three daily Kagbeni- Muktinath.

Rufous-breasted Accentor
Flock 25 Ulleri 18 March.

Brown Accentor
Up to 20 daily between Marpha and Muktinath.

Maroon-backed Accentor
Five at Ghasa 11 March.

Mrs Gould’s Sunbird
One Chitre 15 March.

Fire-tailed Sunbird
Six Phulcowski and four Ghorepani.

Fire-fronted Serin
Up to 15 daily Kagbeni - Muktinath.

Tibetan Serin
16 Godaveri 21 March.

Plain Mountain- Finch
Six Muktinath and 50 Ghasa.

Common Rosefinch
One Pokhara 19 March.

Spot-winged Rosefinch
Up to three Ghasa and male Ghorepani.

White-browed Rosefinch
Pair Ghorepani 14 March.

Streaked Rosefinch
16 Khinja 5 March.

Red-fronted Rosefinch
Female at the top of the "Black Forest" at Ghasa (3200m) 9 March.

Spectacled Finch
Male below Chitre 13 March.

Scarlet Finch
Female in the "ravine" Phulcowski 22 March.
BIRDS IN NEPAL MARCH 1993

Brown Bullfinch 38 in the "ravine" Phulcowki 22 March.

Red-headed Bullfinch Seven Ghorepani 16 March, and two near Ulleri 17 March.

Spot-winged Grosbeak Five in the "ravine" Phulcowki 22 March and two there 24 March.

Crested Bunting One Ghasa and two Pokhara.

Yellow-breasted Bunting Ten Pokhara 20 March.
The following species were recorded regularly during our visit in Kathmandu (K), Pokhara (P), Jomsom trek (J), or all sites.

Great Cormorant (P)
Indian Pond Heron (K,P)
Cattle Egret (K,P)
Little Egret (P)
Black Kite (K,P)
Egyptian Vulture (P)
Lammergier (J)
White-backed Vulture (K,P)
Himalayan Griffon (J)
Eurasian Kestrel
Eurasian Coot (P)
Common Sandpiper
Feral Rock Dove
Rufous Turtle Dove
Spotted Dove (K,P)
Forktailed Swift (J)
House Swift (K)
White-throated Kingfisher (K,P)
Great Barbet (K,P)
Blue-throated Barbet (K,P)
Grey-headed Flycatcher
Yellow-bellied Fantail
White-throated Fantail
Black Drongo (K,P)
Lesser Racket-tailed Drongo (K)
Eurasian Jay (K)
Grey Treepie (K,P)
Red-billed Chough (J)
House Crow (K,P)
Large-billed Crow
Maroon Oriole
Long-tailed Minivet
Orange-bellied Leafbird (K,P)
Long-tailed Shrike
Brown Dipper (J)
Blue Whistling-Thrush
Scaly Thrush (K,P)
Dark-throated Thrush (J)
Common Myna (K,P)
Jungle Myna (K,P)
Rufous-gorgetted Flycatcher
Slaty-blue Flycatcher (K)
Verditer Flycatcher

Rufous-bellied Niltava (P,J)
Orange-flanked Bush-Robin (K,J)
Magpie-Robin (K,P)
Blue-fronted Redstart (J)
White-capped Redstart (J)
Plumbeous Redstart
Common Stonechat (J)
Pied Bushchat (K,P)
Grey Bushchat
White-tailed Nuthatch
Velvet-fronted Nuthatch
Wallcreeper (J)
Eurasian Treecreeper (J)
Winter Wren (J)
Black-throated Tit
Barn Swallow
Nepal Martin (P,J)
Himalayan Bulbul
Red-vented Bulbul (K,P)
Black Bulbul
Oriental White-eye
Chiffchaff
Dusky Warbler (K,P)
Buff-barred Warbler (K,J)
Ashy-throated Warbler (K,J)
Lemon-rumped (Pallas') Warbler
Yellow-browed Warbler
Greenish Warbler
Grey-hooded Warbler
Black-faced Warbler(K,J)
Streaked Laughing-Thrush (K,J)
Variegated Laughing-Thrush (J)
Chestnut-crowned L-Thrush (K,J)
Chestnut-tailed Minla (K,J)
White-browed Fulvetta (K,J)
Rufous Sibia
Rufous-vented Yuhina
Coal Tit (K,J)
Rufous-vented (Black) Tit (J)
Grey-crested Tit (J)
Green-backed Tit
Black-lored Tit
House Sparrow
Russet Sparrow (J)
Tree Sparrow
White Wagtail (K,J)
Grey Wagtail
Upland Pipit (J)
Olive-backed Pipit
Alpine Accentor (J)
Fire-breasted Flower-pecker
Green-tailed Sunbird (K,J)
Black-throated Sunbird (J)
Yellow-breasted Greenfinch (K,J)
Dark-breasted Rosefinch (J)
Beautiful Rosefinch (J)
Rock Bunting (J)