

BIRDS OBSERVED ON A TRANS-KHUMBU TREK

7 October - 12 November
1996

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Oct. 7, 1996

(1)

Day 1 KTM-Barabhisie-Simle
~4,700'

1. House Crows - sev. at Barabhisie
2. House Sparrows - 10-15 at Barabhisie
3. Bank Mynas - 2 outside Simle
4. Black Drongo - 1 "do" ~ 4700'

[Started walking at 14hr 20 from Barabhisie after lunch & a 4hr 50 min bus ride from KTM. Ascended fairly steeply through open/cutover sal forest - very quiet in mid-late afternoon; levelled out through fields (some fallow), patches of scrub and clumps of broadleaf trees + bamboo. Halted ~ 5 PM for the day at Simle (Bahun village).]

Oct. 8, 1956

(2)

Day 2 Simle - Bagaar
4,700' 4,300'

1. Eur. Kestrel/Shikra? - beyond Simle
2. Jungle Crow - 2-3 between Simle - Bagaar
3. Hill Prinia - (H) - ca. Bagaar, ^{late} afternoon
4. Velvet-fronted Nuthatch - single on a post at Simle village, ~ 4700'
5. Common Myna - \pm 2 approaching Bagaar
6. Whistling Thrush (H) - ca. Bagaar
7. Tree Sparrow - several at ^{4,700'} Simle, & more across from Bagaar, ~ 4,300'

[Late start at 12 hr 40 due to reporting of stolen boots & fuel bottle to Police in Barabhis; w/in 15 minutes of starting the report, Chundak appeared, announcing that Tirendra's boots had "niskiyo". But Police came to village in late AM, interviewed suspects & then told us it was OK to proceed].

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Habitat: Barabhis \rightarrow Simle
up steeply from Barabhis, we ascend through mostly open sāl forest. Most trees small, w/ many saplings. Scrub broadleaf (evergreen?) from ~ 5,000' down gradually to Simle through fields, bamboo et al clumps. A bit of broadleaf evergreen forest in the ravines.

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Habitat: through scrub above Bagaar, some Nidelia, best on N slope; 4,500-6,500';

#3: 3 White-eyes at ~5,000' ←
above Bagaar

BREEDING RECORD

#6 seen: w/ white feather in its ←
beak, diving into weeds & grass
above Bagaar ~4,850'

#5: 2 more at ~4,850'

#2: also ≥ 1 at ~5,000'; 1 above Ghortali
~5,900'

#12: ≥ 1 above Ghortali ~5,800'

#13: ≥ 1 above Ghortali ~5,800'

Oct. 9, 1996

(3)

Day 3 Bagaar - Dolangse
4,300' ~8,200'

1. Grey-headed Flycatcher - ~4,750' above Bagaar
2. Grey Tit - ~4,750' above Bagaar
3. Iora/White-eye - ~4,750' above Bagaar
4. Himalayan Tree Pie - 4-5 above Bagaar ~4,750'
5. Red-billed Blue Magpie - 4-5 "do" "
6. Brown Hill Prinia - (H) - 2-3 above Bagaar ~4,800'
7. Hodgson's Tree Pipit - 1 at ~4,800'
8. White-cheeked Bulbul - 1 at ~4,850'
9. Black-headed Sibia - 2-3 at ~4,850'
10. Whistling Thrush - 1 at ~4,900'
11. Grey Bulbul - 6 at ~4,950'
12. Yellow-cheeked Tit - single at ~5,000'
13. Grey-hooded Leaf Warbler - } in mixed
14. Plain Leaf Warbler } hunting party
15. Verditer Flycatcher - single ♀ } below
16. Velvet-fronted Nuthatch - 1 } Ghortali
17. Whistling Thrush - above Ghortali ~5,800'
18. Crested Serpent Eagle (H) - "do" ~6,000'

p. 4A

#17: another in a tussle w/ #20
above Ghortali, ~6,000'

Quite ill in late afternoon w/
tracheo-bronchitis, & exhausted
by the time Dolangse reached.

Oct. 9, 1996

(4)

Day 3 Bagaar - Dolangse
~4,300' - 8,200'

19. Slatey-headed Parroquet - flock
of 5-6 above Ghortali, ~5,900'
20. Wall Creeper - 1 "do" ~6,000'
21. Tree Sparrow - 3-4 below Dolangse ~6,500'
22. Dark Grey Bush Chat - pair below
Dolangse ~7,500'
23. Plumbeous Redstart - 2 ♂♂ below
[omitted] Dolangse ~6,900'
24. UnIDed Swifts/Martins - below
Dolangse ~7,000'
- Afternoon Habitat: mostly scrub,
especially on N slopes; patches
of alder forest in ravines.

> 25. UnIDed Small Brown Raptor -

p. SA

T° at 05hr30 at Dolangse = 48°F

#4: other ♂♂ also heard ca. Dolangse

#3: 19 at^a Cham ~ 8,800'

#1: pr. at Cham ~ 8,800' (♂/♀)

#6: 4 more ~ 9,000';

#8: tan below; tan streaked head; below actually dark tan w/ dk spots. tail has white edging to basal 1/2; tan eye-ring as well;

HABITAT: above Dolangse ~ 500', into almost pure oak forest (sp?), but heavily coppiced. Some less cut trees higher up in mixed forest to 9,500'; then mixed fir/rhodo, and mostly rhodo shruberies (open) ^{chiefly} grassland w/ some blooming wildflowers (photo'd) below pass.

Oct. 10, 1996

(5)

Day 4 Dolangse - Tin Sang La
~ 8,200' - ~ 11,000'

1. Dark Grey Bush Chat } ca. Dolangse
2. Grey Wagtail } ~ 8,200'
3. Jungle Crow - 3-4 ca. Dolangse
4. Pied Bush Chat - ♂/♀ at Dolangse
5. Bar-throated Minla - ≥ 6 above Dolangse ~ 8,800'
6. Rufous-vented Yuhina - ≥ 2 "do"
7. Grey-faced Leaf Warbler - ≥ 1 w/ other small birds below Cham, at ~ 8,700'
8. Mystery Juvenile Flycatcher - ~ 9,000'
9. Sikkim Black Tit - ≥ 3 at ~ 9,000' [see opp.]
10. Sparrow Hawk (?) - group of 3 at ~ 9,000' pursued by a Jungle Crow. ~ 11,000'
11. Tickell's Leaf Warbler - at Tin Sang La
12. White-browed Tit Babbler - ≥ 3 "do"
- ~~13.~~ Rufous-breasted Black Tit - ≥ 2 "do" (same! eastern race, beavani.)

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HABITAT: E of pass, small chain w/ regenerating fir forest, some saplings 10-12 m tall; also some standing deadwood. Descending to E, understory of rhodo prominent / fairly dense + an *Acer* sp.

At ~8,500' the forest is more mixed, with broadleaves ~~predominant~~; down a bit further the forest is mossy with 'Spanish moss' lichen hanging (cont. p. 7A)

#9: N.B. Fleming's Pale usually < 4,500', but Inskipp has 1 record at 3350m! Two species hard to separate in the field. ^{Very} Most likely Hen, but not seen well enough. White rump distinct, but not v. large; not much barring on tail; brown/dk brown pattern.

#6: 1 or 2 further E ~10,100'.

#4: 2 at clearing ~9,500';

#16: 8-10 ♂♂ & ♀♀ E of Tin-Sang La ~7,000-7,500' in scrubby forest in winter plumage

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(6)

Day 5 Tin Sang La - Peku
11,000' - 5,800'

1. Golden Bush Robin - ^{2 ♀♀ ca. campsite} Tin Sang La, ~11,000'.
2. Snow Pigeon - 8 at Tin Sang La camp, ~11,000'
3. Blue-fronted Redstart - ♂/♀ pair "do".
4. Jungle Crow - 3 at Tin Sang La camp, ~11,000'
5. Northern Tree Creeper - ^{single} near Tin Sang La ~11,000'
6. Crested Brown Tit - 3 in compact flock, "do"
7. Orange-banded Leaf Warbler - ≥ 1 "do"
8. Tawny Wood Owl - (H) - ^{single calling early AM} just before dawn at camp
9. Hen/Pale Harrier - single at camp, ~10,500'
10. Tickell's Leaf Warbler - single near camp "do"
11. Black-faced L. Thrush - 6-8 at ~10,500'
12. Hoary Barwing - 3-4 in rhodo/fir ~10,200'
13. Black-capped Sibia - 1 further E at ~10,100'
14. Nepal House Martin - 10-12 at clearing ~9,500'
15. Edible Nest Swiftlet - ≥ 1 w/ #14s, "do" ^(+3 ♀♀)
16. Fire-tailed Sunbird - 2 ^{♂♂} ^{same site as 14/15} winter plumage
17. White-capped River Chat - 2 ^{birds} in chase streambanks, ~9,000 in maple/hemlock

HABITAT (cont.): from most trees; common in understory; forest little disturbed as far as small 2 hut settlement, a patch in dense broadleaf forest that continued to ~7,000'; from there chopped, more open evergreen assoc's to Rupthang, where forest cover grades to scrub & mostly open fields after that.

BREEDING RECORD (= lower down).

#22: all fully plumage; but 1 juvenile quivered its wings sitting in a shrub & was fed by 2 adults. This juvenile joined by another bird (also a juvenile?) which sidled up to it & was seen to be preened by the 1st/initial juvenile, ca. the collar.

also another 1-2 at 8-8,500'.

#13: 2 at ~9,000' E of Tin Sang La;
2-3 in alders below Rupthang, ~6,900'.

#22: 1 more at 8, - 8,500'. E Tin Sang La.

#7: 3 more at ~8,000', E of Tin Sang La.
1-2 w/ #29, ~8,000'.

#23: a few w/ #29, ~8,000'

#24: 1 at ~7,300'

#26: 2 w/ #29, ~8,000'; ≥ 1 ~7,300'

#29: ≥ 3 w/ #33 et al;

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(7)

Day 5 Tin Sang La - Peku

11,000' - 5,800'

E of Tin Sang La

18. Plumbeous Redstart - ♂ at ~9,000';
19. Yellow-bellied Fantail - single ~8,500'.
20. White-throated L. Thrush - 3-4 at 8-8,500'
21. Striated L. Thrush - w/ #20s ≥ 3 "do"
22. Red-headed L. Thrush - family group of ~5 at 8-8,500'.
23. Grey-faced Leaf Warbler - single at 8-8,500', hooded?
24. Chestnut-bellied Nuthatch - 1 at "do"
25. Grey-winged Blackbird - ♂/♀ pair in forest 8-8,500'.
26. Yellow-eyed L. Warbler - 2 at ~8,000' E Tin Sang La
27. Nepal Sunbird - ♂ at ~8,000 "do"
28. Speckled Wood Pigeon - at lunch stop in forest edge ~8,000'.
15-20 in mixed party; #28 site.
29. Red-headed Tit -
30. White-tailed Nuthatch - 1 at 7,500-8,000'
31. Himalayan Goldfinch - 1 bush top. 7,200-7,500'
32. Eurasian Jay - 1 or 2 in temp forest, ~7,300'.
33. Green Shrike-babbler - 1 w/ #23/26/24/29 ~7,200' near Rupthang
[new bird at its lower range, here in chopped over oak/rhodo scrub forest (no coniferous elements: black wing patch clearly seen as well as other main features)]

p. 8A

#31: scattered flock below Rupthang ^{~6,900'}

#19: single below Rupthang, ~6,900'

#34: fairly small size; ventrally rust, w/ black wing tips; grey tail w/ wide black band tipped white (dorsally) and white with a black band (ventrally). Belly rich rufous w/ indistinct spotting/streaking [could not discern which]; blackish gular stripe; head grey/dk grey; circling over Bigu village ~6,800' f. open country.

HABITAT: From Bigu-Peku almost entirely converted to fields, some fallow with blooming wildflowers, photographed; good forest above Rupthang more extensive & reaching lower alt. of ~6,500-7,000' on opposite N-facing slopes (i.e. across tributary) where no settlements are located.

11 Oct. 1996

(8)

Day 5 Tin Sang La - Peku

- Bezra? 11,000' - ~5,800'
34. Sparrow Hawk (?) - ca. Bigu village ~6,800'
35. Common Myna - 2 between Bigu & Peku ~6,500'
36. Red-vented Bulbul - "do"
37. White-checked Bulbul ²³ further on towards ~6,000' Peku.
38. Brown Hill Prinia (H) approaching Peku ~6,500'.
39. [omitted] Buteo sp. - single ca. marshy area below camp, ~10,500'.

p. 9A

#2: 3 more ca Sangba, ~5,100'.

#7: ♂ past Sangba ~5,700'. (indica)
♂/♀ at Chilangka; ♂ past Chilangka
also 2♂ ≠ ♀ further on; ♂/♀ + ♂ towards Suisang

#3: 2 more ca. hoding, ~6,000'

Habitat notes:

Around Peku, land is mostly fields, some scrub-broadleaf, especially along the river. Most of late AM & early afternoon through fields & scrub. Some ridges colonizing recent landslips, and fairly dense along E bank of stream approaching Suisang. Lots of old fallow fields in this day's walk.

Oct. 12, 1996 (9)

Day 6 ~~Peku~~ - Suisang

5,800' - 6,165'

1. Slatey-headed Parakeet - 1-2 ♀♀ ^{ca. house,} Peku.
2. White-cheeked Bulbul - ≥ 6 ^{ca. house at} Peku.
3. ~~Yellow-faced Leaf Warbler~~ ^{Grey-hooded Throated} - ≥ 1 ^{ca. house at} Peku.
4. Pipit (not Hodgson's tree) - 1 ^{outskirts of} Peku ~5,600'
5. Red-billed Blue Magpie - 3-4 ^{outskirts of} Peku, ~5,700'.
6. Whistling Thrush - ^{ca. house at} Peku ~5,800'.
7. Collared Bush Chat - ♀ ca. Sangba ~5,100'.
8. Brown Hill Prinia - (H) ^{outskirts of} Sangba, ~5,100'.
9. Black-headed Sibia - 2 at bridge near Sangba ~5,000'.
10. Yellow-cheeked Tit - 2 ^{ca. house at} Peku past Sangba, ~5,800'.
11. Red-vented Bulbul - 3 past Chilangka
12. Rufous Turtle Dove - above Chilangka
13. Blue Rock Pigeon - above Chilangka
14. Plumbeous Redstart - ^{♂ at} stream before Suisang

(p. 10 A)

at first!
#1: tail appeared tipped tannish!
Otherwise, doesn't match any of the
other laughing thrushes. See tape.
Later seen again in open on boulder,
& definitely this species. Tail
is tipped rufous w/ bl. sub-terminal band.
Not associated here with other species.

#3: ♀ approaching Ladak; ♂/♀
approaching Bulung; ♂ along Bhoté K.

#7: over planted pine forest

#6: another beyond Bulung Danda,

Oct. 13, 1996

(10)

Day 7 Suisang - Dolang Khani

6,165'

5,400'

1. Rufous-chinned L. Thrush - ^{3-4 past Suisang} ~6,400'
2. Spotted Munia - 3-4 above Suisang, ~6,400'
3. Collared Bush Chat - ♀ further on ~6,500'
4. White-cheeked Bulbul - ≥4 at #1 site.
5. Grey-hooded L. Warbler - 1 approach. Ladak
6. Red-vented Bulbul - 1 approach. Bulung
7. Bezra(?) Sparrow Hawk - 2 ca. Bulung.
8. Hodgson's Tree Pipit - ^{1 outskirts of Yearso} in AM; ~6,000'
9. Paddyfield(?) Pipit - single along Bhoté K. ~5,200'
10. Plumbeous Redstart - ♀ at stream crossing Bhoté K. ~5,000'
11. Eurasian Kestrel - ♂ at ~6,000' along cliffs near banks of Bhoté K.
12. Spotted Dove - pr. at ~5,800' approaching Dolang Khani.
13. ♂ Crag Martins - 15-20 at Dolang Khani, ~5,400'

Habitat notes: much of the day through scrub forest, best along ravines; cultivation fields; many of small tribis deeply scoured by recent monsoon

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#3: 2 more further on ~4,700'

#5: single flying aX river, appr. Gonggar
another single further on; ~4,000'

#11: 6-8 further on aX river; 6 further on, ~4,000'

MAMMAL - Otter - grey brown pelage
streaked whitish ca.
head, upper back + head; line from
mouth - legs - lower belly & below that pelage is whitish;
tail grey-brown; in water along rocky littoral, only occ.
out to clamber of protruding rocks; quite slim in appear;
venturing out to 10 m. Single animal.

Habitat notes: through mostly broad-
leaf scrub (evgt decid) in Ar; many
gullies/tribs scoured by monsoon;
Some good forest patches, mainly alders;
afternoon along Bhote Kosi v. good sub-tropical
forest strip w/ tall trees + fair understory;
approaching Gonggar; some very old alders,
other evergreen trees w/ lianas, tree ferns and
wild(?) bananas; even thicker w/ bamboos
past Gonggar (~4,000') incl. dead limbs;

Oct. 14, 1996

(11)

Day 8 Dolang Khani - Chetchet

5,400' - 5,350'
~5,100'

1. White-eye - sm. flock dn from Dolang Khani
2. Red-vented Bulbul - below D. Khani, ~5,000'
3. White-checked Bulbul - ≥ 2 below "do"
4. Black Drongo - 2 in alders, ~4,800'
5. Whistling Thrush - single, ~4,750'
6. Yellow-naped Yuhina - single ~4,800' patch
'ca. Mantali forest
7. Brown Hill Prinia (H) earlier in Ar ~4,200'
8. Beautiful Niltava - 10' in alders + stream
at lunch stop, ~4,800'
9. Grey-headed Flycatcher - alders at ~4,800'
lunch stop.
10. Yellow-rumped/Lesser Greened L. Warbler -
same area as #8-9, ~4,800'
11. Grey Bulbul - ≥ 6 approach Gonggar ~4,000'
- [12. White-capped River Chat - ~~1~~ that an Ar stream
crossing 4200-4500']
- [13. White-eye - 3-4 earlier in Ar, ~4000-4200']
14. Parakeets (Slaty-headed?) - ~6 beyond Gonggar
~4,500'
15. Rufous-bellied Bulbul - 3-4 beyond Gonggar
~4,200'
16. Plumbeous Redstart - 1 ~4,300' further on.
- 17.

p. 12 A

Habitat notes: Chetchet to Bhote open scrub; tall trees along Bhote but only a thin strip; better scrub w/ some tall alders up other side towards Simigaon; 4hr beyond forest, chopped over - ^{low} temperate mixed broad leaf w/ mosses, but open to dense & intact stand; dense forest w/ tall trees fruiting w/ bamboo in the understory, which appears to be in dieback stage descending towards Utisey, still dense, bamboo not denuded in better cond.; almost subtropical in character at 5500-6000 approaching Utisey in rain; 27% canopy cover;

#10: 5 more above/past Simigaon ~6,400'

#11: 2 more (+ same 1 before?) above Simigaon ~6,500'

Mystery Accipiter: ^{classed group by 2 cons. seen perched - no hovering, but} small size; brown back distinctly barred w/ black; mesial stripe; white throat; ^{side of head} whitish/pale grey head; streaking on lower ^{throat} upper ^{part of breast}; flanks also streaked; top of head brown

#13: pr descending towards Utisey, ~6,800'

MAMMAL - DK br squirrel, uniform coloration, w/ tail tipped lt. tan; darts in upper branches, canopy;

Oct. 15, 1996

(12)

Day 9 Chetchet - Utisey ^{new trail by river}

5,350' - ~7,220'

1. White-capped River Chat - 1 at ~5,000' / 2 at Bhote bank 4,800'
2. Yellow-checked Tit - ≥ 1 at Bhote banks ~5,000'
3. Grey-headed L. Warbler - ≥ 1 "do"
4. Large-billed L. Warbler - (H) at bridge across Bhote Kes., ~5,500'
5. Brown Hill Prinia - (H) further on/up towards Simigaon, ~5,500'
6. Grey-faced L. Warbler - "do" ~5,600'
7. Grey Bulbul - 5 overhead ~5,800' towards Simigaon
8. Pied Bush Chat - 1♂ "do"
9. Crag Martin - 30-40 + 8 below Simigaon ~6,000'
10. Jungle Crow - 3 ca. Simigaon ~6,200'
11. Eurasian Kestrel - single ^(new) above "do"
12. Red-headed Tit - 10-12 in lower temp forest beyond Simigaon ~6,800'
13. Yellow-bellied Fantail - 2 } mixed hunt party in forest ~7,000'
14. Grey-headed Flycatcher - 1 }
15. Great Himalayan Warbler - further on in fairly dense forest ~7,000'
16. Black-capped Sibia - w/ 15 in a tussle "do" w/ alders
17. Long-tailed Minivet - 2♂♂ + 2♀♀ at ~7,100'

[Utisey]: two bamboo huts - 1 for cattle - newly constructed by humans nearby trees; fed to

purple fields

Habitat notes: Dense lower temperate broadleaf forest ca. 1/2 W of Utisey, including substantial component of epiphytes in trees; mossy understory, but ground cover & emergent plants dried brown/yellow. One plant green, abundant w/ red, snapdragon-like flowers; from Utisey, climbed up through dense N face forest, mixed spp, quite diverse, but not sure exactly which spp; 50-70% canopy cover; thick understory, except ground cover, which sparse due to grazing; further up to ~7,500, not as many big tall trees, but still dense in most areas; some clearings ca. trailside for grazing; alder component also present; further up still in dense N face (= wet) slopes, (p. 14) →

- #1: another, also on AT walk W of Utisey; 3 ~~more~~ more at Utisey w/ other spp. #10, 11, 3, 12, 5-6! at trail jct ~8,000'; several further on #13.
- #3: w/ #1, 10, 11, 12, 13 E of Utisey, ~7,500'
- #10: ≥ 1 w/ #4, 14 E of Utisey ~7,500';
- #4: ^{≥ 2} w/ #10, 14 E of Utisey ~7,500'; ^{2+1 near trail jct ~8,000'}
- #16: another 2 at trail jct ~8,000'; another 1 further on ~8,200'
- #14: seen again, several, w/ #1, 16, 22, 12, at ~8,200'

Day 10 Utisey - Dongan

~7,220' - 9,150' 6:30 AM birdwalk

1. Yellow-eyed L. Warbler - w from Utisey ~7,200'
2. Grey Bulbul - 3 or 4 " do "
3. Grey-hooded L. Warbler - single " do "
4. Green-backed Tit - ≥ 2 " do "
5. Speckled Mt. Thrush - single " do "
6. Black-headed Sibia - ≥ 3 " do "
7. Whistling Thrush - " do "
8. Plain-backed Mt. Thrush - a pair, near #5 site, on rtn to Utisey
9. Striated Laughing Thrush - ≥ 2 " do "
10. Chestnut-crowned L. Warbler - ^{≥ 1 w/ #1, 3} at Utisey ~7,200'
11. Crowned Leaf Warbler - ≥ 1 w/ #1, 3, 10, 12, 13 " do "
12. Yellow-rumped L. Warbler - ≥ 2 w/ #1, 3, 10, 11, 13 " do "
13. Yellow-browed Tit - 3 w/ #1, 3, 10, 12, 11 " do "
14. Black-faced Leaf Warbler - w/ #10, 4 et al. Utisey ~7,500' ^{E # up fr}
15. Stripe-throated Yuhina - 2 E of Utisey, ~7,500'
16. Yellow-bellied Fantail - ^{pair together in AM,} dense forest, ~7,300'
17. Bar-throated Minla - ≥ 2 w/ #1, 18, 16 } at trail jct
18. Yellow-naped Yuhina - ^{≥ 2 w/ 1, 18, 16, 17} } ~8,000'

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Habitat notes (cont.): forest starts to

change ~ 8,500' w/ Quercus component (sp.

lanceolata?) w/ hemlock in SW slopes (drier)

The Quercus not coppiced at all! Ca. 9,000'

Q. semicarpifolia, which is being heavily coppiced;

At this alt, lots of fir, but mixed w/ maple &

good amt. of standing dead-wood; ca. Kelche

& from there as far as Dongan, well-forested

(cont. pg. 15)

#1: 2 more further past trail jct, ~ 8,000';
another 1 at ~ 8,500'; another at 8,600';

#15: 3 w/ #1 at ~ 8,500' in tall tree;

#8: another 1, probably 2 at 8,500'; feeding
on red berries high in ~ tree;

#18: 2-3+4
in a mixed hunting party ~ 8,600';
3-4 w/ #12, 25, 29 at ~ 9,000';

#25: w/ #19 [mixed flock!] ~ 8,800'; ≥ 2;

#19: ≥ 1 w/ #25 in mixed flock, ~ 8,800';

Oct. 16, 1996

(14)

Day 10 Utisey - Dongan

~ 7,220' - 9,150'

19. Red-headed laughing Thrush - 3 at trail jct;
~ 8,000'

20. Orange-gorgetted Flycatcher - ♂⁷ " do "

21. Red-eared Rufous Woodpecker -

[see tape for] excellent views of a ♂⁷ pecking in thick liana
[full descript.] 1-1.5 m above ground near trail jct, ~ 8,000'

22. Red-waded Tit - w/ #1, 16, 14, 12 near trail jct;
~ 8,000'

23. Rufous-vented Yuhina - 3-4 past trail jct,
~ 8,000'; N face;

24. Beautiful Niltava - ♂ at ~ 8,200'

25. Black-faced L. Thrush - ≥ 5 at ~ 8,500'

* 26. Pink-browed Rosefinch - ♀ at ~ 8,600';
small stream

27. Grey-faced L. Warbler - 1 in Q. semicarpifolia;
~ 8,800';

28. White-browed Tit-babbler - ≥ 1 ~ 9,000';
3 25's;

29. Orange-banded L. Warbler - 1 w/ #12, 18, 28
at ~ 9,000';

30. Jungle Crow - single ~ 8,800'-9,000'

31. Rufous-capped Bush Warbler - single (♂?) ceiling
at clearing, ~ 9,000'.

32. Brown Bullfinch - 2 past clearing, ~ 9,000'.

33. (sp?) Goshawk - over Rohwaling;
or Sparrowhawk? 9,000-9,500'

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Habitat notes (cont.): with fir, hemlock, maple, good understory with thin bamboo (ningalo); considerable damage to fir ca. Kelche, but Dongan not as disturbed. This day's walk up the Rolwaling through much good forest, &

[#30: another 2 ca. Dongan, ~2800m.]

very little disturbed; S slopes also very good; representative photo of intact oak (Q. semicarpifolia?) forest that is open w/ draped Spanish moss lichen & interspersed with bamboo just downriver from Dongan camping ground.

Oct. 16, 1996

(15)

Day 10 Utisey - Dongan

~7,220' - 9,150'

- [34. omitted: Eurasian/Nepal House Martin
- flock of ~20 seen above shortly after leaving Utisey, ~7,800'.]
35. Plumbeous Redstart - ♀ past Kelche ~9,000'

N.B.

- Excellent day for forest birds, with surprising abundance of Yellow-eyed Warblers (in flocks up to 5-6!); long, close range views of a shy ♂ Red-eared Rufous Woodpecker most memorable, & included hearing the locomotive-like call. Magic moment!

* IDED post-trek using Inskipp².

p. 16A

Habitat notes: good belt of *Quercus semicarpifolia* forest w/ 'Spanish moss' at ca. Dongan (photo'd); mostly shrubs & trees appear, forest thick; more shrubs upriver where a new steel & cement bridge crossed to N bank; drier slopes bushy & recovering from past burn; so standing dead stems of fir, rhodo, rose, bamboo prominent; further up N side valley, very steep sided, fir forest in good shape. Opposite, N facing slope, dense fir w/ maple in yellow & orange shades interspersed. valley bottom fairly scrubby further up w/ barberries, rose & rhodo shrubs; from 10,500-11,000, juniper starts to fill in w/ fir, & still some maple on N face slopes.

#4: 2-3 more at ~9,500' up from Dongan; 2 more at lunch stop, ~10,000'; 1 more at ~10,500' further on; then 3 more; 2 more at 11,000'

#6: another ≥ 1 at ~9,500' up from Dongan; 3+2 more at ~10,500' further on.

#9: another σ^7 at ~9,500' up from Dongan;

#13: homogeneous party ^{of ≥ 8} further on ~10,300'

Oct. 17, 1996

16

Day 11 Dongan - Changma Danda

9,150' - ~11,800' single on boulders at

1. White-capped River Chat - Dongan, 9,150'
2. Jungle Crow - 3 ca. Dongan, AT ~9,150'
3. White-browed Tit-babbler - } small party of #3 w/ ≥ 1 of #4 in shrubs upriver a bit from Dongan, 9,200'
4. Orange-barr'd h. Warbler - }
5. Yellow-bellied Fantail - } across river from above sighting
6. Yellow-rumped h. Warbler - } 2+1 respectively, 1, 9,200-9,500'
7. Chestnut-headed Ground Warbler - past Dongan w/ #4, 6 at ~9,500'
8. Yellow-eyed L. Warbler - upriver from Dongan. σ^7 earlier in AT outskirts Dongan, 9,100'
9. Orange-gorgetted Flycatcher - ≥ 3 at lunch stop
10. Rufous-naped Yuhina - ~10,000', N banks.
11. Whistling Thrush - 1 at lunch stop "do"
12. Red-headed h. Thrush - } mixed party of several each in rose shrubs
13. Black-faced h. Thrush - } lunch stop, ~10,000'
14. Tickell's h. Warbler - } single in barberries & other shrubs, with 3-4 at ~10,200', upper
15. Stripe-throated Yuhina - } following river valley.
16. Yellow-eyed L. Warbler - } at least 1 of each in mixed hunting party w/ #4, 6, further on ~10,500'.
17. Coal Tit - }
18. Rufous-fronted Tit - 4 passing thru ^{at ~10,500'} note at max alt. range according to Fleming + habitat.

P. 17A

MAMMAL SIGHTING: family group
(adult ♀; adult ♂; 1 yr juv; older juv = 4)
of ^{Common} langurs, *Presbytis entellus* at ~10,000'
climbing ca boulders & in maple/bamboo.
White pelage / fur ca head quite striking.

Habitat notes: ca. 11,000', forest is
mostly tall fir w/ maple as understory species.
Some clearing of trees ca outskirts of
Changma Danda, where there are clumps
of multi-storyed houses + fields.

#14: 1 more further on ~10,400'; another 1
at ~11,000';

#19: 1♀ outskirts of Changma Danda

Oct. 17, 1996

(17)

Day 11 Dongan - Changma Danda

9,150' - ~11,800'

19. Blue-fronted Redstart - 2♂ + 1♀ at ~11,600'
in open shrubs.
20. Sikkim Black Tit - small flock (4-6?)
at ~11,600'.
21. Pink-browed Rose Finch - ♀ at ~11,600'.

[22. omitted: Dark Grey Bush Chat -
a ♀ at ~10,300' W of Changma Danda]

Habitat notes: above Changma

Danda, good mixed alpine scrub of dwarf juniper, (thorny red-leaved barberry) & squamate rhododendron; scattered boulders; many of the settlements, ghats in the valley bottom have extensive stone fences constructed around their fields.

#2: Same(?) bird seen later at Changma Danda; no extensive white vent/undertail coverts & deduced to be Sparrow Hawk. Size also not as large as Goshawk should be. However, seen again & better later. On basis of white eyebars that is distinctly wide/long & fairly large size, changed to Northern Goshawk, in which the extent of white undertail coverts is restricted in juveniles!

Sparrow Hawk
much lower alt

#3: 30-40 in late AM at ~12,000' (part of same flock as AM?)
10 more behind ghats at ~12,500'

#5: 2 ♀♀ below Na ~ 13,400'

Day 12 Changma Danda - Na

~11,800' - 13,666'

1. Jungle Crow - 3 ca Changma Danda ~11,800'
2. Northern Goshawk - single on boulders "do" see tape for descriptions
3. Snow Pigeon - flock of ca. 80 at Changma Danda, ~11,800-12,000'
4. Black Redstart - ♂ & ♀ outskirts of Changma Danda, ~11,800'
5. Blue-fronted Redstart - ♂ & ♀ "do"
6. Hodgson's Mt. Finch - single past Changma Danda ~12,000'
7. White-capped River Chat - single "do"
8. Beautiful Rose Finch - 3 ♀♀ "do"
9. Whistling Thrush - single at ~12,500'
10. Rufous-breasted Accentor - single in alpine scrub 12,500 ft or so.
11. Tickell's Leaf Warbler - 2 at ~12,000'; another at 13,400' also near Na.
12. Red-billed Chough - 3-4 approaching Na. ~13,500'

[Shanta Kumar & Lakshya returned to lunch site at 9:30 PM to retrieve kerz stove fuel cap; Chandak left at 8 PM to join them & returned with others at 10 PM!]

6:30 AM temp at Na: 25°F

p. 19A

Habitat Notes: dwarf alpine veg
ca. Na thinned out, but looks little
disturbed further away & across river;
extensive maze of fields, polygons conn.
by stone walls; juniper harvested for fire-
wood, being depleted locally; up through
smaller, more widely spaced plants & closely
cropped grassland / Ephedra, more juniper
to glacial moraine at ~15,000'; cushion
plants start to become major element, esp.
ca. Chukmiya, on slopes & atop moraine wall.

#1: 8 more outside Na, ~13,670'; 2 more
at S edge Tsho Rolpa ~14,900';

#3: 52 outskirts of Na, ~13,700'

#2: 2 more past Na, ~13,800'; 9 more further
on ~14,000';

(a.k.a. Himalayan Wolf C. l. pallipes)

* More notes on sighting of Tibetan Wolf:
animal was walking fairly quick
up a spur in boulders, scattered grass &
nearby scree at ~16,100'.

Oct. 19, 1996

(19)

Day 13 Na — Chukmiya camp

13,666 — ~15,750'

1. Jungle Crow — 3 ca. Na, ~13,650'
2. Red-billed Chough — 11 ca. Na, ~13,660'
3. Snow Pigeon — 12 outskirts of Na, ~13,600'
~15,800-16,000'
4. Raven — a pair at Chukmiya & above
(seen well; refer to tape for details).

MAMMAL SIGHTING — pallipes

Tibetan Wolf Canis lupus [^]
tracks were noted of a single animal
along the elevated moraine rim of Tsho
Rolpa ~1 km below (W) of Chukmiya.
Then at past dusk, approaching twilight
good views of a silhouette, large & dog-
like through the binoculars, but furrer.
Chundak could see the dog-like outline
w/out binoculars from Chukmiya (!) & alerted
me to the presence of this animal.

p. 20 A

07hr 00 temp at rock shelter where
JC camped, 23°F → 20°F.

Habitat notes: closely cropped grasses
& boulders ~~are~~ around Chukmiya. Moraine
is virtually barren w/ some ungrazed grass
tussocks & tufts. Detour over a spur to
avoid active landslips/scree w/ many
cushion plants, which also present around
Chukmiya. Tsho Rolpa lake much larger
than on Schneider map, extending almost
to Chukmiya. Several photos taken.

#1: another on glacier at ~16,000'; 2 more
at 16,500-17,000'

#4: 2 more further on abut, ~16,100'.

#3: another at 16,00-1,00'.

Oct. 20, 1996

20

Day 14 Chukmiya camp - W Tashi
Lapcha B.C.
~15,750' - ~16,000'

1. Alpine Accentor - 2 or 3 tame individuals
at Chukmiya camp, ~15,750'
2. Black Redstart - 2 ♀♀ on spur detour be-
yond Chukmiya ~16,500'
3. Raven - single on spur past Chukmiya, ~16,500'
4. Yellow-billed Cough - 3 overhead on glacier
head of Tsho Rolpa ~16,100'.
5. Wall Creeper - single on boulders, glacier
edge, 16,000-16,500'.
6. Hammergeier - single, ~16,500' over glacier
approaching W Tashi B.C.

"W Tashi Lapcha Base Camp" is
a.k.a. "Kaba", according to a
guide w/ group also staying here

Alt. seemed higher but GPS gives
4867m, map ~4860m, & altimeter
reading from member of group also
here is, also, 4860m (!).

P. 21A

Almost cloudless day
of little wind. V. relaxing
to soak up the sun.

Habitat notes:

Took a day off to acclimatize & rest, as the previous day had been long & difficult, especially on the feet. Also, Shanta Kumar ill; didn't sleep & coughed all night. Probably alt. sickness, but he's coherent & no fluid in the lungs.

← next day, referred to as "Jaba"
"Kaba" campsite is in the middle of a somewhat less rugged surface of the scree & rubble strewn glacier. About in the center, equidistant from our amphitheater setting of scree slopes, some active & the end of the level part of the glacier. Not much for ice on the surface, but pockmarked w/ glacial pools of green water, so steep slopes of scree & boulder. Very tricky footing, even the larger boulders feet under one's feet. Constant lack of sure footing, and "trail" often e. at best

Oct. 21, 1996

(21)

Day 15 W Tashi Lapcha Base Camp

a.k.a. "Kaba"? ~16,000'

"^{or}Jaba"?

1. Yellow-billed Cough - 3 at base camp, ~16,000'
2. Red-billed Cough - 2 "do"
3. Wallcreeper - single "do"
4. Raven - single around B.C., ~16,000'.

Chundak was given the binoculars so above sightings with the naked eye within 100-200 m of our tented B.C.

Chundak reconnoitered Trashi Lapcha on this day. He made it all the way to the pass alone, & reports that it was very cold & windy - he was nearly blown off the pass. Lots of snow & ice to negotiate, but a trail all the way, which he says we can do. Need a real early start.

p. 22A

Frosty tents @ 20°F

Habitat notes: at ~6 AM; 24° at 7 AM

W Trashi Lapcha BC in center of glacier
+ not exposed to rockfall from N & NW.
Thick substrate of scree, boulders; no ice
Valley below obscured by dust from frequent
landslips, falling rocks, scree. Beyond camp
route goes up steeply over boulder & rock edge
to RIGHT of imposing glacier that comes down
off /N of Trashi Lapcha.

#1: 2 more approaching Trashi Lapcha, ~16,700'.
4 more at steep W slopes, ~17,500'; two
more above Trashi, up to ~19,500'.

Oct. 22, 1996

(22)

Day 16 W Trashi — E Trashi
"Kaba" Lapcha B.C. Lapcha B.C.
"Jaba"? ~16,000' - (18,883) - ~17,550'
(~18,250!?)

1. Yellow-billed Chough - pair ca. camp AM ~16,000'.
2. Alpine Accentor - single on boulder top close range beyond camp, ~16,000'.

Remarkably low total of only two species for the day. Attributable to harsh habitat of boulders, snow/ice glacier & snow/ice W slope of Trashi Lapcha. Weather also poor: overcast in afternoon with high winds (>50 kph) around the pass. Almost blew the tent away that the 2 Tibetan girls erected for us but did not stake out!

Shanta Kumar started out shaky & slow but somehow found the will & energy to get up and over Trashi Lapcha.

p. 23A

29°F at 7 AM

Habitat: to E of pass, scree, ice, boulder fields; steep descent through gully packed w/ snow & ice & danger of rockslide from above; bad weather moving in; dk hi overcaste;

#1: 2 more seen lower down ~16,000'

N.B.

Our day descending from Trashi Lapcha unforgettable due to condition of Shanta Kumar. Started slowly, v. feeble under own power from camp, but at a tented camp ~ 16,500-17,000' (Engl. father & sm) we hired a porter to carry him (Rs. 200) to Tengbo. Before that, Chundak had carried him ~ 2 hr, but his lower back began to hurt him. During that interval I struggled with his >40 K.g. pack (ungainly!). Look of death at camp... on ice below pass Tarendra & Chundak pulled Shanta down the

Oct. 23, 1996

(23)

Day 17 E Trashi — Tengbo
Lapcha B.C. (4327m signboard)
~18,200' (?) ~14,200'

1. Yellow-billed Cough - 6-7 in a flock below camp site, ~17,500-18,000'. AM.

A record low # of species! Probably due mostly to poor weather. Heavy overcaste in early AM. Encountered light snow ~16,500', and while descending, the pass area looked to be under heavy snowfall. Heard some birds in scrub 14,500-16,000' but never got a look at them.

slope on plastic sheet. V. ill w/ hi alt. sick. Vomiting night before. Almost incoherent much of afternoon but better when resting at Tengbo, which was reached at 4 PM.

p. 24A

Habitat: alpine scrub ca. Tengbo, mostly low juniper & thorny scrub. Degraded, somewhat indiscriminately cut; surrounding grasslands overgrazed; too many landslips to be natural - ~1/2 way to Thame scrub much better, grading to good rhodo shrubbenies; no deadwood evident, though; also willows & both squamate and short trees (shrubbenies) of juniper (this at ~13,000'); Reached Thame ca. noon; open juniper trees & many fields, mostly for potatoes; bad weather descended from the Trashi Lapcha area in late afternoon; drizzle in Thame at night; looks to be a lot of snow falling ca. Trashi Lapcha

#3: pr further on, apparently ♀ + ♂.

#4: sev. more in party ca. Thame village

Oct. 24, 1996 24

Day 18 Tengbo — Thame
~14,200' ~12,470'

1. Red-billed Chough - 6 at ~14,000 outskirts of Tengbo.
2. Winter Wren - popping out of boulders ~13,000 in hi alt. scrub below Tengbo.
3. White-winged Grosbeak - 7, mostly or possibly all ♀♀, ~13,000 rhodo shrub. ~13,000'
4. Tickell's Leaf Warbler - several in mixed hunt party
5. Brown Dipper - single at ~13,900' (alt.?)
6. Impeyan Pheasant - 3 ♂♂ in open juniper forest ca. Thame Monastery ~13,000'
7. Sikkim Black Tit - w/#4s ca. Thame village ~12,500'
8. Jungle Crows - 5-6 on walls ca. Thame village
9. White-winged Grosbeak - ~12,500'
mixed flock ♂/♀ ca. Tengbo in early AM,
↳ [omitted from day's taping]

Very slow day down easy trail to Thame. Shanta Kumar able to walk, but v. slow.

Bill went ahead in late AM to try & reach Namche & a hot shower; stopped at Thame in mid-afternoon to cook & decided to stay.

French expedition had a Gammow bag, so we put Shanta Kumar in it at 5 PM ~ 1.5 hr, which seemed to help him v. much.

p. 25A

Habitat: At Thame, open juniper trees with thorny scrub; fields; further dn valley to 3400m or so, rhodo forest with birch dominates; stunted fir starts to fill in the understory; across river valley where overgrazing & past (?) cutting of fire wood is exacerbating erosion. Several deep gashes in the landscape; scrubby as far as Phurte, with some good conifer (mixed pine) patches; best forest between Phurte & Knoll W of Namche; uncut but heavily utilized for

#5: another ♂ 12,000-12,500' below Thame.

#2: 5 or 6 more perched on prayer flag poles outside Namche, ~11,800'.

gathering of fuelwood & pine needles; microhydel projects now on line for small villages from Samde → Namche. Starting to decrease demand on the forests;

WEATHER: After mid-day, windy & overcast with periods of drizzle & rain throughout afternoon approaching Namche.

Oct. 25, 1996 25

Day 19 Thame Namche Bazaar
Village 12,470' - ~11,300'

1. Yellow-billed Cough- 30-40 below Thame ~12,250'
2. Jungle Crow- 4 ca. Thame in AT; ~12,500'
3. Tickell's Leaf Warbler- w/#4? ca. Thame. ~12,500'
4. Mt. Finch (?) - w/#3 ca. Thame. ~12,500'
5. Blue-fronted Redstart- ♂ outside Thame; ~12,400'
6. Robin Accentor - single, in company? with #3,4 near Thame
7. Beautiful Rose Finch- 2 ♂♂ below Samde in rhodo/barberry ~12,000'
8. Coal Tit - 3 or 4 w/#9/10 in mixed hunt. party
9. Crested Brown Tit - ≥ 1 w/#8 & 10 between Samde
10. Yellow-rumped L. Warbler - ≥ 1 w/#8/9 and Phurte ~12,000'
11. Black-faced Laughing Thrush - ≥ 5 below Phurte, ~12,000'
12. Tree Sparrow - 3-4 ca. houses of Namche, ~11,300'
13. White-winged Grosbeak - mixed flock ca. fields in trees

p. 26A

Oct. 26, 1996 26

Day 20 - Namche Bazaar

No birds recorded.

(Rained almost the entire day.
Namche in fog & drizzle)

Oct. 27, 1996

Day 21 - Namche Bazaar
ca. town the following birds:

1. Tree Sparrow
2. Jungle Crow
3. (4) Red-billed Chough

p. 27A

HABITAT: some replanting of conifer forest ca. Namche; spruce w/ regenerating juniper in walled plots; towards Tengboche the spruce & pine are dying off; needles brown; unclear why, but virtually no ground cover; leaves & needles collected intensely by locals; virtually no cutting of live trees; N slope forest to S is in excellent condition; no cutting noticeable of mixed fir/maple/birch; military camp below Namche!; good conifer/mixed conifer towards Tengboche, but note severe depletion of leaf litter. Long-term effects??

#6: 2 more w/ #5 further on, past Singha ^{~12,000'}

#5: ≥ 1 w/ #6 further on, past Singha; ^{ca} 12,000'

* High overcast much of the day. No real sun after 2:30 PM. Few birds. Bad weather ^{continues} up above ~14,000'

Species Heard:

1. Winter Wren - single near Namche P.O. ^{~11,400'}
2. Nutcracker - a 3rd bird heard near 2 seen. ^{~12,000'}
3. Yellow-billed Cough - ≥ 2 above Namche; ^{~12,000'}

Oct. 28, 1996 27

Day 22 Namche Bazar - Phungi Tenga
~11,300' ~10,800'

1. Jungle Crow - 5 from Namche to Phungi; ~11,500-12,000'
2. Hammergeyer - pr., 11,000-11,500' NE of Namche ^{~11,500'}
3. Tree Sparrow - 10-12 N outskirts of Namche;
4. Snow Pigeon - ≥ 15 NE of Namche, ~12,000' (Tasingha) ^{~12,000'}
5. Coal Tit - ≥ 4 ca. Singha w/ #7 et. alia ^{~12,000'}
6. Yellow-rumped L. Warbler - 2 w/ #5 et. alia. ^{~12,000'}
7. Winter Wren - single in baldus, ~12,000'
8. Nutcracker - 2 in fir forest, ~12,000'. !?!
9. [omitted] Blue-fronted Redstart - juvenile ♂ NE of Namche ~12,000' (perhaps a bit lower).
10. Beautiful Rosefinch - single ♀ outskirts of Namche, ~11,400'. Viewed at 5-6 m. ^{quite} Tame.

MAMMAL SIGHTING: Two Musk Deer in mixed pine/broadleaf 'forest' at Tashinga Nursery (Hillary's project), ~11,500'. Fairly tame.

p. 28A

HABITAT: open mixed forest (w/ pine?)
above Phungi Tenga, grading to rhodo
shrubbies higher up. Considerable cutting
for firewood ca Tengboche; in bettushape
towards Deboche; very little deadwood;
tall fir ca. Deboche.

Overcast in the afternoon; shower on
late evening arrival in Deboche.

#4: 4 more w/ #7 further up towards
Tengboche, ~12,000'.

#1: 10-12 outskirts of Tengboche;
40-50 more ca. camp. there;

#2: several (≥ 5)
more from Tengboche -
Deboche.

Oct. 29, 1996 28

Day 23: Phungi Tenga — Deboche
~10,800' ~12,350'

1. Jungle Crow - single above Phungi Tenga ~11,000'
2. Black-faced Laughing Thrush - 22 in
mixed fir forest ~11,500' → Tengboche.
3. Goldcrest - 3 (all ♀♀?) w/ #4 & 5 in fir
forest ~11,300'
4. Coal Tit - several approaching
Tengboche.
5. Yellow-rumped L. Warbler - several
6. Northern Tree Creeper - w/ #3-5 in mixed
hunting effort.
7. Sikkim Black Tit - w/ #4 near Tengboche
~12,000'.

Almost all birds were recorded in
the AM/early afternoon Phungi Tenga -
Tengboche; stopped to rest while others
cooked trailside past Tengboche; I had
stopped for delicious momos at Tengboche
when others had already gone past.

p. 29A

HABITAT: From Deboche → Pangboche forest mostly dwarf birch + rhodo shrubs; not cut, but understorey heavily grazed; some scattered juniper shrubs; near Deboche some good leaf litter to forest floor evident; above Pangboche, forest more open (prev. cut?) with thorny bushes, all of which heavily grazed by yaks; approaching Pheriche at 13,500-13,700 vegetation is squamate a common thorny shrub also present; → mostly 2 species of rhododendron & v. prostrate form of juniper;

#1: 3 more ca. Pangboche, ~13,000'.

Weather fine for much of the day, although quite windy by noon at Pangboche. Peaks starting to be obscured by cloud. By 3:30 PM + outskirts of Pheriche, clouds covering slopes on either side of the valley, down to about head-top level!

Oct. 30, 1996 29

Day 24: Deboche — Pheriche
~12,350' ~13,900'

1. Jungle Crow - 3 ca. Deboche, ~12,400'.
2. Tickell's L. Warbler - Single in thorny scrub ^{at Pangboche, ~13,000'} ~~juniper~~ ^{Per.}
3. Alpine Accentor - single at Pangboche, ~13,000'.
4. Snow Pigeon - ~20 midday, Pangboche ~13,200'
5. White-winged Grosbeak - Deboche, ~12,400' ^{2 ♂♂ / 2 ♀♀ ca.}
6. Winter Wren - single, ~13,500 below Pheriche.
7. Beautiful Rose Finch - ♂/♀ pair ~13,600' towards Pheriche.

MAMMAL SIGHTING A pair of Thar, not very wary, descending the main trail (1) outskirts of Shomare village, ~13,200'; in open country of juniper shrubs/trees between Pangboche & Pheriche.

26°F at 07hr30 in Pheriche
before sun hit. bright red leaves
in autumn.

HABITAT: Ca. Pheriche: *Squamata rhodod.*
(?)
juniper with *Ephedra* in valley. Slopes less vegetated; many trails, both for yaks & humans. Definitely overgrazed, causing landslips & reversion to rubble & open ground; cushion plants a substantial component of vegetation by 4550m (14,930') approaching Dughla. See opposite page for details of habitat approaching Lobuche.

#1: another ♂ beyond Pheriche, ~14,500'.

#2: 1 on ground about 15,650' above Dughla.

#4: ~20 more (possibly mixed w/ #2s) above Dughla at ~15,600-15,800'.

p. 30 A

Oct. 31, 1996 30

Day 25 Pheriche — Lobuche
~13,900' — 16,176'

1. Goldenstadt's Redstart - Pheriche, 13,900' ^{♂ in village plots,}
2. Red-billed Chough - 2 beyond Pheriche, ~14,200' ^{14,200'}
3. Eurasian Sparrowhawk / Eurasian Kestrel - very distant view of single bird ^{below} Dughla at ~4500m (14,765'); subterminal band, pale color, size.
4. Yellow-billed Chough - 2 above/beyond Dughla at ~15,350'

Good weather almost the entire day. Gusts of wind at times, but sky crystal clear. Above Dughla trail levelled out & follows a stream bordered with grass - mostly brown but green littoral band & very closely cropped (by yaks?). No birds seen along this stretch, though

HABITAT: Around Lobuche, closely cropped short grass tufts, rubble & scree. Stream running past settlement polluted with excrement from campers/porters. Crossed glacial moraine, mostly bare, but scattered tufts of grazed grass and wildflowers; moraine is actually the lower Khumbu Glacier; vegetation in much better shape on E bank as one ascends along a small stream to Kongma La. Grazed by yaks, but clumps of xeric plants, grasses, dried wildflowers. Higher up, cushion plants dominate. Along steep section just below the pass, vegetation ungrazed; some rubble poorly consolidated; snow for 45 min to reach pass; very steep descent to beautiful austere green lake W of pass; Kongma La at 5535 m (18,161); campsite around lake looks to be ~17,500' on Schneider map, but descent seems greater in elevation, also as one looks back to the pass from lake side. Different assemblage of wildflowers (obiv) ca. summit/pass; where tributaries drain into lake, these bordered by tall, deep red wildflowers & tall grass clumps (photos taken) very little grazing evident,

2 Nov. 1996

32

Day 27 Lobuche — Camp E of Kongma La
16,176' ~17,800'

-
1. Alpine Accentor - 2 or 3 ca. tents/Lodge, Lobuche 16,176'
 2. Great Rose Finch - $\frac{3 \text{ ♂♂}}{2 \text{ ♀♀}}$ "ditto" ~16,175'. Tame! Before sunrise at doorstep within 2m of Tirenira pecking at discarded rice (bhd).
 3. Yellow-billed Cough - 2+4+3+5 at Lobuche, AM 16,175'
 4. Rufous-breasted Accentor - 3 at Lobuche, 16,175'
 5. [omitted] Raven - single at Lobuche, AM.
 6. Tibetan Snowcock? / Tibetan Partridge?
(H) Heard calling on top of Kongma La, apparently at ~18,000' E of pass; Chundak referred to them as "bhote piura" but I could not be sure which of 2 above spp. they were. Tibetan Partridge found lower down in winter, in Tibetan plateau habitat, & no record from Khumbu. Probably Tibetan Snowcock. Also, note that the snowcock was seen E of pass the next day!

Weather poor in AM w/ surrounding slopes in broken cloud; mostly clear during mid-day, but by 3 PM, clouds began to envelop Kongma La & obscured views of the lake from the pass; temp already down to 24°F at 6:30 PM.

70°F at 7AM (12°F at 5:20AM).

HABITAT: Sparse vegetation around lake has flourished on the stalk, both grasses & wildflowers; little evidence of grazing, but there are a few old dung chips (yak). Down into squamate veg., thorny plants + juniper by 16,000'; grassland overgrazed with exacerbation of landslips;

#3: 2 more ~16,500 towards Chhukhung.

#4: another flock of similar-appearing birds from Kongma La → Chhukhung. (15-20) ~16,500'

p. 33A

3 Nov. 1996 (33)

Day 28 Camp E of Chhukhung
Kongma La ~17,800' 15,520'

1. Great Rose Finch - ♂⁷ at A1 camp. 17,800'
2. Alpine Accentor - single at AM camp. 17,800'
3. Yellow-billed Cough - 2 + 1 at camp, 17,800'
4. Humel's Short-toed Lark / Greater-Short-toed Lark
distant view of flock; ~15 seen as a silhouette; lark-like flight, ~17,800'
5. Tibetan Snowcock - 4 across valley at 17,000' - 17,200' towards Chhukhung.
6. Jungle Crow (?) - 4 large birds ca. "do" ~15,500-15,800'.

Weather very good much of the day.
Morning clear with v. little wind at lakeside camp.

p. 34A

HABITAT: Through heavily grazed grassland the entire day; moraine edge also colonized by grass tufts + patches along afternoon route, but also grazed; Amphu Lapcha pastures heavily contoured with yak-trails, no ungrazed patches; grassy patches extend above campsite at ~17,500' to ~18,000', appear to be ungrazed only at top edge/upper limit and in very steep facies. (see below)

#5: 2+3+5 from Chhukung to Amphu Lapcha pastures; 15,700-16,700';

#2: another lone bird at Amphu Lapcha Base Camp, ~17,500', waddling over barren sandy ground near the fresh graves of 22 trekkers killed (≠ of 5 perished) in avalanche on traditional S→N route; very eerie...

Amphu Lapcha Base Camp is undemarked, no real sign of former tent sites; site is old pond now flat & sandy & dry; In a large hollow, so receives little sun & views of surrounding himal very limited; traditional route across pass appears like a wall of himal (pure ice) from this view pt.

4 Nov. 1996

34

Day 29 Chhukung — Amphu Lapcha Base Camp
15,520' — ~17,500'

1. Robin Accentor - 5 in scattered flock in gully at Chhukung, 15,500'.
2. Raven* - single at Chhukung, ~15,500'.
3. Snow Pigeon - 8 flying past Chhukung, ~15,700'
4. Guldensadt's Redstart - ♂ on boulders ca. hotel, Chhukung 15,500'
5. Yellow-billed Cough - 2 near Chhukung ~16,000'
6. Brandt's Mt. Finch - ~60 in a 'flowing' flock in stubble + cropped grass. Birds leap-frog, giving flowing effect. Very active, constantly moving. At ~16,500' NW of Amphu Lapcha grazing pastures along moraine edge. Also, quite compact.

Weather clear the entire day. Only a few small cloudbanks around the tips of the himals in the late afternoon.

(bristled, actually)
* brown tinge to lo's; whiskered appearance ca. base of beak; bristles most apparent on mandible; guttural but soft call - monotonous;

14°F at 05hr30; 12°F at 06hr30.

p. 35A

HABITAT: Ca. Amphu Lapcha B.C., already described under previous day. A cold site that is cut off from early AM & late afternoon sun. New trail, and really only feasible N→S route over Amphulapcha ascends rocky & icy spur to W. Along spine towards 'pass', then turns E through cliff lines where ropes must be set. Trail discernable at all times, but very narrow in cliff faces & dangerous. Covered with compacted snow (by trekker) & ice. Some old pitons in place to set ropes. (Ropes needed from ~18,250-18,400). From 19,000-19,200 almost sheer section up a crack in huge boulder. Very hard to find a foot or hand hold; very dangerous! Last 150' easier, serpentine, wider through packed snow. GPS at top stable/mid-pt. reading of 5824 m (19,240'). Descent through stunningly beautiful ice fields, ice cliffs w/ long, huge icicles; discernable path. As for much of the day, no vegetation; almost all rock, ice & snow. Down to 18,500-18,000' into scree & boulder fields with snow/ice on this S-facing slope mostly gone.

Vegetation around Panch Pokhari thin, flowered grasses, wildflowers; stubbled appearance; apparently not grazed. No structures or even old tent sites; no yak dung; wildflower veg most luxuriant where trickles of water flow into the largest lake. Several spp. border these trickles, to 25cm hi & not grazed. All of them dried on the stem.

5 Nov. 1996

35

Day 30 Amphulapcha
Base Camp
~17,500'

Panch
Pokhari
~17,700'

1. Raven - a pair at AM Base Camp ~17,500'.
2. Yellow-billed Choughs - 2+1 at Base Camp "do"
3. Great Rose Finch - ♂ atop Amphulapcha - ^{~19,240'} ^{Japani} ^{batto} - appears to be the highest record of this species in Nepal, ~500m higher than any other (Inskipp)

- #1: a flock of 5 (ravens in flocks?!?) S of pass 18,500-19,000'; note that these birds are <27" TL; they have grey underwing lining & dorsally when alighted/on ground, the wings are dull brown tinge contrasting with glossy black of other upperparts.
- #2: 2+1 towards pass, and ≥1 at pass (19,240') also 2+1 from 18,000-18,500' on descent

Raven (*Corvus corax*) can be confused with high alt. race of Jungle Crow (*C. macrorhynchos intermedius*) occurs > 5000m & intergrades with *C. m. tibetanus* in NE Khumbu according to Inskipp & Inskipp (1991).

p. 36A

HABITAT: Habitat ca. Panch Pokhari described under 5 Nov. notes; walking past E. most lake (largest of 5), campsite w/ rubbish encountered, also a large "H" for a heli pad constructed with flat chunks of slate; descending dn Hongu at 1st through rubble & moraine edge with scattered clumps of low, dried grass. Once level below glacial lake, wider expanses of grass but moderately grazed (16,500-17,000). By 16,500' heavily grazed. Ephedra (?), + 2 spp. of squamate rhodo dominate w/ grass tussocks 16,000-16,500' (cont. overleaf)

(1 photo'd well) 17,500-17,800';
#1: 4 more ca. lakes on way dn valley;
croaks not as deep or loud as raven??

#1: single bird (w/ string dangling from neck)
followed us all day dn Hongu, begging for food; behind + in front to w/ in 10m when alone at back. From ~17,500-16,000'.

Species Heard (H): ??

1. Great Rosefinch - single, calling
around Panch Pokhari camp, AM; ~17,800'.

6 Nov. 1996

36

Day 31: Panch Pokhari
~17,700'

Upper
Hongu
Camp
~15,620'

1. Raven - (?) single ca. Panch Pokhari camp in AM; same features as yesterday; ~17,700'.
2. Yellow-billed Cuckoo - 2 on way out of Panch Pokhari area, ~17,600'.
3. Goldenstadt's Redstart - ♂ in squamate alpine veg (2 spp. rhododendron *R. barbatum/setosum*? + grass tussocks - NOT typical habitat, Upper Hongu, ~16,200'.
4. Brown Dipper - single in Hongu, ~16,000-16,200'.

Weather superb almost entire day, especially upriver & ca. summits. Mist rolled up Hongu to our camp ~5 PM.
Day of gorgeous, easy walking.

HABITAT: (cont.) Below ~16,500' there was frequent evidence of sheep droppings, & lower dn to 16,000 some goat pellets as well. Several (#?) small overhangs encountered, one with fresh squamate rhodo plants that had been uprooted in their entirety. Fair amount of litter ca. these camps, which we collected and placed in pits. Surrounding slopes at 16,000-17,000 heavily grazed by not very eroded. No structures encountered until our camp at base of huge boulder w/ 1 low wall in disrepair, which we renovated.

HABITAT: Ca. Upper Hongu Camp: boulders & grass clumps/tussocks, some of which flowered - all brown & dried, mixed with boulders. Prostrate rhododendron (*setosum?* *babatum?*) & *Ephedra*. Turning SW up the valley slope, through a field of large black boulders w/ bright lichens; then over steep, unstable scree & rubble to join with main trail descending E from Mera La; passed above circular blue lake on Schneider map, but porters kept lower & skirted the lake (16,300 vs. ~16,100);

#2: 4-5 more past AM camp 16,000-16,500'.

#3: 1 + 8 further on, ~16,500-16,800'; 2 more in the evening ca. camp at ~17,400'.

[This species heretofore known as exclusively herbivorous!]

MAMMAL SIGHTING: Himalayan Mouse-hare (pale tan pelage) stalked & caught an Altai Accentor at Upper Hongu Camp. Chundak said he saw it nearly catch a 2nd bird (after apparently stashing the 1st in a boulder crevice). ~15,750'

Day 32: Upper Hongu Camp ~15,620' — E Mera La Base Camp ~17,400'

1. Altai Accentor - flock of ≥18 at AM camp, in grass & boulders, ~15,750'
2. Raven - same individual that followed us down the Upper Hongu, ca. AM camp. ~15,600'
3. Yellow-billed Cough - 2 past AM camp, ~16,500'
4. Alpine Accentor - single at ~16,800' late afternoon

Weather clear most of the day with very little wind. Mera La open through late afternoon - early evening

19°C at 06hr30 at AM Camp.

p.38A

HABITAT: From AM camp, which has a 'small structure ca. bouldy, over scree, rubble & boulders to Mera La glacier; then over snow & ice; path good & easily discernible, but in some places obscured by spindrift; trail winds around thinly covered crevasses & other uneven ice of the glacier. ski & snowboard tracks evident along side trail; no rubble on glacier - only ice & snow; rocky outcrop has a ledge for tent sites (3-4) & a rougher platform below for additional tents; considerable litter, which was etc collected & burnt; E/NE of ledge at base, much exposed excrement & toilet paper; a few scattered stalks of short dried grass in cracks of the towering outcrop; dried wildflowers with bulbous bloom at very base of outcrop on S, sunny side; outcrop absorbs heat of sun as it arcs across sky, particularly in area/side where ledge + tent sites are;

Fabulous views of the himal. A of the world's 6 highest mts seen from here; great sunset shots of Makalu & Chamlang, as well as Kanchenjunga some 110 km distant!

8 Nov. 1996 38

Day 33: E Mera La Mera Peak
Base Camp — "Rocky Outcrop"
~17,400' ~19,200'

1. Yellow-billed Cough- 4 ca. Mera La ^{17,800-} 18,000', then max. of 5 ca. 'rocky outcrop' 19,000'-19,500' in mid-late afternoon.
2. Great (?) Rose Finch - ≥ 2 or 3 flying ca. rock ledge at ~19,200'. Not seen well enough to be certain which large rose finch.
3. Demoiselle (?) Crane - small flock (≥ 5) seen from rocky outcrop camp in afternoon ~4PM; very high overhead; still specks through the binoculars; body parts hardly defined; mostly white, also showing some black; large wings with deep wingbeats; at least 23,000', possibly as high as 25,000'; flying S down the Hongu; fairly compact, straight-line flight. Not in a 'V' shape. Could also be Common or Siberian! ???

Weather; clear during entire day, including surrounding himal; thin cloudbanks in lower Hongu & on lek to E towards Kanchenjunga.

19°F at ~5AM at edge of ledge

p. 39A

HABITAT: On ice the entire day except while descending through scree & boulder from Mera Glacier to Khare in the late afternoon; Mera Glacier free of rubble, but contains many hidden crevasses. Path to S summit is well defined, trampled, and an easy incline except for last 1500' (steep). This section is best negotiated with a rope, although not absolutely necessary.

Fabulous views of Everest Group, Makalu, Chamlang/Upper Hongu, Joljole, Kamalenjunge massif, jagged As of Mera Himal, even Annapurna ca. Kandaia (although town not visible); cloudless & only a slight breeze from 12h00 - 13h20.

#2: 2 more at 20,000-20,500' on Mera Glacier.
2 more at Rocky Outcrop in afternoon
7-8 ca. Mera La, 17,500-18,000' on descent

#4: another in early evening at Khare, 16,200'

9 Nov. 1996 39

Day 34: Mera Peak - Mera Peak - Khare
"Rocky Outcrop" S summit
~19,200' - 21,200' - ~16,200'

1. Great Rose Finch - excellent, close range views. ♂ at AM camp ~19,200'
2. Yellow-billed Cough - 4 ca. AM camp, 19,200'
3. Red-billed Cough - 2 just below camp, ~19,150'
4. Alpine Accentor - single at AM camp, 19,200'.

Almost the entire day on ice & snow. Used crampons from 07h00 - 17h00. Very few birds although weather superb: clear & windless the whole day. Probably result of near 'sterile' aspect of habitat.

Mera Peak certainly the finest view pt. for himal, as views in all directions stunning. Height: Indian Survey Map give 6654m, Schmidt Map 6461; my own GPS stable w/ mid-pt. reading of 6595m.

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HABITAT: Much of the squamate rhodo ca. Khare has been chopped over, + juniper completely chopped out; landslips minor, but seem related to where scrub chopped heaviest; vegetation thicker descending to Tangnag with squamate juniper (some large) dominant ca. Dig Kharka. This is good shape + mixed with grass clumps, latter only lightly grazed & in best condition on steepest slopes where landslips common. (Too steep for grazing?). Juniper bushier + picked over on deadwood w/ some chopping approaching Tangnag. No burned or cut out areas.

#3: 2+3+4 at 14,500-15,500 between Khare & Tangnag.

10 Nov. 1996 40
Day 35: Khare — Tangnag
~16,200' — ~14,300'

1. Alpine Accentor - single ca. tents early AM, Khare. Tame, approachable to 2m. ~16,200'.
2. Snow Pigeon - single ca. Khare, ~16,000-16,500'.
3. Yellow-billed Cuckoo - 9 ca. Khare, ~16,000-16,500'.
4. Jungle Crow - 8 ca. Khare, 16,200-16,700'.
5. Red-billed Cuckoo - 2 at Khare, 16,200' ca. tent sites. ^{pecking in soil}
6. Hammergeier - single going past Khare, ~16,100'.
7. Beautiful Rose Finch - ^{single ♀ in low rhodo et. al. at} ~15,000-15,200' Khare → Tangnag.
8. Brown Dipper (?) (H) - IDed by call at about 15,200' between Khare & Tangnag in ^{upper} Hinkhu.
9. Pink-browed Rosefinch - ♀ in juniper outskirts of Tangnag ~14,200'.

Weather again mostly clear, but windy in the afternoon, with some clouds ca. himal in late afternoon. Great views & photos of Peak 49 descending the tributary. Sheer pyramid of this 6769m (22,210') himal a stunning sight with Sabai Tsho glacial lake at base in the foreground.

p. 41A

HABITAT: Ca. Tangnag, noticeably degraded since last visit 1 1/2 yrs ago. Juniper on slopes in back of settlement thinned out with landslips now evident. Mixed with juniper in this sandy scree are horsebills (Equisetum?). In the flats, recent cutting of juniper for large limbs noticeable at close range. Due to angle of view not apparent from settlement. Cutting is selective. Only largest limb/limbs removed from individual plants, but cover taking on a thinned-out look. Thicker than juniper shrubbery - outskirts of Tangnag towards Khare. Also some Ephedra in back of Tangnag & scattered clumps of grass, which are closely cropped (small clumps, interspersed with the juniper, boulders, etc.).

Further down valley to ~13,000', rhodo shrubberies taller, good bloom of dried wild-flowers & clumps of grass, some tall & ungrazed. Area on Schneider map from "Lungsamba" to "Gondishung" in good shape. No new structures, but one slope of juniper recently (this yr) burnt.

New settlement of Kothay (GPS coord. taken) 5 malingo huts, cutting of trailside fir N of settlement for construction at Tangnag. Considerable amount of litter/rubbish. This site an abandoned pasture (Kharka) in May '95 with no evidence of

11 Nov. 1996 (41)
Day 36: Tangnag — Mosam Kharka
~14,300 12,110*

* calc. from 3691 m Schneider map elevation.

1. Jungle Crow - 3-4 ca. Tangnag, rather confident. ~14,300'. Looks similar to Raven.
2. Blue-fronted Redstart - ♂/♀ pair at ~13,000 in open rhodo shrubberies S of Tangnag.
3. Lammergeier - single in Upper Hinkhu valley at ~13,700 - 14,000'. (across river.)
4. Sikkim Black Tit - } in mixed hunting party in uppermost forest of fir, birch
5. Crested Brown Tit } rhodo at ~12,300 - 12,500'

Weather fine in AM, but by 13:00 clouds ascended from middle Hinkhu & soon in the fog for the remainder of the day. No birds observed once fog/mist set in.

HABITAT (cont.): human occupation. Off trail, forest still in excellent condition but some litter now present. Mosam Kharka still much the same as May '95, but fir sapling forest towards river thinned out as is perimeter of this small campsite. Juniper & tall grass tussocks on E/SE slopes still untouched.

24°F at 07h45 at Mosam Kharka.

HABITAT: Ca. Mosam Kharka, refer to previous day's write-up. Still well forested along trail to Tashing Dingma, only ~30-40 min further on; but cutting of rhodo ca. (for firewood) this well-used campsite; also recent cutting of fir ca. N edge for timber (photos taken); Very steeply through fir, birch & tall rhodo to new campsite of Taktar; tent sites ca. huge mossy boulder in birch, rhodo with much litter, which was collected & heaped with other rubbish at recessed edge of boulder; GPS coordinate taken; some cutting ca. periphery & trail for firewood, & campfire burning when we stopped to cook lunch (on Kero stoves) but habitat negligibly altered. Some of the juniper ca. Thuli Kharka cut for firewood (& to open up grazing areas?) but much the same as our May '95 passage; steeply again to Chetabrü, one stone ghot & a tarpaulin-walled structure with back wall from huge boulder; fairly well-stocked but expensive;

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12 Nov. 1996 42

Day 37: Mosam Kharka — Chetabrü
12,110' ~14,350'

1. Winter Wren - single in boulders at Taktar campsite, ~12,500'(?).
2. White-winged Grosbeak(?) (H) - a small flock heard calling at ~13,500' in hi alt shrubs ca. Thuli Kharka. I'ded only from call!
3. Alpine Accentor - single on boulders, Chetabrü ~14,350'.

#1: another seen just below Chetabrü, ~14,300'; another heard at ~13,000'.

↓ In cloud/mist much of the day ascending from Hinkhu Khola steeply up to Thuli Kharka, where clouds parted a bit & walked almost level with them as far as Chetabrü.

4. Red-billed Choughs - pair at Chetabrü ~14,350'.

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HABITAT: Below Chetrabu, open dwarf juniper scrub; somewhat chopped ca. settled, but otherwise in good shape. Interspersed with dwarf rhodo & grass tussocks; above the settlement trail passes through steep hillside with many cushion plants, short grass herb. More open in character as 2 passes crossed at ~14,800'. Descending the divide to W, some ice & snow on trail; steep & dangerous. Passes through squamate rhodo at 14,500-14,000 which in good shape (Chundak collected leafy twigs to take to KTM & burn as incense); down ca 13,000' tall rhodo shrubberies encountered; noticeably damaged for firewood along the trail, but otherwise intact; into fir forest where tall, straight trees cut - new & old cutting; at 11,000-11,500 pure fir forest devastated, virtually clear cut. Later was informed at Sagarmatha Pollution Control Center in Lukla, that this area under mgmt by Danfe User Group; most timber goes to Sagarmatha NP for building; cutting there not allowed & this regulation enforced; ... down to ^{fairly} good mixed forest < 10,000' but not nearly dense as 5 yr ago, say *Torenia* & Chundak; then through scrub & fields/meadows to Lukla at 9,300'.

13 Nov. 1996 43

Day 38 Chetrabu — Lukla
~14,350' ~9,300'

1. Jungle Crow - 3 tame (to w/in 1.5m when fed macaroni) at Chetrabu, ~14,350'. 14,500'
2. Hammergeier - single above Chetrabu, ~~~15,000~~ 14,500'.
3. Winter Wren - (H) above Chetrabu, ~14,500'.
4. Alpine Accentor - at twin passes, ~14,700'. "do"
5. Blood Pheasant - (H) - calling SE/above Lukla ~11,500-12,000'; seen later in clearing in fir forest at ~11,000' by Chundak who estimated ~20 of 'em.
6. Yellow-billed Blue Magpie - pair at ~9,500-10,000 in mixed forest above Lukla
7. Black-faced L. Thrush - ≥ 4 9,000-9,500' above Lukla in scrub ca. fields
8. Tree Sparrow - ≥ 10-12 ca. Lukla outskirts. ~9,300'

#1: several (8-10) ca. Lukla in late afternoon ~9,300'

Weather: clear in AM crossing pass ^{~14,960'}
"Zatrwala" (on Schneider map, ~4560m), then through intermittent, rising layers of cloud down to ~10-11,000 - some mist, then overcast as far as Lukla.

GPS COORDINATES FOR TRANS-KHUMBU TREK

<u>Location</u>	<u>Date</u>	<u>Lat/Long coordinate</u>		<u>Elevation</u>
Simle village	7 Oct '96	27° 47' 09" N	85° 54' 49" E	1153 m
Bagaar campsite	8 Oct '96	27° 46' 55" N	85° 57' 36" E	1140 m
Dolangshe village	9 Oct '96	27° 48' 40" N	85° 59' 32" E	2501 m
Tin Sang La	10 Oct '96	27° 49' 41" N	86° 00' 27" E	3308 m
Peku	11 Oct '96	(not recorded)		~1800 m
Suisang village	12 Oct '96	27° 47' 02" N	86° 08' 59" E	1879 m
Dolang Khani	13 Oct '96	27° 48' 12" N	86° 12' 47" E	1646 m
Chetchet village	14 Oct '96	27° 52' 08" N	86° 13' 13" E	1631 m
Utisey ghots	15 Oct '96	27° 53' 10" N	86° 14' 43" E	~2200 m
Kelche camp site	16 Oct '96	27° 54' 07" N	86° 16' 30" E	2841 m
Dongan camp site	16 Oct '96	27° 54' 12" N	86° 17' 17" E	2791 m
Changma Danda vill.	17 Oct '96	27° 54' 30" N	86° 22' 06" E	~3600 m
Na ghots	18 Oct '96	27° 52' 53" N	86° 25' 42" E	4165 m
Chukmiya campsite	19 Oct '96	27° 51' 30" N	86° 28' 24" E	~4800 m
W Teshi Base Camp	20-21 Oct.	27° 49' 52" N	86° 31' 18" E	4867 m?
E Teshi Base Camp	22 Oct '96	(not recorded)		~5350 m
Tengpo village	23 Oct '96	27° 49' 29" N	86° 36" 07" E	4350 m
Thame village	24 Oct '96	(not recorded)		~3800 m
Namche Bazaar	25-27 Oct.	(not recorded)		~3440 m
Phungi Thenga vill.	28 Oct '96	27° 49' 37" N	86° 44' 37" E	4497 m? ~3250 m.
Deboche	29 Oct '96	(not recorded)		~3760 m
Pheriche village	30 Oct '96	(not recorded)		~4243 m
Lobuche village	31-1 Nov '96	27° 56' 52" N	86° 48' 39" E	4748 m?
Kongma La camp	2 Nov '96	27° 55' 45" N	86° 50' 28" E	5421 m
Chukung village	3 Nov '96	(not recorded)		~4730 m
Amphu Lapcha BC	4 Nov '96	(not recorded)		~5300 m
Amphu Lapcha	5 Nov '96	27° 52' 08" N	86° 55' 05" E	5864 m?
Panch Pokhari camp	5 Nov '96	27° 51' 18" N	86° 55' 28" E	5469 m?
Upper Hongu camp	6 Nov '96	27° 45' 42" N	86° 56' 11" E	4760 m?
E Mera La BC	7 Nov '96	27° 43' 59" N	86° 53' 55" E	5366 m?
Mera campsite	8 Nov '96	(not recorded)		~5800 m
Mera Peak summit	9 Nov '96	27° 42' 25" N	86° 52' 15" E	6595 m?
Khare campsite	9 Nov '96	27° 44' 39" N	86° 52' 39" E	4909 m?
Tangnag ghots	10 Nov '96	(not recorded)		~4356 m
Kothey ghots	11 Nov '96	27° 39' 52" N	86° 48' 50" E	4236 m
Mausom Kharka	11 Nov '96	27° 39' 07" N	86° 48' 39" E	3212 m?
Tashi Dingma camp	12 Nov '96	27° 38' 37" N	86° 48' 34" E	3266 m?
Taktar campsite	12 Nov '96	27° 38' 31" N	86° 47' 57" E	3762 m?
Chetrabu ghots	12 Nov '96	27° 38' 30" N	86° 46' 36" E	4372 m?
Lukla village	13-14 Nov.	(not recorded)		~2850 m