

TOMOSON TRK 6.3.85 - 31.3.85

Day 1 Pokhara - Chandrakot (Pushpati lodge)

(By jeep from 'Shining Hospital' to Sukhet cost - 20Rs incl. luggage. Steep walk up 1000ft to Naudanda. Along ridge via KAAVE, Lumle to Chandrakot)

Whit-eared L. Thrush (c6) Chest-th Shrike Babbler (1)
Upland Pipit (2) (see abbr notes for specific area - the call is distinctive 'like a squeaky door being opened + closed')

Day 2 Chandrakot - Ullevi (Namaste lodge)

Steep descent to Sivethanti where rivers converge. Along Bhanungdi Kola crossing just beyond Tikkhedunge up to Ullevi

Pelican Robin (c20), Small Niltava (10), Grey-side B. Warb (2)
Abbreviated B. Warb, Winsom Sunbird, Pink-browd R'finch (c12)
Red-bld Bl. Magpie (4), Rufous-chin. L. Thrush (1), Little Forktail (3)
(3) - from the 2nd bridge beyond Tikkhedunge, Brown Dipper.

Day 3 Ullevi to Ghovapani (Mountain View lodge)

steep ascent (but not too steep) then scrub + then forest all the way to Ghovapani.

Striated + Blk-faced L. Thrush, Hoary Bawwing (1)
Chest-hd. Fulvetta (1), Red-tl. Bluetail (3), Little Forktail (2)
Large long-bld Thrush (1)

Day 4, 5 Ghovapani

Chandrung ridge is the best area but worth exploring all around. Take a walk up to Pun Hill for the view.

D'jeeling Pied w'pecker (13), Maroon Oriole (2), Whit-spot L. Thrush (2), Whit-eared Blkbird (c20), Red-th. Thrush (1)
Rufous-bell. Crested Tit, Brown Crested Tit, Nepal T'creep (3)
Nepal R'finch (2), Suniper finch (2), Red-hd Bullfinch (5)
Blk Eagle, Himal Swiftlet (c50), Nepal Parrotbill (c12),
Plain-backed Mt. Thrush (2), Himalayan Sparrow (2),
Spotted-winged R'finch (2), Pink-browd R'finch (10)

Day 6 Ghovapani - Tatopani (Kamala lodge)

All downhill apart from a quick up-down just before Tatopani. Once forest ends not much birdwise. Hot springs at Tatopani worth indulging in.

King Vulture (2), Ruf-bell Sapsucker (10), Yllw-billed Bl. Magpie (1)
Spotted Forktail (1)

Day 7 Tatopani - Ghara (Mustang lodge)

Long, arduous walk with few birds

Tibetan shrike (at Ghara)

Day 8 Ghara - Kalopani (See-You lodge)

Easy walk

Scaly-bel. W'pecker (2), Spot-wgd R'finch (14)

Day 9 Kalopani - Tukuche (Tukuche Peak lodge)

Kept to west bank of Kali bondaki, off main track. Point w/str bridge about $\frac{1}{2}$ hr beyond Kalopani. Good area of fields next to ravine after bouldered stream area. There's a plaque commemorating deaths of some climbers on Dhaulagiri.

Blue-hd. Redstart (4), Altai, Rust-throated, Brown + Rob in Accentors, Simla Blk Tit (1) in pines just before bridge at narrowest point of river. After bridge the river becomes much wider with sand banks. Him. T'weeper (4), beautiful R'finch (c70), Snow Pigeon (c20)

Day 10 Tukuche - Jomsom (Thak Kola lodge)

Worth checking any vegetation. Bleak surroundings

Wht-throated Redstart (c8), Bl-head. Redstart (18), Robin + Brown Accentors, Stoliczka's Tit Warb (4), Pine Bunting (14), Eastern Skylark (4).

Day 11 Jomsom - Kagbeni (Red House lodge)

Not too + time to 'do' fields at Jomsom + Kagbeni upon arrival. Walk up + down the breaks between fields. Lots of goodies!

Bl-hd. Redstart (18), Wht-th. Redstart (c8), Gaudenstadt's Redstart (1), Robin + Brown Accentors, Beautiful + Eastern Cot. R'finch (c10)

Day 12 Kagbeni - Muktinath (Muktinath Hotel but eating at North Pole Hotel)

Fields around Kagbeni in the morning. I went back down towards Jomsom on the west side of valley to fields opposite Kagbeni lodge. Interesting, but the same stuff.

Eastern Skylark (3), Alpine Chough (c200), Wht-th. Redstart (1), Gaudenstadt's Redstart (6), Robin + Brown Accentors, Eastern Wt. R'finch (c12), solitary Snipe (2) at Muktinath along stream from temple. Start at top + walk down + flushing birds.

Day 13 Muktiwath - Thorong la - Muktiwath

steep climb after walking up valley to tea houses.

Tibetan Snowcock (2), Him. Snowcock (2), Solitary Snipe (2)
White-winged Woodpecker (2) - in grounds of monastery on north side in scrubby bushes. Red-breast. R. Finch: on the way up to Thorong la, quite high. Stoliczka's T. Warb (1)

Day 14 Muktiwath - Marpha (Baba lodge)

Normally, unless you're lucky, walking into the teeth of a gale, blasting sand into your face. Ugh!

Hill Pigeon (7): in flocks of dozens below M'wath
Wallcreeper (1) around Tharkot.

Day 15 Marpha - Kalopani (See-You lodge)

Marpha to Lojung west side of valley. At Lojung across Kali Bandaki + along to suspension bridge. Crossed bridge (off main track) to east side + on to Kalopani.

Hill Pigeon (5): in fields at Marpha. Stoliczka's T. Warb (3),
Hodysons, Whit-throat, Bl-hd, Plumbeous Redstarts,
Spotted Forktail (2), Altai, Robin, Brown Accentors,

Day 16 Kalopani - Ghasa (Muttang lodge)

Short walk with time to look around Kalopani in the morning. Look forest beyond here.

Nutcracker (1), spotted Redstart (1), Gray-side, B. Warb (1)
Red-fl. Bluetail (1), Bl-hd. Redstart (1), Five-cap. tit (3)
Allied Woodpecker (12+)

Day 17, 18, 19 Ghasa

Basically packing to forests + wandering about. Wet up there early for pheasants, although they can go on calling beyond mid-morning + they don't call every day.

Booted Eagle (1), Kokoi Pheasant, Chin Pheasant (1), Kalij Pheasant (2), Whit-browed Blue Fly (1), Spotted Forktail (1)
Altai Accentor, Upland Pipit (1 + 6), Mrs Gould's Sunbird (2)
Red-neck. Scimitar Babbler (1), Variegated C. Thrush (4)
Rufous-breast. Accentor (2), Brown Hill Phoebe (1), Maroon-back. Accentor (4) - along path up central, ie main, ravine beyond where it is steep + past the track to the left which goes up the ridge along the edge of the 'long' forest.

Day 20 Ghosa - Tatopani (Kamala Lodge)

Around Ghosa in the morning then to Tatopani.

Tibetan shrike (1), Crested Bunting (1),

Day 21 Tatopani - Ghovapani (Mt. View Lodge)

Long climb uphill. Not many birds until ya hit forest + below Ghovapani.

Bonelli's Eagle (1 ad), Pacific Swift (55),

Day 22, 23, 24 Ghovapani

EXPLORE! Everywhere is worth looking into.

Blk Eagle, Min Swiftlet (1), Alpine + Pacific Swifts, chest-head. falconet, Chestnut Thrush (18), Sp. ruf. R' b. (2), Ashed warbler (55), Pink-browed R' b. (18), Red-bell. Sapsucker (1A), Ylw-billed Bl. Magpie (2), Nuthatch (2), Nepal Parrotbill (2), Wht-spit. C. Thrush (1), Nepal R' b. (3)

Day 25 Ghovapani - Divethanti (Riverside Lodge)

All downhill. Good forest as far as above Ullan. Scrub rest of way + stuff in river.

Large Ylw-naped W'pecker (18), Snowy-browed Fly (3), Slaty-backed Forktail (1): in river before Divethanti, about 1 hr upstream.

Day 26 Divethanti to Pokhara (Quiet View Guest Ho.

Steep climb to Chandrasot, along ridge + down to Sikkhet. at the cheaper end of Lakeside) Sittab to Pokhara by jeep.

Barred Owl (1), Min. Pied W'fisher (1): around confluence of rivers at Divethanti. Bl.-throated Babbler, Upland Pipit