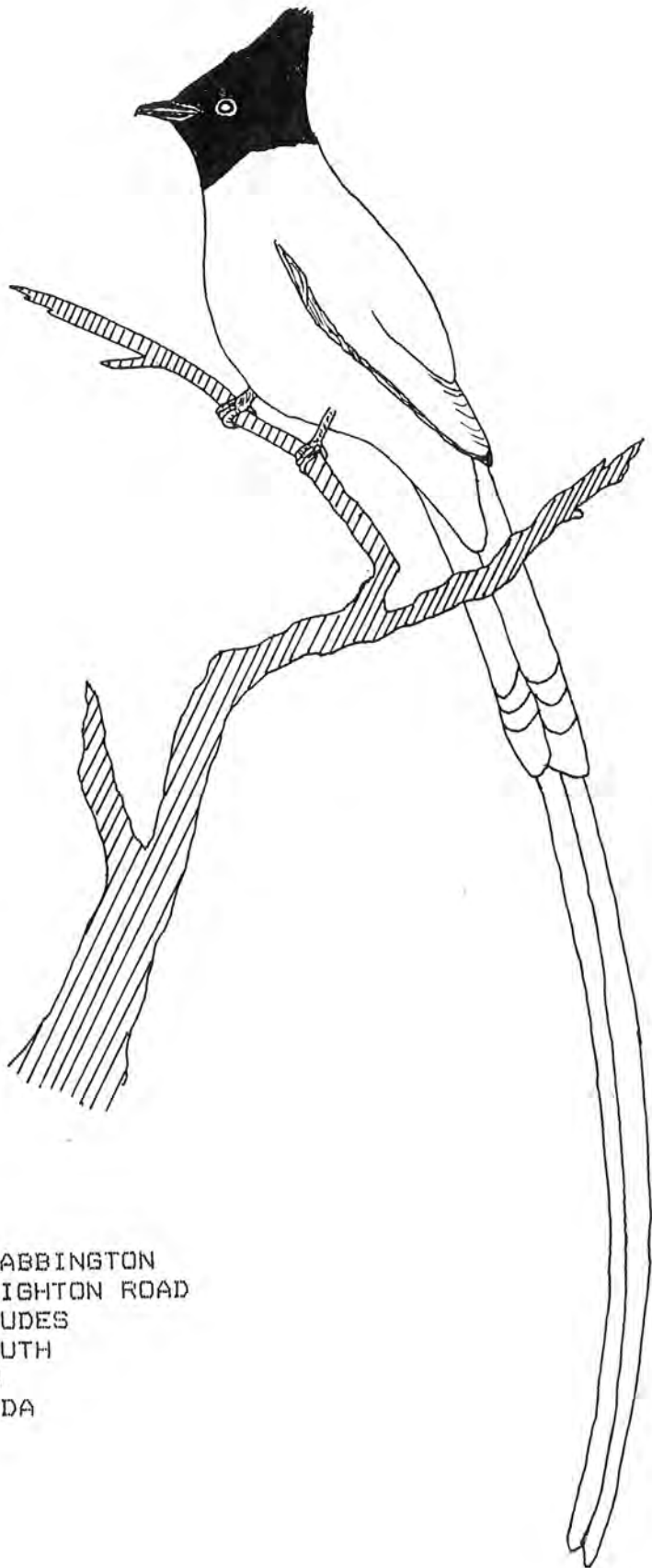


A REPORT ON THE BIRDS OF NEPAL  
A VISIT BETWEEN MARCH 13th - APRIL 14th  
1989



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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 weathers 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 can be obtained for a one month period by sending 2 passport sized photographs, ten pounds sterling, a visa application form and your passport, to: The Nepaleese 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.

Trekking 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 Nepaleese 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 definately 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 busses to PHULCHOWKI go from Ratna Park or opposite the Post Office to Largankhel (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 GOKARNA 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 Bhimsen Tower. You need to book your ticket a day in advance from one of the many offices near Bhimsen Tower. It takes about 14 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 55 Rupees and tickets can be booked at the main bus station.

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

The bus from POKHARA to SAURAHA (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 SAURAHA 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 JOMSDOM TREK and took 15 days to do it. We also hired 1 porter and a guide/porter to carry our 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 Ghansa need more than one day to cover properly.

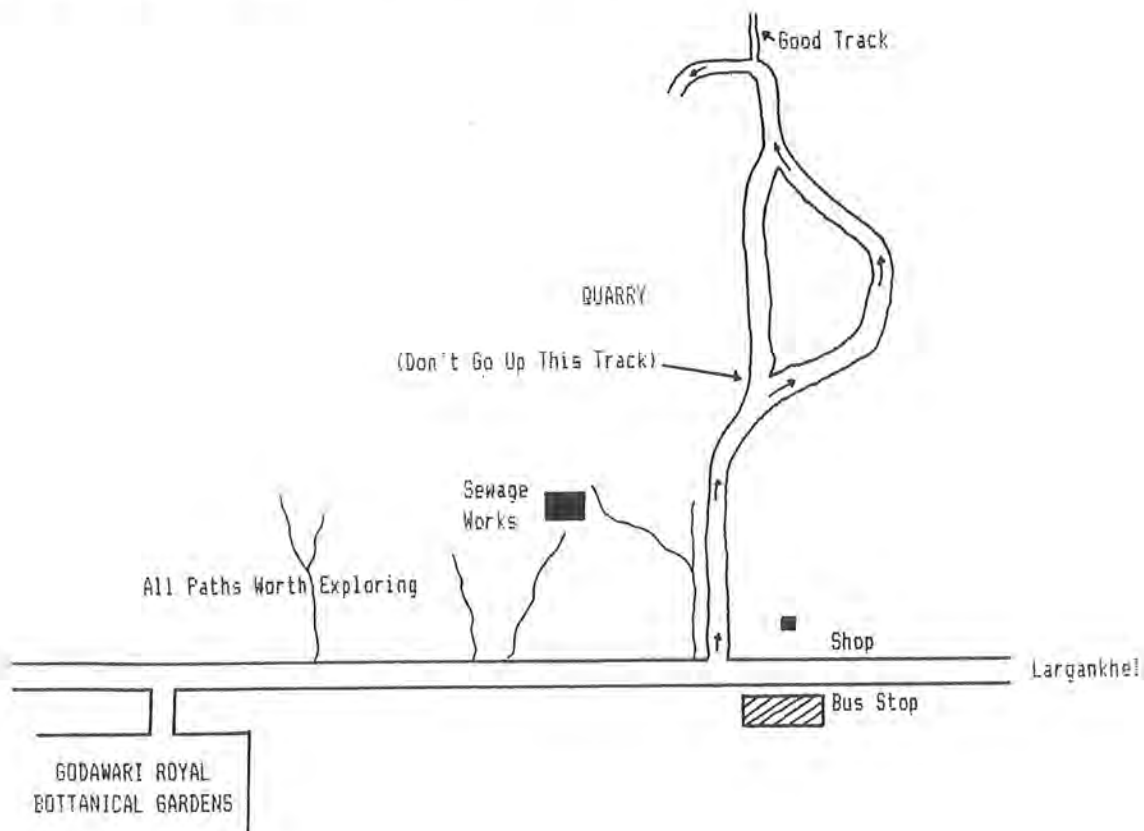
For the start of the trek it is probably worth taking one of the many jeeps from Shinning Hospital (Pokhara) to Suikhet, cost 25 Rupees. Taking the jeep cuts out a 4 hour walk that goes through a river valley similar to the ones in Kathmandu. You are probably not likely to miss much by taking the jeep.

## 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

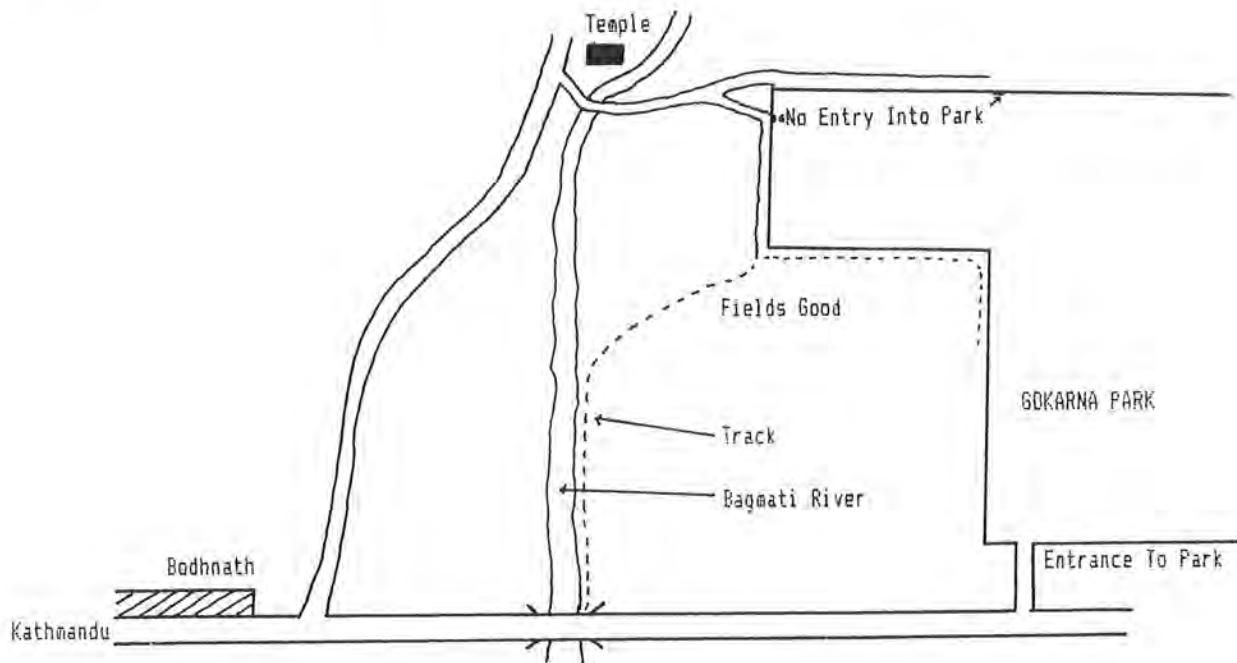


## KATHMANDU VALLEY

**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 Marayan 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.

## SAURAHA (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 checkpost at Sauraha is very good, as are the woods and grassland in the park itself. You need about three days in the area, but more days could prove profitable.

#### ITINERARY

13th MARCH	KATHMANDU CITY
14th MARCH	PHULCHOWKI
15th MARCH	ARUBERI, BAGMATI RIVER AND BOKARHA
16th MARCH	SWAYAMBUNATH AND SURROUNDING AREA
17th MARCH	KATHMANDU CITY
18th - 20th MARCH	KOSI BARRAGE
21st MARCH	GODAWARI AND PHULCHOWKI
22nd - 23rd MARCH	POKHARA WOODS
24th MARCH - 7th APRIL	JOMSON TREK
8th - 11th APRIL	SAURHA (CHITWAN NATIONAL PARK)
12th - 14th APRIL	KATHMANDU VALLEY

#### JOMSON TREK

24th MARCH	JEEP TO SUIKHET, SUIKHET TO CHANDRAKOT
25th MARCH	CHANDRAKOT TO ULLERI
26th MARCH	ULLERI TO POON HILL
27th MARCH	POON HILL TO TATOPANI
28th MARCH	TATOPANI TO GHASA
29th MARCH	GHASA TO TUKUCHE
30th MARCH	TUKUCHE TO KAGBENI
31st MARCH	KAGBENI TO MUKTINATH
1st APRIL	MUKTINATH TO JOMSON
2nd APRIL	JOMSON TO GHASA
3rd APRIL	GHASA TO TIPLYAN
4th APRIL	TIPLYAN TO BENI
5th APRIL	BENI TO KUSMA
6th APRIL	KUSMA TO KARKINETA
7th APRIL	KARKINETA TO NAGDANDA, BUS TO POKHARA

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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 hampered by a fuel shortage in Nepal stopping the running of most taxis and buses.

We also saw some varied and interesting wildlife including: Indian Rhinoceros, Gharial (crocodile), various species of Bear, 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 Bangdel "Birds Of Nepal".

LITTLE GREBE	<i>Tachybaptus ruficollis</i>	Kosi (20)
GREAT CRESTED GREBE	<i>Podiceps cristatus</i>	Kosi (18)
GREAT CORMORANT(Large Cormorant)	<i>Phalacrocorax carbo</i>	Kosi
LITTLE CORMORANT	<i>Phalacrocorax niger</i>	Kosi (10)
BLACK-CROWNED NIGHT HERON(Night Heron)	<i>Nycticorax nycticorax</i>	Sauraha (4)
INDIAN POND HERON(Pond Heron)	<i>Ardeola grayii</i>	Everywhere
CATTLE EGRET	<i>Bubulcus ibis</i>	Everywhere
LITTLE EGRET	<i>Egretta garzetta</i>	Everywhere
INTERMEDIATE EGRET	<i>Egretta intermedia</i>	Kosi (6)
GREAT EGRET(Large Egret)	<i>Egretta alba</i>	Kosi (30+)
GREY HERON	<i>Ardea cinerea</i>	Kosi (4)
PURPLE HERON	<i>Ardea purpurea</i>	Kosi (8), Sauraha (1)
PAINTED STORK	<i>Mycteria leucocephala</i>	Kosi (6)
ASIAN OPENBILL STORK(Open Billed Stork)	<i>Anastomus oscitans</i>	Kosi (20+), Sauraha (1)
BLACK STORK	<i>Ciconia nigra</i>	Kosi (1)
WOOLLY-NECKED STORK(White Necked Stork)	<i>Ciconia episcopus</i>	Kosi (5)
BLACK-NECKED STORK	<i>Ephippiorhynchus asiaticus</i>	Kosi (1)
LESSER ADJUTANT STORK	<i>Leptoptilos javanicus</i>	Kosi (6), Sauraha (1)
RED-NAPED IBIS(Black Ibis)	<i>Pseudibis papillosa</i>	Sauraha (18)
EURASIAN SPONDBILL	<i>Platalea leucorodia</i>	Kosi (32)
LESSER WHISTLING DUCK(Lesser Whistling Teal)	<i>Dendrocygna javanica</i>	Kosi (100+), Sauraha (50)
BAR-HEADED GOOSE	<i>Anser indicus</i>	Kosi (9)
RUDDY SHELDUCK	<i>Tadorna ferruginea</i>	Kosi (50+), Sauraha (2)
COTTON PYGMY GOOSE(Cotton Teal)	<i>Nettapus coromandelianus</i>	Kosi (4)
EURASIAN WIGEON	<i>Anas penelope</i>	Kosi
GADWALL	<i>Anas strepera</i>	Kosi
COMMON TEAL	<i>Anas crecca</i>	Kosi
NORTHERN PINTAIL(Pintail)	<i>Anas acuta</i>	Kosi
GARGANEY	<i>Anas querquedula</i>	Kosi
NORTHERN SHOVELER(Shoveler)	<i>Anas clypeata</i>	Kosi
RED-CRESTED POCHARD	<i>Netta rufina</i>	Kosi (6)
COMMON POCHARD	<i>Aythya ferina</i>	Kosi
FERRUGINOUS DUCK(White-Eyed Pochard)	<i>Aythya hyroca</i>	Kosi (2)
TUFTED DUCK(Tufted Pochard)	<i>Aythya fuligula</i>	Kosi (25)
GOOSANDER(Merganser)	<i>Mergus merganser</i>	Kosi (1)
CRESTED HONEY BUZZARD(Honey Kite)	<i>Pernis ptilorhynchus</i>	Jomsom Trek (1), Sauraha (4)
BLACK-SHOULDERED KITE	<i>Elanus caeruleus</i>	Kosi (1)
BLACK KITE(Dark Kite)	<i>Milvus migrans</i>	Everywhere
PALLAS'S FISH EAGLE(Pallas's Fishing Eagle)	<i>Haliaeetus leucoryphus</i>	Sauraha (1)
WHITE-TAILED EAGLE(White-Tailed Sea Eagle)	<i>Haliaeetus albicilla</i>	Kosi (1)
EGYPTIAN VULTURE	<i>Neophron percnopterus</i>	Pokhara (4), Jomsom Trek (20+)
LAMMERGEIER(Bearded Vulture)	<i>Gypaetus barbatus</i>	Jomsom Trek (10+)
ORIENTAL WHITE-BACKED VULTURE(White-Backed Vulture)	<i>Gyps bengalensis</i>	Kathmandu Valley (6), Kosi (3)
LONG-BILLED VULTURE(Indian Griffon)	<i>Gyps indicus</i>	Kathmandu Valley (1)
HIMALAYAN GRIFFON VULTURE	<i>Gyps himalayensis</i>	Jomsom Trek (15+)
EURASIAN GRIFFON VULTURE	<i>Gyps fulvus</i>	Kosi (3)
RED-HEADED VULTURE(Black Vulture)	<i>Sarcogyps calvus</i>	Kosi (11)
EURASIAN BLACK VULTURE(Cinereous Vulture)	<i>Aegypius monachus</i>	Kosi (6)
CRESTED SERPENT EAGLE	<i>Spilornis cheela</i>	Phulchowki (2), Pokhara (3)
EURASIAN MARSH HARRIER(Marsh Harrier)	<i>Circus aeruginosus</i>	Kosi (4)
HEN HARRIER	<i>Circus cyaneus</i>	Kosi (1), Jomsom Trek (1), Sauraha (1)
NORTHERN GOSHAWK(Goshawk)	<i>Accipiter gentilis</i>	Jomsom Trek (1)
SHIKRA	<i>Accipiter badius</i>	Aruberi (1)
WHITE-EYED BUZZARD(White-Eyed Hawk)	<i>Butastur teesa</i>	Sauraha (2)
COMMON BUZZARD(Eurasian Buzzard)	<i>Buteo buteo</i>	Jomsom Trek (3)
LONG-LEGGED BUZZARD	<i>Buteo rufinus</i>	Jomsom Trek (1)
UPLAND BUZZARD("showing characteristics of")	<i>Buteo hemilasius</i>	Jomsom Trek(Poon Hill) (1)
BLACK EAGLE	<i>Ictinaetus malayensis</i>	Jomsom Trek (6+)
STEPPE EAGLE	<i>Aquila rapax nipalensis</i>	Phulchowki (4), Jomsom Trek (2)
GOLDEN EAGLE	<i>Aquila chrysaetos</i>	Jomsom Trek (2)

MOUNTAIN HAWK EAGLE	<i>Spizaetus nipalensis</i>	Jomsom Trek (1)
OSPREY	<i>Pandion haliaetus</i>	Kosi (1), Sauraha (1)
COMMON KESTREL (Eurasian Kestrel)	<i>Falco tinnunculus</i>	Kathmandu Valley (2)
PEREGRINE	<i>Falco peregrinus</i>	Jomsom Trek (1)
CHUKAR PARTRIDGE	<i>Alectoris chukar</i>	Jomsom Trek (6)
BLACK FRANCOLIN (Black Partridge)	<i>Fraulinus fraulinus</i>	Sauraha (2)
RED JUNGLEFOWL	<i>Gallus gallus</i>	Sauraha (10+)
KALIJ PHEASANT	<i>Lophura leucomelana</i>	Pokhara (1)
BLUE PEAFOWL (Common Peafowl)	<i>Pavo cristatus</i>	Sauraha (25)
BARRED BUTTONQUAIL (Common Bustard Quail)	<i>Turnix suscitator</i>	Sauraha (1)
WHITE-BREASTED WATERHEN	<i>Amurornis phoenicurus</i>	Sauraha (2)
COMMON MOORHEN (Indian Gallinule)	<i>Gallinula chloropus</i>	Kosi (2), Sauraha (36+)
PURPLE GALLINULE	<i>Porphyrio porphyrio</i>	Kosi (50)
COMMON COOT	<i>Fulica atra</i>	Kosi (100+)
DEMOISELLE CRANE	<i>Anthropoides virgo</i>	Kosi (1)
PHEASANT-TAILED JACANA	<i>Hydrophasianus chirurgus</i>	Kosi (30+)
BRONZE-WINGED JACANA	<i>Metopidius indicus</i>	Kosi (40), Sauraha (6)
IBISBILL	<i>Ibidorhyncha struthersii</i>	River Between Kathmandu/Pokhara
BLACK-WINGED STILT	<i>Himantopus himantopus</i>	Kosi (1)
PIED AVOCET (Avocet)	<i>Recurvirostra avosetta</i>	Kosi (3)
LITTLE PRATINCOLE (Small Pratincole)	<i>Glareola lactea</i>	Kosi (4)
LITTLE RINGED PLOVER	<i>Charadrius dubius</i>	Most Rivers
LONG-BILLED PLOVER	<i>Charadrius placidus</i>	Aruberi-Bagmati River
GREY-HEADED PLOVER (Grey-Headed Lapwing)	<i>Holopterus cinereus</i>	Aruberi-Bagmati River
RED-WATTLED PLOVER (Red-Wattled Lapwing)	<i>Holopterus indicus</i>	Kosi (4), Sauraha (4), K.V. (6)
TEMMINCK'S STINT	<i>Calidris temminckii</i>	Kosi (24)
COMMON SNIPE (Fantail Snipe)	<i>Gallinago gallinago</i>	Kosi (3)
PINTAIL SNIPE	<i>Gallinago stenura</i>	Kosi (2)
EURASIAN WOODCOCK (Woodcock)	<i>Scolopax rusticola</i>	Phulchowki (1)
EURASIAN CURLEW (Curlew)	<i>Numenius arquata</i>	Kosi (42)
SPOTTED REDSHANK	<i>Tringa erythropus</i>	Kosi (3)
COMMON GREENSHANK (Greenshank)	<i>Tringa nebularia</i>	Kosi (100+), Kathmandu Valley (2)
GREEN SANDPIPER	<i>Tringa ochropus</i>	Kathmandu Valley (6)
COMMON SANDPIPER	<i>Actitis hypoleucos</i>	Kathmandu Valley (6), Kosi (4)
GREAT BLACK-HEADED GULL	<i>Larus ichthyæus</i>	Kosi (4)
COMMON BLACK-HEADED GULL (Black-Headed Gull)	<i>Larus ridibundus</i>	Kosi (1)
GULL-BILLED TERN	<i>Gelochelidon nilotica</i>	Kosi (2)
CASPIAN TERN	<i>Sterna caspia</i>	Kosi (11)
RIVER TERN (Indian River Tern)	<i>Sterna aurantia</i>	Kosi (20)
BLACK-BELLIED TERN	<i>Sterna acuticauda</i>	Kosi (20)
LITTLE TERN	<i>Sterna albifrons</i>	Kosi (57)
ROCK PIGEON (Blue Rock Pigeon)	<i>Columba livia</i>	Everywhere
HILL PIGEON	<i>Columba rupestris</i>	Jomsom Trek (6)
SPECKLED WOODPIGEON	<i>Columba hodgsonii</i>	Bokarna (2)
ASHY WOODPIGEON	<i>Columba pulchricollis</i>	Jomsom Trek (2)
EURASIAN COLLARD DOVE (Indian Ring Dove)	<i>Streptopelia decaocto</i>	Everywhere
RED TURTLE DOVE	<i>Streptopelia tranquebarica</i>	Phulchowki (1)
ORIENTAL TURTLE DOVE (Rufous Turtle Dove)	<i>Streptopelia orientalis</i>	Everywhere
SPOTTED DOVE	<i>Streptopelia chinensis</i>	Everywhere
EMERALD DOVE	<i>Chalcophaps indica</i>	Sauraha (2)
THICK-BILLED GREEN PIGEON	<i>Treron curvirostra</i>	Sauraha (2)
YELLOW-FOOTED GREEN PIGEON (Bengal Green Pigeon)	<i>Treron phoenicoptera</i>	Sauraha (8)
PIN-TAILED GREEN PIGEON	<i>Treron apicauda</i>	Kosi (1)
WEDGE-TAILED GREEN PIGEON	<i>Treron sphenura</i>	Sauraha (1)
ALEXANDRINE PARAKEET (Large Parakeet)	<i>Psittacula eupatria</i>	Sauraha
RING-NECKED PARAKEET (Rose-Ringed Parakeet)	<i>Psittacula krameri</i>	Sauraha
BLOSSOM-HEADED PARAKEET	<i>Psittacula cyanocephala</i>	Sauraha
MUSTACHED PARAKEET (Rose-Breasted Parakeet)	<i>Psittacula alexandri</i>	Sauraha
COMMON HAWK-CUCKOO	<i>Hierococcyx varius</i>	Sauraha (2)
INDIAN CUCKOO	<i>Cuculus micropterus</i>	Everywhere

COMMON CUCKOO (Eurasian Cuckoo)	<i>Cuculus canorus</i>	Everywhere
DRONGO CUCKOO	<i>Surniculus lugubris</i>	Jomsom Trek (1)
COMMON KOEL (Koel Cuckoo)	<i>Eudynamys scolopacea</i>	Everywhere
GREATER COUCAL (Large Coucal)	<i>Centropus sinensis</i>	Sauraha (10+)
LESSER COUCAL (Small Coucal)	<i>Centropus bengalensis</i>	Kosi (1)
MOUNTAIN SCOPS OWL (Spotted Scops Owl)	<i>Otus spilocephalus</i>	Jomsom Trek (1)
ASIAN BARRED OWLET (Barred Owllet)	<i>Glaucidium cuculoides</i>	Sauraha (1)
SPOTTED LITTLE OWL (Spotted Owllet)	<i>Athene brama</i>	Jomsom Trek (1)
HIMALAYAN SWIFTLET (Edible Nest Swiftlet)	<i>Collocalia brevirostris</i>	Jomsom Trek (10)
COMMON SWIFT (Black Swift)	<i>Apus apus</i>	Jomsom Trek (5)
PACIFIC SWIFT (Large White-Rumped Swift)	<i>Apus pacificus</i>	Mugling (6)
ALPINE SWIFT	<i>Apus melba</i>	Jomsom Trek (9)
LITTLE SWIFT (House Swift)	<i>Apus affinis</i>	Kathmandu
CRESTED TREE SWIFT (Crested Swift)	<i>Hemiprocne coronata</i>	Sauraha (2)
RED-HEADED TROGON	<i>Harpactes erythrocephalus</i>	Sauraha (1)
WHITE-BREASTED KINGFISHER	<i>Halcyon seymnensis</i>	Everywhere
STORK-BILLED KINGFISHER	<i>Pelargopsis capensis</i>	Sauraha (5)
COMMON KINGFISHER (Eurasian Kingfisher)	<i>Alcedo atthis</i>	Bokarna (1), Sauraha (1)
PIED KINGFISHER (Small Pied Kingfisher)	<i>Ceryle rudis</i>	Kosi (13)
GREEN BEE-EATER	<i>Merops orientalis</i>	Kosi (7), Sauraha (18)
CHESTNUT-HEADED BEE-EATER	<i>Merops leschenaulti</i>	Bokarna (16), Sauraha (35)
INDIAN ROLLER	<i>Coracias benghalensis</i>	Kosi (13), Sauraha (15)
DOLLARBIRD (Dark Roller)	<i>Eurystomus orientalis</i>	Sauraha (2)
HOODEE	<i>Upupa epops</i>	Kosi (10+), Sauraha (2)
ORIENTAL PIED HORNBILL (Pied Hornbill)	<i>Anthracoceros coronatus</i>	Sauraha (2)
GREAT BARBET (Great Himalayan Barbet)	<i>Megalaima virens</i>	Pokhara (7) Jomsom Trek (2)
LINEATED BARBET	<i>Megalaima lineata</i>	Sauraha (3)
BLUE-THROATED BARBET	<i>Megalaima asiatica</i>	Aruberi (1) Jomsom Trek (6)
LESSER YELLOW-NAPED WOODPECKER (Small Yellow-Naped Woodpecker)	<i>Picus chlorolophus</i>	Pokhara (1)
GREY-HEADED WOODPECKER (Black-Naped Woodpecker)	<i>Picus canus</i>	Jomsom Trek (1)
STREAK-THROATED GREEN WOODPECKER (Small Scaly-Bellied Woodpecker)	<i>Picus myrmecophoneus</i>	Sauraha (1)
HIMALAYAN GOLDEN-BACKED WOODPECKER (Three-Toed Golden-Backed Woodpecker)	<i>Dinopium shorii</i>	Sauraha (4)
LESSER GOLDEN-BACKED WOODPECKER	<i>Dinopium benghalense</i>	Sauraha (2)
GREATER GOLDEN-BACKED WOODPECKER (Large Golden-Backed Woodpecker)	<i>Chrysocolaptes lucidus</i>	Sauraha (6)
FULVOUS-BREASTED PIED WOODPECKER	<i>Dendrocopos oersei</i>	Phulchowki (2) Sauraha (5)
BENGAL BUSHLARK (Bush Lark)	<i>Mirafra assamica</i>	Kosi, Sauraha
SANDLARK	<i>Calandrella raytal</i>	Kosi (1), Sauraha (6)
ORIENTAL SKYLARK (Little Skylark)	<i>Alauda gulgula</i>	Aruberi (3), Kosi (6)
BROWN-THROATED SAND MARTIN (Sand Martin)	<i>Riparia paludicola</i>	Everywhere
CRAG MARTIN	<i>Ptyonoprogne rupestris</i>	Jomsom Trek (300+)
BARN SWALLOW	<i>Hirundo rustica</i>	Everywhere
RED-RUMPED SWALLOW (Striated Swallow)	<i>Hirundo daurica</i>	Everywhere
NEPAL HOUSE-MARTIN	<i>Delichon nipalensis</i>	Pokhara (30)
RICHARD'S PIPIT (Paddyfield Pipit)	<i>Anthus novaeseelandiae</i>	Kathmandu Valley
OLIVE-BACKED PIPIT (Hodgson's Tree Pipit)	<i>Anthus hodgsoni</i>	Everywhere
ROSY PIPIT (Rose-Breasted Pipit)	<i>Anthus roseatus</i>	Kosi (6) Jomsom Trek (2)
UPLAND PIPIT	<i>Anthus sylvanus</i>	Jomsom Trek (5)
YELLOW WAGTAIL	<i>Motacilla flava</i>	Kosi (20+)
CITRINE WAGTAIL (Yellow-Headed Wagtail)	<i>Motacilla citreola</i>	Kosi (30+)
GREY WAGTAIL	<i>Motacilla cinerea</i>	Everywhere
WHITE WAGTAIL (Pied Wagtail)	<i>Motacilla alba</i>	Everywhere
WHITE-BROWED WAGTAIL (Large Pied Wagtail)	<i>Motacilla maderaspatensis</i>	Kosi (17)
LARGE WOODSHRIKE	<i>Tephrodornis gularis</i>	Jomsom Trek (1)
BLACK-WINGED CUCKOO-SHRIKE (Dark Cuckoo-Shrike)	<i>Coracina melaschistos</i>	Jomsom Trek (1)
LARGE CUCKOO-SHRIKE	<i>Coracina novaehollandiae</i>	Sauraha (2)
SCARLET MINIVET	<i>Pericrocotus flammeus</i>	Phulchowki (1)
LONG-TAILED MINIVET	<i>Pericrocotus ethologus</i>	Aruberi (4)
RED-WHISKERED BULBUL	<i>Pycnonotus jocosus</i>	Kosi (4) Sauraha (6)
WHITE-CHEEKED BULBUL	<i>Pycnonotus leucogenys</i>	Phulchowki (21), J.T. (50+)
RED-VENTED BULBUL	<i>Pycnonotus cafer</i>	Everywhere



MOUNTAIN BULBUL (Rufous-Bellied Bulbul)	<i>Hypsipetes maclellandii</i>	Jomson Trek (5)
BLACK BULBUL (Grey Bulbul)	<i>Hypsipetes madagascariensis</i>	Pokhara (6), Jomson Trek (10)
COMMON IORA (Iora)	<i>Aegithina tiphia</i>	Phulchowki (3), Sauraha (6)
ORANGE-BELLIED LEAFBIRD	<i>Chloropsis hardwickii</i>	Phulchowki (3)
ASIAN FAIRY BLUEBIRD (Fairy Bluebird)	<i>Irena puella</i>	Aruberi (3)
BROWN DIPPER	<i>Cinclus pallasii</i>	Jomson Trek (2)
NORTHERN WREN (Wren)	<i>Troglodytes troglodytes</i>	Phulchowki (4)
RUFIOUS-BREASTED ACCENTOR	<i>Prunella strophiaata</i>	Jomson Trek (1)
ROBIN ACCENTOR	<i>Prunella rubeculoides</i>	Jomson Trek (1)
SIBERIAN RUBYTHROAT (Eurasian Rubythroat)	<i>Luscinia calliope</i>	Kosi (1)
BLUETHROAT	<i>Luscinia svecica</i>	Kosi (4)
ORANGE-FLANKED BUSH-ROBIN	<i>Tarsiger cyanurus</i>	Phulchowki (4)
WHITE-BROWED BUSH-ROBIN	<i>Tarsiger indicus</i>	Jomson Trek (1)
ASIAN MAGPIE-ROBIN (Robin Dayal)	<i>Copsychus saularis</i>	Everywhere
WHITE-RUMPED SHAMA (Shama)	<i>Copsychus malabaricus</i>	Sauraha (2)
BLACK REDSTART	<i>Phoenicurus ochrurus</i>	Jomson Trek (4), Sauraha (7)
HODGSON'S REDSTART	<i>Phoenicurus hodgsoni</i>	Godawari (1) Phulchowki (2) Kosi (1)
BLUE-FRONTED REDSTART	<i>Phoenicurus frontalis</i>	Jomson Trek (17)
PLUMBEOUS REDSTART	<i>Rhyacornis fuliginosus</i>	Everywhere
COMMON STONECHAT (Collared Bush Chat)	<i>Saxicola torquata</i>	Everywhere
PIED BUSHCHAT	<i>Saxicola caprata</i>	Kosi (8), Jomson Trek (1)
GREY BUSHCHAT (Dark Grey Bush Chat)	<i>Saxicola ferrea</i>	Kosi (4), Jomson Trek (8)
NORTHERN WHEATEAR (Common Wheatear)	<i>Oenanthe oenanthe</i>	Jomson Trek (near Tukuche) (1)
DESERT WHEATEAR	<i>Oenanthe deserti</i>	Jomson Trek (near Tukuche) (1)
WHITE-CAPPED REDSTART (White-Capped River Chat)	<i>Chaimarrornis leucocephalus</i>	Everywhere
CHESTNUT-BELLIED ROCK-THRUSH	<i>Monticola rufiventris</i>	Jomson Trek (1)
BLUE ROCK-THRUSH	<i>Monticola solitarius</i>	Kosi (1), Jomson Trek (1)
BLUE WHISTLING-THRUSH (Whistling Thrush)	<i>Myiophonus caeruleus</i>	Pokhara (7), Jomson Trek (common)
PLAIN-BACKED MOUNTAIN THRUSH	<i>Zoothera mollissima</i>	Jomson Trek (3)
SCALY THRUSH (Speckled Mountain Thrush)	<i>Zoothera dauma</i>	Phulchowki (1), Jomson Trek (3)
ORANGE-HEADED GROUND THRUSH	<i>Zoothera citrina</i>	Sauraha (2)
TICKELL'S THRUSH	<i>Turdus unicolor</i>	Jomson Trek (4)
GREY-WINGED BLACKBIRD	<i>Turdus boulboul</i>	Jomson Trek (4)
DARK-THROATED THRUSH (Black/Red-Throated Thrush)	<i>Turdus ruficollis</i>	Jomson Trek (20+) (both types)
MISTLE THRUSH	<i>Turdus viscivorus</i>	Jomson Trek (10+)
CHESTNUT-HEADED TESIA (Chestnut-Headed Ground Warbler)	<i>Tesia castaneocoronata</i>	Phulchowki (1)
PALE-FOOTED BUSH WARBLER (Blandford's Bush Warbler)	<i>Cettia pallidipes</i>	Sauraha (2)
GREY-SIDED BUSH WARBLER (Rufous-Capped Bush Warbler)	<i>Cettia brunnifrons</i>	Jomson Trek (1), Sauraha (3)
FAN-TAILED CISTICOLA (Zitting Cisticola)	<i>Cisticola juncidis</i>	Jomson Trek (2), Sauraha (4)
GREY-BREASTED PRINIA (Hodgson's Prinia)	<i>Prinia hodgsoni</i>	Sauraha (3)
YELLOW-BELLIED PRINIA	<i>Prinia flaviventris</i>	Kosi (2)
STRIATED PRINIA (Brown Hill Prinia)	<i>Prinia criniger</i>	Jomson Trek (3)
GREY-CAPPED PRINIA	<i>Prinia cinereocapilla</i>	Sauraha (2)
COMMON TAILORBIRD (Tailor Bird)	<i>Orthotomus sutorius</i>	Sauraha (2)
BLYTH'S REED WARBLER	<i>Acrocephalus dumetorum</i>	Kosi (3)
THICK-BILLED WARBLER	<i>Acrocephalus aedon</i>	Aruberi (1)
GOLDEN-SPECTACLED WARBLER (Yellow-Eyed Warbler)	<i>Seicercus burkii</i>	Phulchowki (6), Pokhara (3)
GREY-HOODED WARBLER (Grey-Headed Warbler)	<i>Seicercus xanthoschistos</i>	Everywhere
YELLOW-BELLIED WARBLER	<i>Abrascopus superciliaris</i>	Phulchowki (1)
BLACK-FACED WARBLER	<i>Abrascopus schisticeps</i>	Jomson Trek (1)
BLYTH'S CROWNED WARBLER (Crowned Leaf Warbler)	<i>Phylloscopus reguloides</i>	Everywhere
WESTERN CROWNED WARBLER (Large Crowned Leaf Warbler)	<i>Phylloscopus occipitalis</i>	Jomson Trek (2)
GREENISH WARBLER (Dull Green Leaf Warbler)	<i>Phylloscopus trochiloides</i>	Phulchowki (6)
ORANGE-BARRED LEAF WARBLER	<i>Phylloscopus pulcher</i>	Jomson Trek (4)
GREY-FACED LEAF WARBLER	<i>Phylloscopus maculipennis</i>	Phulchowki (1)
PALLAS'S LEAF WARBLER (Yellow-Rumped Leaf Warbler)	<i>Phylloscopus proregulus</i>	Everywhere
YELLOW-BROWED WARBLER (Plain Leaf Warbler)	<i>Phylloscopus inornatus</i>	Everywhere
DUSKY WARBLER (Dusky Leaf Warbler)	<i>Phylloscopus fuscatus</i>	Kosi (3)
TICKELL'S WARBLER (Tickell's Leaf Warbler)	<i>Phylloscopus affinis</i>	Kosi (4), Jomson Trek (6)
CHIFFCHAFF (Brown Leaf Warbler)	<i>Phylloscopus collybita</i>	Phulchowki (1), Godawari (2)

GOLDCREST	<i>Regulus regulus</i>	Jomsom Trek (3)
LARGE NILTAVA	<i>Niltava grandis</i>	Jomsom Trek (1)
RUFIOUS-BELLIED NILTAVA (Beautiful Niltava)	<i>Niltava sundara</i>	Jomsom Trek (1)
PYGMY BLUE FLYCATCHER	<i>Muscicapella hodgsoni</i>	Phulchowki (2)
VERDITER FLYCATCHER	<i>Muscicapa thalassina</i>	Jomsom Trek (20+)
SLATY-BLUE FLYCATCHER	<i>Ficedula tricolor</i>	Sauraha (1)
ULTRAMARINE FLYCATCHER (White-Browed Blue Flycatcher)	<i>Ficedula superciliaris</i>	Sauraha (1)
ORANGE-FORGOTTEN FLYCATCHER	<i>Ficedula strophiate</i>	Godaweri (1)
GREY-HEADED FLYCATCHER	<i>Culicicapa ceylonensis</i>	Everywhere
YELLOW-BELLIED FANTAIL (Yellow-Bellied Fantail Flycatcher)	<i>Rhipidura hypoxantha</i>	Phulchowki (8), Jomsom Trek (4)
WHITE-THROATED FANTAIL (White-Throated Fantail Flycatcher)	<i>Rhipidura albicollis</i>	Kosi (2), Phulchowki (1)
ASIAN PARADISE FLYCATCHER (Paradise Flycatcher)	<i>Terpsiphone paradisi</i>	Sauraha (5)
BLACK-NAPE MONARCH (Black-Naped Flycatcher)	<i>Hypothymis azurea</i>	Sauraha (2)
RUSTY-CHEEKED SCIMITER-BABBLER	<i>Pomatorhinus erythrognys</i>	Phulchowki (3)
WHITE-BROWED SCIMITER-BABBLER (Slaty-Headed Scimiter-Babbler)	<i>Pomatorhinus schisticeps</i>	Pokhara (2)
BLACK-CHINNED BABBLER	<i>Stachyris pyrrhops</i>	Godaweri (4)
STRIPED TIT-BABBLER (Yellow-Breasted Babbler)	<i>Macronous rularis</i>	Jomsom Trek (2)
RED-CAPPED BABBLER	<i>Tamalia pileata</i>	Sauraha (1)
STRIATED BABBLER	<i>Turdoides earlei</i>	Kosi (6)
JUNGLE BABBLER	<i>Turdoides striatus</i>	Sauraha (8)
STRIATED LAUGHING-THRUSH	<i>Garrulax striatus</i>	Phulchowki (1)
STREAKED LAUGHING-THRUSH	<i>Garrulax lineatus</i>	Jomsom Trek (2)
RED-BILLED LEIOTHRIX	<i>Leiothrix lutea</i>	Jomsom Trek (3)
WHITE-BROWED SHRIKE-BABBLER (Red-Winged Shrike-Babbler)	<i>Pteruthius flaviscapiss</i>	Jomsom Trek (3)
RED-TAILED MINLA	<i>Minla ignotincta</i>	Jomsom Trek (13)
RUFIOUS-WINGED FULVETTA (Chestnut-Headed Tit-Babbler)	<i>Alcippe castaneiceps</i>	Jomsom Trek (3)
WHITE-BROWED FULVETTA (White-Browed Tit-Babbler)	<i>Alcippe vinipectus</i>	Jomsom Trek (2)
NEPAL FULVETTA (Nepal Babbler)	<i>Alcippe nipalensis</i>	Sauraha (1)
BLACK-CAPPED SIBIA	<i>Heterophasia capistrata</i>	Phulchowki (17), Jomsom Trek (6)
WHISKERED YUHINA (Yellow-Naped Yuhina)	<i>Yuhina flavicollis</i>	Phulchowki (15)
STRIPE-THROATED YUHINA	<i>Yuhina gularis</i>	Jomsom Trek (6)
RUFIOUS-VENTED YUHINA	<i>Yuhina occipitalis</i>	Jomsom Trek (4)
WHITE-THROATED TIT	<i>Aegithalos niveogularis</i>	Jomsom Trek (2)
BLACK-THROATED TIT (Red-Headed Tit)	<i>Aegithalos concinnus</i>	Phulchowki (6)
GREY-CRESTED TIT (Crested Brown Tit)	<i>Parus dichrous</i>	Jomsom Trek (1)
RUFIOUS-VENTED BLACK TIT (Rufous-Breasted Black Tit)	<i>Parus rubidiventris</i>	Jomsom Trek (25)
COAL TIT	<i>Parus ater</i>	Jomsom Trek (6)
GREAT TIT (Grey Tit)	<i>Parus major</i>	Everywhere
GREEN-BACKED TIT	<i>Parus monticolus</i>	Everywhere
BLACK-LORED TIT (Yellow-Cheeked Tit)	<i>Parus xanthogenys</i>	Everywhere
VELVET-FRONTED NUTHATCH	<i>Sitta frontalis</i>	Sauraha (1)
WHITE-TAILED NUTHATCH	<i>Sitta himalayensis</i>	Jomsom Trek (2)
CHESTNUT-BELLIED NUTHATCH	<i>Sitta castanea</i>	Godaweri (2), Jomsom Trek (12)
RUSTY-FLANKED TREECREEPER (Nepal Treecreeper)	<i>Certhia nipalensis</i>	Jomsom Trek (1)
PURPLE SUNBIRD	<i>Nectarinia asiatica</i>	Phulchowki (6), Jomsom Trek (4)
MRS. GOULD'S SUNBIRD	<i>Aethopyga gouldiae</i>	Phulchowki (2), Jomsom Trek (1)
GREEN-TAILED SUNBIRD (Nepal Sunbird)	<i>Aethopyga nipalensis</i>	Phulchowki (5)
BLACK-THROATED SUNBIRD (Black-Breasted Sunbird)	<i>Aethopyga saturata</i>	Phulchowki (1)
CRIMSON SUNBIRD (Scarlet-Breasted Sunbird)	<i>Aethopyga siparaja</i>	Phulchowki (1)
FIRE-TAILED SUNBIRD	<i>Aethopyga ignicauda</i>	Phulchowki (2)
PLAIN FLOWERPECKER (Plain Coloured Flowerpecker)	<i>Dicaeum concolor</i>	Phulchowki (2)
BUFF-BELLIED FLOWERPECKER (Fire-Breasted Flowerpecker)	<i>Dicaeum ignipectus</i>	Phulchowki (20)
ORIENTAL WHITE-EYE (White Eye)	<i>Zosterops palebroza</i>	Everywhere
MARDON ORIOLE	<i>Oriolus traillii</i>	Pokhara (3)
BLACK-HOODED ORIOLE (Black-Headed Oriole)	<i>Oriolus xanthornus</i>	Kosi (3), Sauraha (6)
EURASIAN GOLDEN ORIOLE (Golden Oriole)	<i>Oriolus oriolus</i>	Pokhara (2), Sauraha (5)
BROWN SHRIKE	<i>Lanius cristatus</i>	Kosi (2)
LONG-TAILED SHRIKE (Black-Headed Shrike)	<i>Lanius schach</i>	Everywhere
GREY-BACKED SHRIKE	<i>Lanius tephronotus</i>	Phulchowki (2)
BLACK DRONGO	<i>Dicrurus macrocercus</i>	Everywhere

ASHY DRONGO	<i>Dicrurus leucophaeus</i>	Sauraha (6)
WHITE-BELLIED DRONGO	<i>Dicrurus aeneus</i>	Kosi (2)
BRONZED DRONGO (Little Bronzed Drongo)	<i>Dicrurus remifer</i>	Pokhara (3)
LESSER RACKET-TAILED DRONGO (Small Racket-Tailed Drongo)	<i>Dicrurus hottentottus</i>	Phulchowki (1)
SPANGLED DRONGO (Hair-Crested Drongo)	<i>Dicrurus paradiseus</i>	Pokhara (2)
EURASIAN JAY	<i>Garrulus glandarius</i>	Phulchowki (2), Pokhara (7)
YELLOW-BILLED BLUE MAGPIE	<i>Urocissa flavirostris</i>	Jomsom Trek (1)
RED-BILLED BLUE MAGPIE	<i>Urocissa erythrorhyncha</i>	Godawari (1)
GREEN MAGPIE	<i>Cissa chinensis</i>	Pokhara (2)
RUFOUS TREEPIE (Indian Treepie)	<i>Dendrocitta vagabunda</i>	Kosi (6), Sauraha (30+)
GREY TREEPIE (Himalayan Treepie)	<i>Dendrocitta forbesae</i>	Jomsom Trek (4)
ALPINE CHOUGH (Yellow-Billed Chough)	<i>Pyrrhocorax graculus</i>	Jomsom Trek (2)
RED-BILLED CHOUGH	<i>Pyrrhocorax pyrrhocorax</i>	Jomsom Trek (common after Tukucho)
HOUSE CROW	<i>Corvus splendens</i>	Everywhere
JUNGLE CROW	<i>Corvus macrorhynchos</i>	Everywhere
COMMON RAVEN (Raven)	<i>Corvus corax</i>	Jomsom Trek (12)
SPOT-WINGED STARE	<i>Saroglossa spiloptera</i>	Sauraha (6)
CHESTNUT-TAILED STARLING (Grey-Headed Myna)	<i>Sternus malabaricus</i>	Sauraha
BRAHMINY STARLING (Brahminy Myna)	<i>Sternus pagodarum</i>	Sauraha
ASIAN PIED STARLING (Pied Myna)	<i>Sternus contra</i>	Kosi, Sauraha
COMMON MYNA	<i>Acridotheres tristis</i>	Everywhere
BANK MYNA	<i>Acridotheres ginginianus</i>	Kosi, Sauraha
JUNGLE MYNA	<i>Acridotheres fuscus</i>	Everywhere
HOUSE SPARROW	<i>Passer domesticus</i>	Everywhere
CINNAMON SPARROW	<i>Passer rutilans</i>	Jomsom Trek (5)
EURASIAN TREE SPARROW (Tree Sparrow)	<i>Passer montanus</i>	Everywhere
BAYA WEAVER	<i>Ploceus philippinus</i>	Sauraha (6)
STRIATED MUNIA (Sharp-Tailed Munia)	<i>Lonchura striata</i>	Jomsom Trek (4)
SCALY-BREADED MUNIA (Spotted Munia)	<i>Lonchura punctulata</i>	Sauraha (15)
YELLOW-BREADED GREENFINCH (Himalayan Goldfinch)	<i>Carduelis spinoides</i>	Jomsom Trek (4)
TWITE (Tibetan Twite)	<i>Carduelis flavirostris</i>	Jomsom Trek (15)
PLAIN MOUNTAIN-FINCH (Hodgson's Mountain-Finch)	<i>Leucosticte neooricola</i>	Jomsom Trek (30)
COMMON ROSEFINCH	<i>Carpodacus erythrinus</i>	Jomsom Trek (3)
BEAUTIFUL ROSEFINCH	<i>Carpodacus pulcherrimus</i>	Jomsom Trek (6)
SPOT-WINGED ROSEFINCH	<i>Carpodacus rhodopeplus</i>	Jomsom Trek (1)
WHITE-BROWED ROSEFINCH	<i>Carpodacus thura</i>	Jomsom Trek (2)
WHITE-WINGED GROSBEAK	<i>Mycerobas carnipes</i>	Jomsom Trek (1)
PINE BUNTING	<i>Emberiza leucocephalos</i>	Jomsom Trek (2)
ROCK BUNTING	<i>Emberiza cia</i>	Jomsom Trek (common after Tukucho)
CRESTED BUNTING	<i>Melophus lathami</i>	Jomsom Trek (2)

