

BIRDS OF NEPAL 21 DAY WITH TREK **Grade 3 maximum altitude 3195m**

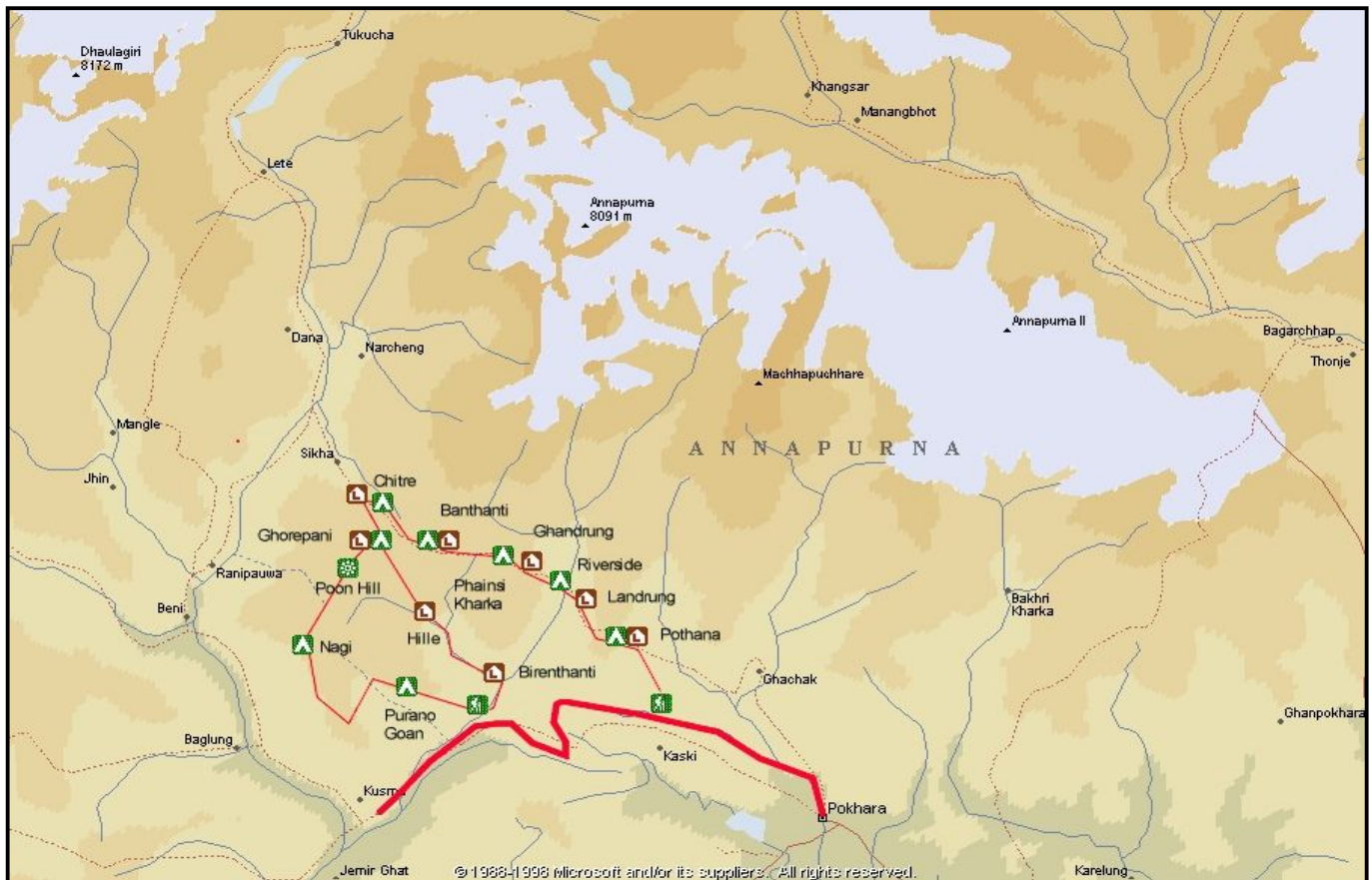
Day 1 Kathmandu 1350m

Prior to your landing in Kathmandu, you should have some excellent views of the Himalayas eastwards of Dhaulagiri. After checking into your hotel you will be briefed by your Tour leader on your program.

Day 2 Phulchowki 1520-2760 m.

After a very early breakfast we depart for Phulchowki 18km southeast of Kathmandu. Phulchowki at 2760m is the highest of the mountains encircling the Kathmandu valley and provides an ideal introduction to the birds of Nepal. Regularly recorded resident species include Besra, Black Eagle, Mountain Hawk-Eagle, Kalij Pheasant, Common Hill Partridge, Ashy Woodpigeon, Wedge-tailed Green Pigeon, Mountain Scops Owl, Collared Owlet, Golden-throated Barbet,

Speckled Piculet, Crimson-breasted Pied and Rufous-bellied Pied Woodpeckers, Grey-chinned Minivet, Striated Bulbul, Orange-bellied Leafbird, Spotted Forktail, Chestnut-headed and grey-bellied Tesias, Chestnut-crowned and black faced Warblers, Rufous-bellied Niltava, Lesser Scaly-breasted Wren-Babbler, Streak-breasted Scimitar-Babbler, Grey-throated and Spiny Babbler, White-crested, striated, Rufous-chinned and grey-sided Laughing thrushes, Red-billed Leiothrix, Cuttia, White-browed Green and Black-eared Shrike-Babblers, Hoary Barwing, Blue-winged Minla, Nepal Fulvetta, Yellow-browed Tit, Brown-throated Treecreeper, Black-throated Sunbird, Maroon Oriole, Eurasian and Lancelated Jays, Red-billed Blue Magpie and Brown Bullfinch. A further 55 species have been known to visit the area as migrators or occasional visitors. Phulchowki's forests are also very rich in flora and butterflies. Mammals include Leopard, Yellow-throated Marten and



Orange-bellied Squirrel. After this fine introduction to Nepali Birds, we will return to our hotel in Kathmandu.

Day 3 By Road to Pokhara

A scenic drive of approximately 7 hours plus a stop for lunch at Mugling beside the Trisuli River. The southern side of the lake is covered in extensive forest with rich bird life and excellent views of the Annapurna range, Phewa Lake and Pokhara. We will have plenty of time for a late afternoon exploration of this forest.

Day 4 Pokhara 915m

Today we explore in detail the forest along the southern shore of the lake. Apart from the many birds found here, you will also be rewarded with some of the best views of the Annapurnas and Machhapuchhare, Pokhara has to offer. Species regularly seen in this forest and along the shore of the lake include Besra, Red-thighed Falconet, Pallid and Pied Harriers, Eurasian Griffon, Red-headed and Eurasian Black Vultures, Kalij Pheasant, Ducks, Gulls, Terns, Waders, Bulbul, Black-backed Forktail, Puff-throated Babbler, White-crested, Lesser Necklaced and Rufous-chinned Laughing Thrushes, Red-billed Leiothrix, Minivets, Crimson Sunbird,

Maroon Oriole, Lesser Racket-tailed Drongo, Red-billed and Green Magpies, Long-tailed Mountain Thrush, Chestnut-headed and Grey-bellied Tesias, Chestnut-crowned Warbler, Small and Rufous-bellied Niltavas and Snowy-brown Flycatcher, Long-tailed Broadbill, Pale Blue Flycatcher, White-tailed Robin, Spiny Babbler, White-browed Scimitar-Babbler, Striated Munia, Lesser Whitethroat and Thick-billed Warbler.

Day 5 Pothana 2035m

Walking approx. 6 hrs.

We start with a short drive to Hengja. The starting point for our trek. The trail first runs through thin forest and terraced fields to Dhampus (1600m). From here we climb through secondary forest for about 1.5 hours to Pothana (2035m), which lies on an oak-forested ridge top with good views of Machhapuchhare and Annapurna south and plenty of Birds.

Day 6 Riverside 1390m (camping), Landrung 1640m (lodge), walking approx. 4 hours

After an early morning bird watching excursion we start with a walk along the ridge before descending steeply to Thorika 1820m and Landrung 1715m above the Modi Khola. From here the trail descends

further to our campsite beside the Modi Khola. Some of the species likely to be seen along this route are:



Red-headed and Eurasian Black Vultures, Black and Bonelli's Eagles, Mountain Hawk-Eagle, Common Hill Partridge, Speckled and Ashy Woodpigeons, Banded Cuckoo-Dove, Wedge-tailed Green Pigeon, Collared Owllet, Upland Pipit, Striated Bulbul, Golden-throated Barbet, Bay and Crimson-breasted Pied Woodpeckers, Slaty-backed and Spotted Forktails, Chestnut-headed Tesia, Chestnut-crowned and Black-faced Warblers, Rufous-bellied Niltava, Greater and Lesser Scaly-breasted Wren-Babblers, White-crested and Striated Laughing-thrushes, Red-billed Leiothrix, Cutia, Hoary Barwing, Nepal Fulvetta, Yellow-browed Tit, Black-throated Sunbird, Yellow-billed Blue, Red-billed Blue and Green Magpies, Cinnamon Sparrow, Jungle Nightjar, Pacific Swift, Blue-capped Rock-Thrush, Tickell's Thrush, Ferruginous, Asian Sooty and Little Pied Flycatchers.

**Day 7 Phainshi Kharka 2300m (camping)
Ghandrung lodge 1940m lodge, walking 5 hrs.
approx.**

We will start with a couple hours' climb to Ghandruk 1950m which is also the seat of the headquarters of the Annapurna conservation area. Above Ghandruk the trail continues through thick forest of oak and rhododendron to our next campsite at Phainshi Kharka. Again, the area is very rich in birds and we will have plenty of time to look out for them.

**Day 8 Banthanti 2520m.
Walking approx. 4 hours**

We continue our climb through thick forests to Tadapani and its magnificent views of Annapurna South, Himchuli and Machhapuchhare. After a brief descent we have another short climb before the trail levels out. Our camp site is situated beside a lodge approximately five minutes walk before Banthanti.

Thick forest and a large population of birds surround the lodge.

**Day 9 Chitre 2450m
Walking approx. 5 hours**

We continue our climb following a small river which becomes a narrow gorge to Deorali, a pass of 3080m with awesome views of the Annapurna Range, the Kali Gadanki Gorge and Dhaulagiri. From the pass we descend through forest (look out for monkeys) to a forest-clearing campsite beside a small stream (weather permitting), otherwise we will continue for another 45 minutes to the Dhaulagiri Lodge. Birds found here include Eurasian Black Vulture, Northern Goshawk, Black Eagle, Mountain Hawk Eagle, Common Hill Partridge, Koklas and Kalij Pheasant, Eurasian Woodcock, Ashy Woodpigeon, Collared Owllet, Tawny Owl, Orange-rumped Honey Guide, Scaly-bellied Green, Crimson-breasted Pied and Rufous-bellied Pied Woodpecker, Maroon-backed and Altai Accentors, Orange-flanked, Golden, White-browed and Rufous-breasted Bush Robins, Blue-capped Redstart, Plain-backed and Long-tailed Mountain Thrushes, Long-billed Thrush, White-collared and Grey-winged Blackbirds, Chestnut and Mistle Thrushes, Chestnut-headed Tesia, Black-faced Warbler, Greater Scaly-breasted Wren-Babbler, Great, Brown and Black-throated Parrotbills, Striated, Spotted and Black-faced Laughing-Thrushes, White-browed and Green Shrike-Babblers, Hoary Barwing, Black-browed, Yellow-browed and Grey-crested Tits, Bar-tailed Treecreeper, Lancelot Jay, Yellow-billed Blue Magpie, Eurasian Nutcracker, Red-browed Finch, Eurasian Goldfinch, Common Crossbill, Plain Mountain-Finch, Collared Crossbeak, Rosefinches and Bullfinches. Other wildlife along the route includes Rhesus Macaque, Grey Langur, Red Fox, Lesser Panda, Yellow-throated Marten, Himalayan Tahr, Bharal and Orange-bellied Squirrel.

Day 10 Forest Camp or Dhaulagiri Lodge.

We spend today Birdwatching in this great forest, alive with birds.

**Day 11 Gorepani 2860m
Walking approx. 3 hours.**

We start with a climb to Ghorepani again the trail passes through forests of oak and rhododendron. The rest of the day is spent birding around Gorepani.

**Day 12 Nagi via Poon Hill (camping), walking
approx. 6 hrs. Hille 1520m (lodge)**

We start with a climb to Poon Hill (3193m), which can be reward with excellent mountain views from Dhaulagiri to Annapurna. Higher up the oak and rhododendron forest are replaced by conifers with open grass and scrub covered slopes. Look out for

Altai Accentor and Plain-Mountain Finch in open grassy areas near Poon Hill. After Poon Hill we start descending for Nagi (2600m) through Oak and Rhododendron forest with a rich population of birds.

Day 13 Purano Goan (camping), Birenthanti (lodge)

Walking approx. 6 hours.

We continue descending to Purano Goan. With plenty of birds,

Day 14 Pokhara

Walking approx. 4 hours

A steep descent to the Rhurungbi Khola brings us to the confluence with the Modi Khola and Birethanti 1200m and drive to Pokhara.

Day 15 By Road to Chitwan

Transfer by road from Pokhara to Chitwan. A drive of approx. 4 hours. After checking in, you will have time for a late afternoon Nature Walk or Elephant Safari. The Royal Chitwan National Park covers 932 sq. km. and supports some 450 species of birds. Flocks of Common and Demoiselle Cranes occur on passage between March and May and October/November. Along the marshes and small lakes there are Cormorants, Darter, Cinnamon Bittern, Black-crowned Night and Purple Herons, Asian Openbill, Woolly-necked and Lesser Adjutant Storks, Lesser Whistling Duck, Cotton Pygmy Goose, Balloons Ruddy-breasted and Brown Crakes, Purple Gallinule, Bronze-winged Jacana, Painted Snipe and Stork-billed Kingfisher, Chestnut-crowned and Spotted Bush Warblers, Yellow bellied Prinia, Clamorous Reed, dusky and Smoky Warblers, and Red-capped Babbler. Forest species regular seen are Lesser Fishing and Grey headed Eagle, Brown Fish Owl, Changeable Hawk-Eagle, Kalij Pheasant, Emerald Dove, Orange-breasted Green and Pompadour Green Pigeon, Moustached Parakeet, Green-billed Malkoha, Brown Hawk Owl, Crested Treeswift, Pied and Great Hornbills, Streak-throated Green, Rufous, Himalayan Golden-backed and Greater Golden-backed Woodpeckers, Large Woodshrike Rosy Minivet, Black- crested Bulbul, Golden fronted Leafbird, Pale-chinned Flycatcher, Black-napped Monarch, Puff-throated Babbler, White-browed Scimitar-Babbler, Grey-throated Babbler, Crimson Sunbird, Thick-billed Flowerpecker, Hill Mynah, Black-hooded Oriole, White-rumped Shama, Lesser Necklaced, Greater Necklaced and Rufous-necked Laughing-thrushes, Nepal Fulvetta, Streaked Spiderhunter, yellow-bellied Warbler, Rufous-bellied Eagle, Forest Eagle, Tawny Fish Owls, Red-headed Trogon, White-browed Piculet, Great Slaty Woodpecker, Long-tailed Broadbill, Ruby-cheeked Sunbird and Little Spiderhunter.

Elephant Safari, travel through open grassland and dense forests on elephant back in search of rare game. Be on the look out for the great one horned



rhino, four species of deer, wild boar, sloth bear, leopard, bison and the big one, The Royal Bengal Tiger.

Canoeing, a traditional dugout canoe takes you on a silent trip down the Rapti River to view birds, crocodiles and the animals of the riverbank.

Nature walk, our trained naturalists take you to prime spots to view deer, rhino, sloth bear and other wild life. Detailed knowledge of the wild life and jungle will enhance your trip.

Birding, an early morning walk along the Rapti River is a must to view many of the 450 species of exotic birds including Giant Hornbill, Lesser Florican and Paradise Flycatcher. Again, our experienced naturalists will accompany you.

Day 16 Chitwan

Full day Safari Program

Day 17 Chitwan

We depart the Lodge by Land Rover for an excursion further into the Chitwan National Park.

Day 18 Chitwan

After lunch we have a one-hour drive to Hedauda where hopefully we will find the very rare Ibisbill in the gravel beside the Rapti River.

Day 19 Kathmandu

After an early morning Birdwatching walk we transfer by road to Kathmandu.

Day 20 Kathmandu

Kathmandu stands at 1350 meters and the valley is surrounded by hills at an altitude of around 2400 meters. There are three important cities in the valley, the most significant being Kathmandu itself. Patan is the most Buddhist of the three and is across the Bagmati River to the south of Kathmandu, but so close as to be almost an extension of the capital. Bhaktapur, also known as Bhadgaon, is the most “mediaeval” and is situated in the eastern part of the valley. While Kathmandu and Patan have undergone great changes in the two decades since Nepal ended its long isolation, Bhaktapur has changed very little and is still much as it was three decades ago.

Temple of the Living Goddess (Kumari) with profusely carved wooden balconies and window screens. Kasthamandap, an edifice constructed from wood of a single tree. The National Museum houses a splendid collection of ancient artifacts. Singh Durbar, an imposing stucco palace built in neo classical style as residence of the erstwhile Rana Prime ministers now acts as State secretariat.

Patan, 5 kilometers southwest of Kathmandu, Patan is full of Buddhist monuments and Hindu temples. It is also known as the city of artists. Visit Durbar Square, residential palace of Malla Kings. See Krishna Mandir with stone carvings from Hindu epics Ramayana and Mahabharata, statue of bird God Garuda, Big Bell Royal baths, Ashoke Stupa, Taleju Temple, Temples of Maha Buddha and Jagat Narian. Visit the Tibetan refugee centre to watch the spinning, dyeing and weaving of hand made carpets of intricate designs.

Bhadgoan, 13 kilometers west of Kathmandu, Bhadgoan was built in 889 A.D. and is home of medieval art and architecture. See Durbar square with the Lion gate, Palace of 55 windows, Bell of barking dogs, Nayatapola, Bhairava and Dattaraya Temples and monastery with carved Peacock windows.

Swayambu Nath, 6.5 kilometers west of Kathmandu, situated on a hillock, this 2000 years old stupa is the world’s most glorious Buddhist shrine and is surrounded by several small pagodas. The main temple is capped by a pinnacle of copper gilt and is

painted on the four sides with all seeing eyes of Lord Buddha.

Boudhnath, 8 kilometers east of Kathmandu, this colossal Buddhist stupa is built on a octagonal base, inset with prayer wheels and is surrounded by houses of Buddhist priests and Lama monks. It is 1500 years old and is the largest Lamaist shrine in the world.

Pashupati Nath, dedicated to Lord Shiva, is the holiest and most famous Nepalese temple. Situated 5 kilometers northeast of Kathmandu on the bank of the sacred Bagmati River, it is an impressive pagoda style structure with gilt roof and richly carved silver doors. It has bathing and cremation ghats, which are of absorbing interest to the tourist, particularly in the mornings and on festival days.

Day 21

Depart Kathmandu

All itineraries are subject to change without notice.

Bird sightings depend greatly on season, timing, and patience. Sightings mentioned in the itinerary are only a guideline and cannot be guaranteed

Important: Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

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