

Nepal

Solo-Khumbu region and the Mount Everest trek partly

19th March – 3rd April 2022



Good morning Namche Bazaar – early morning at sunrise (Photo: EVR).

Notes on birds by

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&

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Introduction

This report deals with a journey to Nepal through Solo-Khumbu region and the Everest trek partly by two Danish birdwatchers in March – April 2022. It was our fourth attempt to visit Nepal but the earlier attempts was canceled – the last two because of Corona Corvid 19. We have seen the most of the bird species which occurs in Nepal in different other countries before – f.ex Northern India more times including Himalayan foothills at Nainital, Sattal, and most of the countries in Asia and South East Asia too. In 2017 we visited Tibet including crossing the Tibetan plateau and later Sichuan in China. So the trip this year was a special trip to pick up some earlier missed or not-seen high altitude mountain species. This include our prime target's two accentors, three laughing thrushes, the Himalayan Monal – the national bird of Nepal of course, one Bulfinch among others.

Secondly, we want to experience the Himalayas – the roof of the World and surrounded by imposing mountain ranges that harbor some of the World's highest summits – Nuptse, Lothse, Ama Dablam and especially Mount Everest. Just at a distance and that's good enough for us. We are not climbers – but we are birdwatchers. For some decades it has been a great wish for both of us to visit Namche Bazaar in Solo-Khumbu region so in 2022 it should be.

The event in Nepal was organized Kipling Travel, Denmark (<https://www.kiplingtravel.dk/>). Everything worked fine including flight's from Kathmandu to Lukla.

All the locations, tracks and trails in Nepal mentioned in this report is well described and reviewed in different report's (www.cloudbirders.com) to which we refer. Especially the book “A Birdwatcher's Guide to Nepal” by Carol Inskipp (1988) with a lot of information and as we had read many times. We will despite this give a little information about two small locations behind Monjo and Lukla.

The birding was excellent throughout the entire trip and 170 species was counted. As field-guide we used “Birds of Nepal” by R. Grimmett, C. Inskipp and T. Inskipp (2000).

We can absolutely recommend a trip to Solo-Khumbu region of Nepal with its wonderful Sherpa people.

Thanks for different information small and large from Henning Vikkelsø Rasmussen and Knud Erik Strange, Denmark, who visited Solo-Khumbu region for some years ago and Anette and Kaj Floor Johannesen.

Heaven

Is myth,

Nepal

Is real.

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Itinerary

Saturday 19th March: we departed from Copenhagen at 15.35 on a scheduled flight with Qatar Airways to Doha and later Kathmandu.

Sunday 20th March: We arrived in Kathmandu at 09.10 and was transferred to our hotel Marshyangdi, Thamel.

Monday 21st March: Early morning transferred to Kathmandu airport on a flight to Lukla. Unfortunately the weather was quite bad because of fog so the flight was delayed for three hours. We fly at 11.00 and arrived at Lukla 35 minutes later where we met our porter Suriman and our mountain guide Khula Ram Tamangi alias “Ram”. We commenced our trek on a very busy trail to Phakding. We stopped at Thado Koshi for lunch and continued our trekking to Phakding.



Lukla airport



Dudh Kosi River

Tuesday 22nd March: We trekked from Phakding at 8.00 and we soon after got our entrance tickets to Sagarmatha National Park. After Jorsale we crossed the Dudh Kosi by the high suspension bridge and it took us almost 10 hour's before we arrived at Namche Bazaar and we stopped many times for birding. Especially last part after we had crossed Dudh Kosi River was very strenuous for us – we are both 70 years old. It is a steady climb from Jorsale to Namche. We arrived at Namche (3420 m) at 17.30.



First glimpse of Mount Everest (8850 m) is just after the suspension bridge and Jorsale (Photo: EVR).



Yak-attack at Jorsale



Suspension bridges between Jorsale and Namche Bazaar (Photos: EVR).



Namche Bazaar March 2022.

Wednesday 23th March: Full day birding in the neighborhood of Namche but the weather was very bad with heavy fog and drizzle. After breakfast we walked against Thame Valley to explore, but we gave up halfway because of the bad weather. We saw a lot of birds this day including Himalayan Monal male and two females, Grey-crested Tit, Scaly- and Black-faced Laughingthrush, Robin Accentor, Collared- and Spot-winged Grosbeak among others.

Thursday 24th March: Full day birding and we trekked against Syangboche Airstrip, Khumjung and Tengboche and visited the monument of Tenzing Norgay and the fine museum above Namche. Some hours with good weather rewarded us with Himalayan Monals, magnificent Himalayan Bluetail's, the great Beautiful Rosefinch male and other good birds.



The view from the path against Tengboche – Nuptse, Lothse, Ama Dablam and Everest in clouds (Photo: EVR).



Kongde Ri – the mountain behind Namche Bazaar at sunrise (Photo: EVR).

Friday 25th March: Full day birding around Namche and after lunch we trekked down to Monjo for better weather and more birds. In the afternoon we find a fine place behind Budda Logde (see map) where we found accentors and flycatchers among others.

Saturday 26th March: Full day birding in the neighborhood of Monjo. After breakfast we birded around the monastery and all afternoon at the same location as yesterday behind Budda Lodge where we again saw a lot of birds including Snow Pigeon's, Ashy Wood Pigeon, Plain-Backed Thrush, Grey-winged Blackbird, Slaty-

blue Flycatcher, White-browed Bush Robin, Altai-, Alpine- and Rufous-breasted Accentors and many other good birds.



Dudh Kosi



Yak-attack near Suspension bridge

Sunday 27th March: Trekking after breakfast from Monjo and ended the trek at Lukla. Checked in at Yeti Mountain Home again. Late afternoon we birded in a little valley behind Lukla Airport and the little Lukla hospital (see map).

Monday 28th March: Full day birding around Lukla in the same areas as yesterday evening behind Lukla hospital where we again found good birds as Yellow-Billed Blue Magpie, Red-throated Thrush, Blue-fronted Redstart, White-tailed Robin, White-Browed Fulvetta and many more species.



Lukla airport early morning at sunrise (Photo: EVR).

Tuesday 29th March: In the early morning we left Lukla airport at 7.30 and had a pleasant flight back to Kathmandu and transfer to Hotel Marshyangdi. Shopping and relaxing the rest of the day.

Wednesday 30th March: Sightseeing all day in Kathmandu together with a city guide where we saw different temples, Swayambhunath and Durbar Square among other attractions.



Thursday 31st March: Birded all day at Phulchowki mountain forest together with Ram and our new birdguide Tek Ahani Magar, especially at the higher level. We had a lot of good birds that day including Hill Partridge, Plain-backed Thrush, Scaly Thrush on the track, Grey-winged Blackbird, Rufous-bellied Niltava, Orange-flanked Bush Robin at least 9 birds, Grey-bellied Tesia, Chestnut-headed Tesia, Whistler's Warbler, Black-faced Warbler and many other good species.

Friday 1st April: Full day birding at Phulchowki mountain again and this time especially the lower part at the forest. Again many birds including Kalij Pheasant, Greater Yellownappe, Black Eagle, Ultramarine Flycatcher, White-tailed Nuthatch, Grey-sided Laughingthrush, Hoary-throated Barwing, Whiskered- and Stripe-throated Yuhina among others.



Lunch at Phulchowki mountain (Photo: EVR).

Saturday 2nd April: Relaxing and shopping in Thamel and prepare for the return trip. Flight 20.25 from Kathmandu to Doha, Qatar and later 01.55 against Copenhagen

Sunday 3rd April: where we arrived at 07.15 Sunday morning.

Getting around

The most popular teahouse trek in Nepal are without no doubt the trek to Everest Base Camp (5545 m). But this trek is not for everyone. As mentioned before we are both 70 years old and we are not-smoking people and normally fit. For us the trek between Jorsale and Namche was challenging, strenuous and quite difficult because it was a steady hike up to Namche (3420 m) – up, up and UP. If you are a smoker, older people in bad condition and with worn knees – forget it. Take it very easy and avoid rushing and with many breaks. We had a good guide Ram together with us and he had a 24-hours satellite-telephone together with him. Security for us older people.

Accommodation

Hotel Marshyangdi, Thamel, Kathmandu: (<http://www.thamelhotel.com/>) and mail: info@hotelmarsyangdi.com. A fine turist hotel in Thamel area and we had five nights at this hotel. Shower: hot water. Cold beers. Accept Visa and MasterCard. Fine shopping facilities.

Yeti Mountain Home, Namche Bazaar: (<https://yetimountainhome.com/ymh-lodges/ymh-namche>). There is an electric mat in each bed, as that is very, very good and necessary luxury. Because it is very cold in each room. Shower: hot water. Cold beers available and especially Sherpa Beer is good. Accept Visa and MasterCard. The food on these luxury lodges are very good but it is very expensive and you can have a nice meal down in the village for less money.

Yeti Mountain Home, Monjo: (<https://yetimountainhome.com/ymh-lodges/ymh-monjo>). Shower: hot water. Cold beers. Don't accept Visa and MasterCard because the machine was broken down (payed cash).

Yeti Mountain Home, Lukla: (<https://yetimountainhome.com/ymh-lodges/ymh-lukla>). Shower: We can say as it was – “Mountain hot” as the locals calls it (read: ice cold water). Cold beers. Don't accept Visa and MasterCard opposite to their homepage (payed cash).

We stayed also at some teahouses but these accomodations will not be mentioned here. We stayed in teahouses in Phakding and Lukla.



Yeti Mountain Home, Namche Bazaar and Sherpa-woman in national costume (Photos: EVR).

Health and safety

We felt very safe during the entire trip and had no health issues. When you reach Namche Bazaar there is a risk for acute mountain sickness. We know the symptoms from our visits in Tibet (Nam Tso Chukmo and Largen La pass at 5200 m) and from Peru (Marcapomacocha 4400 m) because the concentration of oxygen in the air falls markedly. On our trip to Namche Bazaar we had no problems at all.

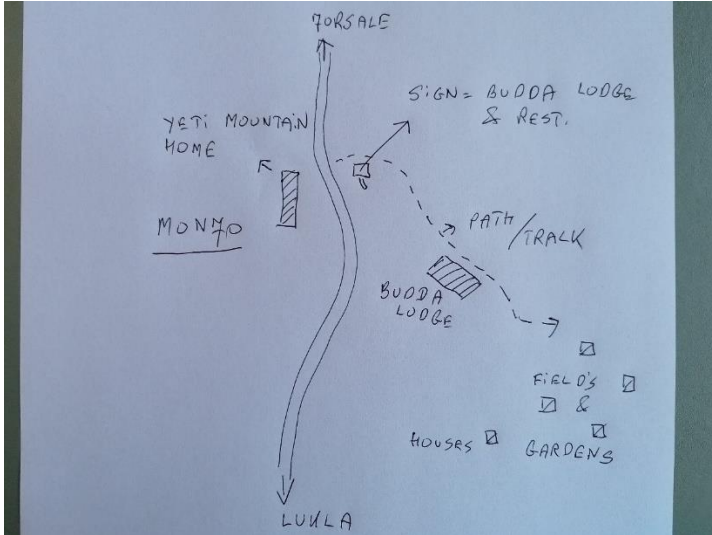


Happy kids in Namche

Visited localities

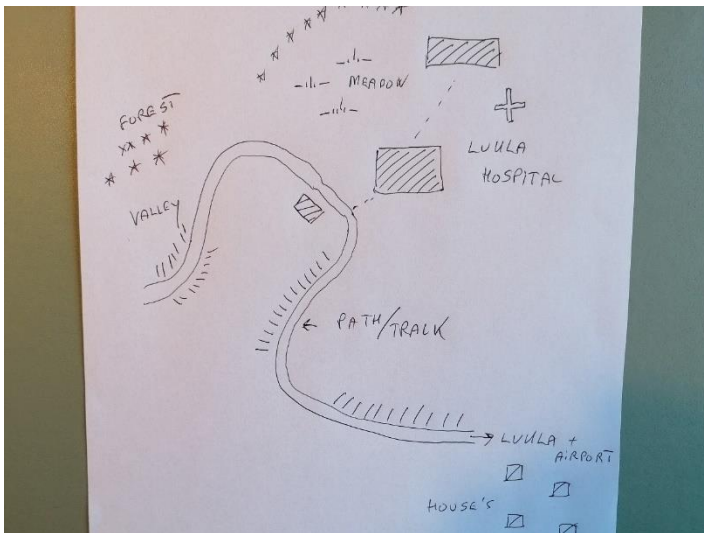
The same as mentioned in the book (Inskipp 1988) and this two:

Surroundings of Monjo:



There are several treks you can do from Monjo village. We preferred the area behind Buddha Lodge and Restaurant. At the opposite site of Yeti Mountain Home there is a sign to Buddha Lodge and there is a little track you can follow. After some time you will find small houses with a lot of gardens and cultivated areas where it is possible to find some good birds as Brown Shrike, Spotted Nutcracker, Long-tailed Minivet, Plain-backed Thrush, Slaty-blue Flycatcher, Blue-fronted Redstart, accentors etc. Remark, that the area is private property so ask for permission first before you go in.

Surroundings of Lukla:



From Lukla airport follow the patch through the village and out of town. There is a dirt road or track that goes to Lukla hospital. First you will reach a little hillside with many bushes and scrub. This is a good place to find Rufous-bellied Niltava, White-tailed Robin, Black-throated Tit, Chestnut-tailed Minla, White-browed Fulvetta, Whiskered Yuhina and many other birds. Continue the track uphill and you will reach the hospital

area with first a little meadow with horses and scrub and later a hillside with good forest. Remark, ask the hospital first before you enter the meadow because it is private property.

Weather

The weather in Kathmandu and the valley was pleasant with temperatures up to +26 degrees C. The city was covered in smog so it was impossible to see the blue sky here. In the mountain's it was much different, especially at Namche Bazaar. The days in Namche was very cold and we had a lot of fog, clouds and drizzle. We took our photos when we saw the sun as was short moments every day. In the mornings typical minus -1-2-3 degrees C and later plus +4-5 degrees C.

Miscellaneous

Maps: Biking around Kathmandu Valley, BK 1003, Kathmandu, Nepal (1:60.000), Nepa Maps and Trekking Everest Base Camp, NE519, Kathmandu, Nepal (1:50.000), Nepa Maps, was both usable.

Book for identification: Birds of Nepal (Grimmet, Inskipp & Inskipp 2000).

Localities: A Birdwatchers guide to Nepal (Inskipp 1988).

Trip reports: Only very few from Everest areas (www.cloudbirders.com). We read some of them before leaving Denmark for preparation. Printed a couple and took them with us.

ATM: We found ATM's in both Lukla and Kathmandu and it gave no problems.

Cost of the trip: The total for each of us was approximately USD 3.500 for 14 days including flights, accomodation the most time at luxury Yeti Mountain home lodges, food, beers, guides, porter etc. It is up to yourself how much you will use for tip's to the different guides. We used USD 550 in total.

Systematics

Systematics follow R. Grimmet, C. Inskipp and T. Inskipp (2000) in this report.

Birds

HILL PARTRIDGE (*Arborophila torqueola*)

31/3 7 and 1/4 3 Phulchowki.

HAMALAYAN MONAL (*Lophophorus impejanus*)

22/3 3 males seen and 3 heard calling between Jorsale and Namche Bazaar, 23/3 1 male + 2 females seen between Namche and Thame, 24/3 2 males seen between Namche and Tingboche, 25/3 2 males seen and 2 heard calling between Namche and Monjo.



docu-photo of Himalayan Monal male just before sunset, lower Namche (Photo: EVR).

KALIJ PHEASANT (*Lophura leucomelanos*)

1/4 1 Phulchowki.

WOODPECKER SP. (*Dendrocopus non det.*)

27/3 1 heard and seen in a climpse between Monjo and Lukla.

DARJEELING WOODPECKER (*Dendrocopos darjellensis*)

31/3 1 Phulchowki.

GREATER YELLOWNAPE (*Picus flavinucha*)

1/4 1 Phulchowki.

GREY-HEADED WOODPECKER (*Picus canus*)

31/3 1 female Phulchowki.

GREAT BARBET (*Megalaima virens*)

31/3 5 and 1/4 3 Phulchowki.

GOLDEN-THROATED BARBET (*Megalaima franklinii*)

31/3 2 and 1/4 1 Phulchowki.

BLUE-THROATED BARBET (*Megalaima asiatica*)

31/3 3 Phulchowki.

COMMON HAWK CUCKOO (*Hierococcyx varius*)

31/3 1 Phulchowki.

INDIAN CUCKOO (*Cuculus micropterus*)

1/4 1 Phulchowki.

ORIENTAL CUCKOO (*Cuculus saturates*)

31/3 2 and 1/4 5 Phulchowki.

PLAINTIVE CUCKOO (*Cacomantis merulinus*)

1/4 1 female Phulchowki.

ASIAN KOEL (*Eudymamys scolopacea*)

29/3 1 Kathmandu and 1/4 2 Phulchowki.

ROSE-RINGED PARAKEET (*Psittacula krameri*)

29/3 4 Kathmandu and 1/4 1 Phulchowki.

HIMALAYAN SWIFTLET (*Collocalia brevirostris*)

26/3 2 Monjo.

FORK-TAILED SWIFT (*Apus pacificus*)

25/3 25+ between Namche and Monjo, 26/3 10+ Monjo and 27/3 2 Tik-tok.

ROCK PIGEON (*Columba livia*)

Few birds seen almost every day but not counted.

SNOW PIGEON (*Columba leuconota*)

22/3 30+ between Phakding and Namche, 23/3 7 between Namche and Thame, 25/3 25+ between Namche and Monjo, 26/3 15 Monjo and 27/3 10 between Monjo and Lukla.



Snow Pigeons near Phakding (Photos: EVR).

SPECKLED WOOD PIGEON (*Columba hodgsonii*)

27/3 1 between Monjo and Lukla.

ASHY WOOD PIGEON (*Columba pulchricollis*)

26/3 1 Monjo.

ORIENTAL TURTLE DOVE (*Streptopelia orientalis*)

21/3 1 between Lukla and Phakding, 22/3 6 between Phakding and Namche Bazaar, 23/3 1 Namche – Thame, 24/3 1 Namche – Tengboche, 25/3 4 Namche – Monjo, 26/3 4 Monjo, 27/3 3 Monjo – Lukla, 28/3 2 Lukla, 31/3 10+ Phulchowki and 1/4 10+ Phulchowki. Common and widespread and seen almost every day.

SPOTTED DOVE (*Streptopelia chinensis*)

31/3 1 Phulchowki.

BARRED CUCKOO DOVE (*Macropygia unchall*)

1/4 1 Phulchowki.



Oriental Turtle Dove near Suspension bridge, Namche (Photo: EVR).

BLACK KITE (*Milvus migrans*)

20/3 300+ Kathmandu seen from our hotel late evening, 24/3 1 Namche – Tengboche, 29/3 50+ Kathmandu, 30/2 2 Kathmandu and 1/4 20+ Phulchowki.

HIMALAYAN GRIFFON (*Gyps himalayensis*)

21/3 6 Lukla airport, 22/3 2 Phakding – Namche, 23/3 5 Namche – Thame, 24/3 15+ Namche – Tengboche, 25/3 1 Namche – Monjo and 27/3 8 Monjo – Lukla.

BLACK EAGLE (*Ictinaetus malayensis*)

1/4 1 imm Phulchowki.

SHIKRA (*Accipiter badius*)

1/4 1 Phulchowki.

BESRA (*Accipiter virgatus*)

28/3 1 Lukla airport.

COMMON BUZZARD (*Buteo buteo*)

24/3 1 Namche – Tengboche, 31/3 1 and 1/4 1 Phulchowki.

GOLDEN EAGLE (*Aquila chrysaetos*)

22/3 1 Lukla – Phakding.

STEPPE EAGLE (*Aquila nipalensis*)

27/3 1 imm Tik-Tok.

GREAT EGRET (*Casmerodius albus*)

20/3 2 Kathmandu.

CATTLE EGRET (*Bubulcus ibis*)

29/3 50+ Kathmandu.

ORANGE-BELLIED LEAFBIRD (*Chloropsis hardwickii*)

21/3 1 Lukla – Phakding.

BROWN SHRIKE (*Lanius cristatus*)

25/3 1 Namche – Monjo, 26/3 2 behind Budda Lodge, Monjo.

LONG-TAILED SHRIKE (*Lanius schach*)

27/3 1 Monjo – Lukla.

GREY-BACKED SHRIKE (*Lanius tephronotus*)

31/3 1 Phulchowki.

PLAIN-CROWNED JAY (*Garrulus bispicularis*)

31/3 3 and 1/4 5 Phulchowki. This species is split from Eurasian Jay (*Garrulus glandarius*) (BirdLife International 2022, IOC, IUCN, Wikipedia). This species is a new split from 2022 and it is therefore not mentioned in the field-guide (Grimmet, Inskipp & Inskipp 2000).

YELLOW-BILLED BLUE MAGPIE (*Urocissa flavirostris*)

21/3 3 Lukla - Phakding, 25/3 3 Namche – Monjo and 28/3 2 Lukla.

RED-BILLED BLUE MAGPIE (*Urocissa erythrorhyncha*)

31/3 2 Phulchowki.

RUFOUS TREEPIE (*Dendrocitta vagabunda*)

21/3 1 Lukla – Phakding.

GREY TREEPIE (*Dendrocitta formosae*)

22/3 3 Phakding – Namche and 31/3 1 Phulchowki.

SPOTTED NUTCRAKER (*Nucifraga caryocatactes*)

22/3 2 Phakding – Namche, 25/3 2 Namche – Monjo, 26/3 3 behind Budda Lodge, Monjo and 27/3 2 Monjo – Lukla.

RED-BILLED CHOUGH (*Pyrrhocorax pyrrhocorax*)

A fairly common bird in the mountains and especially around Namche Bazaar and we counted 55.

YELLOW-BILLED CHOUGH (*Pyrrhocorax garculus*)

We found 12 birds only: 24/3 10+ Namche – Thame and 25/3 2 Namche – Monjo.

HOUSE CROW (*Corvus splendens*)

We found this species common and fairly widespread with most birds around Kathmandu and Phulchowki and we counted 125 birds.

LARGE-BILLED CROW (*Corvus macrorhynchos*)

Quite common with a total of 85 birds recorded.

COMMON RAVEN (*Corvus corax*)

21/3 1 Lukla.

MAROON ORIOLE (*Oriolus trailii*)

1/4 2 Phulchowki.

LONG-TAILED MINIVET (*Pericrocotus ethologus*)

22/3 1 Phakding – Namche, 23/3 1 Namche – Thame, 25/3 1 Namche – Monjo, 26/3 2 behind Budda Lodge, Monjo, 27/3 2 Tik-tok and 1/4 2 Phulchowki.

SCARLET MINIVET (*Pericrocotus flammeus*)

25/3 2 Namche – Monjo.

BAR-WINGED FLYCATCHER-SHRIKE (*Hemipus picatus*)

1/4 Phulchowki.

YELLOW-BELLIED FANTAIL (*Rhipidura hypoxantha*)

31/3 2 Phulchowki.

WHITE-THROATED FANTAIL (*Rhipidura aureola*)

31/3 5+ Phulchowki.

BLACK DRONGO (*Dicrurus macrocercus*)

31/3 2 and 1/4 3 Phulchowki.

ASHY DRONGO (*Dicrurus leucophaeus*)

26/3 1 Monjo.

BRONZED DRONGO (*Dicrurus aeneus*)

21/3 1 Lukla – Phakding, 1/4 1 Phulchowki.

LESSER RACKET-TAILED DRONGO (*Dicrurus remifer*)

1/4 1 Phulchowki.

BROWN DIPPER (*Cinclus pallasii*)

25/3 1 Dudh Kosi, Jorsale.

CHESTNUT-BELLIED ROCK THRUSH (*Monticola rufiventris*)

21/3 1 Lukla – Phakding, 26/3 1 behind Buddha lodge, Monjo, 28/3 1 near Lukla hospital, Lukla, 31/3 2 Phulchowki.

BLUE WHISTLING THRUSH (*Myophonus caeruleus*)

21/3 2 Lukla – Phakding, 22/3 4 Phakding – Namche, 23/3 2 Namche – Thame, 26/3 1 behind Budda lodge, Monjo, 27/3 4 Monjo – Lukla, 31/3 4 and 1/4 1 Phulchowki.

PLAIN-BACKED THRUSH (*Zoothera mollissima*)

25/3 2 Namche – Monjo, 31/3 1 Phulchowki.

SCALY THRUSH (*Zoothera dauma*)

31/3 1 sitting on the gravel road in front of us uphill Phulchowki.

WHITE-COLLARED BLACKBIRD (*Turdus albocinctus*)

21/3 1 female Lukla – Phakding and 22/3 3 males together Phakding – Namche.

GREY-WINGED BLACKBIRD (*Turdus boulboul*)

26/3 1 Monjo, 31/3 1 and 1/4 2 Phulchowki.

RED-THROATED THRUSH (*Turdus ruficollis*)

28/3 1 adult male on the lawn in front of Yeti Mountain Home, Lukla early morning. The species is sometimes regarded as one subspecies of the polytypic species of “Dark-throated Thrush”. This species is not mentioned in Inskipp (2000) because it was first split in 2018 (BirdLife International 2018, Wikipedia). The species is now on the Red List of threatened species according to IUCN 2018.

RUSTY-TAILED FLYCATCHER (*Muscicapa ruficauda*)

28/3 1 seen well and properly behind Lukla hospital, Lukla. We have reviewed about 20 reports on

www.cloudbirders.com and we found only one record of this species seen earlier on the Everest trek. It was in November 1995 (Strange & Rasmussen 1995). The species is an uncommon summer visitor and passage migrant in 2440-3655 level (Inskipp et al. 2000).

RUFIOUS-GORGETED FLYCATCHER (*Ficedula strophhiata*)

21/3 2 Lukla – Phakding, 25/3 2 Namche – Monjo, 28/3 2 Lukla and 31/3 2 Phulchowki.

TAIGA FLYCATCHER (*Ficedula albicilla*)

1/4 1 Phulchowki. This species is not mentioned in Inskipp (et al. 2000). It was split from Red-throated Flycatcher (*Ficedula parva*) in 2017 (BirdLife International 2017, Wikipedia, IUCN 2021).

LITTLE PIED FLYCATCHER (*Ficedula westermanni*)

26/3 2 male + female together behind Budda Lodge, Monjo.

ULTRAMARINE FLYCATCHER (*Ficedula superciliaris*)

31/3 4 and 1/4 5 Phulchowki.

SLATY-BLUE FLYCATCHER (*Ficedula tricolor*)

26/3 1 behind Budda Lodge, Monjo.

VERDITER FLYCATCHER (*Eumyias thalassina*)

21/3 2 Lukla – Phakding, 31/3 2 and 1/4 3 Phulchowki.

RUFIOUS-BELLIED NILTAVA (*Niltava sundara*)

21/3 2 Lukla – Phakding, 27/3 2 Monjo – Lukla, 28/3 1 at Lukla hospital, Lukla, 31/3 2 and 1/4 2 Phulchowki.

HIMALAYAN BLUETAIL (*Tarsiger rufilatus*)

24/3 2 male and female together in an incredible good view Namche – Thame, 31/3 9+ Phulchowki. The species was formerly a subspecies of Orange-flanked Bush Robin (*Tarsiger cyanurus*) but it was split in 2016 because of differing in its migratory behavior (BirdLife International 2016, Wikipedia). Mentioned as Orange-flanked Bush Robin in Inskipp (et al 2000).

WHITE-BROWED BUSH ROBIN (*Tarsiger indicus*)

26/3 1 male behind Buddha lodge, Monjo.

RUFIOUS-BREASTED BUSH ROBIN (*Tarsiger hyperythrus*)

24/3 1 male Namche – Tengboche.

ORIENTAL MAGPIE ROBIN (*Copsychus saularis*)

31/3 1 Phulchowki. One only!

BLUE-FRONTED REDSTART (*Phoenicurus frontalis*)

23/3 1 Namche – Thame, 25/3 4+ Namche – Monjo, 26/3 2 behind Budda Lodge, Monjo, 27/3 3 Monjo – Lukla and 28/3 2 at the hillside behind Lukla.

WHITE-CAPPED WATER REDSTART (*Chaimarrornis leucocephalus*)

21/3 1 Lukla – Phakding, 22/3 3 Phakding – Namche, 25/3 1 Namche – Monjo, 27/3 3 Monjo – Lukla – all at Dudh Kosi river.

PLUMBEOUS WATER REDSTART (*Rhyacornis fuliginosus*)

21/3 4 Lukla – Phakding, 22/3 10+ Phakding – Namche, 25/3 1 Namche – Monjo, 27/3 3 Monjo – Lukla – almost all at Dudh Kosi river.

WHITE-TAILED ROBIN (*Myiomela leucura*)

28/3 1 male Lukla and 1/4 1 Phulchowki.

LITTLE FORKTAIL (*Enicurus scouleri*)

22/3 1 Phakding – Namche and 27/3 1 Monjo – Lukla – maybe the same bird close to Dudh Kosi river.

GREY BUSHCHAT (*Saxicola ferrea*)

22/3 3 Phakding, 23/3 1 Namche – Thame, 25/3 2 Namche – Monjo, 26/3 2 behind Budda lodge, Monjo, 27/3 3 Monjo – Lukla and 28/3 1 Lukla.

ASIAN PIED STARLING (*Sturnus contra*)

29/3 1 Thamel, Kathmandu.

COMMON MYNA (*Acridotheres tristis*)

29/3 4 near hotel Marshyangdi, Thamel, Kathmandu, 30/3 1 Pashupatinath temple, Kathmandu, 31/3 10+ and 1/4 5+ Phulchowki.

CHESTNUT-BELLIED NUTHATCH (*Sitta castanea*)

1/4 1 Phulchowki.

WHITE-TAILED NUTHATCH (*Sitta himalayensis*)

31/3 3 and 1/4 5 Phulchowki.

RUFIOUS-VENTED TIT (*Parus rubidiventris*)

23/3 1 Namche – Thame and 24/3 2 Namche – Tengboche.

COAL TIT (*Parus ater*)

23/3 1 Namche – Thame, 24/3 6 Namche – Tengboche, 25/3 1 Namche – Monjo, 27/3 5 Monjo – Lukla and 28/3 2 Lukla.

GREY-CRESTED TIT (*Parus dichrous*)

22/3 2 Phakding – Namche, 23/3 2 Namche – Thame, 24/3 5 Namche – Tengboche, 25/3 2 Namche – Monjo and 28/3 1 Lukla.

GREAT TIT (*Parus major*)

23/3 1 Namche – Thame.

GREEN-BACKED TIT (*Parus monticolus*)

24/3 1 Namche – Tengboche, 26/3 1 behind Budda lodge, Monjo, 27/3 3 Monjo – Lukla, 28/3 1 Lukla, 31/3 1 and 1/4 5 Phulchowki.

BLACK-LORED TIT (*Parus xanthogenys*)

31/3 4 and 1/4 5 Phulchowki.

YELLOW-BROWED TIT (*Sylviparus modestus*)

31/3 5 and 1/4 1 Phulchowki.

BLACK-THROATED TIT (*Aegithalos concinnus*)

28/3 2 near Lukla hospital, Lukla, 31/3 2 Phulchowki.

WINTER WREN (*Troglodytes troglodytes*)

22/3 1 Lukla – Phakding, 23/3 1 Namche – Thame, 25/3 4 Namche – Monjo, 26/3 3 at the monastery and behind Budda lodge, Monjo, 27/3 2 Monjo – Lukla and 28/3 1 Lukla.

BARN SWALLOW (*Hirundo rustica*)

31/3 10+ and 1/4 10+ at the small villages between Kathmandu – Phulchowki. We didn't find this species in the mountains, or in Kathmandu or at Phulchowki.

STRIATED BULBUL (*Pycnonotus striatus*)

1/4 2 Phulchowki.

RED-WHISKERED BULBUL (*Pycnonotus jacosus*)

31/3 2 Phulchowki.

RED-VENTED BULBUL (*Pycnonotus cafer*)

20/3 1 and 29/3 1 hotel Marshyangdi, Thamel, Kathmandu.

BLACK BULBUL (*Hypsipetes leucocephalus*)

31/3 1 Phulchowki.

ORIENTAL WHITE-EYE (*Zosterops palpebrosus*)

1/4 2 Phulchowki.

CHESTNUT-HEADED TESIA (*Tesia castaneocoronata*)

31/3 7+ and 1/4 2 Phulchowki.

GREY-BELLIED TESIA (*Tesia cyaniventer*)

31/3 1 and 1/4 3 Phulchowki.

COMMON TAILORBIRD (*Orthotomus sutorius*)

31/3 2 Phulchowki.

TICKELL'S LEAF WARBLER (*Phylloscopus affinis*)

22/3 10+ Phakding – Namche, 28/3 2 Lukla.

BLYTH'S LEAF WARBLER (*Phylloscopus reguloides*)

21/3 1 Lukla – Phakding, 22/3 5 Phakding – Namche, 25/3 2 Namche – Monjo, 26/3 2 behind Budda lodge, Monjo, 27/3 5 Monjo – Lukla and 28/3 2 Lukla.

BUFF-BARRED WARBLER (*Phylloscopus pulcher*)

25/3 1 Namche – Monjo, 26/3 1 Monjo, 28/3 1 Lukla, 31/3 2 and 1/4 5 Phulchowki.

ASHY-THROATED WARBLER (*Phylloscopus maculipennis*)

21/3 3 Lukla – Phakding, 22/3 2 Phakding – Namche, 28/3 2 the hillside behind Lukla, 31/3 2 and 1/4 5 Phulchowki.

LEMON-RUMPED WARBLER (*Phylloscopus chloronotus*)

This species was very common and at least 53 birds was counted. The most of them at Phulchowki with 31/3 25+ and 1/4 10+ seen.

HUME'S WARBLER (*Phylloscopus humei*)

A very common bird at most visited locations and a total of 55 recorded.

GREENISH WARBLER (*Phylloscopus trochiloides*)

25/3 1 Namche – Monjo, 31/3 2 and 1/4 1 Phulchowki. Only - It was fewer than expected.

WHISTLER'S WARBLER (*Seicercus whistleri*)

31/3 1 and 1/4 1 Phulchowki.

GREY-HOODED WARBLER (*Seicercus xanthoschistos*)

28/3 1 Lukla hospital, Lukla, 31/3 5+ and 1/4 5+ Phulchowki.

CHESTNUT-CROWNED WARBLER (*Seicercus castaniceps*)

1/4 2 Phulchowki.

RUFOUS-FACED WARBLER (*Abroscopus albogularis*)

31/3 1 Phulchowki and found by our guide Tek Magar. According to Inskipp (et al 2000) the species is only recorded in the far east. But according to Wikipedia and BirdLife International / Data zone (2022) the species also occur in eastern Nepal including Kathmandu valley.

BLACK-FACED WARBLER (*Abroscopus schisticeps*)

31/3 1 and 1/4 10+ Phulchowki. We looked for this species also in the mountains but we found it only on Phulchowki mountain.

YELLOW-BELLIED WARBLER (*Abroscopus superciliaris*)

1/4 10+ Phulchowki.

GOLDCREST (*Regulus regulus*)

24/3 2 Namche – Tengboche, 25/3 2 Namche – Monjo.

STRIATED LAUGHINGTHRUSH (*Garrulax striatus*)

31/3 2 the lower part near Godaveri, Phulchowki.

GREY-SIDED LAUGHINGTHRUSH (*Garrulax caerulatus*)

1/4 1 Phulchowki – the middle range.

STREAKED LAUGHINGTHRUSH (*Garrulax lineatus*)

21/3 3 Lukla – Phakding, 31/3 1 and 1/4 2 Phulchowki.

BLUE-WINGED LAUGHINGTHRUSH (*Garrulax squamatus*)

25/3 3 in bamboo thickets behind Budda Lodge, Monjo.

SCALY LAUGHINGTHRUSH (*Garrulax subunicolor*)

23/3 1 Namche – Thame, 26/3 4 Monjo, 27/3 15+ Monjo – Lukla.

VARIEGATED LAUGHINGTHRUSH (*Garrulax variegatus*)

21/3 1 Lukla – Phakding and 22/3 1 Phakding – Namche.

BLACK-FACED LAUGHINGTHRUSH (*Garrulax affinis*)

Fairly common in the mountains above 2800 m with 21/3 6 Lukla – Phakding, 22/3 15+ Phakding – Namche, 23/3 10+ Namche – Thame, 24/3 2 Namche – Tengboche and 25/3 4 Namche – Monjo.



Black-faced Laughingthrushes downhill Namche (Photos: EVR).

CHESTNUT-CROWNED LAUGHINGTHRUSH (*Garrulax erythrocephalus*)
21/3 10+ Lukla – Phakding, 22/3 5 Phakding – Namche and 31/3 2 Phulchowki.

STREAK-BREASTED SCIMITAR BABBLER (*Pomatorhinus ruficollis*)
31/3 2 Phulchowki.

SCALY-BREASTED WREN BABBLER (*Pnoepyga albiventer*)
1/4 1 Phulchowki.

RUFOUS-CAPPED BABBLER (*Stachyris ruficeps*)
31/3 1 Phulchowki.

GREY-THROATED BABBLER (*Stachyris nigriceps*)
1/4 1 Phulchowki.

RED-BILLED LEIOTHRIX (*Leiothrix lutea*)
21/3 1 Lukla – Phakding, 31/3 3 and 1/4 2 Phulchowki.

WHITE-BROWED SHRIKE BABBLER (*Pteruthius flaviscapis*)
31/3 1 and 1/4 1 Phulchowki.

HOARY-THROATED BARWING (*Actinodura nipalensis*)
1/4 1 Phulchowki.

BLUE-WINGED MINLA (*Minla cyanouroptera*)
31/3 2 and 1/4 2 Phulchowki.

CHESTNUT-TAILED MINLA (*Minla strigula*)
28/3 8+ at the hillside and around Lukla hospital, Lukla, 31/3 10+ and 1/4 2 Phulchowki.

RED-TAILED MINLA (*Minla ignotincta*)
21/3 1 Lukla – Phakding, 22/3 1 Phakding – Namche and 31/3 1 Phulchowki.

WHITE-BROWED FULVETTA (*Alcippe vinipectus*)
22/3 6 Lukla – Phakding, 24/3 1 Namche – Tengboche, 25/3 1 Namche – Monjo, 27/3 3 Monjo – Lukla, 28/3 4 at the hillside behind Lukla airport, Lukla, 31/3 2 and 1/4 2 Phulchowki.

NEPAL FULVETTA (*Alcippe nipalensis*)
31/3 4 and 1/4 3 Phulchowki.

WHISKERED YUHINA (*Yuhina flavicollis*)
28/3 1 near Lukla hospital, Lukla, 31/3 3 and 1/4 2 Phulchowki.

STRIPE-THROATED YUHINA (*Yuhina gularis*)
31/3 5 and 1/4 2 Phulchowki.

RUFOUS-VENTED YUHINA (*Yuhina occipitalis*)
27/3 8 and 28/3 2 at the hillside between Lukla airport and Lukla hospital, Lukla.

RUFOUS SIBIA (*Heterophasia capistrata*)
Quite common in the mountains with 21/3 5 Lukla – Phakding, 22/3 15+ Phakding – Namche, 25/3 2 Namche – Monjo, 28/3 3 Lukla, 31/3 5 and 1/4 5 Phulchowki.

YELLOW-BELLIED FLOWERPECKER (*Dicaeum melanoxanthum*)
31/3 1 male Phulchowki.

MRS. GOULD'S SUNBIRD (*Aethopyga gouldiae*)

21/3 1 male Lukla – Phakding.

GREEN-TAILED SUNBIRD (*Aethopyga nipalensis*)

21/3 3 Lukla – Phakding, 27/3 3 Monjo – Lukla, 31/3 15+ and 1/4 5 Phulchowki.

BLACK-THROATED SUNBIRD (*Aethopyga saturate*)

21/3 1 male Lukla – Phakding.

HOUSE SPARROW (*Passer domesticus*)

Fairly common in Kathmandu and small villages with a total of 95 birds recorded but not all have been counted.

EURASIAN TREE SPARROW (*Passer montanus*)

Fewer than House and 19 birds only recorded but not all have been counted.

GREY WAGTAIL (*Motacilla cinerea*)

25/3 1 Namche – Monjo, 27/3 1 Monjo – Lukla, 28/3 1 Lukla and 29/3 1 Swayambhunath, Kathmandu.

UPLAND PIPIT (*Anthus Sylvanus*)

26/3 2 behind Buddha lodge, Monjo.

OLIVE-BACKED PIPIT (*Anthus hodgsoni*)

21/3 3 Lukla – Phakding, 22/3 1 Phakding – Namche, 26/3 15-20+ both at the monastery and behind Buddha lodge, Monjo, 27/3 2 Monjo – Lukla and 28/3 1 at the hillside close to Lukla airport, Lukla.

ALPINE ACCENTOR (*Prunella collaris*)

25/3 11 Namche – Monjo and 26/3 15+ behind Buddha lodge, Monjo.



Alpine Accentor behind Buddha lodge, Monjo (Photo: EVR).



Alpine Accentors

ALTAI ACCENTOR (*Prunella himalayana*)

22/3 2 Phakding – Namche and 26/3 1 behind Buddha lodge, Monjo.

ROBIN ACCENTOR (*Prubella rubeculoides*)

24/3 1 Namche – Tengboche.

RUFOUS-BREASTED ACCENTOR (*Prubella strophciata*)

22/3 2 Phakding – Namche, 25/3 2 Namche – Monjo and 26/3 7+ behind Buddha lodge, Monjo.

MAROON-BACKED ACCENTOR (*Prunella immaculate*)

31/3 4+ on the gravel road together with some Himalayan Bluetails, Phulchowki. We didn't find this species on the Everest trek but only at Phulchowki.

CHAFFINCH (*Fringilla coelebs*)

27/3 2 Lukla airport, Lukla.

YELLOW-BREASTED GREENFINCH (*Carduelis spinoides*)

22/3 2 Phakding – Namche, 25/3 1 Namche – Monjo and 26/3 1 Monjo.

COMMON ROSEFINCH (*Carpodacus erythrinus*)

25/3 2 Namche – Monjo and 26/3 1 singing male behind Buddha lodge, Monjo.

BEAUTIFUL ROSEFINCH (*Carpodacus pulcherrimus*)

23/3 1 Namche – Thame, 24/3 1 Namche – Tengboche, 25/3 2 Namche – Monjo and 26/3 2 behind Buddha lodge, Monjo.

PINK-BROWED ROSEFINCH (*Carpodacus rodochrous*)

22/3 2 Phakding – Namche and 31/3 1 Phulchowki.

SPOT-WINGED ROSEFINCH (*Carpodacus rodopeplus*)

22/3 1 Phakding – Namche.

BROWN BULLFINCH (*Pyrrhula nipalensis*)

1/4 4 Phulchowki.

RED-HEADED BULLFINCH (*Pyrrhula erythrocephala*)

25/3 3 Namche in the forest lower Namche close to the ticket office.



Red-headed Bullfinch, lower Namche (Photos: EVR).

COLLARED GROSBEAK (*Mycerobas affinis*)

23/3 4 Namche – Thame. All our grosbeaks were seen at the same place. When you are leaving Namche for trekking to Thame you will pass a quarry in an open area with a helicopter platform. After some time you will reach a good forest where we find all the grosbeaks.

SPOT-WINGED GROSBEAK (*Mycerobas melanozanthos*)

23/3 2 male and female together Namche – Thame.

WHITE-WINGED GROSBEAK (*Mycerobas carnipes*)

24/3 2 Namche – Thame.

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Himalaya – photo from the Everest trek (Photo: EVR).



Birthe, Erik and Ram with Tenzing Norgay statue behind – and Nuptse, Lothse and Everest in clouds.