

# BHUTAN IN SPRING: BIRDING THE PRISTINE FORESTS OF THE EASTERN HIMALAYAS

30 MARCH - 18 APRIL 2023



The unique **Ibisbill** is a target on this trip.



The Kingdom of Bhutan, known as "the Land of the Thunder Dragon" and "a Kingdom in the Clouds", is a quaint, quiet, and scenically spectacular country with a strong conservation ethic rooted in ancient Buddhist traditions. The people are extremely friendly, there are many environmental protection laws, and the air and water are clean and refreshing. There is nothing quite like experiencing the Kingdom of Bhutan (simply referred to Bhutan hereafter) firsthand.

We begin our tour with a flight arriving in Paro in the west of Bhutan and gradually make our way eastward through a range of habitats (and at a range of elevations), such as pine and spruce forests, subtropical broadleaved forests, bamboo, alpine scrub, rivers, and many others until we reach Samdrup Jongkhar in the southeast. We will exit Bhutan into northeast India, where the tour concludes in Guwahati, Assam.

Vast areas of unspoiled forest still cover the Himalayan foothills, which spread over much of the country. We expect to find most of Bhutan's fabled Eastern Himalayan species, such as the stunning **Beautiful Nuthatch** (and other nuthatches), the gorgeous **Ward's Trogon**, the unbelievable **Fire-tailed Myzornis**, the giant **Rufous-necked Hornbill**, **the** scarce **Yellow-rumped Honeyguide**, and of course the spectacular pair of **Satyr Tragopan** and **Himalayan Monal** (as well as other vivid pheasants). Other highlights include beautiful sunbirds, five species of parrotbills, up to ten species of laughingthrushes, striking and gorgeous forktails along the fast-flowing rivers – in addition to a plethora of other tantalizing jewels, potentially even the Critically Endangered (IUCN) **White-bellied Heron**. We also have the opportunity of seeing three different monotypic families of birds on this tour, namely **Ibisbill**, **Wallcreeper**, and **Spotted Elachura**; this tour is great for family listers and those interested in seeing great birds.



Wallcreeper occurs sporadically across Europe and Asia but is always highly sought due to being monotypic, unique, beautiful, and interesting to observe.



In addition to this host of fabulous birds we expect to also find a range of fascinating mammals, including **Himalayan Serow**, **Gee's Golden Langur**, **Black Giant Squirrel**, **Yellow-throated Marten**, and many others. Beautifully crafted dzongs (the word means "fortress", but these days they are indeed mostly fabulous monasteries) and temples, such as the famous Tiger's Nest Monastery, dot the awe-inspiring landscapes of the vast Himalayas.

This Bhutan birding adventure can be combined with our <u>Birding Tour Assam, India:</u> <u>Kaziranga and Nameri National Parks</u>, which has been designed to be the perfect extension to this tour. On the extension you have the opportunity for lowland Indian-plains birds including **Bengal Florican**, Greater Adjutant, Blue-naped Pitta, Indian Grassbird, Swamp Francolin, and White-winged Duck, as well as some awesome mammals such as the magnificent trio of Greater One-horned (Indian) Rhinoceros, Asian Elephant, and Bengal Tiger.

Itinerary (20 days/19 nights)

#### Day 1. Arrival in Paro

Our flight arrives at the spectacular Paro International Airport, which is walled in by mountains. Here we will not only be introduced to the fantastic and unusual architecture of Bhutan, but we will also immediately start exciting Himalayan birding. The strange-looking **Ibisbill** lurks along the stone-strewn riverbeds, as does **Black-tailed Crake** in nearby cane marshes and a host of other highly sought-after birds such as **Brown Dipper**.

Overnight: Paro

#### Day 2. Chele La Pass

We head up a spectacular mountain pass, the famous Chele La Pass, which reaches 3,988 meters (about 13,083 feet), looking for different birds as we ascend. The biggest prize for most birders is the **Himalayan Monal** – famous for its kaleidoscopic, vivid rainbow hues. The monal comes out onto the mountain pass at dawn. In addition to this bird we can also find up to four additional pheasant species today (e.g. **Blood Pheasant**). Other targets include jaw-dropping Himalayan species such as **Spotted Laughingthrush**, **Mrs. Gould's Sunbird**, and **Golden Bush Robin**. We will look for flocks of **Snow Pigeons**, **Grey Crested Tits**, colorful **Green-backed Tits**, as well as the fabulous ever-popular **Yellow-cheeked Tits**, while the attractive **White-browed Fulvetta** is found in most feeding flocks. Also possible are four different redstarts, a variety of rosefinches, **White-collared Blackbird**, and a plethora of other birds. **Spotted Nutcracker** is common here, as it is over much of Bhutan. We will see the amazing Tiger's Nest Monastery high on a ledge – please ask us if you want to hike up to it so we can factor that into our plans.

Overnight: Paro





A striking **Blood Pheasant** pauses for a moment before heading down the rocky slope.

### Day 3. Jigme Dorji National Park

An early morning departure sees us heading for the capital of Bhutan, Thimphu. En route we again search for the enigmatic **Ibisbill** along with **Brown Dipper**, **Ruddy Shelduck**, and the local form of **Great Cormorant**, among others. We will arrive at a section of Jigme Dorji National Park by midmorning, where we have a stakeout for the tricky **Yellow-rumped Honeyguide**. Also possible here are **Kalij Pheasant**, **Golden-breasted Fulvetta**, the elusive **Maroon-backed Accentor**, and many more. After Jigme Dorji we visit a breeding program for a most bizarre Himalayan mammal – the **Takin**. It is a goat-antelope (Caprinae) and accordingly looks like a cross between a giant mountain goat and an antelope! We return to Thimphu in time to search for **Black-tailed Crake** in the early evening and enjoy some capital-city sights, or rest!

Overnight: Thimphu

## Day 4. Dochula Pass and Lampelri Royal Botanical Park

Today we head east to the Dochula Pass, which provides fabulous views of Bhutan's seven highest Himalayan peaks. Birding here and in the forests below is also impressive, and we will search for the illustrious-looking Yellow-billed Blue Magpie and the vividly colored Whistler's Warbler, Grey-hooded Warbler, and Chestnut-crowned Warbler. The recently declared Lampelri Royal Botanical Park is our next stop as we descend in elevation. It has been amazingly productive on our past tours. The birds here are so good and so many that it is hard to decide where to look! Our targets at this site include the enigmatic Brown Parrotbill, the pretty Rufous-bellied Woodpecker, the vivid Chestnut-capped Babbler, the petite Black-throated



Bushtit, the busy Whiskered and Striated Yuhinas, the gorgeous Ultramarine Flycatcher, the colorful Himalayan Bluetail, and the raucous Striated Laughingthrush and White-throated Laughingthrush. Streak-breasted Scimitar Babbler and Yellow-bellied Bush Warbler skulk about in the bamboo, and vivid minivets and nuthatches are circling in the trees above. Mountain Hawk-Eagle can be overhead, so we need to remember to look up!

Overnight: Wangdue Phodrang Valley



The gorgeous **Himalayan Bluetail** is a highlight bird on any occasion.

#### Day 5. White-bellied Heron and the forests of the Mo Chhu River

We start birding the fantastic Wangdue Phodrang valley, where we could find birds such as Crested Serpent Eagle, Slaty-backed Forktail, Little Forktail, various flycatchers, the monotypic Wallcreeper, and a host of others. With luck we might encounter Tawny Fish Owl, and we will start looking for White-bellied Heron, a bird that was historically widespread through the foothills of the eastern Himalayas but has declined dramatically and now has a world population of perhaps only 250 birds. Today Bhutan must be the best country for this species, but with the low numbers in existence it is a tough one; however, we have a couple of spots on this tour route to search for them. While looking for the heron we may encounter Spotted Forktail, the colorful Common Kingfisher, Upland Buzzard, and the impressive Crested Kingfisher, among many others.

After our search for the heron we explore and bird the magnificent forests along the Mo Chhu River. Here we dive into a further Himalayan birding spectacle with species such as the diminutive, yet spectacular **Chestnut-headed Tesia** and **Slaty-bellied Tesia** being possible, as



well as the brightly colored trio of **Scarlet Minivet**, **Short-billed Minivet**, and **Long-tailed Minivet**. With luck and some patience **Scaly-breasted Cupwing** (formerly Scaly-breasted Wren-Babbler – the *Pnoepyga* genus recently having its English name changed from wren-babbler to cupwing) is possible. Here we will also look for **Spotted Elachura**, a species that formerly was called Spotted Wren-Babbler (not related to the aforementioned wren-babblers), but has since been promoted to full, monotypic family status, making it a must-see for any family lister or anyone interested in looking for a skulking forest dweller.



**Spotted Elachura** is highly sought; it is in its own family after all, but it is also a skulker!

This area is also a site for that most tricky of accentors – **Maroon-backed Accentor**, which we will be looking for. While stalking the birds in the forest we will all also keep an eye to the sky for **Mountain Hawk-Eagle**, **Crested** (Oriental) **Honey Buzzard**, and flocks of **Himalayan Swiftlets**. After this birding spectacle we visit the legendary Punakha Dzong – Bhutan's most impressive dzong, currently being used as a monastery. The dzong is situated at the confluence of the Mo Chhu and Po Chhu rivers and has been subject to many attacks, floods, fires, and earthquakes since it was built in the 1600s. The beauty and tranquility of this edifice is inspiring to most.

Overnight: Wangdue Phodrang Valley

## Day 6. Pele La Pass to Trongsa

An early start will see us searching for the attractive **Rusty-cheeked Scimitar Babbler** around our hotel gardens, where **Little Bunting**, **Rosy Pipit**, and **Citrine Wagtail** may also be possible.



We then start ascending again toward the high-altitude Pele La Pass and will keep a lookout for roadside attractions such as Chestnut-bellied Rock Thrush and Blue Rock Thrush, and we may also encounter White-throated Kingfisher. The roadside forests on our ascent are home to Himalayan specialties such as Bar-winged Flycatcher-shrike, Speckled Piculet, Rufous-fronted Bushtit, and Black-chinned Yuhina. If we have not done so yet we will start enjoying the attractive, busy flocks of Rufous-winged Fulvettas. Rufous-bellied Woodpecker is always a delight to all. The pass also offers a chance at one of Bhutan's mega birds – the legendary Ward's Trogon. The aptly named Fire-tailed Myzornis may be smaller, but it is no less spectacular. As we ascend higher the mixed broadleaved forest gives way to stands of rhododendron and coniferous forest, and this is where we start looking for another Bhutan mega – the remarkable Satyr Tragopan. At the top of Pele La Pass we will search for Great Parrotbill, White-winged Grosbeak, and Grey-winged and White-collared Blackbirds. Your guide will keep a constant eye to the sky for Himalayan Vulture, Steppe Eagle, and Long-legged Buzzard among other raptor delights.

As we descend again toward Trongsa roadside stops may yield the colorful **Fire-tailed Sunbird**, **Mrs. Gould's Sunbird**, and **Green-tailed Sunbird**, while other possible species could include a loitering **Collared Owlet**, bustling flocks of **White-throated Laughingthrushes**, and the striking **Streak-breasted Scimitar Babbler**. We will also keep a lookout for flocks of **Asian** and **Nepal House Martins**.

Overnight: Trongsa



**Collared Owlet** is often mobbed by a wide range of birds, and we hope that we can find one as they are often great for pulling in something exciting (and the owl itself is very exciting too).



## Day 7. Birding the spectacular mountain passes of Zhemgang

The road toward Zhemgang must be one of the most spectacular birding roads on the planet. Sheer drop-offs to thousands of feet far below make for a most memorable birding experience. The forests and forest edges host a plethora of outstanding species, including Slaty-backed Forktail, the delicately colored Rufous-necked Laughingthrush, the gaudy Common Green Magpie, the sizeable Blue-bearded Bee-eater, the striking Rufous-bellied Niltava, and, with a bit of luck, the forest-patrolling Rufous-bellied Eagle. A highlight for many is likely to be the rather funky and handsome Sultan Tit. Other birds possible during the day include Bhutan Laughingthrush, White-throated Laughingthrush, Chestnut-crowned Laughingthrush, Greater Yellownape, Crimson-breasted Woodpecker, Striated Bulbul, Blue-capped Rock Thrush, Spotted Forktail, Yellow-breasted Greenfinch, and further chances of Spotted Elachura.



A sighting of **Sultan Tit** is always popular, and it is easy to see why!

Our campsite at Zhemgang is phenomenally located high atop a Himalayan ridge next to a Buddhist chorten (a mound-like structure containing Buddhist relics), overlooking the valleys far below. A night walk may deliver **Mountain Scops** and **Brown Wood Owls** and the mystical-looking **Black Giant Squirrel**.

Overnight: Camping, Zhemgang



#### Days 8 - 10. Zhemgang to Tingtibi to Trongsa

We will bird around Zhemgang before continuing to Tingtibi for a couple of days and nights, targeting some of the key species of the region before continuing to Trongsa. The elegantly plumaged **Beautiful Nuthatch** is one of our main targets in Zhemgang. Birders are likely to be equally awed by the gigantic and noisy **Rufous-necked Hornbill**. While looking for the nuthatch there will be plenty of distractions, which may include **Himalayan Cutia**, **Grey-headed Parrotbill**, **Pale-billed Parrotbill**, **Rusty-fronted Barwing**, and **Blue-bearded Bee-eater** – all highlight birds in their own rights!

As we descend in altitude toward our campsite at 600 meters (1,970 feet) altitude in Tingtibi we will notice the air temperature increase and the birds change. Great Hornbill is usually a common (and spectacular) sight here, and these low-altitude forests provide opportunities for many delightful and different species from those observed over the first week of the tour. New birds we will be on the lookout for include Long-tailed Broadbill, Orange-bellied Leafbird, White-browed Scimitar Babbler, Coral-billed Scimitar Babbler, Slender-billed Scimitar Babbler, Grey-bellied Tesia, Mountain Tailorbird, Sikkim Treecreeper, and the extravagant Crimson Sunbird. We will spend time chasing skulkers including Blue-winged Laughingthrush, the aptly-named Golden Babbler, and Golden Bush Robin, while troops of exotic-looking Gee's Golden Langurs scurry through the forest canopy above and noisy flocks of the iconic White-crested Laughingthrush scour the forests for grubs lower down.



**Long-tailed Broadbill** can sometimes be present in large flocks at Tingtibi.



There are so many birds to look for in this area that we are sure to find plenty to keep us going during our time here, such as Common Green Magpie, Great Barbet, Lesser Necklaced Laughingthrush, Black-chinned Yuhina, Grey Treepie, Maroon Oriole, Grey-hooded Warbler, Streaked Spiderhunter, Jungle Babbler, Himalayan Bulbul, and Blyth's Shrike-babbler.

We will have plenty of time to work the area for a range of birds, and we will continue our search for the Critically Endangered (IUCN) **White-bellied Heron**, which can occasionally be found in the rivers of the area.

After relishing these impressive birds we return to Trongsa before starting our drive toward the legendary Lingmethang Road.

Overnight days 8 and 9: Camping, Tingtibi

Overnight day 10: Trongsa

## Day 11. Trongsa to Bumthang

An early morning outing around Trongsa may deliver views of Hill Partridge and Kalij Pheasant scurrying through the forest undergrowth. The petite Pygmy Cupwing (formerly Pygmy Wren-Babbler, see note on day 5), Nepal Fulvetta, and the near-endemic Bhutan Laughingthrush as well as the striking Striated Laughingthrush can be found, as too can Golden-naped Finch, Golden Bush Robin, and Mrs. Gould's Sunbird. We will make our way toward Bumthang, where we will stock up on supplies for our camping excursion along the Lingmethang Road. After this we will search for species like Plain-backed Thrush, flocks of Red-billed Choughs, the quintessential Bumthang Valley Black-rumped Magpie (a 'new' species following the split of the widespread Eurasian Magpie complex), the aptly named Plain Mountain Finch, and the more colorful Himalayan Beautiful Rosefinch. The Bumthang River also allows more views of Brown Dipper and the monotypic Ibisbill, and we will scour the marshes for the tough Solitary Snipe.

Overnight: Bumthang

#### Day 12. Bumthang to Sengor via the Thrumshing La Pass

Today will be another day of climbing up to nearly 4,000 meters (13,123 feet) on another spectacular mountain pass, the second-highest one in Bhutan – Thrumshing La Pass. Up in the high mountains we should pick up flocks of **Snow Pigeons** as they flutter over the valleys. Other species en route can include **Upland Buzzard** and **Himalayan Vulture**, and bird parties at this altitude are likely to yield many an adorable **White-browed Fulvetta**, **Grey Crested Tit**, and **Green-backed Tit**. Also, with some focused effort we are likely to get cracking looks at **Blood Pheasant**. In the late afternoon we will approach our camp, which is at around 2,600 meters (8,530 feet) at Sengor – our site for the gorgeous, red-and-black, white-spotted **Satyr Tragopan**.

Overnight: Camping, Sengor



### Days 13 – 16. Birding the Lingmethang Road to Mongar

The name 'Lingmethang Road', along which we have campsites at either end for a total of three nights, will send shivers of delight down the spine of many an avid world birder. In the higher reaches we search for **Satyr Tragopan** – it is not overstating it to say that this is probably one of *the* most-wanted birds in the world for many people. There is, however, an abundance of other spectacular species awaiting us as we work the road up and down: **Fulvous Parrotbill**, **Rufousheaded Parrotbill**, **Pale-billed Parrotbill**, and the petite **Black-throated Laughingthrush**, along with **Scaly Laughingthrush**, **Blue-winged Laughingthrush**, **Rufous-chinned Laughingthrush**, **Grey-sided Laughingthrush**, and yet more laughingthrushes. We will also be looking for **Bar-winged Wren-Babbler**, **Rufous-throated Wren-Babbler**, **Scaly-breasted Cupwing** (formerly Scaly-breasted Wren-Babbler), and with a lot of luck the bizarre and huge **Sikkim Wedge-billed Babbler** (formerly Wedge-billed Wren-Babbler), an interesting mix of species. Further excitement can come in the form of **Ward's Trogon**, **Red-headed Trogon**, **Fire-tailed Myzornis**, **Chestnut-capped Babbler**, **Golden Babbler**, the extravagant **Himalayan Cutia**, and the monotypic and interesting **Wallcreeper**.



With some luck **Ward's Trogon** can be seen for extended periods of time.

Chestnut-bellied Nuthatch and White-tailed Nuthatch can be seen here, and the collection of fulvettas includes the exquisite Golden-breasted Fulvetta and the subtler Yellow-throated Fulvetta. We also hope to find Rusty-fronted Barwing, Hoary-throated Barwing, Redheaded Bullfinch, Darjeeling Woodpecker, Green Shrike-babbler, White-browed Bush Robin, Rufous-breasted Bush Robin, and Golden Bush Robin; the list of possible species here is endless and the above is just a sample of the great birding we will have over these few days!



Night outings may yield **Himalayan Owl**, **Brown Wood Owl**, **Indian Scops Owl**, and **Mountain Scops Owl**, as well as **Grey Nightjar**. Doubtless our time along the Lingmethang Road will be the tour highlight for many. After three nights camping we travel through steep chir-pine-sloped valleys to Mongar, where we refresh and clean up at our hotel.

Overnight day 13: Camping, Sengor

Overnight days 14 and 15: Camping, Yonkala

Overnight day 16: Mongar



The smart-looking Golden-breasted Fulvetta can be seen in bamboo stands.

#### Day 17. Ward's Trogon at the Kori La Pass

An early start gets us to the exquisite-looking forest on Kori La Pass as the birds awaken. The birding here is usually red-hot throughout. Feeding flocks may include **Black-eared Shrike-babbler**, **Rufous-vented Yuhina**, **Whiskered Yuhina**, and **Grey-chinned Minivet** aplenty, as well as **Crimson-breasted Woodpecker**, **Eurasian Jay** (this subspecies is a potential future split), and **Greater** and **Lesser Yellownapes**. Other specialties we have recorded here on past tours include delights such as **Ward's Trogon**, **Fire-tailed Myzornis**, **Blue-fronted Robin**, **White-tailed Robin**, **Maroon Oriole**, **Pygmy Flycatcher**, and **Sapphire Flycatcher**. As we cross more deeply-incised river valleys populated by chir-pine forests we will look out for **Pallas's Fish Eagle**.

Overnight: Trashigang



### Day 18. Trashigang to Narphung

We bird the forests from Trashigang to Narphung, stalking parties of tits, niltavas, fulvettas, minivets, and more while catching up on the odds and ends that we may have missed earlier or desire better views of. If we have not already, we are bound to encounter groups of attractive Capped Langurs on this day. Oriental Skylark and Grey Bush Chat frequent our campsite in Narphung as does White-breasted Parrotbill, Mountain Imperial Pigeon, Rusty-cheeked Scimitar Babbler, Rusty-fronted Barwing, and Silver-eared Mesia.

Overnight: Camping, Narphung



Always impressive, Silver-eared Mesia will delight us.

#### Day 19. Narphung to Samdrup Jonkhar

Our last full day in Bhutan will likely be as spectacular as any other. The forests and scrub below our campsite may yield an array of goodies, including **Brown-flanked Bush Warbler**, **Yellow-breasted Greenfinch**, **Black-throated Sunbird**, **Pale Blue Flycatcher**, **Slaty-blue Flycatcher**, and **Rufous-gorgeted Flycatcher**.

We will commence our descent to the lower-altitude areas north on Samdrup Jonkhar, where plenty of new birds will await us. Species usually encountered at lower altitudes on the plains of India, such as **Common Rosefinch**, are likely to start showing up. Previous tours have yielded **Rufous-chinned Laughingthrush** and **Red-faced Liocichla** as well as **Golden Bush Robin** from these forests and shrubs along our route.



As we descend closer toward Samdrup Jonkhar and the plains of Assam a great variety of new birds will delight us: White-naped Yuhina, Long-tailed Sibia, Blue-eared Barbet, Greenbilled Malkoha, Common Iora, Asian Fairy-bluebird, Dark-sided Flycatcher, Black-crested Bulbul, and Red-whiskered Bulbul. We also have a chance for better and further views of birds like Himalayan Flameback, Great Barbet, Blue-throated Barbet, Golden-throated Barbet, Ashy Wood Pigeon, and Grey-capped Pygmy Woodpecker. We have another site for Beautiful Nuthatch near the garrison town of Deothang, and as we approach Samdrup Jonkhar we will search for White-crowned Forktail, Black-backed Forktail, Blue-eared Kingfisher, and the tricky and range-restricted Dark-rumped Swift.

Overnight: Samdrup Jonkhar



It is tough to pick a favorite forktail on this tour; will **Spotted Forktail** top the list?

## Day 20. Samdrup Jonkhar to Guwahati, India, and departure or start of extension

Today we enter India and the Plains of Assam as we drive to Guwahati for your flights home or to continue your travels with our <u>Birding Tour Assam</u>, <u>India: Kaziranga and Nameri National Parks</u>. Along the way stops could yield <u>Striated Grassbird</u>, waterbirds, and other common Indian lowland roadside birds. We will also call in at the infamous Municipal Solid Waste Management site in Guwahati, where we will hope to see the Endangered (IUCN) **Greater Adjutant** as well as the more widespread <u>Lesser Adjutant</u>. We will finish the tour at Guwahati airport around lunchtime in time for afternoon/evening flights out of the city. For those taking the extension we will continue to Kaziranga for the first of our four-night stay there.

Overnight: Not included



Please note that the itinerary cannot be guaranteed as it is only a rough guide and can be changed (usually slightly) due to factors such as availability of accommodation, updated information on the state of accommodation, roads, or birding sites, the discretion of the guides and other factors.

**Duration:** 20 days **Group Size:** 4 - 8

**Dates:** 30 March - 18 April 2023

Start: Paro, Bhutan

**End:** Guwahati, India

**Prices:** US\$11,995 per person sharing – based on 4 - 8 participants

Single Supplements: US\$1,425

#### **Price includes:**

All accommodation (as described above, please note that the accommodation in the mountains of Bhutan is basic to very basic, often with shared bathroom/toilets and in permanent camp sites away from the cities)

Meals (from lunch on day 1 until lunch on day 20)

Drinking water – two bottles of mineral water per day per person from our tour vehicle, please bring a refillable water bottle (if taken from the hotel this will be at your own cost)

Expert tour leader

Local bird and wildlife guide fees

National park/birdwatching reserve entrance fees

All ground transport and tolls while on tour, including airport pick-up and drop-off



#### **Price excludes:**

Flights to Paro, Bhutan and from Guwahati, India

Visa

Items of a personal nature, e.g. gifts, laundry, internet access, phone calls, etc.

Optional tours (e.g. monument entrance fees and associated additional travel expenses)

Any pre- or post-tour accommodation, meals, or birding/sightseeing/monument excursions

Soft/alcoholic drinks

Camera (still/video) permits

Personal travel insurance

Gratuities

