

Bird Watching Around the Kathmandu Valley

Trip Overview

Exploring bird life around the Kathmandu Valley unveils a vibrant spectrum of avian diversity set against the majestic backdrop of the Himalayas. From lush subtropical forests to expansive alpine meadows, the valley's varied topography creates a sanctuary for an extensive array of bird species.

Among the best places for bird watching in the Kathmandu Valley is Shivapuri Nagarjun National Park. This protected area boasts lush forests and pristine wilderness, including Phulchowki Hill, Raibari, Bosan Danda, Sakhu, Tokha, Ichangu, and Taudaha, providing habitats for numerous bird species, including the Himalayan Kutiya, the elusive Spiny Babbler, 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, Wall creeper, Rufous-bellied Pied Woodpeckers, and Grey-chinned.

Other notable spots for bird watching are the Godavari Botanical Garden, renowned for its rich biodiversity, and the Godavari Botanical Garden, where visitors can observe various species in a tranquil setting.

Winter in Kathmandu brings with it the sight of the elegant and revered black-necked crane. These magnificent birds migrate from the Tibetan Plateau to the wetlands of Nepal during the colder months, offering a spectacular sight against the snow-capped peaks.

One of Nepal's most sought-after avian treasures is the critically endangered Spiny Babbler (*Turdoides Nipalensis*), found exclusively in Nepal. Its distinctive appearance and unique vocalizations make it a prized sighting for bird watchers.

The best months for bird watching in Nepal are typically from October to April, when migratory birds join resident species, maximizing the diversity of sightings. During this time, the weather is pleasant, and the landscapes are vibrant, offering optimal conditions for birding enthusiasts.

The best places to see birds in the Kathmandu area are on the outskirts, close to wetlands, agricultural fields, and wooded areas. It is the perfect place to go bird-watching because of the abundance of species that are supported by these varied habitats.

For an enriching bird-watching experience combined with eco-tourism, joining the **Highland Eco Trek** with [Pratap Gurung](#) is highly recommended. Their knowledgeable guides provide insights into the region's avifauna while promoting sustainable practices to preserve Nepal's natural heritage. Whether you're a novice or a seasoned bird watcher, exploring the Kathmandu Valley promises unforgettable encounters with some of the world's most remarkable bird species.

Trip Highlights

- Seeing Spiny Babbler
- Unique Bird species
- Varied Habitats
- Scenic Landscape
- The valley wetland

Trip Itinerary

Day 1: Early morning pick up from the hotel and full day birdwatching

Morning: 6:00 AM: Get an early start for the greatest chances to see birds.

The location: Phulchowki

Phulchowki is well-known for its varied avifauna and is a favourite destination for birdwatchers.

Nagarjuna is around an hour's drive away.

The Rufous-bellied Woodpecker, the Speckled Piculet, the Rufous Sibia, and several kinds of tits, flycatchers, and thrushes are the species to watch out for.

Lunch is served at 12:30 p.m.

Cuisine: Savor the regional Nepalese food.

Afternoon: 2:00 PM: Visit the Godavari Botanical Garden or carry on birdwatching at Phulchowki.

Whereabouts: First choice: Phulchowki

Investigate various paths and elevations to increase your chances of seeing more species.

Second-choice location: Godavari Botanical Garden

This garden offers a diverse birdwatching habitat and is situated at the foot of Phulchowki Hill.

A variety of sunbirds and flowerpeckers, as well as the White-rumped Shama and Large Niltava, should be seen.

3:30 PM: Complete your bird-watching activities.

Journey: Return by car to Kathmandu.

Optional: Take a break at picturesque sites along the route to enjoy lovely valley vistas.

Return to Kathmandu by 6:30 p.m.

Extra Advice

Guide: If you'd like professional advice and assistance, think about hiring a local birding guide.

Equipment: To record sightings, bring a camera, a field guide, and binoculars.

Weather: Before engaging in any outside activities, check the forecast and pack appropriately.

This itinerary can be combined with a Highland eco hike for a day of bird watching because it provides a variety of habitats and birding opportunities near Kathmandu.

Cost Includes

- Private transportation per itinerary
- Nature guide
- Bird-watching Entry Fees

Cost Excludes

- Personal Gear
- Meals