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A Handbook to the

BIRDS OF SHANGRILA

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Design & Development

A Handbook to the Birds of Shangrila

香格里拉鸟类手册

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Contents 目录

Authors' Introduction	i
著者自序	
Introduction	2
简介	
Northwest Yunnan Province	3
滇西北的横断山脉	
MAP 1 / 地图1	6
Geographical extent of the area covered by this book	
本书所涵盖的地理范围	8
Villages, Farms and Pastures	12
村庄，农田和牧场	
Shrubland and Secondary Forest	14
灌丛和次生林	
Primary Forest	16
原始森林	
The Napahai Wetland	18
纳帕海湿地	
The Alpine Zone	20
高山地带	
Convenient Destinations for Birdwatching	22
容易抵达的观鸟点	
MAP 2 / 地图 2	23
Walking or Cycling from the City	25
从县城出发，步行或是骑车	
Driving from the City	29
开车从县城出发	
Sacred Forest patches around Zhongdian	31
中甸周围的神山	
Trekking and Birding	35
徒步观鸟	
How to Use This Book	40
阅读指南	
Echoing Calls of the Birds	56
鸟鸣声声	

1

Birds of the TOWN and COUNTRYSIDE
城乡周围的鸟类

58

2

Waterbirds of NAPA LAKE
纳帕海水鸟

86

3

RAPTORS
猛禽

104

4

FOREST BIRDS in the Tree Canopy
森林鸟类

122

5

SHRUBLAND Birds
灌丛鸟类

194

6

GROUND DWELLERS in the
Forest and Shrublands
灌丛和森林里的地面鸟类

216

Migration

迁徙

246

BIRD CHECKLIST

一览表

250

Maps 地图

Map 1: The Greater Himalayan Region

地图1: 喜马拉雅山脉大区

6

Map 2: Destinations for Birdwatching

地图2: 香格里拉观鸟点

23

Local Tibetan Stories, Songs, and Poems

藏族传统民间故事, 歌谣和诗歌

Echoing Calls of the Birds

鸟鸣声声

55

The Frog and the Raven

青蛙和乌鸦的故事

60

White Crane

白色的仙鹤

87

Sky Burial Chant

天葬

104

Two Birds

两只鸟

123

The Grey-backed Shrike

灰背伯劳

195

The Rabbit and the Pheasant

兔子和雉鸡

217

Migration

迁徙

245

Authors' Introduction 著者自序

Birdwatching is a great way to pay attention to your surroundings. Walking slowly and quietly, eyes open and ears alert, you may sneak up on a foraging pheasant, spot a flock of crows harassing a lone hawk, or see a tiny flycatcher feeding its chicks. While watching intently for birds, you may inadvertently sneak up on a deer in the forest, or notice an intricate spiderweb stretched over the trail, a blooming spring wildflower, an exotic mushroom, or a fossilized rock.

观鸟的过程也是观察周围世界的过程。当您放慢脚步，睁大眼睛，静心聆听，不仅会撞见正在觅食的野鸡、围着雄鹰聒噪的鸦群或是正在喂食幼鸟的鸚；或许还会有些额外的收获：如隐蔽在林间的小鹿、沿途结构复杂的蜘蛛网、绽放在春天里的野花、奇形怪状的蘑菇或是各式各样的化石。

Birdwatching not only opens the door to the wonders of the natural world, but it also provides a reason to strike out on an unknown trail. Shangrila has an endless variety of beautiful places to explore, including hidden valleys, remote alpine meadows, vast old-growth forests and stunning sacred mountain peaks. The authors of this book have explored all around Shangrila, and have grown to love not only the birds, but also the plants, insects, flowers, vistas, and the overall spirit and energy of this magical landscape. Over the years, we have seen Shangrila change and grow, with potentially hazardous consequences for nearby habitats and wildlife. We hope as change inevitably continues in future years, that the wonderful birds of Shangrila, and the habitats they need, will be protected.

观鸟不仅打开了探索奇妙自然界之门，热爱自然的朋友也可以借此机会到山间小路转转。香格里拉有隐秘的山谷，偏远的高山草甸，大片年代久远的森林，令人称奇的神山和其它许多漂亮的地方等着你们来探险。本书的著者们走遍了香格里拉的山野，被这片富有灵性的神奇土地所深深吸引，生长在这里的鸟儿、虫儿、花儿、树儿都那么令人着迷。几年来，我们见证了香格里拉的变化以及由此带来的对周边野生动植物群的危害。以后的日子里，这些变化固然不可避免，我们还是希望生活在香格里拉的这些鸟儿和它们赖以生存的栖息地受到保护。

Our book covers just a small area – Shangrila town and its immediate surroundings – and contains just a sample of the great variety of birds that can be found in this region. Our goal is to provide an easy-to-use field guide to the most common bird species of Shangrila, and share some of our favorite and most convenient birdwatching spots. Please use our book as an introduction to the birds and places of this region, but we urge you to strike out on your own upon a little-used path whenever you have the chance. Those who do will be rewarded with unforgettable adventures, and will spot a great variety of uncommon birds not included in this book. Those who are serious about identifying every bird they may encounter in Shangrila should use, “A Field Guide to the Birds of China”, by MacKinnon and Phillipps.

本书涵盖的地理范围很小，只包括香格里拉县城和城边地区，所列举的鸟类也只是在该区域内的常见鸟类。编写本书，除了分享一些我们喜欢且方便到达的观鸟地点外，还希望可以帮助观鸟者认识该区的常见鸟类。如

果你想要一个能介绍该区域内的地方和鸟儿的向导，请带上本书，而且我们鼓励你，一旦有机会，就独自走到那些不太为人所知的小路上；如果你期待难以忘怀的历险或是有幸一瞥那些不常见的鸟儿，本书可能不太合适；如果你想把在香格里拉遇到的每一种鸟都分辨出来，建议阅读MacKinnon 和Phillipps著的《中国鸟类野外手册》。

The production of this book has been an exciting venture because it not only represents a cooperative effort by a diverse group of experts to document the beautiful birds of Shangrila, but also because it is the first written publication of certain modern dialects spoken in and around the area. The varieties of Tibetan spoken in Shangrila are as diverse and fascinating as the landscape, birds and botany of the area. Not only do they differ from better-known varieties of Tibetan spoken in other places (such as, Lhasa, Amdo or Dege Khams), but also can differ greatly from one another. Some reasons for this diversity are due to external influence from other languages or dialects and independent development (because of long-term isolation from other Tibetan dialects). In spite of this diversity, the majority of words spoken in Shangrila can be found in Written Tibetan.

本书的编写是一次令人兴奋的合作：不同领域的专家们合力记录香格里拉美丽的鸟儿，而且还首次采用当地和周边地区的现代方言来撰写。流行于香格里拉的藏语种类和这里的地形、鸟类及植物一样丰富，它们既有别于彼此，和那些在拉萨、安多和德格康区的藏语也不同。这种多样化的局面可归咎为外来语言和外来方言的影响，和其它藏区方言的长期隔绝而独立发展是另一个原因。尽管

如此丰富多样，香格里拉的大多数口语词汇都能在书面藏语里找到。

Non-written languages tend to change at a faster rate than written languages. One consequence of this is that there can be much less uniformity among languages that are primarily spoken, particularly from one community to another. We encountered this when recording Tibetan names for the birds described in this book, particularly the smaller birds—people from different villages use different names to refer to the same bird. We have tried to mitigate this somewhat by choosing whichever name is used by the greater number of people. A similar problem is that more than one bird frequently are known by the same name. Finally, for a few birds, we could not find anyone who knew a local name.

非书面语言比书面语言的变化更快得多。这样一来，原本多个社区共用的口语就逐渐变得不统一了。当我们在记录本书里出现的鸟类的藏语名称时，发现了这一特点，尤其是那些小鸟，不同村子的村民在描述同一种小鸟的时候提到的名字都不一样。相反的情况也同样存在，即多种鸟类共用同一个鸟名。为了减少误会，我们尽量选择大多数人说的名字为准，但还是有极少数的一些鸟儿，已经没有人知道当地的叫法了。

The stories and quotes contained in this book were all recorded in a natural setting and then transcribed. Based on principles of historical sound change, great effort was expended to find satisfactory Written Tibetan forms for each bird name and for the words in the stories. Occasionally the origin of certain words remain unknown, but spellings were devised based

on what we know about dialect-specific sound change.

本书中的故事和引述都是在自然环境中记录，然后进行转录的。根据历史的声音变化原则，我们付出了很多努力，为每只鸟的名字和故事中出现的词语找到令人满意的书面藏文形式。少数词的起源尚不清楚，我们根据方言特定的声音变化规律，拼写出来。

Finally, this book would not have been possible without the enthusiastic participation of many people. For the Tibetan folk tales, quotes, and bird names, we would like to thank all those who put up with microphones and countless requests for repetition in order to set their words accurately on paper. All of the photographs included in this book and the bird songs on the CD were generously donated by photographers and recordists who have devoted great amounts of time and countless resources tracking and recording these birds in their native habitats. This book would have not been possible without their generous donations.

最后，本书得以完成，我们要感谢很多人的热情参与。感谢那些带上麦克风录制西藏民间故事，引述和鸟名的人，感谢你们不厌其烦地重复录制以确保字面记录的精确。感谢那些捐赠照片和鸟儿录音的摄影师和录音师，本书中的所有照片和CD上的鸟鸣录音，都是他们倾注大量时间和耗费无数资源，在这些鸟类的原生栖息地跟踪记录完成的。没有这些慷慨捐赠，就不会有这本书的面世。

Jodi Brandt
Ellen Bartee
Christine Shives

INTRODUCTION

简介



Northwest Yunnan Province

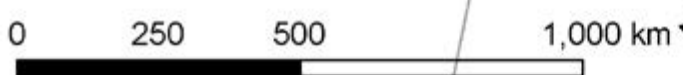
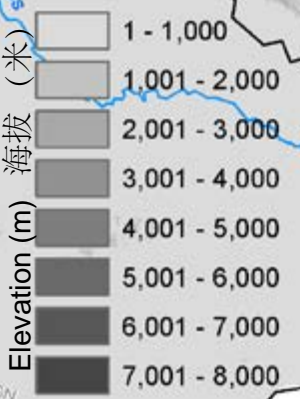
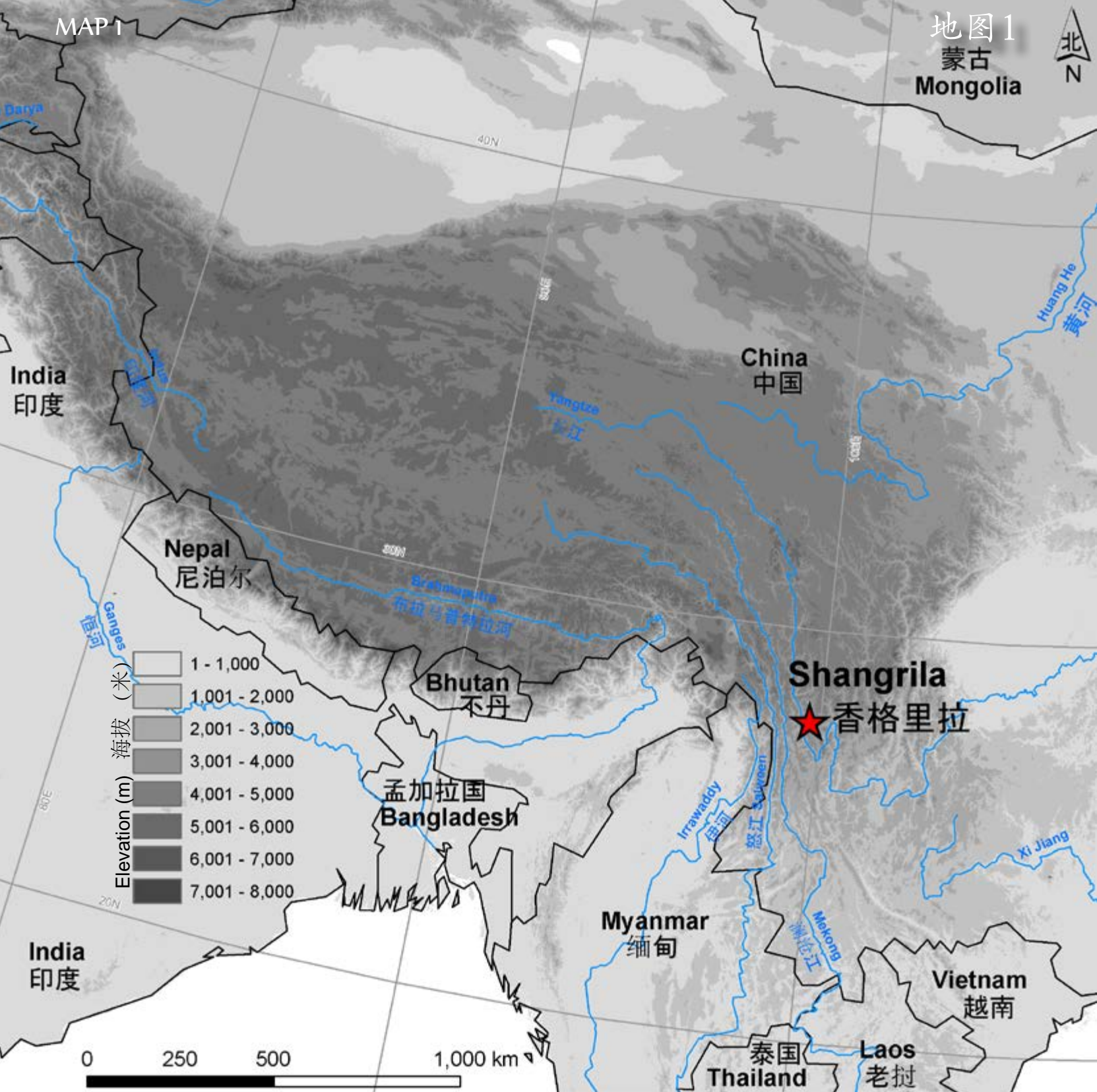
Shangrila is located in northwest Yunnan Province, at the southeastern edge of the Himalayan mountains (Map 1). Its topography, climate, flora, and fauna are defined by its geographic location at the intersection of three distinct zones: the southeast Asia subtropics, the Himalayan mountains, and the Qinghai-Tibet Plateau. Three rivers (the Yangtze, Mekong, and Salween) create steep gorges, with elevations ranging from 1500 m to 6740 m, meaning that you could, quite literally, experience all four seasons in one day. Within a few hours' drive from the cold and windy mountain climate, you can find yourself riverside, taking photos of cacti. In fact, the World Wildlife Foundation designates northwest Yunnan as a "biodiversity hotspot", meaning that it is one of the most diverse places on earth.

Over 7,000 plant species, 410 birds, and 170 mammals have been documented in northwest Yunnan. Its temperate forests and alpine meadows are especially rich in endemic flora and fauna. The region's natural forests are home to endangered Yunnan snub-nosed monkeys and several species of threatened forest pheasants. In addition, northwest Yunnan is a center of avian endemism and an Important Bird Area of mainland China (Birdlife International 2009). The region is inhabited by many species of high-altitude Himalayan birds and is an important migration flyway between northern and southern Asia. Of the 1,221 species of birds in the entire country of China, which is 8th most of any country on earth and much more than either the United States (888 species) or Australia (851 species), about 450 species (a full one-third of all of the species in China) depend on the relatively tiny region of northwest Yunnan for either breeding, wintering, or migrating habitat.

滇西北

香格里拉位于云南省西北部，属喜马拉雅山脉的东南边缘地区（如地图1所示）。因地处东南亚亚热带，喜马拉雅山脉和青藏高原的交叉地带，其地形、气候以及动植物群也随这三个地区的变化而显出不同的特征。并流的三江（长江，澜沧江和怒江）造就了陡峭的峡谷，海拔高度从1500米过渡到6740米，理论上来说，行走这样的海拔跨度间，一天可以经历4个季节。从寒冷多风的高山气候到河谷的干燥气候去拍仙人掌的照片，只需要几小时车程，因而，滇西北被世界自然基金会列为“生物多样性热点地区”也就是说，滇西北是世界上生物最多样化的地区之一。

滇西北地区，有记录的植物超过7000种，鸟类410种，哺乳动物170种，该地区的温带森林和高山草甸有丰富的地方性动植物群。濒危动物滇金丝猴和另外几种濒危野鸡，也都生活在该区的原生林。滇西北是地方性鸟类的活动中心，也是中国内陆重要的鸟类栖息地（国际鸟盟2009），生活着多种喜马拉雅高山鸟类，还是亚洲南北两部鸟类的重要迁徙路线。中国鸟类的种数排名世界第八位，共有1221种，远多于美国（888种）和澳大利亚（851种），而面积不大的滇西北，就有中国1/3的鸟类，约450种在此繁衍、越冬或是中转。



Geographical extent
of
the area covered by this book

本书所涵盖的
地理范围

This book covers the immediate surroundings of Shangrila, defined to the west by the Shika mountain range and to the east by Pudacuo National Park (Map 2). We discuss as far north as the Shangri-la Alpine Botanical Garden, about 13 km north of the town of Shangrila, and to the south, the village of Zong Si, approximately 10km south of Shangrila. The elevation ranges from around 3,200 m at Napahai to over 4,600 m at the summit of the Shika Mountain. In the next section, we suggest a few of our favorite bird watching sites within this region, but opportunities for exploration, both within and outside of our boundaries, are endless.

The climate of this region is influenced by two weather systems. First, it belongs to the western monsoon climate that influences all of southern China. Second, Shangrila is situated on the south-eastern extension of the Qinghai-Tibet Plateau, and thus is influenced by the distinctive plateau climate. The result is that the region has what is known as a 'monsoonal, temperate' climate. Dry and wet seasons are distinctive: from November to April is the dry season and May to October the humid season. A long and dry winter, a cool and rainy summer, and short spring and autumn seasons is typical. Due to the high elevation, solar radiation is intensive, and daily temperature variations are sharp. Annual average rainfall totals 619.9 mm. Annual temperature averages 5.4°C, with highest temperatures averaging 13.2°C in July and lowest at -3.7°C in January.

Although the area our book covers is quite small, the vegetation is extremely diverse, and there are several different habitat niches that support a variety of plant and bird life. In the following pages, we identify major habitat types that are of interest to the casual birdwatcher.

本书所涵盖的地理范围，西至石卡雪山，东至普达措国家公园（如图二所示），北抵香格里拉高山植物园（香格里拉县城以北13公里），南达宗思村（香格里拉县城往南10公里）。海拔范围从纳帕海的3200米上升到石卡雪山山顶的4600米。本书的第三章，会介绍此区域内我们所喜欢的几个观鸟点，该区域内以及周边地区，探险机会无穷。

该区气候受两种天气系统的影响：一是西部季风气候，中国南方都受此影响；二是特有的高原气候，因为香格里拉地处青藏高原东南部。特殊的地形地貌造就了人们所熟知的温带季风气候，旱季和雨季分明：每年11月至次年5月是旱季，5月至11月是雨季。典型的气候是冬季漫长干燥，夏季凉爽多雨，春秋两季很短。由于是高海拔地区，太阳辐射强，日温差大。年均降水量为619.9毫米，年平均气温5.4°C，七月平均最高温13.2°C，一月平均最低温-3.7°C。

该区面积不大，植被却丰富多样，有几种栖息地的生态位，支持着多种植物和鸟类生存。在接下来的几页里，我们会介绍主要的栖息类型，希望对业余观鸟者能有所帮助。

VILLAGES, FARMS AND PASTURES

Shangrila town, the center of our study region, has grown from a tiny town to a bustling urban area in the past three decades. Within the city itself, one can see several urban-adapted birds, such as pigeons, crows, sparrows, and tits. However, for the best bird-watching, one must leave the city. Luckily, this is very easy to do by foot, bicycle, or car, and there are a variety of habitats and ecosystems easily accessible within just a few minutes of the city.

Shangrila town is on the Zhongdian Plateau, a flat and fertile area surrounded by steep and rocky mountains. This plateau has provided farmland, pasture, and abundant water for people for generations. The result is a diverse mosaic of villages, farm fields, pastures, trees, and shrubs. Villages and farm fields are typically on flat lands that rarely flood. Seasonally flooded grasslands on the flat area near Napahai Wetland or near rivers typically serve as pastures. Forest patches and rows of trees flourish along rivers and often act as borders between villages and farm fields. Rising up from the plains, the steep hillsides that are not appropriate for farming or intensive grazing are cloaked in a variety of forest and shrubland vegetation, which appeals to many different species of birds.

村庄，农田和牧场

我们研究区域地的中心----香格里拉县城，在过去三十年，由一个小镇发展成为一个喧闹的城市。在市区，只能看到几种适应了城市的鸟类，诸如鸽子，乌鸦，麻雀和山雀。观鸟者要想看到更多的鸟，就必须到县城以外的地方去。幸好，到城外观鸟并不难，步行，骑单车，或开车，只要几分钟就可以到市区以外的多个观鸟地点了。

香格里拉位于中甸高原上，是一片富饶平坦的土地，被崇山峻岭所环抱。千百年来为当地居民提供良田，牧场和丰富的水源，形成了多姿多彩的乡村景观：有村庄，农田，牧场，树林和灌丛。村庄和农田通常在未被水淹的平地上，纳帕海周围或河边的平地上还有一些季节性洪水草场充当着牧场的角色。森林斑块及河边成排的树林，通常是村庄和农田的分界线。在不适宜耕种或是大规模放牧的山坡上，树林和灌丛长势甚好，有各种类型的植被，吸引了多种鸟类。



SHRUBLAND AND SECONDARY FOREST

In the immediate areas surrounding Shangrila, the dominant vegetation is shrub and secondary forest. These are areas in a state of regeneration, as the original forests - temperate mixed forests - were cleared long ago. This region is reported to have been inhabited by people since the Late Paleolithic Period, and areas that were close to villages were likely cleared hundreds, or maybe even thousands of years ago. During the 20th century, forests in the region helped fuel development throughout China, and as a result, much of Shangrila's remaining primary forest was logged.

Following forest clearing, the land is extensively used by local people in a variety of ways including livestock grazing, collection of oak and pine boughs for livestock bedding and ceremonial use, and collection of mushrooms and medicinal plants. The forest clearing process, followed by this intensive use of the cleared lands, generally inhibits natural regeneration and results in a vegetation community that is less diverse than the primary forests. Typically, these communities are mixed shrublands, consisting of evergreen oak, rhododendron, and mixed deciduous shrubs. In some areas, there are naturally-regenerating and planted secondary forests. These secondary forests consist of predominantly pine and birch in the overstory, with a predominantly evergreen oak shrub understory. The secondary forests and shrublands, although not as diverse as the primary forest, do harbor a variety of birdlife. The mixed shrublands provide a wide range of food resources during most of the year and provide dense cover preferred by many species of ground birds. While this may not be as romantic a hiking environment as the primary forests, it is still worthwhile for the birding enthusiast—just beware that many of the 'paths' running through these shrublands will often dead-end and require backtracking or bushwhacking.

灌丛和次生林

香格里拉县城周边的植被，以灌丛和次生林为主。这些地区的植被都是在温带混交林被砍伐光后再生出来的。据说远在旧石器时代晚期就有人类定居于此，所以村子周围的森林可能在几百年前，或是更早的几千年前就砍伐光了。由于二十世纪的中国大力发展燃料业，香格里拉剩下的一些原始森林也就因此被砍光了。



原始森林砍光后，人们要么放牧牲畜；要么扯些橡树、松树枝叶垫在牲畜圈里，祭祀烧香时也用来引火；要么找菌子和挖药材。这样过分利用土地资源，阻碍了植被的自然再生，因而再生植被不如原始森林多样，只有一些常绿橡树、杜鹃和落叶灌丛。也有一些自然再生或是人工种植的次生林，上层林冠主要是松树和桦树，林下覆盖着常绿橡树灌丛。尽管次生林和灌丛不如原始森林丰富，却也能提供给鸟类很好的生存环境。大多数时候，不仅给鸟类提供丰富的食物，茂密的灌丛还能给常栖于地面的鸟类提供很好的庇护所。走在灌丛中可能不如在原始森林里浪漫，但对于爱鸟者来说，还是值得一看，要注意的是，灌丛中的小路很多是死路，这时就需要原路返回，或是很费力的迂回前行。

PRIMARY FOREST

Northwest Yunnan, in general, is known for the great biodiversity of its old-growth forests, and Shangrila is no exception. The natural forests around Shangrila are temperate and subalpine mixed and coniferous forests. The indigenous forest community is extremely dense and characterized by multiple layers and high species richness. The overstory trees consist primarily of spruce, fir, pine, rhododendron, evergreen oak, birch, willow, and maple. Understory species are also rich and dense, and consist of a variety of different shrub species, including rhododendron, bamboo, oak, and other deciduous and evergreen tree species. The ground layer is a mixture of mosses, ferns, lichens, sedges, and forbs. There is a great diversity of mushrooms in the region, and from July through September mushrooms are collected in nearby forests and served in restaurants throughout the town. In fact, mushrooms are an important part of the local economy. *Cordyceps sinensis* and *Tricholoma matsutake* are two important edible and medicinal mushrooms that are key income sources for local residents.

A great variety and abundance of birds can be found in the old-growth forests of Shangrila, especially during the breeding season. Although much of the forest close to the city has been cleared, a few patches of primary forest still exist nearby. Old-growth forests are one of the feature attractions in the nearby national park, Pudacuo. Large areas of old-growth forest can also be reached via a long day hike into the surrounding mountains. Finally, there are several small patches of native forest vegetation quite close to the city. These patches are sacred forest patches, protected and maintained by local Tibetan villagers, who have the traditional practice of conserving sacred places on the landscape. While visitors are welcome in these sites, the hiker should be sensitive to the fact that this is a sacred space, equal to visiting a church or monastery.

原始森林

滇西北地区以其年代久远的森林里的生物多样性而著称，香格里拉也不例外。香格里拉周边的原生林属温带和亚高山带结果混交林，原生植被多样，呈多层结构，物种丰富。高层林冠主要由云杉、冷杉、松树、杜鹃、常绿橡树、桦树、柳树和枫树构成，林下有杜鹃、竹林、橡树、各种落叶或常绿灌丛，地表还覆盖着青苔、蕨类，地衣，莎草和杂草覆盖。该地区菌类丰富多样，每年7月至9月，不仅能在森林里亲眼看到，城里的餐馆也都能吃到。值得一提的是，菌子是当地经济的重要组成部分。虫草和松茸不仅有食用和药用价值，还是当地居民的重要经济收入来源。

在香格里拉那些年代久远的森林里，能看到多种鸟类，特别是在繁殖季节。尽管城边的森林都砍光了，但还剩些森林斑块。徒步一天，就能到达群山环抱的最大原始森林斑块。普达措国家公园附近，也有一些年代久远的森林。此外，藏民有保护神圣地方的传统，城边也就有一些当地人视为神山而保留下来的原始森林斑块。人人都可以拜访神山，但也要谨记，这些神山就如同教堂或是寺庙一样，还是得注意自己的言行。



THE NAPAHAI WETLAND

The Napahai, or Napa Lake, Wetland is the place to go to see the waterbirds of Shangrila. Napahai is a seasonal karst wetland, surrounded by rocky mountains. In the winter, which is the dry season, water levels are quite low. In the spring, it captures water from melting snow and ice. Then in the summer its water levels rise as it captures runoff from rainfall. This seasonal fluctuation of water creates large areas of shallow-water marshes and seasonally flooded pastures, which is essential habitat for a variety of waterbirds. Napahai is especially important waterbird habitat during the winter months. Lakes and wetlands on the Qinghai-Tibet plateau and in northern Asia (the summer breeding grounds of many Asian waterbirds) are frozen, bringing flocks of waterbirds to southern China. Due to its importance for waterbirds, the Napahai Wetland was designated a provincial nature reserve in 1984.

Historically, local people depended on the Napahai Wetland as much as do the waterbirds. There are 7 villages, totaling about 250 households, around Napahai, all of which utilize its seasonally-variable resources. In summer, most of the Napahai area is submerged. This is a period of low activity in the wetlands, both for people and for waterbirds. Livestock, such as yaks, pigs, and horses, are generally in the higher elevation pastures; and the waterbirds are typically at their nesting sites in the Qinghai-Tibet Plateau or northern Asia. In the winter, the wetland waters recede and rich wetland vegetation is exposed. Birds come from the north to spend the winter in Napahai, and villagers bring their livestock down from the snow-covered mountains and let them graze freely on the wetland.

纳帕海湿地

在中甸，纳帕海湿地是观赏各种水鸟的好去处。纳帕海是一个卡斯特地形的季节性湿地，周围环抱的山多岩石。冬季枯水期，水位很低。春季，有融化的雪水和冰水注入。夏季，水位随降水而上升。由于水位的季节性波动，造就了大面积的浅水沼泽和季节性洪水草场，是多种水鸟的重要栖息地，尤其是在冬季更显重要。因为在冬季，青藏高原和亚洲北部的各湖泊和湿地（许多亚洲水鸟的夏季繁殖地）冻结成冰。成群的水鸟来到中国南部。鉴于此，纳帕海湿地在1984年被指定为省级自然保护区。

一直以来，当地居民和水鸟，都依靠纳帕海湿地生存。在纳帕海附近有7个村庄大约250户人口，所有这些都利用纳帕海季节性的可变资源生活。夏季，纳帕海大部分地区被淹没。对于居民和水鸟来说，这是一个低潮时期。这时，牦牛、猪和马等牲畜一般都生活在海拔较高的牧场，水鸟通常都在青藏高原或亚洲北部筑巢。冬季，水退去后，湿地植被裸露出来。村民们就带着牲畜从雪山上下来，在湿地上自由放牧。



THE ALPINE ZONE

In Shangrila, the alpine zone lies at elevations greater than 4000m. The alpine zone includes subalpine forest, alpine shrub, alpine meadows, and scree. The plant life in this zone is incredibly diverse, especially the forbs, grasses, and sedges of the alpine meadows. The alpine meadow ecosystem, in addition to being one of the most diverse vegetation communities in the region, is also the most threatened. Due to warming temperatures and decreased snowfall, climatic conditions are becoming less harsh and more amenable to tree and shrub growth at high elevations. As a result, tree line is increasing, and shrubs are invading areas that previously were forb- and sedge-dominated meadows.

The birds of the alpine are hardy species specifically adapted to the harsh and unique alpine environment. As alpine meadows disappear due to climate warming, the breeding habitat for these specialized bird species shrinks.

Unfortunately for the day-tripper, the alpine zones are a challenging one-day hike from Shangrila. However, if one has the energy to hike all day, the effort is worth it. The alpine zones in Shika Mountain, Qian Hu Shan, and the mountain range east of Zhongdian can be reached by starting out very early in the morning and returning in the evening. Although typically a cold, wet, and harsh environment, the hiker will be rewarded with the incredible beauty of the flora along the hike up through the different vegetation zones and the remarkable views of the Himalayan landscape.

高山地带

香格里拉的高山地带海拔超过4000米，包括亚高山森林、高山灌丛、高山草甸和碎石堆。生长在这里的植被比我们想象的丰富，特别是草甸里的杂草，草，莎草。该区植物群最为多样的高山草甸面临着最为严重的退化威胁。由于气候变暖和降雪减少，高山气候环境变得不那么恶劣，使得树木和灌丛生长在更高海拔成为可能，林线正在升高，灌丛也正在侵蚀之前以杂草和莎草为主的草甸。

高山鸟类非常耐寒，特别适应在恶劣的高山环境下繁殖。由于气候变暖，全世界范围内的高山草甸植被都在缩减，这些鸟类的繁殖环境也跟着退化，所以这些被誉为“高山专家”的鸟类们正面临着生存的威胁。

不幸的是，在香格里拉，想到达高山地带，得走上一天，但如果你有足够的精力徒步一天，所见所得绝对超值。诸如石卡雪山，千湖山，城乡东边的高山地带，一大早就得出发，天黑才能回到住所。旅途中伴随的通常是寒冷、潮湿的恶劣环境，但沿途植物群难以置信的美，以及垂直变化的植被类型，还有喜马拉雅山脉的绝佳景色就是最好的奖励。



Convenient Destinations for
容易抵达的

BIRDWATCHING 观鸟点





Birding Destinations around Shangri-la

香格里拉观鸟点

- 1 Walking the hillsides around
Zhongdian
步行到中甸周围的山坡
- 2 Wufengshan Sacred Forest
五凤山
- 3 Napa Lake Wetland
纳帕海湿地
- 4 Shangri-la Alpine Botanical Garden
香格里拉高山植物园
- 5 Zong Si River Walk
宗思河边步行
- 6 Zongsi Village
宗思村
- 7 Bulun Village
布伦村
- 8 Jinugu, Hamugu & Dara Villages
吉奴古, 哈木谷村, 和达拉村

WALKING OR CYCLING
FROM THE CITY

从县城出发，
步行或是骑车

1

- Walking the hillsides around Zhongdian -

- 步行到中甸周围的山坡 -

The easiest way to see several of the most common birds of Shangrila is to simply start walking the hillsides around the city. These are primarily shrub and secondary forest that are heavily used for livestock grazing and mushroom collection. Several forest birds, shrubland birds, and birds of the open country also make use of the abundant resources. You are likely to encounter the Grey-backed Shrike, Common Rosefinch, Common Cuckoo, Red-billed Chough, Large-billed Crow, and small flocks of warblers and tits.

想看几种香格里拉最普通的鸟类，最简单的方法就是到县城附近的山坡上。这里主要有些灌丛和次生林，当地人于此放牧，采菌子。一些林鸟，灌丛鸟和喜开阔地鸟类也很好的利用这些森林资源。在这里很可能看到灰背伯劳，普通朱雀，大杜鹃，红嘴山鸦，大嘴乌鸦和小群的柳莺、山雀。

2

- Wufengshan Sacred Forest -

- 五凤山 -

Wufengshan is to the southeast of the city, behind the stadium. It is a sacred forest that contains a small temple in the middle and a stupa at the peak. The forest around the temple is large and well-preserved. It contains a wide diversity of native vegetation, including mature pine, spruce, larch, rhododendron, and bamboo groves. It is a great place for bird watching, especially in the early morning. There are foot trails throughout the forest, many of which are used by local people for mushroom collection. The trails provide great opportunity for exploration and easy access to the variety of habitats within the forest. Nearly all of the forest and shrubland birds described in this book can be found in and around Wufengshan.

五凤山位于县城东南边，在体育场后，是当地的一座神山，半山腰上有座小庙，山顶有一白塔。寺庙周围的森林很大而且保存完好。有很多原始植被，比如成年松树、云杉、落叶松、杜鹃和竹林。这是一个很好的观鸟点，尤其在清晨。山里有许多小路，当地人常常在路边采菌子，这些小路也给了探险者极大的便利，顺着小路很快就能到达山里的各个鸟类栖息地。本书中所提到的林鸟和灌丛鸟，几乎都能在五凤山上或是周围看到。

3

- Napa Lake Wetland -

- 纳帕海湿地 -

Napa Lake Wetland lies on the Zhongdian plateau to the north and west of the city. It is a large flat area that is circumvented by a paved road. One of the best ways to explore Napa Lake and its surroundings is by bicycle, because it allows you to scan for waterbirds and stop to investigate at your leisure. From November to April all of the waterbirds featured in this book can be found at Napa Lake. Be certain to frequently glance towards the sky because, in addition to waterbirds, the wetland attracts several species of raptors, hunting for prey and for carrion. On your way around the wetland, you will pass by villages, farm fields, and pastures, where you will certainly see many of the birds of the open countryside.

纳帕海湿地位于中甸高原的北边，县城西边，是一片大面积的平地，最近刚铺好了环湖路。在纳帕海观鸟的最好方法就是骑车环湖一周，这样不仅可以远观水鸟，还可以驻足细看。每年11月到次年4月，本书中所提到的水鸟，都能在这里看到。除了水鸟，湿地周围还生活着几种猛禽，不时抬头看看天空，也许会看到它们正在捕猎或觅食。环湖途中，会经过几个村庄，农田和牧场，也会看到许多喜开阔地的鸟类。



4

- Shangri-la Alpine Botanical Garden -

- 香格里拉高山植物园 -

The Shangri-la Alpine Botanical Garden is located 11 km northwest of the city, accessible either by the highway to Deqin or by the paved road around Napa Lake. The grounds have several trails that meander through small patches of native grassland, shrubland, forest, and alpine vegetation. Many birds are attracted to this diverse mosaic of vegetation, and a variety of the open country, shrubland, and forest birds can be found here.

In addition to birding within the confines of the garden, you can wander and explore the forests outside of its boundaries. A favorite wander of ours is to follow the trail that leads north from the botanical garden office building. This trail will lead you over the new highway, through the botanical garden gate, and into large patches of pine and mixed forest, where you will encounter several birds that thrive in large patches of dense forest.

香格里拉高山植物园位于县城西北边11公里处，既可以顺着到德钦的高速公路，也可以绕纳帕海的环湖路到达。园内有几条小路蜿蜒于原生草地，灌丛和高山植被的斑块间。这里的丰富植被类型吸引了许多鸟类，一些喜开阔地的鸟类，灌丛鸟和林鸟都能在这里看到。

除了在园内观鸟，你也可以到植物园外去探险。我们最喜欢的一条线路，是从植物园办公楼出发，顺着一直往北延伸的那条小路，就穿过新的高速路和植物园大门，到达大片松林斑块和混交林斑块。在这里能看到几种活跃于密林斑块间的鸟类。

5

- Zong Si River Walk -

- 宗思河边步行 -

The village of Zong Si is 14 km south of Shangrila City. It is easily accessible by the main road to Lijiang. You can enjoy an easy hike along the river that runs through the village of Zong Si. There is a wide, and sometimes muddy, path that follows the river upstream and is used by the villagers for yak herding and wood harvesting. Zong Si is at a slightly lower elevation than other villages closer to Shangrila. In addition, the presence of water and the variety of riparian, shrub, and forest vegetation along the river, attracts a great diversity of birds. One may especially see the larger forest and shrubland birds here, such as the woodpeckers, pheasants, and laughingthrushes. In addition, the riparian vegetation provides great habitat for migrating birds in spring and fall, especially flycatchers, warblers, and tits.

宗思位于香格里拉南边14公里处，顺着去丽江的公路很容易抵达。沿着穿村而过的河边行走是很惬意的事。顺流而下，有一条雨天就泥泞的马路，是当地人放牧或拉运木料的土路。与香格里拉附近的其他村子相比，宗思的海拔相对较低，这里有一条河，还有多种水生植物，灌丛和森林，吸引了多种鸟类。很可能看到一些大的林鸟或是灌丛鸟类，诸如啄木鸟、野鸡和噪鹛。春秋两季，河边植被还给诸如鹈类，柳莺和山雀这样的迁徙鸟类提供了栖息地。

SACRED FOREST PATCHES

AROUND ZHONGDIAN

中甸周围的神山

It is a traditional Tibetan practice to designate sacred places on the landscape. This is evident from the stupas, or baitas, and prayer flags throughout the Tibetan landscape. Many local villages have a sacred place, specifically for people of the village to visit and revere. It is typically close to the village and can be a forest, a mountaintop, or an especially beautiful spot. When this sacred place is a forest, often the forest is very well preserved. Logging and hunting is prohibited in the sacred forest, and thus it retains native, old-growth vegetation and abundant birdlife, even when the surroundings have been cleared or degraded. These sacred forests are lovely and very convenient places to go birdwatching, as well as see examples of native forest vegetation. We have identified five local village sacred forests that are easily accessible and a great environment to spend an hour or a few hours in nature.

藏民有指认神圣地的传统。在藏区，很多地方都能见到白塔和经幡，这些就是神圣地了。很多村子都有自己的神圣地，供当地村民敬拜。神圣地通常离村子很近，要么是一整座山，要么仅指山顶，要么是一个非常漂亮的地方。如果这个神圣地是森林的话，俗称神山，就会被完整的保留下来。尽管周围的森林都已遭破坏或是退化了，但是由于神山禁伐禁猎，所以保留下来很多原始的植被和鸟类栖息地。这些神山都是方便抵达的绝佳观鸟点，也是看原始森林植被标本的好地方。我们整理了5个当地村子的神山，都是很容易抵达，环境优美的地方，可以很惬意的呆上一小时或是几小时。

6

- Zongsi Village -

- 宗思村 -

In addition to the river walk mentioned previously, Zongsi Village has a beautiful, yet quite rugged sacred forest. The forest lies wedged between the river and the highway to Lijiang and contains a variety of old growth spruce, birch, and maples, as well as dense bamboo groves. There is only one main path, which is quite steep and little used, through the forest. But this ruggedness is a haven for some of the shyer and less common forest birds featured in this book, including Mrs. Gould's Sunbird, Giant Laughingthrush, Lady Amherst's Pheasant, and Yellow-bellied Fantail.

除了上面提到的沿河边步行，宗寺村还有一座漂亮神山，虽然上山的道路崎岖，但很值得一看。这座神山位于河流和丽江高速的三角地带，有很多古老的云杉，桦树，枫树和一些茂密的竹林。只有一条陡峭的小路上山，且人迹罕至。但正因如此，这个偏僻地方才成为本书中所提到的一些鲜为人知或是害羞鸟类的天堂，诸如蓝喉太阳鸟、大噪鹛、白腹锦鸡、黄腹扇尾鹑。

7

- Bulun Village -

- 布伦村 -

The Bulun Village has a lovely sacred forest at the base of Shika Mountain. It is quite large, steep, and rugged, with few paths. There is a stream at the bottom of the forest and a variety of native vegetation, including birch, oak, bamboo, and spruce. Bulun's sacred forest has the greatest bird diversity of all the sacred forests in this book, and all of the shrub and forest species described in this book can be encountered.

布伦村的神山坐落于石卡雪山脚下，这座神山很大，有几条陡峭崎岖小路上山。山脚有一条河流，植被丰富，有桦树，橡树，竹林和云杉。在本书中所提到的神山中，数布伦神山的鸟类最为丰富，本书中所提到的灌丛和林木种类也都能在这里看到。

8

- Jinugu, Hamugu, and Dara Villages -

- 吉奴古, 哈木谷, 和达拉村 -

Jinugu, Hamugu and Dara villages also lie at the base of the Shika Mountain. Their sacred forests are smaller and less diverse than the Zongsi and Bulun sacred forests. However, they have more accessible paths, are less strenuous, and the vegetation is more open. Therefore, many common birds can be easily seen in a short amount of time.

吉奴古, 哈木谷村, 和达拉村也坐落于石卡雪山脚下，两个村子共有一座神山，比起宗寺和布伦的神山，这座神山要小一些，物种也更显单一。但是上山却容易得多，山里的植被也较为开阔。因此，花很少的时间，就能看到一些普通鸟类。

徒步观鸟

There are endless numbers of long 1-day or overnight trips that are very convenient from Shangrila. Here we mention 4 of the most convenient, yet still very beautiful, treks. Each one is a strenuous hike from the Shangrila valley up into the alpine zones. All of these treks have trails that are well-used by local people for yak herding, logging, and mushroom collection. However, these trails often branch off in many different directions, and therefore it is quite easy to get lost. Therefore, if you are not familiar with the area, it is best to hire a local guide.

从香格里拉出发，有很多只需要1天或是需要过夜的观鸟路线。我们在此只列举了其中最容易的4条线路，但景色非常优美。每一条都是从香格里拉河谷爬到高山地带，走起来相当辛苦。这些山上都有供当地人放牧，拖运木料或是采菌子时候用的小路，但是这些小路通常都会有几条分支，很容易迷路，所以在不熟悉的情况下。最好还是请个当地向导。



- Hamugu Trek -

- 哈木谷徒步线路 -

The village of Hamugu has established an ecotourism route for visitors interested in hiking and camping in the Shika Mountain area. The hike starts in the village, and follows the Hamugu gorge up to a mid-elevation yak pasture. Along the way, one can see a variety of natural forest and shrub vegetation, as well as meditation caves. It makes a great, and not too strenuous, day-hike to hike up to the mid-elevation yak meadow, eat lunch, and then follow a different trail back down to the village. Alternatively, for a small fee, you can camp overnight in a hut in this mid-elevation pasture. This allows you the next day to continue up into the alpine zone, where one can see old growth forest, sub-alpine forest, and alpine shrub and meadow vegetation, not to mention beautiful views from atop the mountain range. A variety of birds can be seen along this trail, including open country, shrub, forest, and alpine species.

针对那些喜欢在石卡山徒步和露营的游客，哈木谷村已经开通了一条生态旅游线路。沿着村子山谷往上走，半天时间就能到达一号牧场。沿途能看到多种自然森林和灌丛，还有一些僧人修行的山洞。这段旅程不太辛苦，到达一号牧场，吃过午饭，就可以顺着另一条路下山了。或者，你也可以付点钱，在牧场的小木屋里过夜，等第二天再继续往上爬，就能到达原始森林，那里有古老的森林，亚高山森林，亚高山灌丛和草甸，当然还有山顶无与伦比的美景。该线路沿途有多种鸟类，包括喜开阔地鸟类、灌丛鸟类，林鸟和高山鸟类。



- Shika Mountain Trek -
- 石卡山徒步线路 -

The Shika mountain range, to the west of the city and Napa Lake, is a wonderful place to explore. There are several villages at the base of Shika Mountain, and each village has a path that leads up into the highest elevations of Shika Mountain Range. As you follow one of these paths up the mountain, you will encounter a wonderful variety of vegetation and bird species. At the base of the mountain range, near the villages, you will find a mosaic of houses, farm fields, pastures, and shrub and forest hedges--a great environment for the birds of the open country. Climbing up into the mountains, you will first pass through shrublands, and then secondary forest. As you climb to the highest elevations, you will reach old-growth forest and, eventually, the alpine zone, including rhododendron shrub patches and alpine meadows. Although a tough hike, the top of the mountain range can be reached in 3-5 hours, so you can go up and return in a single day.

An easier option, although with less freedom for exploration, is a chairlift that takes you to the top of the Shika Mountain. There are two stops: one halfway up the mountain and another at the top, where you may explore the surrounding area on foot.

石卡山位于县城和纳帕海西边，是一个探险的好地方。山脚有几个村庄，各村庄都有单独的小路可以爬到石卡山顶。沿着这些小路往上走，会看到各种植被和鸟类，并且随海拔上升而变化。山脚下的村庄旁，是一幅民居，农田，牧场，灌丛，林缘拼接的景象，这里给那些喜开阔地的鸟类提供了绝佳的生存环境。该线路先经过灌丛，再穿过次

生林，然后到达山顶的古老森林，最终到达高山地带。高山地带包括杜鹃丛斑块和高山草场。虽然旅程会很艰辛，但是只要三五小时就能到达山顶，所以一天之内也能往返。

另一个更容易的方法，就是乘缆车上石卡山顶，但是也就少了自由空间。缆车沿途只停靠于半山腰和山顶，倒是可以下来在附近走走。



- Qian Hu Shan -
- 千湖山 -

Qian Hu Shan, or 1000 Lakes Mountain, is a well-known sacred place for the villages around Xiao Zhongdian. One must go to the village of Jinsha, which is about 40 km south of Shangrila City. At the village one must pay an entrance fee, and horses can be rented for the trek up to the alpine lakes. The trek passes through secondary forest; old-growth forest; and alpine shrubs, meadows, and lakes. The scenery is spectacular, and the bird life is abundant and varied.

千湖山是小中甸的神山，得先从香格里拉县城到南边40公里处的金沙，买了门票，然后可以选择租匹马骑到高山湖泊。途径次生林，古老森林，高山灌丛，草甸和湖泊。景色优美，鸟类丰富多样。

HOW TO USE THIS BOOK

阅读指南

TIMING OF THE DAY AND EQUIPMENT

Time of day: They do say that ‘the early bird catches the worm’, and if you want to catch the birds in action, or at least the songbirds, then you’ll have to be at it pretty early, too. Dawn is the best time for forest birding, and your efforts to get out in the wee hours will be rewarded not only with a greater chance of seeing more species, but also the unparalleled sunrise vistas of the grassland. In late morning as the song birds become less active, start scanning the skies for raptors; the increased visibility of this time brings these groups out to hunt, with a greater variety of species visible in the clear skies of winter. Many birds can also be seen at dusk when they are once again searching for food. For the wintering waterbirds on Napahai, they can be seen throughout the day. But the best time to be out on the wetland is during the warmest part of the day, since the warm sun is delicious for both you and the birds. For specific times of the year when different species can be spotted, see individual sections and species’ descriptions.

Tips on spotting birds: Many birds are experts at blending into their environment, and therefore can often be difficult to spot. But their vocal sounds and their movement through their environment frequently give them away to the patient observer. Racing through the forest in search of birds will get you nowhere, in terms of your birding list. The best strategy is to be quiet and move slowly. By being quiet, you avoid scaring off birds, but also you are able to hear the peeps, songs, rustles, and calls that give you the heads-

观鸟时间和装备

观鸟时间：人们常说：“早起的鸟儿有虫吃”，如果你想亲眼看到鸟儿的活动，特别是那些鸣鸟，的确要起得很早。黎明时分是观察林鸟的最佳时间，除了有机会见到更多的种类，草地上空绝美的日出景象，都值得早起奔波。等天更亮些，鸣鸟就不太活跃，猛禽开始成群地出来觅食，这时候是抬头观看它们的好时段，在冬季的晴朗天空中可见到更多种类。很多鸟类会在黄昏时候再次出来觅食，这也是观鸟的好机会。那些来纳帕海越冬的水鸟倒是全天可见，温暖的午后来为最好，太阳晒得你很舒服。一年中能看到的鸟类随季节变化而不同，详见各章节描述。

小贴士：许多鸟类很懂得伪装，和周边环境融为一体，不易观察到，但只要耐心等待，通过它们的鸣声和行动来判断方位，还是有机会看到。在森林里追随鸟儿的脚步，很容易迷路，最好就是放慢脚步，静心聆听，这样一来，既不会吓走鸟儿，还可以更好地观察周围环境，通过它们的鸣声和动静来判断它们隐蔽的方位。

up as to where the birds are hiding. While you are standing or walking slowly, you can scan all around, using “soft-focus” to detect movement in your surroundings.

Binoculars: You want to have your binoculars at the ready, because birds move quickly! For a beginning birder, at first it is difficult and frustrating to get your binoculars on the bird, and then focus. Spotting a quick little warbler flitting through the trees is a learned skill, so don't get discouraged; just keep practicing! It is worth the trouble to catch them with your binoculars. This is the only way you can see defining characteristics that help you identify some birds. But an added advantage is that you see amazing colors of their feathers or details of their behavior. The best binoculars for birding have a moderate level of magnification (e.g. 7x, 8x, or 10x) and a relatively wide field of view (40mm, 42mm or 50mm). The best way to choose a pair of binoculars is to try out many of them, and choose which one feels right to you.

Clothing: The key to happy hiking in Shangrila is layering. Mornings can be cool to cold, but once the sun is out, temperatures increase considerably, even in winter. So, it's generally a good idea to carry a daypack that can hold field gear, snacks or a lunch, water, and any layers that you might need to shed. Likewise, if you are doing a full day hike to one of the alpine pastures to look for pheasants or some of the alpine species, consider carrying an extra outer layer and some gloves, even if you don't feel cold when you start out. The increase in elevation means a drop in temperature plus heavier winds. Also, alpine areas

望远镜：鸟儿们行动敏捷，一定要随时准备好望远镜。刚开始，很难做到精确聚焦。用望远镜来观察在林间快速飞来飞去的小黄莺的确是一门学问，但千万不要气馁，一定可以熟能生巧。不要嫌麻烦，用望远镜来观鸟，会看到更多细节特征帮助你辨认鸟类，还可以看到它们绝美的羽色和行为细节。观鸟最好选用中等水平放大倍数的望远镜（如7倍，8倍，或10倍），视野要相对广些的（如40毫米，42毫米或50毫米）。一定要多试试才能挑到一副心仪的望远镜。

衣服：在香格里拉徒步，最吸引人的就是体验它的多层次。早上可以很凉爽也可以很冷，一旦太阳出来，即使在冬天，气温也会升高很多。所以，要记着背个包装需要的工具，零食（或是中饭），饮用水和天热时候脱下来的衣服。同样地，如果你想徒步一整天到那些高山草甸寻找野鸡和其它高山物种，即使出发时候不冷，也要再带一件外套和手套，因为随着海拔的上升气温会急剧下降，而且海拔越高的地方风也更大。此外，高海拔地区的天气更加恶劣，雨雪天气说来就来，所以一定要做足准备。雨具也是不能忘的，除非是在冬天旱季不用，其它季节都得带上以防万一。高原地区的紫外线比较强，遮阳帽和防晒霜也必不可少。

出行前最好查看天气预报

(<http://www.weather.com.cn/forecast/>)

can see more severe weather, rain or even snow, on any given day, so be prepared. It is worthwhile to carry rain gear at any time, and you are likely to use it in every season except the winter dry season. Also, due to the intensity of the sun, always wear sunscreen and a hat that shades the face well.

Weather reports:

<http://www.weather.com.cn/forecast/>

GROUPING OF BIRDS

Birds have been grouped in basic habitat types to guide the birdwatcher to a general section of the book. For example, if you are in the countryside and see a small, black and white bird wagging its tail, you should immediately turn to the section in this book for birds of the countryside. Of course, a forest bird may be seen in the countryside, so if you can't find it in the habitat section, simply go on and flip to other sections of the book. Thus, the bird groupings are just meant to guide you, in general, to the smaller subset of birds. As you become more familiar with the birds and the guide book, referencing will become easier and should not inhibit your birding.

鸟类的分组分类

本书根据鸟类栖息地的不同来分组分类。例如，当你在乡村看到黑白相间的小鸟摇摆着尾巴，就该翻到本书介绍乡村鸟类的相关章节。当然，林鸟有时候也会出现在乡村，如果在乡村鸟类的章节里没找到相关介绍，就去其它章节找找。因此，这种分组分类只起到辅助引导的作用，随着你对鸟类的认识增加和对本书的使用熟悉后，观鸟会变得更加得心应手。

IMPORTANCE OF BIRD SONGS

When you go birding knowing birds' calls and songs, you are enhancing your experience from the limited parameters of your field of vision (further limited by foliage and landscape) to the ability to survey, at one time, all that surrounds you, near and far. Knowing bird songs could mean the difference between spending a full morning of birding spotting the same, common species over and over again or, to the discerning ear, picking out a rarer song to the reward of identifying a seldom seen bird. Likewise, given the similar appearance of many song birds, warblers for instance, often the only way to make a sure i.d. is by their very distinctive call or song. Besides this, the auditory system is said to function a thousand times faster than the visual system, so staying on top of your targets as they flit around with far fewer physical limitations than yours becomes far easier to the birder with sensitive ears, not to mention the incredible way the world and your perception of it opens up when you are finally simply quiet and attentive.

分辨鸟类鸣声的重要性

人类的视线范围是有限的，而且还有其它自然遮挡物，要想更好地观鸟，光靠眼睛观察是远远不够的，需要借助耳朵来分辨不同鸟类的鸣声。通过视觉，你可能整个早上都只能重复观察到同样的常见鸟类，而通过聆听，或许能听到那些罕见鸟类的鸣声。很多鸟类长相极其相似，以柳莺为例，听音辨类是最常用且有效的方法。静心聆听，还会打开你的感知世界，而且据说听觉系统比视觉系统的反应要更快千倍。这样说来，有对灵敏的耳朵，的确会更容易发现目标。

Page example

英文名

English name

中文名

Chinese name

Black billed Magpie

喜鹊

该鸟的图片
Photo of Bird



活动范围
映射图
Range
Map



Seasons species can be
seen in our coverage area

本书覆盖区域内可见
该鸟的季节

Size
(head to end of tail)
大小 (测量范围从
头部到尾翼)

16-51 cm

14

页面排版范例

拉丁名

Latin name

藏语名

Tibetan name

Pica pica

喜鹊

英文描述
English
description

The Black-billed Magpie is a very adaptable bird, widespread throughout China and the rest of the world. In Shangrila, they are commonly seen around villages, especially to the trees and shrubs around farm-holds. They are large black and white birds with round bodies and long tails, often seen in small flocks of 3 to 6 birds. They are omnivorous and eat a wide variety of foods, foraging mostly on the ground.

中文描述
Chinese
description

喜鹊是一种适应性很强的鸟，广泛分布于中国及世界各地。在香格里拉，常见于村子周围，尤其是在农田周围的林子和灌丛中。喜鹊体型偏大，身型较圆，毛色黑白相间，有长长尾巴，三五六只成群。杂食动物，食材广泛，常在地面觅食。

附加图片
Additional
Photo



Mp3曲目编号*

Mp3 Track No.*

*标有星号的Mp3曲目无录音内容

*tracks marked with asterisks
do not have a song or call

15

Range Maps 活动范围映射图



Seasons 四季



སེམས་ཀྱི་ཉི་ཟླ་ཡུལ་གྱི་
བྱ་རིགས་སྣ་ཚོགས།

THE BIRDS OF
SHANGRI LA

香格里拉鸟类

བྱ་ཀུན་གིས་ལན་སྒྲུ་ལ།

ཚོ་རིང་དབང་འདུལ།
གངས་གསེར་ཡུལ།

ཉིམ་ཤར་གི་ཕྱོགས་སུ་ཞོལ་གངས་རི་དཀར་པོ་གི་
མགོ་ལ་བྱ་ལུ་བྱུག་སྲོན་མོ་གི་གསུང་སྐད་དེ་
“བྱ་བྱ་བྱ་བྱ་བྱ་བྱ” ལན་གསུམ་སྒྲུ་ལགས།
ཉིམ་ལྗོངས་ཀྱི་ཕྱོགས་སུ་མཚོ་གཅིག་མ་སྤང་ལ་ལ་
བྱ་ངང་པ་སེར་པོ་གི་གསུང་སྐད་དེ་
“ཨང་ཨང་ཨང་ཨང་” ལན་གསུམ་སྒྲུ་ལགས།
ཉིམ་རུབ་གི་ཕྱོགས་སུ་བྱིན་གཅིག་གྲོད་རྒྱུང་སྲོན་མོ་གི་
གསུང་སྐད་དེ་ཉིང་གཅིག་པ་སངས་གི་ཐོག་ལ་
“ཀྱི་ཀྱུ་ཀྱི་ཀྱུ་ཀྱི་ཀྱུ་ཀྱི་ཀྱུ་” ལན་གསུམ་སྒྲུ་ལགས།
ཉིམ་བྱང་གི་ཕྱོགས་སུ་བྱང་གཅིག་གཡུ་མཚོ་ལ་ལ་
བྱ་ལུང་ལུང་སྲོན་མོ་གི་གསུང་སྐད་དེ་
“ཨང་ཨང་ཨང་ཨང་ཨང་ཨང་”
” ལན་གསུམ་སྒྲུ་ལགས།
ཉིམ་འོད་གི་ཕྱོགས་སུ་བྱ་རྒྱུ་ཚེ་ཕག་འོད་གི་
གསུང་སྐད་དེ་སྒྲོ་ཕྱི་ནང་བར་གསུམ་
ལ་གཡང་ཐམས་ཅད་
“འདི་ར་བྱོན། འདི་ར་བཞུགས།”
ལན་གསུམ་སྒྲུ་ལགས།

ECHOING CALLS OF THE BIRDS

Tsering Wangdu, Kangser Village

This song has been in Tsering Wangdu's family for four generations. It is an auspicious chant recited on the first evening of a wedding to bring good fortune to the bride and groom.

In the east, from the middle of the snow mountains, the call of a female emerald cuckoo echoes three times, 'Kuku kuku kuku'. In the south, at the mouth of the grasslands that protect a lake, the call of a ruddy shelduck echoes three times, 'Awang, awang, awang'. In the west, from high in the luxuriant leaves of a tree, the call of a little shimmering bird echoes three times, 'Tritru, tritru, tritru'. In the north, over the surface of a turquoise lake, the call of a golden black-necked crane echoes three times, 'A-ong, a-ong, a-ong'. In the center of the sun, the call of a Stonechat echoes three times inside and outside the house, 'All blessing and happiness, please come here, please sit here'.

鸟鸣声声

七林汪堆，康色村
(英汉翻译：蒋红中)

【这首歌曲已经在此仁旺堆家传唱了四代人了。这是一首吉祥的圣歌，常常在婚礼的第一晚上吟唱，人们相信这首歌会给新郎新娘带来好运。】

在东边，从雪山的中央，三次传来了一只雌性翠金鹃的鸣叫声，“咕咕，咕咕，咕咕”，声音回荡着。在南边，从守护着那一面湖的草原入口处，三次传来了一只赤麻鸭的鸣叫声“嘎嘎，嘎嘎，嘎嘎”，声音回荡着。在西边，从那一棵高高的树上繁茂的树叶间，三次传来了一只羽毛闪闪发光的鸟的鸣叫声“啁啾，啁啾，啁啾”，声音回荡着。在北边，从那绿松石湖的上方，三次传来了一只金色黑颈鹤的鸣叫声“啊昂，啊昂，啊昂”，声音回荡着。在屋里屋外，朝着太阳光照射的方向，三次传来一只西伯利亚石鸟的鸣叫声“所有祝福和快乐，都请到这里来吧，请在这儿歇歇脚”，声音回荡着。

1

BIRDS OF THE
TOWN
AND
COUNTRYSIDE

城乡周围的鸟类

སྐལ་པ་རིང་བྱ་རོག་གཉིས་ཡི་གནའ་གཏམ།

བྱམས་པ་རྒྱལ་མཚན། རྣམས་སྐར་གསལ།

གནའ་སྐྱོ་གནའ་སྐྱོ་ཚད་ཉིམ་སྐབ་རིགས་
 མ་སྐྱོག་སྐབ་བསྐྱད་རན་ཡི་ཉིན་གཅིག་སྐལ་
 པ་གཅིག་ལེ་རྩོ་རང་ལེག་ལེག་རི་གཅིག་སྐྱང་
 ཡར་འཛེག་ཁྲུང་ཐོན་འགྲོ་བསྐྱད་ནོ། འདི་རི་
 སྐྱང་རི་ཤིང་ཕོང་ཚ་ཚབ་མྱེད་ཁ་ལེག་ཁོ་འཚོག་
 ཁྲུང་རན་ནོ། འོ་འདི་རི་ཕར་གྲིལ་ཐུབ་རོགས་
 རྣ་རི་ཚུ་ཡིགས་མཐོང་རོགས་ཨ་བྱེད་བསམས་
 ཐོན། འཚོག་ཁྲུང་གཅིག་རྒྱུ་ཁྲུང་ཐོན་འགྲོ་ནོ།
 བྱ་རོག་གཅིག་རི་ལྟོ་མ་ལོན་ཐོན་ཤེད་ཀུན་
 མྱེད་རེད་གྲུ་ཁྲུང་ཐོན་ལྡིང་ཁྲུང་ཐོན་འོང་བསྐྱད་
 རན་བཛོད། དེ་སྐལ་པ་རི་སྐྱམ་དཀྱིལ་ཡར་འོང་
 བསྐྱད་ས་མཐོང་ཡིན་ནོ། མཁྲོགས་པོ་མཁྲོགས་
 པོ་སྐབས་ཚ་བཟད་བྱེད་ཐོན་སྐལ་པ་མཉམ་ཞག་
 རྒྱབ་ཡིན་ནོ། རང་ཡི་རི་བ་སོར་གུང་བཟད་ཕར་
 སྐྱོ་མ་ཐོན་དེས་པེ་སྐྱོག་སྐྱོར་གཅིག་བྱེད་ཡི་ཨ་
 རྣ་བསམས་ཐོན་སྐལ་པ་བསམ་ནང་ནི་རི་ཚུ་གང་
 ལྷག་བསྐྱེད་འདྲ་གྲུ་གཅིག་རེད་ཡིན་ནོ། ཡས་
 སྐལ་པ་ཡིས་བསམ་ཐུང་མནན་ཐོན་རི་སྐྱམ་
 དཀྱིལ་སྐལ་སྐྱམ་གྲུ་སྐལ་སྐྱམ་ཚུ་པག་བྱེད་ན་
 ག་འདྲས་ཞིམ་ཟེར་ཐོན་ཅིང་བཏང་བྱེད་ཡིན་ནོ།

བྱ་རོག་ཡིས་འོ་མག་རེད་བསམས་ཐོན་
 སྐལ་པ་ཡར་བཀྲག་ཁྲུང་ཐོན་ཚུ་འགམ་གཅིག་ལེ་
 མཉམ་ཁྲུང་ཁྲུང་ཡིན་ནོ། བྱ་རོག་ཡིས་སྐལ་པ་
 འཆའ་རན་ཁ་སྐལ་པ་ཡིས་ང་མ་ཤི་ཡི་སྐྱོན་གོམ་
 གསུམ་འགྲོ་ཨ་ཁྲུང་ཟེར་ཡིན་ནོ། འགྲོ་མྱེད་ཁྲུང་
 ཟེར་ཡིན་ནོ། དེ་ནང་གཏམ་ཚོག་གསུམ་བཤད་
 ཨ་ཁྲུང་ཟེར་ཡིན་ནོ། མྱེད་ར་གཅིག་བཤད་ཚུ་ག་
 ཚུ་ཟེར་ཡིན་ནོ། སྐལ་པ་ཡིས། ལྷག་མ་འདུག་
 རྣག་ཉང་གོན་རི་ཁྲོད་གྲོན་ཚུ་མ་འཆའ་མྱིག་ཁྲུང་
 རིང་སྐྱང་ཟེར་ཡིན་ནོ། བྱ་རོག་ཡིས་རང་སྐྱང་ཐུང་
 གཅིག་ལྟ། ཡར་སྐལ་པ་མྱིག་ཁྲུང་སྐྱང་གཅིག་ལྟ་
 ཐོན་ཡིད་ཕོག་གྲུ་ཐོན་ཉ་ཉ་ཉ་ཉ་ཉ་ཟེར་ཐོན་དགའ་
 ཤོར་གྲུ་ཡིན་ནོ། དེ་རན་ཁོ་དགའ་དེས་པེ། “པ་
 རྩོང་” འདྲ་བཤད་རན་ཚུ་འཕག་འགའ་རེ་འོའི་
 སྐྱང་བཏབ་བསྐྱད་ཡིན་ནོ། ཚུར་ལྟ་ཕར་ལྟ་གཅིག་
 བྱེད་རན་སྐལ་པ་རྩ་དུས་བྱེད་ཁྲུང་ཐོན་ཡིན་ནོ།

The Frog and the Raven
Jampa Tsering, Nakara

Long, long ago, on a day when the sun was blazing hot, a frog was climbing up a rocky mountain. Because the only trees on the mountain were bare stubs, the frog was about to burn up. It was thinking, 'Ah, it would be great if I could cross over this mountain and see a river', and burning up, it pressed on.

A raven that hadn't been able to find any food in a long time was flying in the sky with hardly any energy at all. When it saw the frog in the middle of the dry mountain, it quickly dropped down and landed beside it. Shock came to the frog like a splash of icy water and it only hoped to go a few more inches before its life was over. However, the frog stilled its heart and said as if to itself, 'On a dry mountain with a dry frog, if the frog could be eaten together with some water, how delicious it would be.'

The raven thought 'oh ya' and picked up the frog and took it to the side of a stream. Just as the raven was about to eat the frog, the frog said 'Before I die, is there time to walk three steps?' The raven said, 'No'

'Well then, do you have time for me to say three things?'

'Speak', the raven said.

The frog said, 'Even though you don't have sheep wool, you wear such soft, black clothes. Even though I don't eat salt, my eye sockets all swollen up'. The raven looked down at himself and looked down at the frog's eyes and burst out laughing. Then as he was laughing, it heard a sound like 'Pa Dong' and some water splashed on him. When it looked around, the frog was nowhere to be seen.

青蛙和乌鸦的故事
江巴七林, 纳格拉

很久很久以前, 在一个太阳特别火辣的一天, 一只青蛙爬上一座布满乱石的山。这山上没有一棵树, 他将要被烧焦了, “翻过这座山, 会不看见一条河水?” 想后, 它冒着烧焦的危险爬上山。

一只乌鸦好久没找到食物, 无力地飞来时看见有只青蛙在爬一座干燥的山。它几乎落在青蛙旁边, “自己的希望没迈出半步, 却要弄丢生命。” 青蛙的心里像是倒进了雪水一样冰凉。但它马上镇定下来, 自言自语说: “干燥山上的干蛙肉, 若干蛙肉伴水那有多美味!” 乌鸦觉得有道理, 就衔着青蛙来到一条小河边。

乌鸦松口放下青蛙, 正要啄的时候, 青蛙乞求道: “让我在死之前走三步路可以吗?”

“不行!” 乌鸦厉声大叫

“那, 让我吐三言可不可以?”

“要说就说一下嘛。”

青蛙望了一眼要把自己当做食物的乌鸦, 像是对着乌鸦, 又像是自言自语说: “没有羊群, 你可以穿得上又黑又亮的衣裳。没有吃盐, 我却为何要肿双眼?”

乌鸦打量一眼自己又望见青蛙的眼皮, 骄傲得哈哈大笑起来。它正笑着的时候有“咕咚”一些水花溅在身上, 左看右看的时候发觉青蛙已经不见了。

The villages, fields, pastures, forests, and shrublands that make up the countryside around Shangrila appeal to many different species of birds. These birds tend to be highly adapted to humans and human activities. Thus, they are generally not very shy. This, in combination with the open nature of the countryside, makes it relatively easy for the birdwatcher to not only see the birds, but also to get quite close to them before they fly off. There are many different birds in the countryside; this chapter describes those that visitors to their habitat will most likely be able to see.

香格里拉周边的乡村景观是多样的，有村子、农田、牧场、树林和灌丛，因此吸引了很多种鸟类。这些鸟类都高度适应人类和人类活动，通常不怕人，而且乡间视野开阔，因此非常便于观鸟，鸟类很容易进入人类的视野，并且趁它们飞走之前，通常还可以近距离观察。在乡村，有很多种鸟类，以下是可能会见到的最普通的几种。

Passer montanus

It is easy to spot the Eurasian Tree Sparrow all around the town of Shangrila and in the villages, year-round. It is a small brown and white bird with a black



photo Vrabc Praha

throat and cheek patch. It has a simple, but incessant “cheep-cheep” call. Well-adapted to humans, flocks of Sparrows are often considered pests because they frequently eat grains in the countryside. They also eat wild seeds and insects. They occupy their habitat in large numbers and are most comfortable in a flock. Susceptible to disease and serving as prey for larger birds, their average lifespan is short -- only about two years.

树麻雀常年可见于香格里拉城乡周边地区。体型较小，栗褐色，下体灰白色，有黑色的喉和颊斑。它们鸣叫不休，声似刺耳的“cheep-cheep”。比较适应人类，由于经常在乡间田野偷食谷粒，因而常被认为是害鸟。它们也以草籽、昆虫为食。性喜成群，一旦占领了栖息地，集群数量庞大。不幸的是，它们容易患病，或被更大的鸟类捕食，因此，平均寿命短，仅两年左右。



13 cm



Motacilla alba

The White Wagtail is a small black and white bird that is very common in all of the open habitats of Shangrila, including fields, villages, wetlands, and pastures. It commonly sits on the ground, wagging its tail and sporadically flying in low spurts to catch insects and grubs. When cars or pedestrians approach, it will fly away in a low, dipping trajectory.



photo Sädesärila

在香格里拉的开阔地，如农田、村子、湿地、牧场，有一种黑白相间的小鸟，叫白鹡鸰。常见于路边，当人或车接近的时候，就蜻蜓点水式地飞走。它常栖于地面上，摇摆着尾巴，偶尔低空短距离飞行去捕食昆虫和蛆虫。



18 cm



*Corvus macrorhynchos
tibetosinensis*

Crows, in general, are some of the most clever, adaptable, and versatile birds. The Large-billed Crow, in particular, has adapted to a wide range of environments throughout Asia. Shangrila is no exception. This crow, a large, all-black bird with a thick, black beak, lives in many places, including urban, pasture, village, wetland, and forested environments. It is not a picky eater and will attempt to feed on anything that is potentially edible whether dead or alive, plant or animal. Though pesky, it is considered auspicious to see a crow when leaving home, particularly before one embarks on a long journey.

通常来说，乌鸦都聪明且适应性强，是多面手式的鸟类。尤其大嘴乌鸦，



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已经适应了整个亚洲地区的多种环境，而事实上，它们并不招人喜欢。这些通体全黑，有着厚厚黑喙的大鸟，在香格里拉也一样分布于各种环境中，包括城区、乡村、牧场、湿地、林区，都能见其身影。它们的食材很广泛，还试图将眼前的一切可食物纳为食材，无论是活物、死尸、植物或动物。虽然令人讨厌，但远行前看到乌鸦，是吉祥的征兆。



55 cm



The Red-billed Chough is one of several crow species who makes its home in the villages, scrub, forest, and wetlands around Shangrila. With their large unmistakable black bodies and bright red beaks, Red-billed Choughs are gregarious birds that prefer to travel in small noisy flocks throughout farm fields and villages. They are often seen in the grasslands flying playfully overhead or foraging for grubs, ants, spiders and other insects.

在香格里拉的乡村、灌丛、森林和湿地栖息着好几种乌鸦，红嘴山鸦就是其中一种。它体型较大，特征明显，通体黑色，嘴呈朱红色。红嘴山鸦性喜成群，聒噪不已，经常小群嘈杂地飞翔于乡村田间。通常可以看到它游玩似地飞旋于高空，或是在草地中觅食，多以蚂蚁、蜘蛛、蛆类昆虫为食。



Creative Commons photo



39 cm



Pica pica



The Black-billed Magpie is a very adaptable bird, widespread throughout China and the rest of the world. In Shangrila, they are commonly seen around villages, especially in the trees and shrubs around farm fields. They are large black and white birds with round bodies and long tails, often seen in small flocks of 3 to 6 birds. They are omnivorous and eat a wide variety of foods, foraging mostly on the ground.

喜鹊是一种适应性很强的鸟，广泛分布于中国及世界各地。在香格里拉，常见于村子周围，尤其是在农田周围的林间和灌丛中。喜鹊体型偏大，身型较圆，毛色黑白相间，有长长尾巴，三五六只成群。杂食动物，食材广泛，常在地面觅食。



40-51 cm



Corvus dauuricus

photo snowowls



The Daurian Jackdaw is a medium-sized black crow with a wide white collar around its body. They are very sociable and often seen in noisy and active flocks of several other Jackdaws. They like open forestlands, such as those at the Shangrila Alpine Botanical Gardens. They enjoy perching high in trees, calling a harsh “chak” and flying back and forth over the open spaces between. Like other crows, they will eat almost anything, including grains, nuts, berries, carrion, and insects. They often feed alongside the grazing farm animals in the countryside around Shangrila.

达乌里寒鸦属中等大小的鸦类，全身羽毛主要为黑色，仅后颈有一宽阔的白色颈圈。性喜成群，常与其它寒鸦结群，聒噪不已。喜开阔的林间地，如香格里拉高山植物园里的开阔地。达乌里寒鸦栖于高枝，喜欢来回飞行于开阔空间。它们叫声刺耳，似“chak”。和其它鸦类一样，达乌里寒鸦取食范围甚广，谷粒、坚果、浆果、腐肉和各种昆虫都在它们的食谱上面。常在香格里拉周围乡村放牧的家畜边取食。



32 cm



Upupa epops

The unique and unmistakable Hoopoe is a year-around resident of Shangrila. Wide-spread throughout large parts of Asia, Europe and Africa, the Hoopoe is one of the few species that has no close relatives. Its song is a distinctive “hoo-hoo”, for which it gets its Latin and its English name. It flies low to the ground under the cover of trees and bushes throughout villages, fields, grasslands and forest edges. It has an orange body, head,

Public Domain

and crest, with contrasting black and white wings. Its long, curved beak probes into the ground for insects, grubs, and worms.

戴胜是独一无二的，因此绝对不会被认错。它是香格里拉的常住民，在一些有树做遮掩，却开阔的地方，诸如村子周围、农田、草场和林缘，常见其沿地面低空飞行。羽冠、头部和体色都呈橘黄，羽翼却有着强烈反差的颜色。它长而弯的喙可以深入土里挖食昆虫、蛆虫和蠕虫。戴胜广泛分布于世界各地，常驻于亚洲、非洲、欧洲的大部分地区。它是家族里的唯一成员，是为数不多的无近亲物种之一。独特的鸣声似“hoo-hoo”，拉丁名和英文名就是因此而来。



25-32 cm

Alauda gulgula

ཅོ་ཀ་ད་གནམ་དཀྱིལ་ཐང་ན་ “ཅོ་དཅོ་དཅོ་དཅོ་” ཟེར་ཐོན་
འགྲོ་བསྐྱད་རེད། ཁོ་ཐོག་སྒྲོང་མྱི་འགྲོ་བསྐྱད་ནོ་ཟེར་རེད།
ཁོ་དམོག་འཆའ་ཅོ་མ་རེད། ཁོ་འི་སྐྱང་དགའ་མ་བྱེད་ཟེར།



photo Peter & Michelle Wong

The Oriental Skylark nests in fields and pastures around Shangrila. It is a small, brown, streaked bird with white outer tail feathers visible in flight, and a short crest. It is most commonly detected during its mating and territorial displays in spring. The Skylark sings a high-pitched warbling song as it rises in flight from the ground to a height of 10 to 40 meters. It then continues to sing while it hovers overhead. It forages on the ground for seeds and insects.

小云雀通常在香格里拉周边的开阔地筑巢，诸如农田、草场、平原。它们体型较小，黄褐色，带斑纹，有着短羽冠以及飞行时候可见的白色尾翼羽缘。春夏两季交配时和领地宣誓时最易观察到。它可以一边高昂婉转地唱着歌，一边从草场的领地疾飞而上至10到40米的高空，然后还鸣叫着在高空盘旋。在地面觅食，以草籽、昆虫为食。



16 cm



Columba leuconota



Flocks of Snow Pigeons are frequently seen flying over Shangrila town and Napahai Wetland. They are distinctive because they are the only large, all-white birds with black heads that will fly overhead around Shangrila. They live in flocks in the high mountains, and like to nest in rocky cliffs. They can be spotted, for example, on the cliffs along the trail from Hamagu Village to Shika Mountain.

雪鸽体型偏大，头呈黑色，余下全白，成群的栖息于高山里陡峭的山谷或多石的山坡上。从哈木谷村到石卡雪山的沿途，可见它们歇于岩石峭壁上。此外，也经常能看见成群的雪鸽飞翔于香格里拉县城和纳帕海湿地高空。在这片地区，它们是唯一盘旋在高空的黑头全白体大鸟，因而很容易认出来。

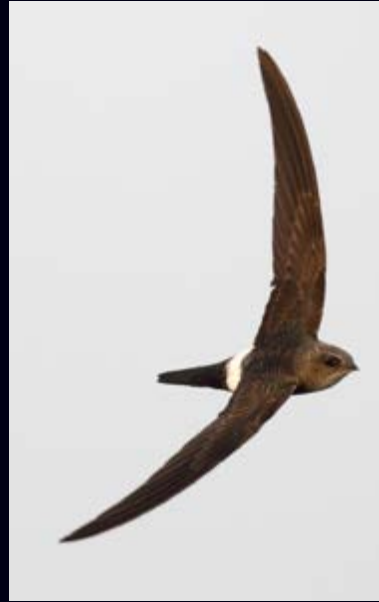


34 cm

Apus pacificus



19 cm



The Fork-tailed Swift is almost always seen in flight. The Fork-tailed Swift is rather large, with a dark body, a white rump, and a forked tail. It is said to be shaped like “a cigar with wings” because of its long body which tapers at the tail. It is a powerful and graceful flier. It

hunts insects in flight, and flocks of swifts will congregate where there are many insects flying about, such as above standing water or above a freshly harvested field. Fork-tailed Swifts can be seen around Shangrila most of the year, but go south for the winter.

常见白腰雨燕在空中盘旋，由于它们身体较长，尾部渐变渐细，被人们形象地比喻为“长着翅膀的雪茄”。白腰雨燕体型较大（18厘米），通体羽色较深，臀部呈白色，尾巴呈叉状，有着长锥形的翅膀，是强大优雅的飞行者。白腰雨燕在飞行中捕食昆虫，在昆虫聚集的地方，如有积水或是刚收割的农田上空，总能看到成群的白腰雨燕。它们大多数时候生活在香格里拉，冬季往南迁徙。



2

WATERBIRDS
OF
NAPA LAKE

纳帕海水鸟

བྱ་ལྷུང་ལྷུང་དཀར་དཀར།
ཁྱེད་ཡི་འདབ་པ་ང་ལ་གཡར་རོགས།
རྒྱུང་རིང་ཕྱིད་འགོ།
ལི་ཐང་བསྐོར་གུར་ཐོན་ཚུར་འོང་བཟེ།

白色的仙鹤，
请借给我翅膀。
不去很远的地方，
转了理塘就回来。

White Crane
Please lend me your wings.
I won't go far--
Just to Litang and back.

唐卡画：喇嘛罗桑克主

painting by Lama Lobsang Khertu

白色的仙鹤



During the winter, the summer breeding grounds of many Asian waterbirds—including various lakes and wetlands of the Qinghai Tibetan Plateau—are frozen. Napa Lake is the perfect winter habitat. The rich wetland flora and fauna are exposed as the waters recede and the waste grains from the surrounding farmers' fields are available for food. Waterbirds flock to the area. Some species spend a brief time there and then continue on their migration route. For them, the wetland serves as an important layover to recover and refuel. Others spend the entire winter at Napa Lake.

Many species of waterbirds can be found in Napa Lake, but we have chosen just a few of the most common and visible species.

在冬天，许多亚洲水鸟的夏季繁殖地——青藏高原以及亚洲北部的各湖泊和湿地冻结成冰，成群的水鸟便来到中国南部越冬。纳帕海成为最佳的越冬栖息地，是因为水退去后会露出丰富的湿地植被和动物群，纳帕海周围农田里也有许多剩下的粮谷粒，可以提供丰富的食物。迁徙时，一些仅仅路过的鸟类，将纳帕海湿地作为重要的短暂停留点来恢复和补给，而其它鸟类则整个冬季都在纳帕海度过。

纳帕海有很多种水鸟，但是在此我们只选择了一些最普遍常见的种类。

Grus nigricollis

Napa Lake is a critical area for the Black-necked Crane, the only crane species that inhabits alpine ecosystems. Due to habitat degradation and hunting, it is listed as an endangered species under China's Grade I National Protection law. Currently, there are only about 6,000 Black-necked Cranes in the world. Black-necked Cranes can easily be spotted in the fields around, or flying above, Napa Lake from October through April. This unmistakable, large, grayish bird with a black neck and black wing tips is tolerant of people and regularly forages for waste grains in fields near human settlements. Local religious beliefs protect them across much of their range. They are revered for their elegance, as well as their complex and beautiful mating rituals.



黑颈鹤是唯一一种栖息于高山生态系统的鹤类，纳帕海是它的重要越冬基地。由于栖息地的退化，它已经成为一种濒危物种，属中国国家一级保护动物，世界上还剩6000只左右。每年10月到次年4月，在纳帕海湿地常常能看到黑颈鹤觅食或盘旋。这种灰色大鸟特征明显，有着黑色的颈和黑色翼尖，不怕人，习惯在人类居住区和家畜附近觅食。当地的宗教信仰给了它们最大程度的保护。因为它们的优雅，以及复杂而美丽的交配仪式而备受尊敬。



139 cm



Anser indicus

The Bar-headed Goose is an elegant, gray goose with a yellow bill and black bars on its head. It breeds near mountain lakes on the Tibetan Plateau. The winter habitat of the Bar-headed Goose is cultivated fields near wetlands, where it feeds on barley, rice, and wheat. Napa Lake provides just such a habitat, and flocks of Bar-headed Geese can readily be seen in and around Napa Lake from November to May. The Bar-headed Goose is one of the world's highest flying birds, having been recorded flying at up to 10,175 m during migration over the Himalayan Mountains.



斑头雁是一种优雅的鹅属动物，呈灰色，喙黄色，头上有黑斑。该品种繁殖于西藏的高山湖泊附近。斑头雁的越冬栖息地是湿地附近的耕田，在那里它以青稞、大米和小麦为食。纳帕海是它们理想的栖息地，因此，每年11月到次年5月，在纳帕海及周边地区常见到成群的斑头雁。斑头雁是世界上飞得最高的鸟类之一，在迁徙穿过喜马拉雅山脉时，有记录的飞行高度高达10,175米。



71-76 cm



photo Edward Hu

100 cm

Ciconia nigra



Whether foraging or in flight, the Black Stork is large and unmistakable. It has an all-black body, a white belly, and a bright red beak and bright red legs. Its range encompasses parts of Europe, Asia, and Africa; but its habitat is declining. It is especially rare in China, where it has been placed under Grade I National Protection. Napa Lake provides an excellent winter habitat for the Black Stork, where it can be seen from November to May. Its habitat niche overlaps with the Black-necked Crane, and individuals of the two species are frequently seen foraging nearby each other.

黑鹳是一种体积庞大并且特征明显的鸟，无论是在觅食还是飞行中，都很容易辨认。通体黑，腹白，喙和腿鲜红。这是一种分布广泛但是数量很少的物种。欧洲，亚洲和非洲的部分地区均有分布，但是它的栖息地正在减少。黑鹳在中国尤其稀少，因而一直被中国列为一级保护动物。纳帕海为黑鹳提供了良好的越冬栖息地，每年11月到次年5月，在那里都能看到它们。它的栖息地与黑颈鹤的重叠，常见两物种的个体在彼此附近觅食。

Tachybaptus ruficollis

MALE IN BREEDING PLUMMAGE



photo Edward Hu

The Little Grebe can be seen year-round, singly or in pairs, in the deep waters of Napa Lake. It is a small bird with a pointed bill, a black cap and mask, and a fluffy rear-end. It is always in the water, swimming on the surface or diving. It is an excellent swimmer and diver and can stay under water for several minutes. It dives, hiding among submersed vegetation, hunting small fishes and aquatic insects.

在纳帕海深水域，全年都能看到单只或成对的小鸊鷉。体型小，尖嘴，黑色羽冠，面部有黑斑，还有一个蓬松短尾小鸊鷉总浮在水面或是潜在水中。它是出色的游泳健将和潜水员，能在水下停留几分钟。潜水时，藏在水下的植物间，捕食小鱼和水生昆虫。



LITTLE GREBE FEMALE



LITTLE GREBE CHICK

Public Domain

23-29 cm

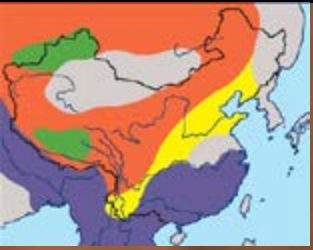


Tadorna ferruginea

With their large red bodies and cream-colored heads, flocks of Ruddy Shelducks are a common sight around Napa Lake throughout the winter months. Ruddy Shelducks migrate from northern Asia, where they breed. They are omnivorous, and can eat anything from plant shoots and grain to insects and amphibians.



在冬季的纳帕海，经常可以看到成群的赤麻鸭。它们体型较大，通体橙栗色，头呈乳白色。赤麻鸭从赖以繁衍后代的亚洲北部迁徙过来。它们是杂食性的鸟类，植物芽、谷物、昆虫以及两栖动物都在其食谱上。



58-70 cm



*Mesophoyx
intermedia*



photo Míla Zinková

The Intermediate Egret is an occasional visitor to Napa Lake. It is a tall, thin, all-white bird with a curved neck, long dark legs, and a yellow beak. Usually alone, it stalks its prey—fish, frogs, crustaceans, and insects—in the shallow waters of Napa Lake and in the surrounding flooded fields.

中白鹭偶尔出现在纳帕海湿地。这是一种高高瘦瘦，通体全白的鸟，有着弯曲的脖子，黑色的长腿以及黄色的喙。它能在浅水或水田中有条不紊地跟踪它的猎物：鱼、青蛙、甲壳动物和其它昆虫。通常单独活动。



*occasional visitor

56-72 cm

3

RAPTORS

猛禽

Sky Burial Chant

Lama Lobsang Khetru

One of the forms of burial in Tibet is sky burial. Tibetan Buddhists believe that vultures can free the spirit of the deceased by eating the flesh and flying away, so during the ceremony vultures are attracted. The lama will chant throughout the whole ceremony (day and night), signifying the offering of himself to the demons, animals and anything else that wants to eat his flesh. This recording is a portion of the chant the lama would sing while the vultures surround him.



བྱ་གཏོང་།

ལྷ་མ་སྒོ་བཟང་མཁས་གྲུབ།

སྒྲིན་པ་རྒྱ་ཆེད་གྲུང་པ་འདི་ཡི་མཐུས་
འགོ་བའི་དོན་དུ་ངང་གྲུང་སངས་རྒྱས་ནས་
སྒྲིན་ཆེ་རྒྱལ་བ་རྣམས་ཀྱི་མ་སྒོལ་བའི་
རྒྱ་བའི་ཚོགས་རྣམས་སྒྲིན་ལས་གོལ་གྲུང་ཅིག།

天葬

喇嘛罗桑克主

天葬是西藏特有的一种葬礼。藏传佛教相信，秃鹫吃死者的肉然后飞到天上，代表着亡者的灵魂也飞到了天上。因此，在葬礼上，会吸引秃鹫到来。喇嘛们日夜诵经，将死者的肉身献给魔鬼和想吃他的一切生灵。以下录音，是秃鹫围绕在尸体周围时候，喇嘛们会唱的部分诵经。





胡兀鹫
Lammergeier



高山兀鹫
Himalayan Griffon



白尾海雕
White-tailed Eagle



乌鸦
Crow




黑耳鸢
Black-eared Kite



红隼
Common Kestrel



“Raptor” is the term given to birds that hunt large prey (mammals, reptiles and other birds) on the wing. They are strong and graceful fliers with extraordinary senses, especially sight. For example, an eagle can easily see a rabbit from 300 meters above the ground and 1 kilometer away. All raptors have strong beaks and talons, perfectly adapted for piercing and tearing flesh. In many species, the female is larger than the male.

“猛禽”是指那些在飞行中捕食大型猎物的鸟类。它们狩猎脊椎动物，诸如哺乳动物、爬行动物以及其他鸟类。它们是极其健壮且优雅的飞行员，具有非凡的感官，尤其是视力。例如，一只老鹰可以很容易的从距离地面300米的高空看见地面上或者地面上1公里远处的兔子。食肉鸟通常有坚硬的喙和利爪，用来穿刺和撕裂猎物的肉。在许多猛禽物种中，雌性要比雄性大些。



Raptors are threatened species all over the world. Due to their large size and predatory nature, they require a large habitat range and abundant food supply. In addition, due to their long lives and their position at the top of the food chain, they become victims of pesticide and other toxic chemical buildup. This is discussed in detail by the American scientist Rachel Carson in her book *Silent Spring*. She linked the plummeting populations of eagles and other raptors throughout North America to the accumulation of chemicals in adult birds. These toxic chemicals cause their eggs to have extremely fragile shells and, consequently, break during incubation. It is certain that rapid industrialization and increased use of pesticides throughout Asia is impacting raptors' mortality, but such effects have yet to be studied in China.

There are five spectacular birds of prey that are seen regularly in the Shangri-la region.



全世界范围内，食肉鸟都是濒危物种。基于它们巨大的体型和掠夺的本性，因此需要范围很广的栖息领地和丰富的食物供应。此外，它们的寿命很长，且通常居于食物链的顶端，也就是说，它们是杀虫剂和其它有毒化学品集结的受害者。这在由美国科学家蕾切尔卡逊著作的《寂静的春天》一书中有更加详细的论述。她指出，在整个北美的成年鸟中，鹰和其他食肉鸟数量的减少与累积的化学品有关，本质上来说，这些有毒化学品导致它们的蛋壳极其脆弱，从而大大降低了雏鸟的存活率。可以肯定的是，整个亚洲地区工业化的快速发展和农药的大量使用正在影响猛禽的存活率，但是这种影响在中国还有待研究。

以下是5种在香格里拉地区常见的奇特食肉鸟。



95-125 cm



The Lammergeier is a huge yellow, red and brown vulture with a white head and a wedged tail. It feeds mostly on the carrion of wild sheep or domestic animals. It prefers the marrow of the carrion bones, rather than the flesh, and often will break apart the bones by dropping them from a high cliff. It typically lives at very high elevation on the Tibetan plateau and throughout the Himalayas, but is occasionally found during the winter months at the edges of Napa Lake, scavenging or soaring overhead.

胡兀鹰是一种体型巨大，黄、红、褐色相间的兀鹰，白色的头，楔形尾。主要以野生小羊或家畜的腐肉为食。相比起新鲜肉，它更喜欢尸骨里的骨髓，通常将骨头从高处抛下以分离骨头里的腐肉。主要生活在西藏和喜马拉雅山上海拔极高的地方，冬季偶尔出现在纳帕海边缘，或寻找食物或翱翔于高空。

Gyps himalayensis

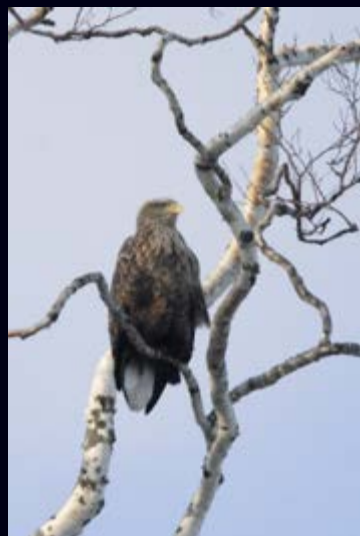
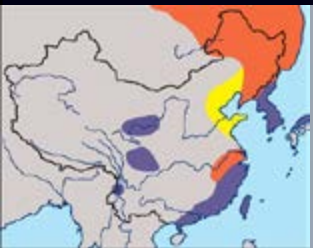
The Himalayan Griffon is a vulture with a whitish body, dark wings, a bald head and broad wings. It is a large scavenger bird, often seen soaring overhead, perched in rocky crags, or feeding on carrion. It is commonly seen around Napa Lake during the dry winter months, when the waters recede dramatically, exposing dead animals that were submerged during the previous summer. After winter, the Himalayan Griffon migrates north to its breeding territories high in the alpine mountains and cliffs.



高山兀鹫通体沙白色，翅膀黑而宽大，秃顶。它是一种巨型的食腐肉鸟类，常见它们或翱翔于高空，或栖息于岩石峭壁，或食取腐肉。冬季常见于纳帕海周围，因为纳帕海的冬季即旱季，此时，海水退去，当年夏天的水生动物尸体显露出来，成为了它们的美食。冬季过后，高山兀鹫从香格里拉向上、向北迁徙，到它们赖以繁衍的高寒山区和悬崖上。



105 cm



The White-tailed Eagle is a huge dark bird with yellow legs and beak, and a distinctive white tail. It can be seen in flight or perched around Napa Lake during the winter months. The Eagle is a powerful hunter, and its diet is varied, including fish, birds, carrion and occasionally, small mammals. It requires a large breeding territory (30-70 km²) and competes for resources with the fierce Golden Eagle. The average lifespan of a White-tailed Eagle is 21 years, although some have been found to live over 25 years. The White-tailed Eagle is quite uncommon and has been placed under Grade I National Protection in China.

白尾海雕体型巨大，通体暗褐色，脚和喙呈黄色，还有一条独特的白尾。冬季通常能看见它或飞翔或栖息于纳帕海周围地区。这种鹰犹如一个强大的猎人，食材多样，包括鱼类、鸟类、腐肉，有时候也捕食小型哺乳动物。需要宽阔的繁殖领地(30-70 km²)，常与凶猛的金鹰争夺资源。平均寿命为21年，但也有个别的寿命超过25年。白尾鹰非常罕见，在中国已被列为国家一级保护动物。

69-92 cm



58 cm -68cm

Milvus lineatus



The Black-eared Kite is common in the open mountainous areas around Shangrila. It avoids forests, preferring open areas where it can hunt from above. Therefore, if you want to see this bird, a hike up to Shika Mountain would be better than a hike at Wufengshan or one of the lower, forested sites. It is a large, dark bird with a slightly forked tail that is typically seen soaring overhead, surveying for food. From below, its body, wings and tail are all dark brown, except for conspicuous white patches on its wings' elbows. It is an opportunistic eater and will eat carrion as well as hunt for food such as rodents, bats or songbirds. It migrates south during the winter.

黑耳鸢常见于中甸周围开阔的山区。它避开森林，喜欢开阔地，这样就可以从高空狩猎。因此，如果你想看这种鸟，徒步到石卡山会是更好的选择，而不是到五凤山或是一些海拔更低的森林覆盖区域。黑耳鸢体型巨大，通体暗褐色，还有一个飞行或是觅食的时候常能看见的叉尾梢。从下往上看（飞行时），除了翼下有明显的白色斑块外，身体、翅膀和尾部都是深褐色。它是一个投机取巧的猎食者，吃腐肉的同时也猎取食物，诸如鼠类、蝙蝠或鸣鸟。冬季往南迁徙。

Falco tinnunculus



36 cm

This handsome and graceful bird prefers the open land around Napahai. It is medium-sized, with black bars on a brown body, and a gray head with a strong, hooked beak. The Common Kestrel is frequently spotted perched on telephone wires or tall trees. Like other hunting birds, it has superb eyesight and can even see ultra-violet light, such as urine tracks left by rodents. It is a special treat to observe the Kestrel while hunting. It hovers patiently for several minutes about 20m above the ground as it surveys its territory, and upon spotting its prey, dives dramatically to pounce on its target.

这种俊俏且优雅的鸟喜欢纳帕海周围的空地。中等体型，褐色的身体上有黑色的横纹，头部呈灰色，带着强有力的钩嘴。它是一个强健的飞行员，通常在距

离地面20m高的地方盘旋，侦查鼠类和大型昆虫，发现目标时，一个俯冲猛扑向猎物。红隼也常栖息在电话线，高大的树木或电线杆上。和其他食肉鸟一样，它具有极好的视力，能看见远处很小的猎物。它甚至可以看见紫外线，诸如啮齿动物留下的尿液痕迹。



4

FOREST BIRDS
IN THE
TREE CANOPY

森林鸟类

བྱ་གཉིས།

ཚོ་རིང་དབང་འདུལ། གངས་གསེར་ཡུལ།

བྱ་གཉིས་ཏུ་ཏུ་ཕོ་ལུ་
 དགོན་པ་ལོ་གསུམ་བསྐྱེད་ནོ།
 ཀ་ལ་ག་ང་མ་ཤེས།
 མགོ་སྐང་སྐྱབ་ཕོག་རྣམ་མུང་སྦྱོང་བྱུང་།
 བྱ་གཉིས་ཨ་འུ་ནེ་ཚོ་
 རྒྱ་ཡུལ་ལོ་གསུམ་བསྐྱེད་ནོ།
 རྒྱ་སྐད་ཚིག་གསུམ་མ་ཤེས།
 རྒྱ་གོས་གསུམ་སྦྱོར་སྦྱོར་བྱུང་།

Two Birds

Tsering Wangdu, Kangser Village

One bird, the hoopoe,
 lived for three years in a monastery.
 It still doesn't know the Tibetan ABCs,
 but from its head emerges a plume.
 One bird, the Derbyan Parakeet,
 lived in China for three years.
 It still can't say three things in Chinese,
 but wears three layers of Chinese clothing.

两只鸟

七林汪堆，康色村

一只鸟，戴胜，住在寺庙三年
 但是不会藏文的ABCs
 在他的头上出来了翎毛
 一只鸟，鹦鹉，住在汉族的地方三年
 汉话三词不会汉装三层穿着
 穿着三层汉族的衣服

Forests around Shangrila are varied, but for the purposes of this book, we categorize forests into 1) primary forests, a dense mix of fir, spruce, pine, oak, and rhododendron trees, and 2) secondary forests, a younger, less diverse blend of pine or birch overstory, with an oak and rhododendron shrub understory.

Both forest types offer good bird watching. Although the primary forests host more birds, they are more difficult to see due to the density of the vegetation. The secondary forests, on the other hand, are generally more open and accessible, allowing glimpses of the variety of birds that nest and feed there.

香格里拉周边的森林栖息地是多样的，但出于本书的目的，在此我们只分为两类：一是茂密的原生常绿林，主要由冷杉，云杉，松树，栎树和杜鹃林构成；二是次生林，植被不如前者多样，茂密，也更为年轻，高层林冠主要是松树和桦树，低层植被有栎树和杜鹃林丛。

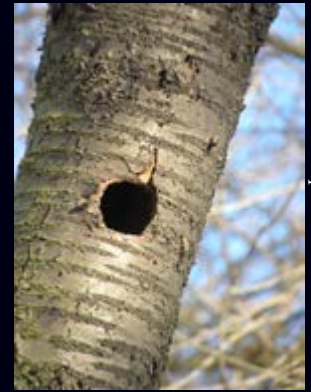
这两种森林都适合观鸟。虽然原始森林的鸟类更丰富多样，但是由于植被茂密，通常不易观察。而次生林，则更开阔并且容易抵达，可以一窥栖居于此的鸟类。

Dendrocopos major

There are 31 species of woodpeckers throughout China, and at least 7 different species around Shangrila. This book features the two most common species.

The Great Spotted Woodpecker is black with white on the sides of its face and tail and a bright red lower belly. Adult males have a bright red nape. Its pointy black beak is strong enough to dig into the bark of trees in search of insects, larvae and grubs. This woodpecker especially likes primary forests such as those in and around Wufengshan, Bulun Village and Zongsi, whose big, dead trees are full of grubs and larvae.

中国共有31种啄木鸟，香格里拉至少分布着7种。本书只着重介绍最常见的两种。大斑啄木鸟是一种体大，黑白相间，带斑点的啄木鸟，腹部下端呈鲜红色，雄性的枕部还有红色带。和其它许多啄木鸟一样，有坚硬的尖喙，可以啄开树皮，捕食里面的昆虫，幼虫和蛆虫。它尤其喜欢诸如五凤山，布伦和宗思这样的老林，因为那里有巨大的枯木，大斑啄木鸟容易找到很多幼虫和蛆虫。



WOODPECKER NEST

Creative Commons photo



24 cm



Picus canus

The Grey-headed Woodpecker is a large green woodpecker with a gray head and beak. The adult male has a red crown. It is often seen drumming on a mature or dead tree or even a telephone pole. It prefers open areas, where single large trees are surrounded by shorter trees and shrubs, such as those found in Wufengshan and the Shangrila Alpine Botanical Garden.



photo Edward Hu

灰头啄木鸟体型较大，通体呈绿色，头部和喙呈灰色。雄性头顶为红色。喜欢林间大面积的开阔地。常见其啄木于成树或枯木上，有时甚至在有矮木或灌丛围绕的电话线杆上。常见于五凤山和植物园。



photo Edward Hu

26 cm



*Nucifraga
caryocatactes*

The Spotted Nutcracker is a forest-dwelling relative of the crow, chough and jackdaw that prefer to live in the open country. It is especially adapted to pine forests, and the abundant pine nuts are its main source of food. It is quite large compared to most other forest birds, making it easy to identify, even as it flies quickly through the forest canopy. It has black wings, crown and beak with a dark chest and shoulders streaked with white, and a pure white lower belly. Like other crows, it is quite noisy, commonly emitting loud, repeated, “kraak” calls. It is especially common in the pine forests above the Shangri-la Alpine Botanical Garden.

星鸦属森林鸦类，是开阔地山鸦和寒鸦的近亲。特别喜栖于松树林，以丰富的松子为食。与其它林鸟相比，星鸦体型较大，即使是快速飞过密林时，也很容易识别。星鸦通体深褐色而密布白色条斑，下腹纯白。像其它乌鸦一样，它也很嘈杂，不断大声重复叫着“kraak。”常见于香格里拉高山植物园的松树林中。



photo Murray B Henson



34 cm



Certhia himalayana



The Bar-tailed Treecreeper is typically seen foraging in forests on the trunks of large trees. It flies to the bottom of a tree and then creeps upwards in a spiral fashion searching for food. Its long, gently down-curved bill is perfect for probing the bark for insects, spiders and larvae. The Treecreeper is a small, darkly colored bird. Its long tail has horizontal dark and light bars on it and is stiffened to use as a prop while climbing.



photo JM Garg

常见高山旋木雀在林间的大树树干上觅食。它们先飞到树根，然后按螺旋路线顺着树干往上爬，搜寻昆虫，蜘蛛和幼虫。它们的喙微微向下弯曲，很长，以便于插入树干里觅食。体小，羽色为深色，长尾上有深深浅浅的横斑，爬行的时候尾巴硬起来作为支撑。



12 cm

Sitta nagaensis



photo Peter & Michelle Wong



13 cm

Nuthatches are prevalent in temperate forests all over the world, but the greatest number of varieties live in southern Asia. They are small, blue-gray birds easily spotted as they climb along tree trunks and branches, sometimes upside down, searching for insects in the bark. Most nuthatches are non-migratory and up to six species can be spotted in the Shangri-la area year-round, but the Chestnut-vented Nuthatch is the most common. It can be found in any of the forests with large trees, such as Wufengshan, the botanical garden, Bulun and Hamugu.



鶇，流行于全世界范围内的温带森林，但种类最为丰富的地方要数它们的分布中心---亚洲南部。鶇长相可爱，体小，呈蓝灰色，以躲在树皮下面的昆虫为食。它们顺着树的枝干爬行觅食，有时候还是头朝下的，由于这种特别的行为，很容易被观察到。大多数鶇类为留鸟，常年生活在自己的栖息地。在香格里拉，最多可见6种鶇，其中栗臀鶇是最常见的。在香格里拉，诸如五凤山，植物园，布伦和哈木谷，凡是像这样有大树的森林都能看见它。



Sitta yunnanensis

Like other Nuthatches, the Yunnan Nuthatch has a light chest and belly with dark gray crown, back and wings. Its distinctive white eyebrows over black eye masks, lack of reddish undersides and distinctive nasal honking song set it apart from other Nuthatches. It lives year-round in Shanggri-la and prefers pine forests, such as those near the botanical garden and Zongsi. Due to its low population size, small range, and shrinking habitat, it has been designated as Near Threatened by international conservation agencies.



滇鵓的眼睛上方有白色眉纹，但不像栗臀鵓那样下面泛红。喜松树林，鸣声特别，像带鼻音的喇叭声。除了这些细微的区别，外形和习性上，和其它鵓相似。常年栖于香格里拉，诸如植物园，石卡雪山，宗思附近松树林间的大面积空地上都能见其踪影。



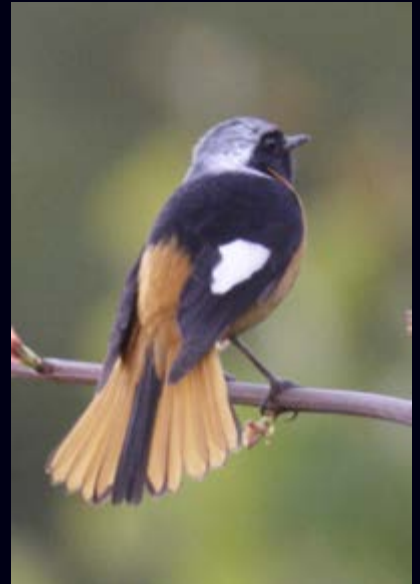
12 cm



Phoenicurus aureoreus

The Daurian Redstart is a small, plump, colorful bird that is often encountered in openings in the forest and around water. The male has a black head and back, a light gray cap, white wing patches, and a bright red body. The female is a drab gray and brown, with a white eye ring. It often perches around the water's edge, flicking its tail, and darting about catching insects on the wing. Its song is a cheerful series of whistled notes, but its call-- soft short high-pitched whistles and harsh low clicking sounds-- is more frequently heard than its song.

白红尾鸲体型圆润娇小，羽色丰富，常见于林间开阔地或是水边。雄性头部及背部呈黑色，头顶泛灰，有白色翼斑，下体为明红色。雌性则只是单调的灰褐色，有白色眼圈。常栖于水边，弹着尾巴，啄食飞虫。鸣声欢快，有一系列音符，但通常只听到它柔软而短的高音和刺耳的滴答低音。



15 cm



*Chaimarrornis
leucocephalus*



The White-capped Water Redstart resembles the more common Daurian Redstart except that it is larger, has a brighter white cap and lacks the white wing patch the Daurian has. It is commonly seen feeding on insects along the banks of fast-flowing rivers. Its song is distinctive: a very high-pitched, long single note that rises above the sound of the noisy running rivers where it spends its time. One often hears its call first and then will spot the bird perched on a rock along the river, nervously flicking its tail as it searches for prey.

白顶溪鸲与比较常见的白红尾鸲非常相似，但无白色翼斑，且体型更大，头顶冠羽的颜色更白。常见于水流湍急的河岸边，主要以水边丰富的昆虫为食。它的鸣声很特别，是非常高亢且长的单音符，能穿透流水声。听到这样鸣声后，很容易就能看到它们在河边的岩石上，不停地扇着尾巴寻找食物。



19 cm





14 cm



Creative Commons photo

The Plumbeous Water Redstart, like the White-capped Water Redstart, can frequently be seen feeding on the abundant insects that live at the edges of swiftly flowing rivers. Overall a chubby and dark-colored bird, the male has a slaty blue body and a dark red tail, and the female is a dark grayish all over. Its song is a fast, high-pitched chatter that is difficult to hear over the sounds of fast-flowing water.

紅尾水鷓類似白頂溪鷓，常見於水流湍急的河岸边，主要以水边丰富的昆虫为食。紅尾水鷓是一种胖乎乎的深色大鸟，雄性通体暗蓝色，尾为栗红色，雌性通体暗灰色。紅尾水鷓鸣声急促、高亢，在混杂着流水声的河边很难听到。

Anthus hodgsoni

Even though the Olive-backed Pipit is a medium-size, plain-looking bird, it distinguishes itself with its song. It loves to sing its long, fast high-pitched song from the tops of trees during the breeding season. It is commonly heard and seen in many of the open forests and shrublands around Shangrila, especially in April and May. Its head, back and wings are gray and olive and its belly is white with dark streaks. Its eyes are highlighted with a bold eyebrow. The Olive-backed Pipit goes south for the winter.

树鹨体型中等，长相平凡，鸣声却很独特。繁殖季节，喜在树梢鸣叫，鸣声长且调高。常出没于香格里拉周边的开阔林地和灌丛中，尤其是四五月份。树鹨通体呈灰橄榄色，腹部泛白，有黑色条纹。头部颜色也较普通，眼眉却很明显。冬季往南迁徙。



photo Charles Lam



16 cm



11 cm

Alcippe vinipectus

The White-browed Fulvetta is a pretty little bird commonly seen by the patient birder who stands silent in the forest for a few moments.

Often a small flock of these tiny birds, chattering softly, will

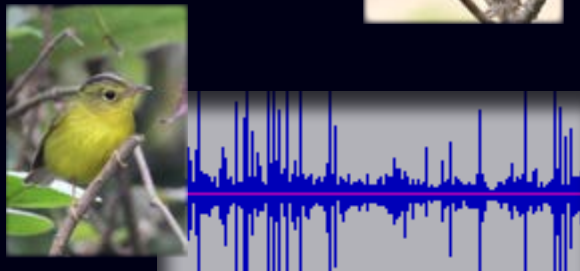
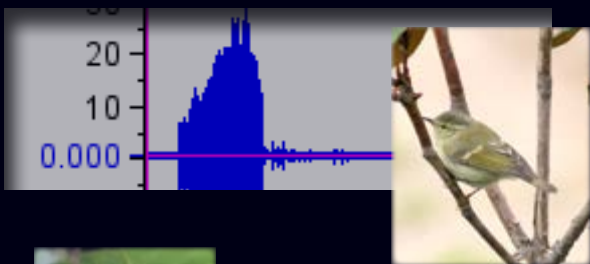
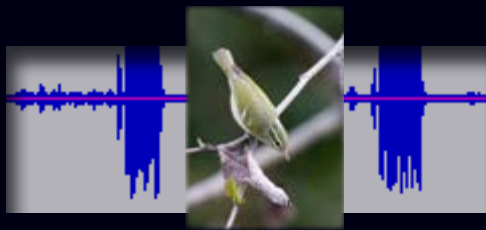
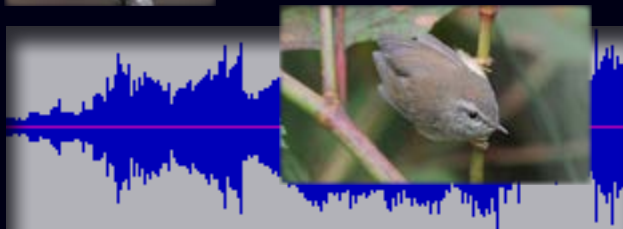
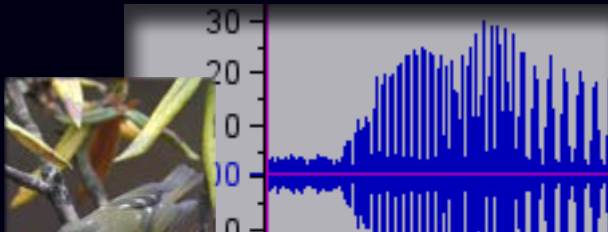


photo zhangyong

pass through, foraging for insects, nuts, berries⁹ and any other edible thing that it can find. It flies and flits very quickly through the canopy, and so can be difficult to identify. However, it has a boldly-marked brown and white head and the flash of its bright orange, black and white wings will help to identify it. The White-browed Fulvetta can be seen year-round in most of the forests and shrublands around Shangrila.

当你静静地在森林中停留片刻时，就会发现这种常见的漂亮小鸟。它们通常小群细声细语地穿梭在林间觅食，以昆虫，坚果，浆果和其它可以找到并且可食用的东西为食。白眉雀鹛喜欢来回穿梭于密林中，速度很快，所以很难辨认，但可以借助它独特的棕白相间的头部和黑白橙相间的翅膀来辨认。白眉雀鹛常年可见于香格里拉大部分森林和灌丛中。

WARBLERS



There are at least 12 species of warblers that breed in the forests around Shangrila and several more that migrate through during the spring and fall. Warblers are small, quick, and agile, hopping and flying through the trees, feeding on the multitude of resources available in the dense forests including berries, catkins, seeds, and insects. All of the warblers discussed here are quite common and active from May through August in Shangrila forests, but cannot be found during the winter when they go south.

Many of them look quite similar, and due to their small size and their high activity, it is most effective to identify them by their songs, which are distinct for each species. Ornithologists use “sonograms”, or visual representations of bird songs, to quantitatively compare differences in bird songs. The following images show two different ways of looking at sound: waveforms and spectrograms. Both images show time on the horizontal axis. The vertical lines on the waveforms show the amplitude (or loudness); the vertical lines on the spectrograms show the frequency (or pitch) while the darker areas show the intensity of the sound. You can listen to the song on the CD while looking at the sonograms to see and hear how the songs pattern together.

至少有12种柳莺繁衍于香格里拉周边森林，春秋两季还有其它几种也会迁徙到此。柳莺体型小，行动敏捷，或跳跃或飞翔于林间，食材广泛：树莓、花絮、草籽和昆虫。本书中所介绍的几种柳莺都较为常见，从5至8月，活跃于香格里拉周边森林，冬季往南迁徙，不可见。

生活在香格里拉周边的这些柳莺多数体型较小，且外形相似，好动，不容易辨别。但由于它们各自的鸣声特征明显，最有效的办法就是从不同的鸣叫声中来辨别其种类。鸟类学家们使用“超声波扫描图”，或鸟类鸣声的可视化表现手法，来定量比较鸟类鸣声的差异。下面的图像显示的是本书中精选的5种不同柳莺鸣声的波形（或响度）及频谱（响度vs. 频率）。您可以边看图表边播放CD，通过视觉和听觉来感受这些鸣声类型。

*Phylloscopus
reguloides*

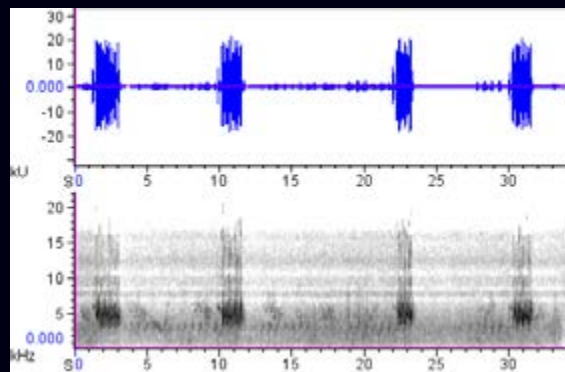


photo Arthur Grosset

11 cm

Blyth's Leaf Warbler is the most common warbler seen and heard during the breeding season. It prefers to breed in mixed forests, but can also breed in pine forests and dense shrublands. It is a small greenish bird with two light wing bars, a white eye stripe, and a yellow lower bill. It is most easily identified by its song, which sounds like "witchity-witchity-witchity." The Blyth's Warbler loves to sing, so from April through August, especially in the morning hours, you will probably see and hear this bird when walking through any forest or shrubland around Shangrila.

在繁殖季节，冠纹柳莺是最常见的柳莺。它比较喜欢繁殖于混交林，但作为一个多面手，在松树林和茂密的灌丛中也能听到它的叫声。冠纹柳莺体小，橄榄绿色，有两道浅色翼斑，白色眉纹和黄色下喙。它“witchity-witchity-witchity.”的叫声，最容易被辨认出来。喜鸣叫，所以从4至8月，走在香格里拉周围的任何树林或是灌丛中，都有可能看到和听到它，尤其是在早上。



Phylloscopus humei

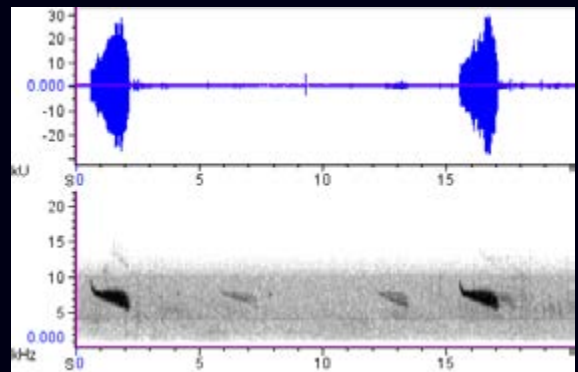


photo JM Garg

10 cm

Hume's Leaf Warbler, like Blyth's Warbler, can also live in a variety of forest and shrub habitats, but prefers dense mixed forest. It looks similar to the Blyth's and Buff-barred Warbler, but its song is distinct: a long and descending zip-like warble heard from within the dense foliage. Go to Wufengshan, the Botanical Garden, the sacred forest patches around Shangrila, or any other place where there is an abundance of forests, to hear or see this species.

和冠纹柳莺一样，这种鸟也是多面手。它能栖居于多种树林和灌丛中，但更喜欢栖于茂密的混交林中。它形似冠纹柳莺和橙斑翅柳莺，但是听起来像“zip”的长降音鸣叫和后两者有着明显的区别，常从密林中传来。在五凤山，香格里拉高山植物园，香格里拉周边的神山，或是任何有密林的地方，都能听到或看到它。

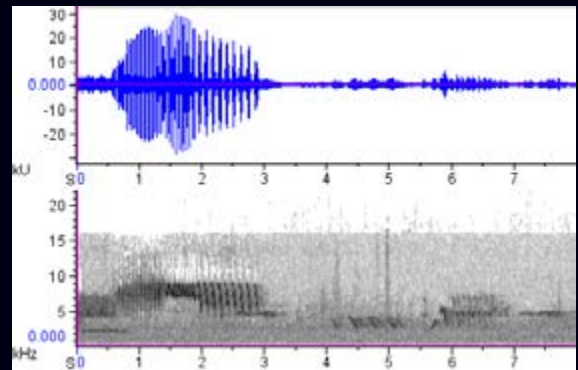


Phylloscopus pulcher



The Buff-barred Warbler breeds in dense, relatively undisturbed conifer and rhododendron forests around Shangrila. It especially likes the dense forest patches of Wufengshan, Zong Si, Bulun, and the Botanical Garden. It is a small greenish bird with two wing bars, a white eye stripe, and an all-black bill. Because of its dense habitat, you will probably never see this bird. However, you may hear it singing, a “zip” and then a long, descending warble from high up in the trees.

橙斑翅柳莺繁衍于香格里拉周边茂密的，相对未被破坏的针叶林和杜鹃林间。尤其喜欢五凤山，宗思，布伦和植物园的茂密森林斑块间。体小，橄榄绿色，有两道翼斑，白色眉纹和全黑的喙。因为栖居地植被茂密，很可能一直见不到它，却可能听到它“zip”的叫声，后接长降音，从高高的树梢传来。



11 cm



Seicercus burkii



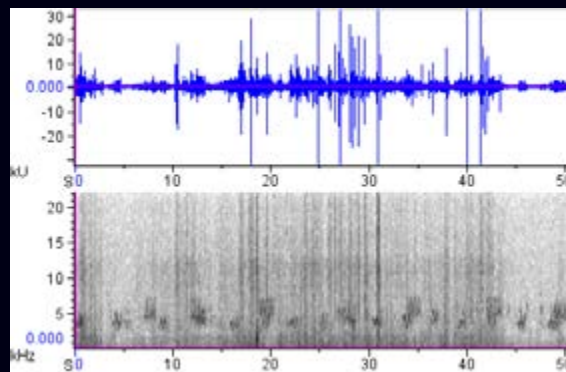
photo Mousumi Dutta



11 cm

The Golden-spectacled Warbler is quite distinctive from the other leaf warblers. It has a yellowish eye ring, a yellow belly, and a gray and black striped crown. It is quite common during the breeding season in the mid-canopy of dense forests in Wufengshan, Zong Si, the botanical garden, Bulun and Hamugu. They are very communicative, singing back and forth to each other from their respective territories in the forest. They are also quite curious and will often hop through the mid-canopy to investigate a person walking through their dense forest habitat.

金眶鹟莺和别的柳莺有着明显的区别。黄色的眼圈，灰黑色顶纹，腹部呈黄色。繁殖季节期间，常见于五凤山，宗思，植物园，布伦和哈木谷这些半遮天蔽日的密林中。它们很擅于交流，在森林里各自的领地相互鸣叫。它们也有着强烈的好奇心，常常跃于密林之上来观察闯入它们秘密基地的外来者。



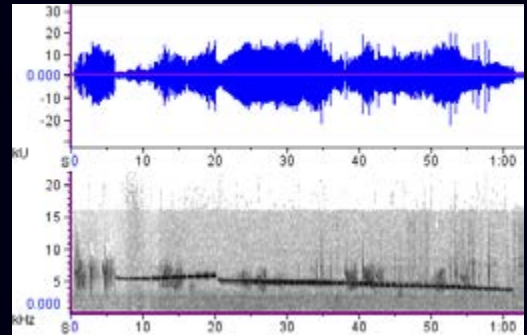
Cettia acanthizoides

The Yellowish-bellied Bush Warbler has one of the most interesting and beautiful songs of all the birds of Shangrila. It is always found in undisturbed forests containing large, dense patches of bamboo, such as Wufengshan, Bulun and Zong Si. Due to the density of the vegetation, the Yellowish-bellied Bush Warbler is more often heard than seen. However, if you stand quietly in an area of bamboo for several minutes, it is likely that the bird will eventually peek out of the bamboo nearby to investigate you. It is a plain, little, brown bird with a yellowish belly and a white eye-stripe that hops energetically among the bamboo stalks with its tail cocked upright.

香格里拉境内的鸟类中，黄腹树莺的鸣叫，可以说是最悦耳最有趣的叫声之一。常见于未被破坏的有大片茂密竹林斑块的森林，诸如五凤山，布伦和宗思。由于植被茂密，更多时候只听到黄腹树莺鸣叫，而非亲眼看到它。然而，当你在一片竹林间听到它叫的时候，静静地站几分钟，很可能它最终会从附近的竹林里飞出来偷窥你。黄腹树莺体小，上体全褐，腹部多黄，眉纹白。它竖起尾巴，精力充沛地爬上竹竿，再从这棵跳到另一棵。



photo Pete Morris



10 cm



Parus ater



11 cm



Image by Frohawk

China has lots of Tits, at least 23 species. Seven species are commonly seen around Shangrila. Tits are small, active and agile birds that often travel in noisy flocks through the canopy, feeding on insects and seeds. They often travel in mixed flocks of several different species, and are quite difficult to identify until you know the distinctive marks.

The Coal Tit is one of the most common tits around Shangrila, found in all forest types, and its song is a repetitive two-note, up-and-down song. Look for two white wing bars on the gray body, a black cap (often crested, but not always), and a white patch at the nape of the neck.

中国有很多种山雀，至少23种。香格里拉周边常见的有7种。山雀体小，好动，且行动敏捷，常嘈杂鸣叫着，结群穿越密林，以昆虫和草籽为食。由于它们体小，行动敏捷，除非掌握一些显著的外部特征，否则不容易辨认。不同种类的山雀，常一起结群飞行。如果你有机会看到山雀混群，下面的一些描述，能帮助你区分它们的种类。

通体灰色，有两道白色翼斑，大多数有尖状的黑色冠羽，但也有例外，颈背部有大块白斑。煤山雀是香格里拉周边最常见的山雀之一，各种森林中，都能见其踪影，鸣声是两音符高低重复。



Aegithalos bonvaloti



11 cm

The Black-browed Tit is a small, delicate tit with a long tail. It is distinct from other tits in Shangrila, which are primarily black, gray, and white in color. The Black-browed Tit has red on its head and body and yellowish eyes. This bird commonly travels in small flocks and feeds in the eye-level canopy of small trees, shrubs, and undergrowth of all forest types. It can be seen year-round in Shangrila.

这种精美小巧的山雀，有着长长的尾巴。香格里拉的其它山雀，体色以黑，灰，白为主，而黑头长尾山雀明显不同，头部和身体上都可见红色，眼睛为黄色。常小规模结群飞行，觅食于平视范围内的矮树丛，灌丛，和各种林地低层植被中。常年可见于香格里拉。



*Parus major
subtibetanus*

The Great Tit is larger than the other tits, but is also characterized by its one white wing bar and a black cap, never crested. It also has a distinctive, broad stripe stretching down its belly, from head to tail. The Great Tit is relatively common in forests of Shangrila, but unlike other tits, it is usually solitary and prefers open spaces in the forest canopy. It has its own distinctive song but also mimics other species, particularly that of the Coal Tit.

大山雀，顾名思义，比其它山雀更大，翼上有一道白色条纹，头顶为黑色，头羽从不竖立，腹部有一条明显宽条纹，从头部一直延伸至尾部。大山雀常见于香格里拉周边林区，但不同于其它山雀，它们常独居或是喜欢栖于密林苍穹里的开阔地。其鸣声多样，既有自己独特的鸣叫，似乎也会模仿其它鸟类鸣叫，特别是模仿煤山雀。

GREAT TIT CHICK



Creative Commons photo



14 cm



*Parus monticolus
yunnanensis*



13 cm



photo John & Fish

The Green-backed Tit is quite similar in appearance to the Great Tit, but its yellow-green back and bright yellow belly easily distinguish it from all other tits found around Shangrila. The Green-backed Tit is less common than the other tits, prefers forest edges and is typically found in pairs or small flocks of the same species. Its song is a simple one or two-note whistle, but it is more commonly seen than heard around Shangrila.

绿背山雀形似大山雀，但它黄绿色的背部和明黄色的腹部，明显有别于香格里拉周边地区的其它山雀。不太常见，喜栖于林缘地带，成双或同类结小群活动。鸣声是简单的单双音符，在香格里拉，更常见到而非听到。



Parus dichrous



12 cm



photo JM Garg

The Grey-crested Tit is a handsome little tit that prefers to feed in small flocks in the dense canopy in forests of very tall trees. It is easily distinguished from the other tits by its all-grey body, creamy-white belly, and its grey crest. Its song is distinctive – very high in pitch and consisting of several rapid, descending notes. However, it is not very loud and often sings from high in the canopy, so one must pay quite close attention to hear this bird while walking in the dense forests.

褐冠山雀长相俊俏，体型娇小，喜欢结群在高树密林中觅食。很容易区别于其它山雀，上体全灰，下体乳黄色，灰色冠羽。鸣声独特，音调很高，包括几种快速的降音符。但是，它们的鸣声不大，而且常从高枝传来，走在密林中的时候，需要留心去听。



Parus montanus

The Willow Tit is a small, unassuming tit with a black cap and throat, gray body and white belly. Its song and call consists of simple single note whistles and chirrs. It is often found feeding in mixed-species flocks in the eye-level canopy. As its English name suggests, it prefers willows and other deciduous trees and shrubs such as birch and Barberry (*Berberis spp*).

褐头山雀无翼斑和冠羽，体小，长相平凡，头顶及喉部呈黑色，上体褐灰，下体近白。鸣声也不花哨，单音符的唧唧声。常和其它鸟类混群在平视范围内的丛林中觅食。正如其英文名称所示，喜欢柳树和其它一些落叶林或是灌丛，诸如桦树和伏牛花。



photo kennymatic



11 cm



photo Edward Hu



Pericrocotus ethologus



19 cm

The Long-tailed Minivet is a long, slender, brilliant red (male) or bright yellow (female) bird with a black head. Pairs or small flocks of Long-tailed Minivets are often seen moving quickly and noisily through



Creative Commons photo

the canopy gleaning insects from the tallest trees. Minivets can be found at Wufengshan, Bulun and Zong Si during breeding season (summer) and migration (spring and fall). They go south for the cold winter months.

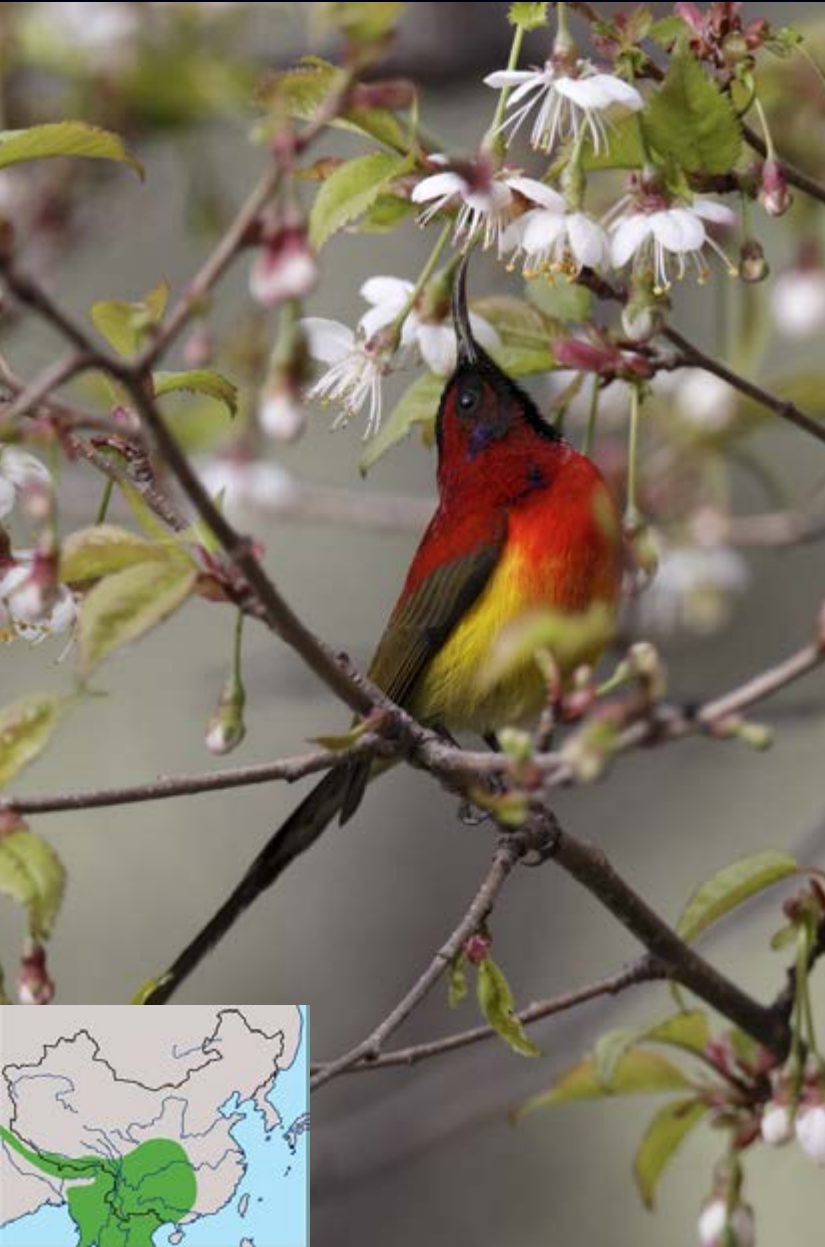
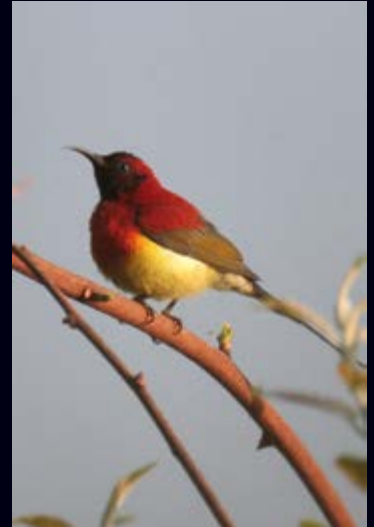
长尾山椒鸟，体型细长，身体呈黑色，羽翼和尾巴上有色彩鲜艳的斑纹，雄性的斑纹为红色，雌性的斑纹为黄色。长尾山椒鸟唱着它那独特的柔软高音，常成对出现于繁殖季节。迁徙途中，成群的山椒鸟嘈杂地快速飞过密林，降到最高的枝头上捕食昆虫。繁殖季节和迁徙时节，在五凤山，布伦和宗思能见其踪影。冬天往南迁徙。



Aethopyga gouldiae

Mrs. Gould's Sunbird is one of the most colorful birds around Shangrila, and it is a special treat to see one of these feeding in the forest. It is a small bird painted with iridescent reds, purples, and yellows. It hovers and hops among flowering trees, singing and calling noisily.

Its long, curved beak is especially suited for sucking nectar out of flowers, especially of rhododendron and roses. During the spring and summer, it can be found in well-preserved forests with lots of flowering plants, such as Wufengshan, Bulun, Hamugu, Jinugu, and Zong Si.



10 cm

香格里拉的鸟类中，蓝喉太阳鸟可谓是颜色最丰富的鸟之一，能在林间看到这种鸟觅食，实属幸运。蓝喉太阳鸟体型较小，有着闪光的红色，紫色和黄色羽毛。它们喜欢在花丛中跳跃盘旋，大声地鸣叫歌唱。它有着长长的弯弯的喙，可以吸食花蜜，尤其喜欢杜鹃和蔷薇科。春夏两季，常见于保存完好的有很多开花植物的森林里，诸如五凤山，布伦，哈木谷，吉奴古和宗思。



Cuculus canorus

ཀུག་ཀུག་ད་ཚུར་ལྷུང་ཐོན་རན་ད་ཆར་པ་བབ་རན་ད་
ཀུག་ཀུག་སྐད་ལ་འབོད། ཆར་པ་མ་བབ་རན་ད་ཀུག་
ཀུག་སྐད་ལ་དཀོན་ཤལ་ཡང་། བསྐྱད་ལྷུང་བཀག་ཟེར་
གྲགས་ཨ་ནས། ཀུག་ཀུག་ཀུག་ཀུག་ཟེར་མ་རེད་ཟེར།



33 cm

The Common Cuckoo prefers mixed areas of forest, shrub, and open land. It is a large gray bird with dark bars across its chest. It has yellow and red eyes and a strong beak suited for hunting insects, especially caterpillars. It sometimes perches on trees or telephone wires but is more commonly heard than seen. Its song is a classic, clear “goo-ko”. They are found on the hillsides right around the city, at the base of Shika Mountain, and in the Shangrila Alpine Botanical Garden. Cuckoos are well-known for laying their eggs in the nests of other species, leaving others to raise their young.

大杜鹃喜欢有森林，灌丛和开阔地的混合区域。体型较大，通体为暗灰色，胸部有深色条斑，眼睛呈红色，喙坚硬，啄食昆虫，特别是毛毛虫。有时候栖于树上或电话线上，但更多时候只是听到其鸣叫。鸣声经典，是很清晰的“goo-ko”声。常见于市区周边的山坡上，石卡雪山脚下和香格里拉高山植物园内。大杜鹃因为占其它鸟类的巢产卵而闻名，且由其它鸟类代抚养幼鸟。



Streptopelia orientalis

The Oriental Turtle Dove is a medium-sized, pink and gray bird with a black and white neck patch and a pale fringe on the end of its tail. Like other pigeons and doves, it has a plump body, a small head, and a short tail, and makes a repetitive “coo-ing” type of song. Often found in pairs at the edges of dense forests, it feeds on the ground for seeds and berries and hides from predators in the dense vegetation. The Oriental Turtle Dove can be found at the edges of forest and open country at Wufengshan, the Botanical Garden, Bulun and Jinugu. It goes south and to lower elevations for the coldest winter months.

山斑鸠中等大小，偏粉灰色，尾梢浅灰白。和其它鸽类一样，体型饱满，头小，尾短，重复地叫着“coo-ing”。常见于密林缘地，成对出现，在地面食草籽和树莓为生，躲在茂密的植被下以防被捕食。在五凤山的林缘和开阔乡间地，植物园，布伦和吉奴古都能见其踪影。最冷的几个月，往南迁徙到海拔更低的地区越冬。



photo mikini



33 cm



Carpodacus erythrinus



15 cm

China is the global center of distribution for rosefinches and boasts 19 different species. Rosefinches are medium-sized, chubby, rose-colored birds with chunky bills, which are perfect for eating seeds. The Common Rosefinch is easy to find in the forested and shrubby hillsides around Shangrila. The male has a bright red head, distinguishing it from other rosefinches. The female is a plain brownish-gray with faint streaks on its breast.



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中国是全球朱雀的分布中心，共有19种朱雀。朱雀中等大小，圆润，羽色为玫瑰红，喙粗短，方便取食草籽。普通朱雀常见于香格里拉周围有树林和灌丛的山坡。雄性头部呈鲜红色，明显区别于其它朱雀。雌性则只是朴素的灰褐色，胸部有浅色条纹。





17 cm

Carpodacus thura

The White-browed Rosefinch is another rosefinch commonly seen around Shangrila. It can be distinguished from the Common Rosefinch by its prominent pale eyebrow. It is an altitudinal migrant, breeding in alpine shrub and tree-line environments (such as Qian



Public Domain

Hu and Shika Mountain) from May to August and feeding in temperate shrubland and forests at the edges of Wufengshan and Bulun in the spring and fall.

香格里拉周边另一种常见的朱雀是白眉朱雀。是一种高山迁徙鸟类，每年5至8月，繁殖于高山灌丛和林线附近的环境中，诸如千湖山和石卡山。春秋两季，栖于温带灌丛和森林，小群觅食于五凤山和布伦林缘地带。它明显的白眉很容易和其它朱雀区分开。



Pyrrhula erythaca



The Grey-headed Bullfinch is a tame and rather handsome bird that prefers large patches of mature, native forest. It is a distinctive-looking and quite visible medium-sized gray bird with a black mask and a chunky black beak. The male also has a bright orange patch on its chest. Single males usually travel with several females in small flocks. Females are quite vocal, and though each one's song is a single high note, they tend to sing in unison, creating a harmony. They can be found year-round in Shangrila, in and around large patches of mature mixed forest, such as Bulun, Qian Hu Shan, and Zong Si.

灰头灰雀长相俊俏，性情温顺，喜欢成林、原生林的森林斑块。通常是一只雄性和若干只雌性结成小群飞行。雌性喜鸣叫，尽管每一个体有自己的单音符高音，它们仍然试图合唱为和谐曲。外貌特征明显，容易看到，体型中等，有黑色眼罩，喙粗短，呈黑色。雄性的胸部有漂亮的橘色。在香格里拉，常年可见于布伦，千湖山，宗思这样的混交成林斑块间。



17 cm

Ficedula tricolor

The Slaty-blue Flycatcher is an energetic little forest bird commonly seen and heard during the breeding season. It prefers the understory canopy of forests, perching and making short flights to catch flying insects. The male has a slaty-blue body with light underparts and white patches on its tail, visible during flight. The brown-bodied female has a white eye-ring and a reddish tail. Typically, one hears the flycatcher before seeing it. If you happen to hear the cute, short song or high-pitched call of a flycatcher, stand still for a minute – you might see a Slaty-blue Flycatcher perched on a nearby branch, flicking its tail nervously and checking you out.

灰蓝鹟体型娇小却精力充沛，在繁殖季节经常能见到。喜欢栖于密林低层，短距离飞行捕捉飞虫。雄性背灰蓝色，下体色浅，飞行时可见尾巴上有白斑。雌性通体灰褐色，有白色眼圈，尾巴泛红。通常都是先听到它的鸣叫后才能见到它。如果听到它俏皮的短叫或是高音，静静等一会，通常，灰蓝鹟都会栖于附近的枝头，弹着尾巴，观察闯入者。



13 cm





15 cm

Rhipidura hypoxantha

The Yellow-bellied Fantail is a small, active forest bird that nervously flicks and fans its tail. The Fantail is commonly seen in the understory canopy, at eye level or a little above. It has a bright yellow belly, a black eye mask, and a conspicuous fanned tail. When it is not perching on a branch, it darts about in search of food. Fantails are often found in couples or small flocks playfully flying about, chattering noisily or chasing one another. The Fantail prefers deep undisturbed forests, such as those behind Bulun Village and Zong Si.



黄腹扇尾鹟体小，很活跃，总是紧张地轻弹着尾巴。常见于平视范围或略高一点的密林低层，腹部呈明黄色，有黑色眼罩和显眼的扇形尾巴。栖于树枝上，积极地搜寻瞄准猎物。总是成双或小群出现，嬉戏追闹，叽叽喳喳地飞来飞去。喜欢诸如布伦和宗思这样未被破坏的深林。



Psittacula derbiana



50 cm



The Derbyan Parakeet is Shangrila's only parakeet. Its global range is very limited, confined only to high elevation forests in Yunnan, Tibet, and India. Populations are in rapid decline due to heavy demand for caged birds. If you are out in the most remote forests around Shangrila, you may see a small but noisy flock of these birds moving from tree to tree in the upper canopy, feeding on fruits, nuts and pollen.

大紫胸鸚鵡是生活在香格里拉的唯一一種鸚鵡。其全球範圍內的生存領域是非常有限的，僅限於雲南，西藏，和印度的高海拔森林。由於觀賞鳥貿易的大量需求，數量正在急速下滑。如果你深入香格里拉最偏遠的森林，可能會看到它們小群卻嘈雜地飛翔於樹冠之間，以水果，堅果和花粉為食。

5

SHRUBLAND BIRDS

灌丛鸟类

ཡུང་ཡག

ཞོགས་པ་སྲ་ཆ་ད་སྲོན་དུ་བསྟུན་གཞི་ནས་
ད་མཐོང་རན་ད་སྐྱག་རེ་སྐྱིད་ཟེད། ཉིམ་
གཅིག་སློང་མག་སྐྱིད་ཟེད། ད་རེས་ཞོགས་
པ་སྲ་ཆ་ཕྱིར་དུ་མཐོང་གྱུ་འབའ་ཚོག་
གཞི་ནས་ཉིམ་གཅིག་ན་ཁྱོད་སྐྱག་ཟེད།



灰背伯劳

“关于灰背伯劳，我们相信，如果你在早晨的时候看到它显示白色的胸部，预示你会高兴一整天。但是，如果你看到它显示黑色的背部，预示你整天会很惨。”（达拉村民）

The Grey-backed Shrike

‘As for the grey-backed shrike, we believe that if you see it early in the morning when it is showing its front, you will be very happy all day. But if you see it early in the morning when it is only showing its back, you will be miserable the whole day.’ Dara Villager

Mixed shrublands are very common in the hills around the town of Shangrila. The shrublands consist mainly of evergreen oak, rhododendron, and mixed deciduous shrubs. The mixed shrublands are a result of the clearing of primary forests several decades ago. Since the clearing of the primary forests, the land has been extensively used by local people for a variety of uses. In some cases an area will, over hundreds of years, regenerate back into a natural mixed forest. However, due to the extensive use of the land, it appears that the areas around Shangrila will never fully recover; these areas around Shangrila will probably remain as a vegetation community quite different from its previous state.

Although the shrubland bird community is not as rich as the forest bird community, it does provide nesting habitat for several beautiful birds during the breeding season. In addition, many birds that require forest or open habitats during the breeding season (May through July) can be seen foraging in the shrublands during the non-breeding season, indicating that the shrublands provide important resources for many species throughout the year. For example, the Oriental Turtle Dove, the Grey-backed Shrike, and several species of tits and warblers are commonly seen feeding in the shrublands.

混合灌丛常见于香格里拉城市周边的山上，主要由常绿橡树、杜鹃以及混合落叶灌丛构成。混合灌丛是几十年前砍伐原始森林的后果。原始森林被砍伐后，当地居民就广泛利用土地资源。某些情况下，人们试图在数百年里重新将它恢复到天然混交林状态。然而，就香格里拉周边大部分地区而言，由于资源的广泛使用，自然再生能力变得非常有限，而这些灌丛则很可能保留下来和之前大不一样的植物群。

尽管香格里拉的灌丛鸟类群落不如林鸟群落丰富，但在繁殖季节，香格里拉仍然为这些漂亮鸟类提供了筑巢栖息地。此外，春秋两季，可以看见许多林鸟和喜开阔地鸟类在灌丛中觅食，这表明，在非繁殖季节，灌丛为许多鸟类提供了重要资源。例如，常见山斑鸠、灰背伯劳、各种山雀和莺类在灌丛中觅食。

Lanius tephronotus



Creative Commons photo

The Grey-backed Shrike is the one of the most common birds around the shrublands and pastures around Shangrila.

It is a handsome bird, with a gray back, a black eye mask, a white throat, and reddish flanks and

rump. It has a long tail that it flicks nervously as it perches prominently on a tall shrub or small tree, a telephone wire, or a fence post. It watches patiently from its perch and then pounces on its prey, usually insects or small animals, killing them with its powerful, hooked beak. It can be seen from May to November in Shangrila but migrates south for the winter months.

在香格里拉的开阔地和灌木丛中，灰背伯劳是最常见的鸟之一。长相俊俏，背灰色，眼周黑，喉白色，侧翼，股羽及尾下覆羽锈红。它或栖于高灌丛、矮木、电话线、围篱桩上，在这些比较容易被发现的地方，它时常会紧张地轻弹着长长的尾巴。它以昆虫或小动物为食，捕食的时候，先锁定目标，再猛扑向猎物，然后用强有力带钩的喙致死猎物。在香格里拉，从5月至11月都能见到它的身影，直到冬天才往南迁徙。



23 cm



Luscinia pectoralis

The White-tailed Rubythroat is a pretty little bird with a dark gray body, a black band around its eyes and its chest, and a bright red throat. The dense shrublands around Wufengshan, Jinugu, Hamugu and Bulun sacred forests provide an ideal breeding habitat for the Rubythroat. During the breeding season, it perches on the tops of shrubs, singing throughout the day, cocking its tail, and showing off its bright throat patch. Like the Grey-backed Shrike, the White-tailed Rubythroat heads south for the winter.

蓝歌鸲是一种漂亮的小鸟，通体暗灰色，眼睛和胸部周围有黑色带，喉呈鲜红色。五凤山，吉奴古，哈木谷和布伦神山周围的茂密灌丛为其提供了理想的繁殖栖息地，因此，蓝歌鸲数量多而且常见。繁殖季节，它们栖于灌丛顶部，整天唱歌，竖起尾巴，炫耀自己显眼的喉斑。冬季往南迁徙。



photo Rathika Ramasamy



photo Alastair Rae



15 cm



Saxicola torquata

The Stonechat can be spotted in the low bushes at the edges of fields and grasslands, or in the dense shrublands around Shangrila. The male (photo not available) has a black head and back and reddish breast, while the female is a non-distinct brown color. As their English name suggests, their voice is a harsh clacking sound, like the sound heard when striking two stones together. They perch on low shrubs and fences to pounce on insects and other invertebrates, but they also like to eat seeds and berries. They can be found during the breeding season (May through July) around Shangrila, but will migrate south during the winter months.

黑喉石即是一种喜开阔地的鸟，但也喜欢香格里拉周边山坡上茂密的灌丛。常见栖于田边的低矮灌丛、草场、或是香格里拉高山植物园里的高山灌丛中。雄性特征明显，头部和背部均呈黑色，胸部泛红，而雌性体羽则通常只是褐色。正如其英文名所示的，它们的鸣声是刺耳的咔嗒声，像两块石头碰撞时发出的声音。它们栖息于矮灌丛或栅栏上袭击猎物，通常捕食些昆虫和其它无脊椎动物，也吃草籽和浆果。繁殖季节可见，冬季往南迁徙。

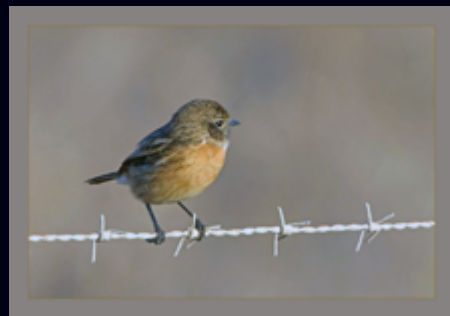


photo Galeria Deaves



13 cm



*Hodgsonius
phaenicuroides*

The White-bellied Redstart is a handsome and noisy bird that dwells in the dense shrublands. It has a slate-blue body, a long dark tail and a white belly. It is common to see this bird during the breeding season, perched on the top of a shrub, defending its territory by incessantly singing and calling. As it perches, it fans its long tail, displaying bright red patches on the base of its tail. This bird is very common from May through July in the large areas of mixed shrublands around Wufengshan and at the base of Shika Mountain. It is an altitudinal migrant, migrating to lower elevations for the winter months.

白腹段翅鸫是一种俊俏且喧闹的鸟，常栖于混合灌丛中。板状蓝的身体，深色的长尾，腹部白。在繁殖季节，常见它们栖息于灌丛顶端，不停地唱歌或鸣叫来保卫领土，并且扇动它的长尾，来炫耀下面的鲜红色斑块。每年5至8月，常见于五凤山和石卡山脚下周边的大片混合灌丛中。这是一种高山迁徙鸟类，冬季迁徙到低海拔地区。



photo JM Garg



18 cm



Emberiza godlewskii



17 cm

The Godlewski's Bunting is a plump, streaked bird with a large, chunky bill. Its head is streaked with gray, light brown, and dark brown, and its body streaked with various shades of brown and black. This bird likes the shrublands on the dry rocky slopes that rise up from agricultural fields. It feeds on grains



William Hart

left lying in the fields, as well as seeds and nuts in the forests and shrublands. The Godlewski's Bunting is commonly seen foraging in the Shangrila Alpine Botanical Garden, at the edges of Wufengshan forest, and in the shrublands at the base of Shika Mountain. It can be seen year around in Shangrila, although some individuals do go south for the winter.

戈氏岩鹀体型丰满，体羽带纵斑纹，喙粗短。头部带灰色、浅棕色、深棕色相间的斑纹，身体上也有棕色、黑色深浅不一的斑纹。这种鸟喜欢在农田附近岩坡上的灌丛中啄食谷粒，也喜欢在森林岩坡上的灌丛中寻觅野生草籽。常见其觅食于香格里拉高山植物园、五凤山林缘地带、石卡山山脚下的灌丛。虽然有些鸟类冬季往南迁徙，但是在香格里拉全年都能看见这种鸟。





18 cm

The White-collared Yuhina lives in small, noisy flocks at the edges of forests and shrublands. It has a bold, black and white pattern on its body and its crest. Its bill is long and bright-yellow, which contrasts with its dark face. Its song and call is a series of piercing, high-pitched chatters and squeaks. It often perches prominently on taller trees mixed in with short, dense shrublands. It especially likes the edges of Wufengshan and Bulun village sacred forests.



Creative Commons photo

白领凤鹛小规模群居在林缘地带和灌丛中，聒噪不已。身体和羽冠上均有醒目的黑白相间图案。鲜黄的长喙，与它黑色的脸部形成鲜明的对比。它的歌声和鸣声都很刺耳，类似于高亢的尖叫声。通常栖息于茂密矮灌丛中较高的树上。尤其喜欢五凤山和布伦神山的林缘地带。





15 cm

Prunella strophciata

The Rufous-breasted Accentor is handsome, without being flashy. Its feathers are a collage of black, gray, reddish, and white colors. Its black face mask with rufous eyebrows, and a bright red-brown chest that stands out against its dark body and white belly, make it easy to identify. During the breeding season (May through July), it is very common to see it perching high on a shrub in the alpine zone, and to hear it loudly and persistently defending its territory. At other times, particularly spring and fall, it can also



John Gould

be seen and heard in the forests and shrublands around Shangrila. It migrates to lower elevations for the winter.

棕胸岩鹀非常俊俏，通体黑，灰，红，白色相间。眉毛和胸部呈红褐色，与它们暗黑的身体和白肚形成鲜明的对比，成为它们最明显的识别标志。繁殖季节，常见于高山灌丛中，栖息在高灌木上，大声鸣叫捍卫其领土。棕胸岩鹀也出没于香格里拉附近的森林和灌丛中，尤其是春秋两季。冬季往海拔较低处迁徙。



Grandala coelicolor

The Grandala is an uncommon and beautiful bird, only seen in the open country of the high alpine zones. It is large, with a vibrantly-colored indigo body, and with black wings, beak and tail. Its size and color are unmistakable, especially amidst the open, rocky grasslands of the alpine meadows. The Grandala is usually spotted alone or in a pair during the breeding season (May through July), but it roams in large flocks (up to 200 birds) during the non-breeding season. It is a fairly quiet bird, but its soft, clear 'tji-u' can occasionally be heard from close range.

蓝大翅鸫是一种罕见的美丽鸟儿，只在高山地带的空阔地上能看到。体型较大（21厘米），通体亮紫色，翼和尾呈黑色。由于它的体型较大，体羽颜色明显，且主要栖于高寒草甸的草地和岩石上，所以很容易辨认。通常甚安静，鸣叫时，声音轻柔，为“tji-u”声，只有近距离才可听见。



photo Jens Hansen



23 cm

6

GROUND DWELLERS

IN THE

FOREST AND SHRUBLANDS

灌丛和森林里的
地面鸟类

and the

PHEASANT

སྤང་གཡལ་འོང་རྒྱ་བྱ་གཉིས་ཡི་གནའ་གཏམ། བྱམས་པ་ཚེ་རིང་།

འདི་རིན་གས་རིན་ཉི་འབྲོག་པ་ཚོ་ཡིས་པར་
 བཤད་བྱེད་བསྐྱེད་མྱི་ཡི་གནའ་གཏམ་གཅིག་རེད།
 གནའ་སྲུ་མོ་སྲུ་མོ་བཟེད་སྤང་གཡལ་གཅིག་
 འོང་རྒྱ་བྱ་གཅིག་འབྲོག་ཡུལ་ན་འདུག་རེད། སྤང་
 གཡལ་རི་འཆའ་འཁྱུང་མང་མོ་ཡོད་རེད། ཡས་
 དགའ་བཅུག་ཡི་རོགས་སྤྱེད་ཐོན་རན། ན་རེས་
 གྱུ་ཡིན་ནོ། ལ་བ་བབ་གྱུ་ཐོན་རན་རྒྱ་བྱ་རི་ལྗོ་མ་
 འོན་ཐོན་ལྗོ་ག་ཤི་བསམས་ཁུར་རན་ཡིན་ནོ།
 ཉིན་གཅིག་སྤང་གཡལ་འོང་རྒྱ་བྱ་གཉིས་འཕྲོད་
 ཡིན་ནོ། རྒྱ་བྱ་ཡིས། འོ་ར། བྱེད་ཨ་ཚང་འདི་འདྲ་
 བསམ་མ་དགའ་རེས་གྱུ་ཚིག་བྱེད་གཅིག་སྤང་ཟེར་ཐོན་དེ་
 ཡིན་ནོ། སྤང་གཡལ་ཡིས་ད་དགའ་ཤོར་ཨ་བསམས་
 ཡི་ངའི་རྒྱབ་དགའ་ཅེ་ལ་མྱི་མ་འདུག་ཐོན་ད་སྤུག་

This is a story that the nomads often tell to one another when up in the mountains

summary of story told by Jampa Tsering, Nakara

Long, long ago, on a high plain where nomads lived, there was a rabbit who had plenty to eat but could not laugh. ‘Oh, if only I had someone who could make me laugh’ it mourned. In the same place there was a pheasant who could not find any food because the ground was covered with snow. ‘I am so weak I am going to die’ it moaned. One day, the rabbit and the pheasant met each other and when they discovered the other’s problems, they promised to work together to solve them.

The rabbit took the pheasant to the edge of some nomad tents and told it to get ready to go in the tents and eat all the tsampa, cheese, buttermilk and other foods that it wanted. Then the

གྲུ་སྤང་བེར་ཡིན་ནོ། དེ་རན་ཡང་སྤང་གཡལ་ག་ཡིས་
 སར་རྒྱ་བྱ་སྤང་གཅིག་ལྟ་ཐོན་དེ་ཡིན་ནོ། དེ་ན། རྩོད་
 ལུ་འདྲ་ཨ་བྱེད་ཤེད་ཀུན་མྱོད་རེས་གྲུ་ཆིབྱེད་གྲུ་སྤང་
 ཟེར་ཐོན། དེ་རན་རྒྱ་བྱ་ཡིས་སྤང་གཡལ་ལེ་བཤད་
 ཡིན་ནོ། ང་ལུ་འདྲ་ཡི་ཤེད་ཀུན་མྱོད་རན་རྒྱ་རི་ཨ་ཚང་
 འབྲོག་ཡུལ་ནང་ནི་ཁ་བ་དཀར་གྲུ་ཐོན་ལྟོ་འཚོལ་འགོ་
 ས་མྱོད་ཐོན་ལྟོག་གྲུ་སྤང་བེར་ཡིན་ནོ། སྤང་གཡལ་
 ཡིས་རྒྱ་བྱ་ལ། ཨ་ཕྱིག་ རྩོད་འདི་ལས་སྤང་རེད་ཟེར་
 ཡིན་ནོ། རྒྱ་བྱ་ཡིས་སར་སྤང་གཡལ་ལེ་རྩོད་བསམ་
 སྤྱི་བསྡད་ནང་ས་ལྟ་ན་ལས་སྤང་ནི་བེར་ཡིན་ནོ།
 སྤང་གཡལ་ཡིས་འབྲོག་པ་སན་ཡིས་གུར་གཅིག་
 འགམ་རྐང་པ་ན་སྦྱོན་དཔེ་བྱེད་ཐོན། “ཐིག་ཐག་
 ཐིག་ཐག” རོང་གུར་འགམ་འགོ་བསྡད་རན་དེ་སྦྱོད་
 རེད་ཡི་འབྲོག་པ་རོང་རྩི་བོ་སྦྱོད་མ་ཡིས་ཁོ་སྤྱི་བསྡད་
 བསྡད་ཡིན་ནོ། ཁོ་གསུམ་ཡིས་སྤང་གཡལ་རྐང་
 ཆག་གཅིག་མཐོང་རན་རྩོ་གཡུག་རླུང་རླུང་བྱེད་གྲུ་ཚྲར་
 ཟུང་དགོས་བསམས་ཐོན། སྦྱོད་མ་ཁ་བ་ནང་ནི་སྤང་
 གཡལ་གྱི་མ་སར་སྤྱི་བསྡད་ལུར་ཐོན་འགོ་ཡིན་ནོ། རྒྱ་བྱ་
 རི་ཡར་གུར་ནང་གཅིག་འགོ་རན་བྱེ་མ་སྤྱི་བསྡད་
 ཐུང། རྒྱ་བྱ་ འཆའ་ཅོ་འབྲུང་ཅོ་ལེ་སྤྱི་བསྡད་ཚོགས་
 ཚོ་འདུག་ཡིན་ནོ། འདི་མྱི་ཚོ་རི་སྤང་གཡལ་གཅིག་
 སྤྱི་བསྡད་གཅིག་སྤྱི་བསྡད་སྤང་གཡལ་འཇུ་ཐུབ་གཅིག་གྲུ་
 འེག་བརྒྱ་ཅོད་བྱེད་ཡིན་ནོ། ཡས་འེག་ལིང་རེད་རན་
 ཡང་སྤང་གཡལ་ཡིས་དྲག་ཐོས་གཅིག་བྱེད་ཐོན། སྦྱོར་
 རག་ཡིན་ནོ། དེ་རན་ཁོ་གསུམ། ཨ་ཁ། ཟེར་བྱེད་

rabbit, pretending to be injured, went tita tita limping in front of the tents. All the nomads and herders ran after it trying to capture it. The rabbit let them get close and when they almost caught it, the rabbit ran again with all its might. In the meantime, the pheasant was in the tent eating its fill.

Later that day, the rabbit asked the pheasant, ‘When are you going to make me laugh?’ The pheasant replied, ‘After the snows melt I will make you laugh.’ So after the snow melted the rabbit found the pheasant and said, ‘Make me laugh’, but the pheasant said, ‘When people are in the fields beating the dirt clods, come and find me.’ So when the rabbit saw an old man and an old woman in the fields beating dirt clods, it came to find the pheasant.

The pheasant told the rabbit to sit at the top of the field and not move. Then the pheasant tuotutuotuo flapped and landed on the head of the old woman. ‘Grandpa, grandpa’ she shouted, ‘Come and hit the pheasant.’ The old man swung his hoe *shua!* intending to hit the bird, but instead hit the old woman. Meanwhile, the rabbit was in the field laughing so hard that it split its lip wide open.

兔子和雉鸡

这个故事，是牧民在山上时，常常彼此讲说的故事
江巴七林，纳格拉（英汉翻译：林志明）

很久很久以前，在一个游牧民族居住的高平原，生活着一只兔子。这兔子虽有好多吃的，却就是笑不出来。“啊，真希望有人能让我笑！”它哀声说道。在那地方还住着一只雉鸡。因为地面被大雪覆盖着，雉鸡找不到任何可吃的东西。“我这么弱，看来没过多久，就将死去。”它呻吟着说。有一天，兔子和雉鸡相遇，知道了彼此的难处。它们相互承诺，会共同解决彼此的问题。

兔子把雉鸡领到牧民的帐篷边，叫它预备进帐篷，尽情地吃那里的糌粑、奶酪、酥油和其他食物。言罢，兔子就佯装受伤，在帐篷前“嘀哒嘀哒”磕磕绊绊地走着。所有的牧民顿时都冲了出来，要把它捉住。兔子屡屡等到他们接近并快要捉到它时，就竭力逃开。在那期间，雉鸡却在帐篷里吃个尽兴。

当天晚些时候，兔子问雉鸡：“你何时让我笑呢？”雉鸡回答说：“积雪融化后，我将让你笑。”积雪化后，兔子找到了雉鸡，对它说：“让我笑。”但雉鸡说：“待人们在田里松土时，再来找我。”于是，当兔子看到一位老爷爷和一位老奶奶在田间松土时，它就把雉鸡寻来。

雉鸡叫兔子不动地坐在田的上边。之后，雉鸡“哧哧哧哧”拍打着翅膀，飞落在那老奶奶的头上。老奶奶向老爷爷呼叫：“快来打这雉鸡！”老爷爷挥起他的锄头，“唰”的一声向雉鸡打去，哪知却击中了老奶奶。看到这一幕，田间的兔子不禁捧腹大笑，连唇都给笑裂了。

ལྷན་ཐོན་ཚུར་གྲུ་ནང་ཕོག་རན་གྲུ་ནང་ནི་འཆའ་
ཅོ་འཐུང་ཅོ་རྒྱ་བྱ་འོད་ལང་བཟོ་ལྷན་ཐོན་ཡིན་ལོ།
རྒྱ་བྱ་ལེ་འདྲང་བཅུག་ཐོན་རན་ཡང་སྤང་གཡག་
ཡིས་རྒྱ་བྱ་ལེ་དྲི་ཡིན་ལོ། སྤྱོད་ལེ་ན་དགའ་བཅུག་
བཟེ་ཟེར་ཐོན་དྲི་ཡིན་ལོ། རྒྱ་བྱ་ཡིས་དྲང་གཏམ་
བཤད་ཨ་དགོས་ཨ། ལ་བ་སྤར་ཡལ་ཐོན་རན་གྱི་ཚོ་
ས་པ་བཏང་རོང་སྤར་ཉིན་སྤྱོད་འབོད་འོང་ཐོན། དེ་
རན་ངས་སྤྱོད་ལེ་གཅིག་དགའ་བཅུག་ཟེར་ཡིན་ལོ།
ཉིན་གཅིག་སྤང་གཡག་ཡིས་གྱི་འགའ་རེ་གཅིག་
ཞིང་ན་ས་པ་བཏང་བསྐྱད་ས་མཐོང་ཡིན་ལོ། དེ་རན་རྒྱ་
བྱ་ཡིས་སྤང་གཡག་ལེ། སྤྱོད་ཞིང་མགོ་ཕར་མ་འགུལ་
མར་འདུག་ཐོན་ལྟ་བུ་བསྐྱད་ཟེར་ཡིན་ལོ། ཞིང་གཅིག་ནང་
ནི་རི་ཨ་སུ་ཨ་གྱེས་གཅིག་གཉིས་མགོ་རི་གྲུག་ས་
པ་བཏང་ཐོན་འདུག་ཡིན་ལོ། ཚ་ཚོ་མ་ཚོ་རྒྱ་བྱ་ཡིས་
ཕར་ཐོ་ཐོ་ཐོ་ཐོ་ ལྷན་ལྷན་ཐོན་ཨ་སུ་ཡི་མགོ་སྤང་
ཞབ་བྱ་ཡིན་ལོ། ཞབ་བྱ་ཚང་ཨ་སུ་ཡིས་ཨ་གྱེས་
ལེ། ཨ་གྱེས། ཨ་གྱེས། མགྲོགས་པ་གཡུག་ཤོག་
ཟེར་ཡིན་ལོ། ཨ་གྱེས་ཡིས་ཨ་སུ་ཡི་མགོ་སྤང་ཡི་རྒྱ་
བྱ་ཚུར་སྤྱེལ་བཟོ་བྱ་དགོས་བསམས་ཐོན་ཡར་གཤམ་
གྱུ་གཅིག་གཡུག་བསྐྱད་རན་ཅོད། རྒྱ་བྱ་རི་འཕྲོལ་
རག་ཨ་སུ་སྤར་མགོ་ལེ་སྤྱོད་ཐོན་སྤི་མངགས་ཡིན་
ལོ། སྤང་གཡག་རི་ཞིང་མགོ་འདུག་བསྐྱད་ཐོན་ཚོད་
དགའ་བཅུག་འགྲོ་ཐོན་མཚུགས་གཤམ་ལྷན་ཡིན་ལོ།

Shangrila is teeming with birds that rely solely on resources found on the floors of its forests and shrublands. In fact, Northwest Yunnan is an important habitat for many species of ground birds including pheasants, laughingthrushes and babblers as well as various thrushes found only in the Hengduan Mountains. Several of these species are threatened due to their shrinking habitat because of the continual clearing of native forests throughout the region. Three species of pheasants—large, plump, colorful birds that move around in small flocks—are common around Shangrila. Laughingthrushes are large, slender, noisy birds unique to the Southern Himalayas and the Hengduan Mountains. It is a pleasure to hear their distinctive songs and observe their energetic hopping from shrub to shrub through the forest. Babblers are shy, noisy birds that are often heard but rarely seen. They sulk in the dense forests and shrublands around Shangrila. The two thrush species found in Shangrila are wonderful, energetic singers. During the breeding season, they commonly perch and sing from the top of the tallest tree in the forest, but they forage mostly on the forest floor.

香格里拉的很多林鸟，在地面的时候都极其依赖于森林和灌丛来为生。实际上，包括香格里拉在内的滇西北地区，是很多地面鸟类的重要栖息地，诸如野鸡、噪鹛、草鹛和只栖于横断山脉的鸚。由于该区原始森林不断缩减，鸟类栖居地不断减少，导致其中的几种鸟类面临生存威胁。有三种体形较大、身材圆润，羽色鲜艳的野鸡常见于香格里拉，这些野鸡喜欢小群活动。噪鹛是特殊的鸟群，体型较大，纤瘦，聒噪，多数生活于中国南部的喜马拉雅山脉，习性和鸣声都很特别，如果能看到，是很有意思的，因为穿越森林的时候，它们总是精力充沛地从一个灌丛跳到另一个灌丛。草鹛比较害羞却聒噪不已，常只闻其声，不见踪影。它们躲在香格里拉的茂密森林和灌丛中。出没于香格里拉的鸚有两种，它们都是不知疲倦的歌者，繁殖季节，常栖于最高的枝头唱歌，但觅食的时候就会落到地面。

Crossoptilon
crossoptilon



The 'Eared Pheasants', so named because of their prominent ear tufts, live only in the mountains of Southwest China and Tibet. Their habitat, high-altitude, old-growth forests, is being lost at an alarming rate. The White Eared Pheasant is one of Shangrila's most special birds. It lives part of the year above snow line, where its snow-white body helps it to blend in to its surroundings. If you are lucky, you can spot this gregarious, noisy bird foraging in the alpine grasslands on Shika Mountain.

这是香格里拉最特别的鸟类之一。世界上只有四种带耳的野鸡，白马鸡就是其中一种，英文名就来源于此，直译为白耳野鸡。白马鸡只生活在中国西南和西藏，而它们的栖息地----高海拔地区的古老森林，正在以惊人的速度缩减。白马鸡有时候也生活在雪线以上，它白色的羽毛正好和雪一样，是很好的掩护色。白马鸡性喜成群，聒噪不已，常成群出现，幸运的话，能看见它觅食于石卡雪山的高山草甸上。



photo yang and yun



89-96 cm



Ithaginis cruentus



Public Domain

The Blood Pheasant lives in small flocks in dense sub-alpine forests, such as those near Bulun Village and on the Shika Mountain. They move along the mossy forest floor, foraging for green foods, especially lichens. The male is unmistakable, with a short tail, pale gray body and head, and a red neck and mask around its eyes. The Blood Pheasant is an altitudinal migrant, moving to lower elevations in the winter to avoid snow cover.

血雉结小群生活于茂密的亚高山森林里，诸如布伦附近的那些山和石卡雪山。沿长满青苔的林地活动，食绿色植物，尤其喜欢地衣。雄性特征明显，短尾，体羽和头部呈灰色，颈部和眼周泛红。血雉属高山候鸟，冬季迁到较低的山地躲避风雪。

39 cm-43 cm

Phasianus colchicus

The Common Pheasant prefers dense shrub cover close to forests, where it lives in small flocks. The male is colorful and distinctive, while the female is very plain. If a hiker happens upon its hiding place in the dense, low shrubs, it will rush out with loud squawking and fly so quickly to a new hiding place that the hiker is likely to only see its back and tail. This bird is native to China but is common all over North America and Europe, where it was imported for hunting around the turn of the 20th century.

雉鸡喜欢森林边的茂密灌丛，小规模群居。雄性色彩艳丽，特征明显，雌性的外表则非常朴实。雉鸡喜欢在林间穿梭，常会看到它们从茂密低矮的灌丛飞出，躲到另一个地方，它们飞得很快且噪音很大，很可能只来得及看到它们的背部和尾巴。雉鸡起源于中国，二十世纪初，为了捕猎娱乐而引进欧美，所以常见于北美和欧洲。



Public Domain



60-89 cm



*Chrysolophus
amherstiae*



The Lady Amherst's Pheasant is another special pheasant species around Shangrila. Although commonly heard, it is rarely seen. Its natural habitat is dense, dark, moist forests with thick undergrowth. The male is quite ornate and colorful, with a multi-colored body and a very long black and white tail. The best time to see the Lady Amherst's Pheasant is during its mating season in April and May in the thick forests of Zongsi. The male will proudly display its beautiful plumage in an effort to attract females.

白腹锦鸡是香格里拉的另一种野鸡，常听到其鸣叫，却很少见。栖于茂密，黑暗，潮湿且有厚厚低层植被的森林。雄性可以说是美轮美奂，异常艳丽，还有长长的黑白相间的尾巴。观看这种鸟，最好的时机是每年的4、5月，因为在这交配季节，雄性的荷尔蒙分泌促使它不停地展现美丽的羽毛，以此来吸引雌性。建议到宗寺附近的茂密森林观看。



雌性 *female 67 cm*
雄性 *male 100-120 cm*



Garrulax elliotii



24 cm

The Elliott's Laughingthrush is a gregarious bird that can easily be seen and heard in the shrublands and disturbed forests around Shangrila. They are not at all shy and can be found year-round. They are a medium-sized, brownish-gray bird with a long, dark, white-tipped tail and blue and yellow highlighted wings and tail. They have several different whistle-like songs and babble incessantly to one another as they flit through the shrubs and undergrowth of the forests.



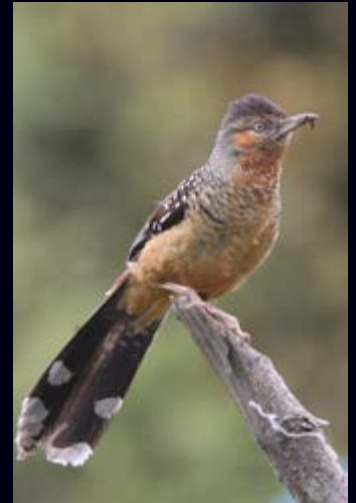
橙翅噪鹛中等体型，性喜成群，在香格里拉的灌丛和遭破坏的森林里，都能见其踪影。它们一点也不怕羞，常年可见。全身大致灰褐色，长尾羽色深而端白。有多种鸣声，最常听到的是“babbling”，只见它们一边精力充沛地跳跃于灌丛和森林低层植被间，一边不停歇地相互唱着歌。



Garrulax maximus



30-35 cm



The Giant Laughingthrush is less common and more shy than the Elliot's Laughingthrush and is only found in dense, relatively undisturbed forests. They are large, with a long tail and boldly spotted wings. More frequently heard than seen, the song of these solitary birds is a loud, piercing whistle with which they produce a variety of melodies. When seen, they are often solitary and perched on a high tree in a forest clearing. The Giant Laughingthrush can be found in dense forests such as those on Wufengshan, and in the sacred forests near Bulun and Zong Si Villages.

比起橙翅噪鹛，大噪鹛更不常见且更害羞一些，只见于茂密的相对未被破坏的森林里。它们体型较大，尾巴特长，两翼特征尤为明显。通常单独或成对活动。常常仅闻其声而不见其影，叫声响亮、粗犷且富于变化。常见其独自栖于林中空旷地的高枝上，可见于诸如五凤山，布伦和小中甸这样茂密的森林。



Turdus rubrocanus

The Chestnut Thrush is one of the most common forest birds in Shangrila. It is a large bird, with a distinctive chestnut and gray body and a large yellow beak. It can be found at the edges of dense forest and shrublands and cackles noisily as it flies between the two habitats. It is also a beautiful singer and its loud, clear song can be heard day and night near forests and at the edge of town. The Chestnut Thrush can be found during spring, summer and fall in Shangrila but will migrate to lower elevations to avoid snow.



photo John Furse

这是香格里拉最普通的林鸟之一，尤其喜欢林缘地带，大声咯咯地叫着飞旋于草场和森林间。体型偏大，有明显的栗褐色和灰色体羽和黄色的喙。它们是很好的歌者，歌声响亮清晰，昼夜都能听到，连城边也能听到。灰头鹀常见于茂密的森林，城边山坡上的灌丛中也能见到，是该区的常客，冬天迁徙到海拔较低的地方。



27 cm



Turdus mupinensis

The Chinese Thrush has one of the most beautiful songs of all of the birds of Shangrila. During the breeding season, one can hear the Chinese Thrush singing loudly and clearly from its perch high atop trees in little-disturbed forests at the base of Shika Mountain and in Xiao Zhongdian. When not singing, it is quietly foraging for berries and insects in the low, dense shrubs of the well-preserved forests of its home territory. It is a medium-sized, plain brown bird, that is easily identified by the crescent-shaped moon behind its eye.

香格里拉鸟类中，宝兴歌鸫的歌声算得上是最动听的。繁殖季节，在石卡雪山下和小中甸那些未被破坏的森林里，都能听到它们洪亮清晰的叫声从枝头传来。不唱歌的时候，比较害羞，一般呆在未遭破坏的林下茂密灌丛中，寻觅浆果和昆虫。宝兴歌鸫中等大小，呈棕褐色，眼后新月形状的冠羽是其最为明显的特征。



photo David Friel



23 cm



Babax lanceolatus

The Chinese Babax is a Babbler, which looks like a laughingthrush but is actually more related to the warblers. The Babax is rarely seen but often heard singing in the mountain forests and shrubland. It lives and feeds primarily on the ground or in the dense shrubs. It has a streaked body, a black mask, and a slightly curved, black bill. One can hear these singing near Wufengshan, the forests at the base of Shika Mountain, or in dense forests near Xiao Zhongdian.

矛纹草鹛属鹛，但外形特征和噪鹛较为相似。森林和灌丛里常闻其声而不见其踪影。常栖于地面或茂密灌丛中觅食。体羽上有纵纹，脸颊有黑色面罩，黑喙略弯。矛纹草鹛怕羞，喜栖于相对未遭破坏的森林。五凤山，石卡山下或是小中甸周围的山上都能听到它们的鸣叫。



Public Domain

23-30 cm

Pomatorhinus erythrocnemis

བྱ་ཚབ་དེ་ནི་འབའ་ཚོ་ག་འདུག་མ་དེད། ཡུལ་ན་འདུག་མ་དེད།
འོས་སྐད་སྐྱག་རེ་རྒྱབ་བསྐད་རན་ཆར་པ་བབ་ཅི་ཟེར་བསྐད་ཤེས་ནོ།
དང་འོ་འོ་སྐད་འབྲུང་ན་སྐད་སྐྱག་རེ་བདེ་པ་རེས།



棕颈钩嘴鹛



STREAK-BREASTED SCIMITAR BABBLER

The Spot-breasted and Streak-breasted Scimitar Babblers are closely related, and their habits and habitats are similar. They are more commonly heard than seen, with the



24 cm



ཡུལ་སྲོལ་བ།

MIGRATION

迁徙



One, two, three flocks of birds are flying by.
First the blue-green cuckoo—
a wave of blue on its way to China.
Then the small, white pigeons—
a wave of white headed for Lhasa.
And finally the golden ducks—
a wave of yellow going to live by Er Hu.
I hope we meet again this time next year.

藏汉翻译：格桑次仁

鸟儿一群一群地飞走了。
先飞走的是青蓝色的布谷鸟，
青蓝蓝一片飞往汉地国都。
第二飞走的是白色的鸽子，
白白一片飞往圣地拉萨。
最后飞走的是黄色的鸳鸯，
黄黄一片飞往大理湖畔。
愿明年此时再相会。

བྱ་གཅིག་ལྡིང་གཉིས་ལྡིང་
བྱ་གསུམ་ལྡིང་།
སྲོ་ཁྱིལ་ཁྱིལ་སྐྱ་ནག་གྲོང་ལ་ལྡིང་།
བྱ་བར་ལྡིང་ཕུག་རོག་དཀར་ཚུང་ལྡིང་།
དཀར་གཉིང་གཉིང་ལྷ་ས་གྲོང་ལ་ལྡིང་།
བྱ་ཕྱི་ལྡིང་ངང་པ་སེར་པོ་ལྡིང་།
སེར་གཉིང་གཉིང་ཏ་ལེ་གྲོང་ལ་ལྡིང་།
བྱང་དལོ་འཛོམ་ཚོད་དགའ་ཞེས་འཛོམ།

BIRD CHECKLIST

一览表

<input type="checkbox"/>	白腹短翅鸫	bai fu duan chi qu
<input type="checkbox"/>	白腹锦鸡	bai fu jing ji
<input type="checkbox"/>	北红尾鸫	bei hong wei qu
<input type="checkbox"/>	白鹡鸰	bai ji ling
<input type="checkbox"/>	白领凤鹛	bai ling feng mei
<input type="checkbox"/>	白马鸡	bai ma ji
<input type="checkbox"/>	白眉雀鹛	bai mei que mei
<input type="checkbox"/>	白眉朱雀	bai mei zhu que
<input type="checkbox"/>	斑头雁	ban tou yan
<input type="checkbox"/>	白尾海雕	bai wei hai diao
<input type="checkbox"/>	宝兴歌鸫	bao xing ge dong
<input type="checkbox"/>	斑胸钩嘴鹛	ban xiong gou zui mei
<input type="checkbox"/>	白腰雨燕	bai yao yu yan
<input type="checkbox"/>	橙斑翅柳莺	cheng ban chi liu ying
<input type="checkbox"/>	橙翅噪鹛	cheng chi zao mei
<input type="checkbox"/>	赤麻鸭	chi ma ya
<input type="checkbox"/>	长尾山椒鸟	chang wei shan jiao niao
<input type="checkbox"/>	大斑啄木鸟	da ban zhuo mu niao
<input type="checkbox"/>	大杜鹃	da du juan
<input type="checkbox"/>	淡眉柳莺	dan mei liu ying
<input type="checkbox"/>	戴胜	dai sheng
<input type="checkbox"/>	滇鹇	dian shi
<input type="checkbox"/>	大山雀	da shan que
<input type="checkbox"/>	达乌里寒鸦	da wu li han ya
<input type="checkbox"/>	大噪鹛	da zao mei
<input type="checkbox"/>	大嘴乌鸦	da zui wu ya
<input type="checkbox"/>	大紫胸鸚鵡	da zi xiong ying wu
<input type="checkbox"/>	高山兀鹫	gao shan wu jiu
<input type="checkbox"/>	高山旋木雀	gao shan xuan mu que
<input type="checkbox"/>	戈氏岩鹇	ge shi yan wu
<input type="checkbox"/>	冠纹柳莺	guan wen liu ying
<input type="checkbox"/>	灰背伯劳	hui bei bai lao
<input type="checkbox"/>	白顶溪鸫	hong ding xi qu
<input type="checkbox"/>	黑耳鸢	hei er yuan
<input type="checkbox"/>	黄腹扇尾鸫	huang fu shan wei weng
<input type="checkbox"/>	黄腹树莺	huang fu shu ying
<input type="checkbox"/>	黑鹇	hei guan

<input type="checkbox"/>	褐冠山雀	he guan shan que
<input type="checkbox"/>	黑喉石[即鸟]	hei hou shi (ji niao)
<input type="checkbox"/>	黑颈鹤	hei jing he
<input type="checkbox"/>	灰蓝鹡鸰	hui lan weng
<input type="checkbox"/>	黑眉山雀	hei mei shan que
<input type="checkbox"/>	红隼	hong sun
<input type="checkbox"/>	灰头鹇	hui tou dong
<input type="checkbox"/>	灰头灰雀	hui tou hui que
<input type="checkbox"/>	褐头山雀	he tou shan que
<input type="checkbox"/>	灰头啄木鸟	hui tou zhuo mu niao
<input type="checkbox"/>	胡兀鹫	hu wu jiu
<input type="checkbox"/>	紅尾水鸫	hong wei shui qu
<input type="checkbox"/>	黑胸歌鸫	hei xiong ge qu
<input type="checkbox"/>	红嘴山鸦	hong zui shan ya
<input type="checkbox"/>	金眶鸫莺	jin kuang weng ying
<input type="checkbox"/>	绿背山雀	lv bei shan que
<input type="checkbox"/>	蓝大翅鸫	lan da chi qu
<input type="checkbox"/>	蓝喉太阳鸟	lan hou tai yang niao
<input type="checkbox"/>	栗臀鹇	li tun shi
<input type="checkbox"/>	煤山雀	mei shan que
<input type="checkbox"/>	矛纹草鹛	mao wen cao mei
<input type="checkbox"/>	普通朱雀	pu tong zhu que
<input type="checkbox"/>	山斑鸫	shan ban jiu
<input type="checkbox"/>	树鹇	shu liu
<input type="checkbox"/>	树麻雀	shu ma que
<input type="checkbox"/>	雪鸽	xue ge
<input type="checkbox"/>	小鸫鹇	xiao pi ti
<input type="checkbox"/>	喜鹊	xi que
<input type="checkbox"/>	星鸦	xing ya
<input type="checkbox"/>	小云雀	xiao yun que
<input type="checkbox"/>	血雉	xue zhi
<input type="checkbox"/>	中白鹭	zhong bai lu
<input type="checkbox"/>	雉鸡	zhi ji
<input type="checkbox"/>	棕颈钩嘴鹛	zong jing gou zui mei
<input type="checkbox"/>	棕胸岩鹇	zong xiong yan liu

- Bar-headed Goose
- Bar-tailed Treecreeper
- Black Stork
- Black-billed Magpie
- Black-browed Tit
- Black-eared Kite
- Black-necked Crane
- Blood Pheasant
- Blyth's Leaf Warbler
- Buff-barred Warbler
- Chestnut Thrush
- Chestnut-vented Nuthatch
- Chinese Babax
- Chinese Thrush
- Coal Tit
- Common Cuckoo
- Common Hoopoe
- Common Kestrel
- Common Pheasant
- Common Rosefinch
- Common Stonechat
- Daurian Jackdaw
- Daurian Redstart
- Derbyan Parakeet
- Elliot's Laughingthrush
- Eurasian Tree Sparrow
- Fork-tailed Swift
- Giant Laughingthrush
- Godlewski's Bunting
- Golden-spectacled Warbler
- Grandala
- Great Spotted Woodpecker
- Great Tit
- Green-backed Tit
- Grey-backed Shrike
- Grey-crested Tit
- Grey-headed Bullfinch

- Grey-headed Woodpecker
- Himalayan Griffon
- Hume's Leaf Warbler
- Intermediate Egret
- Lady Amherst's Pheasant
- Lammergeier
- Large-billed Crow
- Little Grebe
- Long-tailed Minivet
- Mrs. Gould's Sunbird
- Olive-backed Pipit
- Oriental Skylark
- Oriental Turtle Dove
- Plumbeous Water Redstart
- Red-billed Chough
- Ruddy Shelduck
- Rufous-breasted Accentor
- Slaty-blue Flycatcher
- Snow Pigeon
- Spot-breasted Scimitar Babbler
- Spotted Nutcracker
- Streak-breasted Scimitar Babbler
- White Eared Pheasant
- White Wagtail
- White-bellied Redstart
- White-browed Fulvetta
- White-browed Rosefinch
- White-capped Water Redstart
- White-collared Yuhina
- White-tailed Eagle
- White-tailed Rubythroat
- Willow Tit
- Yellow-bellied Fantail
- Yellowish-bellied Bush Warbler
- Yunnan Nuthatch

མེམམ་གྱི་ཉི་ཟླ་ཡུལ་གྱི་ བྱ་རིགས་སྣ་ཚོགས།

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Jodi Brandt & Ellen Bartee