

Part 378 for Cathy's blog

Wednesday 22nd July to Sunday 26th, July 2026

Wednesday 22nd July, 2026.

Wall walk : North Gate to NW Prasat Chrung



It is still early in the season for mushrooms, but they are doing their best.



They have let more water into the moat. This is not a problem for the water buffalo.



This cute bug tried to make a hasty get-away, but I got photos.



And a photo of this crazy fly.



We have been focussing on the butterflies, but there are still dragonflies around.

We think this is newly emerged adult, possibly *Rhyothemis* spp.

Its body seems shorter than usual.



These moths have white under their bodies, with spots, orange on their backs and grey wings with stripes lengthways. They flutter under the leaves and hide in the shade (which makes them difficult to photograph).



Common tiger moth (Asoka Spp.)



I have included this photo because this is a new dragonfly (damselfly) for us. It was about 12cm long, as long as the biggest dragonflies we have seen here. Its wings are tiny, though, only about 3cm each. It was very shy.



And this is a Blue Moon butterfly, looking at the underside of its wings.



All the butterflies come from caterpillars. We don't see many of them.



Speung tree to the left of the North Gate.

Then it was time to head home, catch up on domestic chores and check through my language homework (ready for my lesson).

Thursday 23rd July, 2026.

A different start to today. Firstly, because we couldn't eat breakfast. Today, we went to Neak Tep hospital for our **annual health checks.**

For about \$160 US, we get most tests, completed over the course of a morning.

Blood tests including sugar, haemoglobin, protein, cholesterol levels etc.

Urine analysis for urea, protein, sugar and uric acid.

Chest X-ray.

Abdominal ultrasound (kidneys, liver, bladder, uterus... for one of us, and probate for the other, spleen, gall bladder... maybe I have missed a few bits!)

ECG (hard to attach the leads to David's hairy chest)

And a quick listen to our hearts and breathing via a stethoscope.

We were called back on Friday to go through all the results... increase meat and green leafy vegetables... low in iron, drink more water... dehydrated and add omega three fats (eat fish).

Not bad for two old foreigners.

Friday 24th July, 2026.

Wall walk : West Gate to NW Prasat Chrung



Some of the dogs at the West Gate, early on a Friday morning.



Lovely Nephilia spider at the side of the path, near the Gate.



This fungus looks like the “snot” fungus, except for the colour. But it is leathery tough with a velvet like skin.



The bigger, heavier types of fungus are growing.



We saw several of these veiled mushrooms. The snails like to eat these, so it is unusual to see them almost whole.



I was pleased to see the smaller, grey millipedes again today.



Clusters of fruit.



The eastern entrance to Prasat Chrung NW.



Different fungus.



Tiny white mushrooms on a tree trunk.



This insect is like a praying mantis, but it has a clever pattern to its skin. On a different tree, it would be well camouflaged.



David picked up a hitch hiker. This butterfly would have been well camouflaged on tree bark, but not on a shirt.



**We found dozens of these yellow and dark blue
butterflies in one tree.**

Dysphania militaris



And our first giant snail for a long time.



**This is the road back to the Bayon, the centre of Angkor
a Thom.**



As mentioned, we went back to Neak Tep hospital for our results. They have a bull dozer clearing a building adjoining the main hospital.

Saturday 25th July, 2026

We had the longest, loudest thunder storm overnight. Many areas of Siem Reap lost electricity. I only lost sleep... so I slept in this morning.

We have less than a week before our trip back to Australia to visit family, so we didn't need a big shop. We headed out on the bike in the early afternoon.

The sun was hot. The sky was blue. It was very humid. The season hasn't turned yet.

Sunday 26th July, 2026.

Spean Chivit speech morning

We had official invitations to hear the speeches we have been helping the students with. I was impressed. They have put in a lot of hard work. I hope they understand how well they did and recognise what they have learned will help them in their studies and their further working careers.