Local Futures
International Society for Ecology & Culture

Recommended accommodations & food establishments, Leh City*
Global to Local Workshops
August 5-7 2014, Lonpo House, Leh Ladakh

*See accompanying map for locations

Guest Houses
Below is a list of some of the more attractively-set guesthouses in Leh (in our opinion), many of which also offer some environmentally-friendly amenities such as local garden vegetables and traditional dishes, local vernacular architecture, compost toilets, solar hot water, etc. Numbers correspond to the locations indicated on the accompanying map – note that most are quite a substantial walk from Lonpo House where the workshops will take place:

1 - Tsetan GH, (beautiful, peaceful location, next door to Tri Gem GH)
2 - Tri Gem GH, (beautiful, peaceful location, next door to Tsetan GH)
3 - Zee GH, mailtsewang0009@yahoo.com; +91-1982-251-131 / +91-9419177762
4 - Rai Wa GH, +91-1982-253-206
5 - Tushita GH, +91-8492866586
6 - Samba GH, +91-9906973433 / 9906989964
7 – Lamo GH, +91-1982-255622
8 – Nurboo GH, +91-9419340947
9 - Gomang GH, +91-1982-252657
10 - LEDeG Eco Hostel (probably most affordable; good eco-credentials; supports LEDeG)
11 - Chandan GH, +91-1982-2593169
12 – Green Villa GH, locomotiveyangdol@hotmail.com, +91-1982-251252
13 – Lakrook Garden GH, agyal123@yahoo.com, +91-1982-252987
14 – Abagon House (ISEC staff & long-term volunteers)

(for dialing mobile phones locally, omit the country code; for dialing land line numbers locally, omit the country code and 1982. Dialing from abroad: include the +91. Dialing from elsewhere within India: omit country code, but include a ‘0’ before both mobile and landline numbers).

Food
• Cafes
  o with local Ladakhi dishes
    ▪ Lonpo House (local Ladakhi dishes, beautiful traditional building below Leh palace)
    ▪ Dzomsa Restaurant (still not open as of mid July – local Ladakhi food breakfasts)
    ▪ Nati Cafe (Ladakhi khambir (sort of flat bread), butter tea, various others, in beautiful refurbished traditional building)
  o not Ladakhi, but may use local ingredients (esp. Vegetables), and no-frills
    ▪ Moonland (Nepali/Indian dishes)
    ▪ Neha Snacks (Indian thalis and more)
    ▪ Tashi's (Tibetan dishes)
    ▪ Tenzin Dickey (Tibetan dishes)
• Local fresh and dehydrated/preserved foods/snacks (fruits, veg., jams, nuts, etc.) - please say 'no' to plastic-packaged snacks & other foods
  o Dzomsa (3 locations: main bazaar, upper Changspa Road; Fort Road restaurant)
  o Ecological Organic products (2 locations: next door to main bazaar Dzomsa; midway up Changspa Road)
  o Ladakh Fine Foods (around the corner from Ecological Organic shop midway up Changspa Road)
  o Ama-les (literally, 'mothers' – Ladakhi women vending local Leh garden vegetables all along Main Bazaar)
  o Dry fruit and nut vendors at the bottom of Main Bazaar

Water-bottle refills (boiled and cooled, or filtered, local water – say 'no' to plastic-packaged 'mineral' water!)
  ▪ Dzomsa (all locations)
  ▪ Ladakh Fine Foods
  ▪ LEDeG handicrafts shop
  ▪ Various small shops and cafes throughout town; especially along Changspa Road
  ▪ Various guest houses (ask for it if not obvious or advertised!)

Ladakhi Compost Toilets (save precious fresh water, and contribute your nutrients safely back to the soil!)
  ▪ Nati Café
  ▪ Central Asian Museum
  ▪ LEDeG
  ▪ Women's Alliance
  ▪ your guesthouse (ask if they have one, and use if so; ask them to install one if not)