



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, maitsewang0009@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, +91-1982-253169
- 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

- *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)
- *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**
 - Dzomsa (3 locations: main bazaar, upper Changspa Road; Fort Road restaurant)
 - Ecological Organic products (2 locations: next door to main bazaar Dzomsa; midway up Changspa Road)
 - Ladakh Fine Foods (around the corner from Ecological Organic shop midway up Changspa Road)
 - Ama-les (literally, 'mothers' – Ladakhi women vending local Leh garden vegetables all along Main Bazaar)
 - 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)