

Mindful Travel in Ladakh

Respect Local Culture

- Please no short pants, bare shoulders, midriffs, or backs, especially in monasteries!
- Ask before taking photos, entering houses, gardens, etc.
- Learn some Ladakhi words, phrases, customs – *Getting Started in Ladakhi* is an excellent resource, available in most bookshops

Say “NO” to Plastic – Plastic is the main rubbish problem, and produces a toxic smoke when burned

- Don't buy plastic-bottled water and soft drinks. Refill your water bottle with boiled water. Some places that provide this: Dzomsa (located at the corner of Old Fort Road and Main Street); Ecology Centre gift shop; many guest houses and hotels. Alternately, filter your own water with a handheld filter or with iodine drops
- Don't buy plastic-packaged foods or other products. Carry a cloth bag or backpack and buy foods in bulk instead
- Polyethylene bags are banned in Leh! Please remind shopkeepers of this if they try to give you one. Also reject the cloth look-alike shopping bags – they are also made of plastic and cause the same sorts of problems

Save Water – Water is scarce and precious in this desert environment; use it sparingly and don't pollute it

- Turn taps off when not in use and take short showers
- Use traditional Ladakhi compost toilets instead of flush toilets if available – saves water and does not pollute it, and produces a valuable natural fertilizer for the fields
- Use an eco-friendly laundry service – they wash your clothes away from streams and use non-phosphate detergents. Dzomsa offers this service
- Don't wash clothing, dishes, yourself, or anything else directly in streams

Save Energy

- Turn lights and other uses of electricity off when not in use
- Use solar hot water shower if available and ask your guesthouse or hotel owner to install one if not
- Support establishments that utilize solar or other renewable electricity

Limit Vehicle Use – Help reduce choking pollution and traffic congestion

- Walk or ride a bicycle whenever possible
- Share jeeps and taxis

Support the Local Economy When You Shop and Eat

- Buy locally-made handicrafts of local, natural materials – available at the Ecology Centre and various other shops around Leh
- Buy and eat local, organically grown food at Dzomsa, the Takshos Organic Products Shop, and various other shops around Leh
- Avoid buying products from multinational corporations, which are eroding cultural diversity and causing major waste and health problems the world over

Support Local Organizations and Educate Yourself about Sustainable Living

- See *Ancient Futures* and *The Economics of Happiness* at the Women's Alliance of Ladakh Centre, every day except Sunday, at 2:00 pm
- Discover appropriate technology and read critiques of corporate globalisation and conventional notions of development at the library at the Ecology Centre

Spread the Word – JU-LE!

Local Futures/International Society for Ecology and Culture is a non-profit organization that promotes locally-based alternatives to the global consumer culture.

Visit our website at www.localfutures.org