



Local Futures

Recommended accommodations & food establishments, Leh City

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 map below (contact details may have changed):

1. Tsetan GH, <http://tsetanguesthouse.com/>; tsetanguesthouse@gmail.com; +919622249125; +919419220188; +919469049131 (Leh)
2. Tri Gem GH (next door to Tsetan GH; contact info unavailable)
3. Zee GH, <https://www.facebook.com/zeeguesthouse/>; +91-9469261374
4. Rai Wa GH, <https://rai-wa-guest-house.business.site/>; +91-9419269836
5. Tushita GH, <https://www.tushitaladakh.net/copy-of-home>; tushitalehladakh@gmail.com+91-9419217067
6. Samba GH, +91-9906973433/9906989964
7. Lamo GH, +91-1982-255622
8. Nurboo GH, <https://www.lonelyplanet.com/india/leh/hotels/nurboo-guest-house/a/lod/32040d79-67f2-4f75-9051-f65affaa8129/356310>; +91-9419340947
9. Gomang GH, <https://www.lonelyplanet.com/india/leh/hotels/gomang-guest-house/a/lod/f45085f6-8cbb-401a-8507-9d9482c902bb/356310>; +91-1982-252657
10. LEDeG Ecology Hostel (probably most affordable; good eco-credentials; supports LEDeG), <http://www.ledeg.org/ledeg-hostel/>; ledeg.hostel@gmail.com; +91-1982-253221
11. Chandan GH, +91-1982-253169
12. Green Villa GH, <http://www.ladakhgreenvilla.com/>; greenvillaa@gmail.com; +91-1982-251252
13. Lakrook Garden GH, agyal123@yahoo.com, +91-1982-252987



Local Futures

Notes on phoning in Ladakh, India and from abroad

- Dialing mobile phones in Ladakh: omit the country code.
- Dialing land lines in Ladakh: omit the country code and 1982.
- Dialing from elsewhere within India: omit country code, but include a '0' before both mobile and landline numbers).
- Dialing from abroad: include the +91.

Food

Cafes with local Ladakhi dishes, and/or that use mainly local ingredients

- Rangzan
- Alchi Kitchen
- Ladakhi Food Corner
- Ama's Kitchen at the Central Asian Museum
- Ladakhi Women's Cafe
- Lonpo House
- Tashi's

Local fresh and dehydrated/preserved foods/snacks (fruits, veg., jams, nuts, etc.)

- Dzomsa (2 locations: main bazaar, upper Changspa Road)
- Ecological Organic products
- Amales (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)

- Dzomsa (both locations)
- LEDeG handicrafts shop
- Various small shops and cafes throughout town
- Various guest houses (ask for it if not obvious or advertised!)

Please say NO to plastic-wrapped food, snacks and drinks and avoid buying them. Avoid contributing to the growing mountains of plastic waste in Ladakh. Ju-le!