

ONE DAY SHEPHERD – CHANGTHANG, LADAKH

The Changpas are among the most resilient tribal communities residing on the Changthang Plateau. One Day Shepherd is an opportunity to experience a day in their life and understand their pastoral traditions, nomadic lifestyle, and relationship with their livestock.

DAY 1 – LEH TO KHARNAK / ZARA / SPANGCHEN

Distance from Leh: 155 km

Overnight: Zara (Camping)

Drive from Leh to Kharnak Village in the Changthang region. On arrival, spend time understanding the traditional process of making Rebo (the nomadic tent) and Lokpa. Engage with the nomadic community and learn about their daily routines and way of life. In the evening, share dinner with the nomads and spend the night camping at Zara.

DAY 2 – KHARNAK / ZARA / SPANGCHEN

Overnight: Zara (Camping)

Participate in a full day of shepherding alongside a local herder. Walk with the livestock across grazing grounds and experience the realities of high-altitude pastoral life. In the evening, take part in milking goats and observe traditional livestock-rearing practices. Overnight camping at Zara.

DAY 3 – ZARA TO TSOKAR – RETURN TO LEH

Distance: 102 km

Overnight: Leh

Drive to Tsokar Lake in the morning and spend time around the lake area. After the visit, continue the drive back to Leh, marking the end of the One Day Shepherd experience.

COST INCLUDES

Transport, accommodation, permits, food, camping fees, and herder stipend.