**Report on**

# Nature Guide Training

**Leh and Hemis National Park, Ladakh, India**

**20st June – 29th June**
**2003**


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**Natural Resource Management Programme**
**International Centre for Integrated Mountain Development**
**Nepal**



**Organised and supported by**
**Snow Leopard Conservancy**
**&**
**The Mountain Institute**

***Itinerary***

| Date | Destinations | Remarks |
|---|---|---|
| 20/06/03 | KTM to Delhi | Travel by Air |
| 21/06/03 | Delhi to Leh, Ladakh | Travel by Air |
| 22/06/03-24/06/03 | Leh | Theoretical class taken for the trainees |
| 25/06/03 | Rumbak village | Travel by road for two hrs and trekked for five hours |
| 26/06/03 | Visited blue sheep habitat | Trekked for 12 hrs |
| 27/06/03 | Ganda La Pass | Trekked for 12 hrs |
| 28/06/03 | Leh via Stok La Pass | Trekked for 8 hrs |
| 29/06/03 | Kathmandu via Delhi | Travel by air |

**Purpose of Visit:**

To conserve the great variety of animals with special reference to endangered Snow Leopard (*Uncia uncia*) and the habitat the Snow Leopard Conservancy and The Mountain Institute felt the need of a diverse range of in-house skills and technical knowledge that can be used in enterprise, educational and conservation activities. To achieve such goals, the organizations requested an expertise input to organise a week-long orientation training on nature interpretation to the educated unemployed youths of villages of Hemis National Park with the following objectives.

1. To bring knowledge about the potential tourism products
2. To bring knowledge of importance of nature and natural resources of the Hemis National Park
3. To develop the capacity of local youths on nature interpretation
4. Develop a Biodiversity manual for Hemis National Park for nature guides

**Background on my visit**

Hemis National Park, situated at the southern part of the Ladakh Autonomous Council is an important habitat for many rare and threatened wildlife including the elusive Snow Leopard (*Uncia uncia*). The Snow Leopard Conservancy and The Mountain Institute are working for the conservation of this important species involving community for an effective conservation. These organizations are committed to bring economic development through Homestay as an enterprise involving the community living inside the Park. Since past couple of months, these organizations were actively involved in community involved participatory planning for effective conservation. During the process, capacity building for local educated unemployed youths was identified as the most important intervention that would enhance economy as well as awareness among the community. As a result of this need, The Snow Leopard Conservancy and The Mountain Institute requested ICIMOD for expertise input to organize a week long Nature Guide training and prepare a Biodiversity manual for the trainees. Due to past experience in Sikkim Biodiversity and Ecotourism project, in which I organized number of such trainings at Sikkim, I was hired as a Consultant. After the consensus with Director

General and Programme Manager (Natural Resource Management Programme), I made this commitment and involved in the process. As per the TOR singed between The Snow Leopard Conservancy and myself, the agreed consultation fee (US$ 750) was paid to ICIMOD and I was asked to complete of the Biodiversity Manual within a month. Apart from this, all my travel and living cost during the visit was taken care by The Snow Leopard Conservancy.

**Hemis National Park at Glance:**

Hemis High Altitude National Park (4100 sq.km) is situated at northernmost district of Ladakh region of the state of Jammu and Kashmir in India. The park stretches from 33°15' to 34°20'North latitude and from 76°50' to 77°45'E longitude with an altitudinal range of 3,300 m at the confluence of the Indus and Zanskar rivers in the northwest to the 6,400 m Kang Yisay massif in the northeast. It was notified as a National Park on 4 February 1981 through Government Order No. FST/20. The name of the park was taken after Hemis Gompa, a famous monastery situated about 40 km south-east of Leh, capital of Ladakh Autonomous Council. It lies on the west bank of the Indus River and comprises the catchments of Markha, Rumbak and Sumdah nalas. The park is potentially the best protected area for snow leopard *(Uncia uncia)* in India. The snow leopard is the most important large predator within the Eurasian fauna of the mountains of central Ladakh and the creation and expansion of this park has been described by Jammu and Kashmir Government as a major step in a statewide program for protection of this endangered species.

**Physical feature**

Hemis occupies much of the catchment of the lower Zanskar River, from its confluence with the Markha to its meeting with the Indus. The smaller northern sector consists of Sumdah Valley which runs south-east until it meets the main Zanskar Valley. In the southern sector is the NW-SE oriented Markha Valley, also a tributary of the Zanskar Valley, and the Rumbak Valley which runs eastwards directly into the Indus Valley. Adjacent to the southern sector is the Shang catchment area, which is drained by Marchelung Takpo, a small tributary of the Indus. Valleys are rugged, often littered with rocks and stones and rimmed by peaks exceeding 5,000 m and occasionally 6,000 m in height. Rocks consist of slates, phyllites, schists, quartzites, crystalline limestones and dolomites.

The climate of area is one of extremes, with considerable daily and seasonal fluctuations. Precipitation is low with only 160.5 mm per year recorded at Leh. During winter the Zanskar River and its tributaries become frozen. Temperatures during winter drop typically to -15°C to -20°C at night and rise to near freezing point in daytime. Although summer temperatures can reach upto 30°C at the lower elevations, snowfall can occur at any time of year. Annual precipitation in Leh at 3,500 m in the Indus valley is about 10 cm, but rainfall and snow increase with altitude.

**Forest types and vegetation**

The vegetation in Hemis National Park is predominantly alpine and steppe with various tree and shrub communities present in the valley bottoms. The moist upper mountain slopes support limited areas of alpine vegetation, characterized by genera such as *Anemone, Gentiana, Thallctrwn, Lloydia, Veronica, Delphinum, Care.x* and *Kobresia*. The remaining mountain slopes and open hillsides, comprising the major portion of the park, support primarily steppe vegetation dominated by *Caragana, Artemisia, Stachys,* and *Ephedra*. Shrubland *(Hippophae, Salix, Myricaria)* and some trees *(Populus, Betula)* are present along the lower river courses.

The Markha, Rumbak, Khurnak and Alam valleys of central Ladakh are high altitude deserts characterised by sparse grassland and herbaceous vegetation on mountain slopes, with shrublands and patchy forest in the valley bottoms. Dense mixed scrub (5-10 m high) of buckthorn (*Hippophae salicifolia*), willows (*Salix* spp.), (*Myricaria elegans*) and rose (*Rosa webbiana*) occurs in patches on moist valley bottoms up to 3,500 m. About 20% of valley bottom land is covered with this scrub but it represents less than 10% of the total land area. Poplars (*Populus* spp) are cultivated on moist valley bottoms up to 3,700 m. Some juniper (*Juniperus macropoda*) occurs on valley bottoms and slopes at 3,300-4,000 m, and is best developed in the catchment of the lower Khurnak Chu.

From 3,500 m to 4,000 m, this mixed scrub becomes progressively shorter (less than 5 m) and grades into almost pure buckthorn (*H. salicifolia* and *H. rhamnoides*) on the valley bottoms, or pure willows (*Salix* spp.) in the case of some side valleys. Above 4,000 m, buckthorn (*H. rhamnoides*) forms dense low (30cm) thickets and *Myricaria squamosa* occurs as isolated plants. Scattered individuals of *R. webbiana*, *Lonicera* spp., *Ephedra gerardiana* and *J. macropoda* occur on mountain slopes up to 4,000 m. *Caragana* sp. occurs in patches on uplands at 4,300 m-5,000 m. Shrublands cover less than 5% of the total land area. Graminaceous and herbaceous plants form the main vegetation type, usually covering less than 15% of the total area. Dominant species include woundwort (*Stachys tibetica*), cinquefoils (*Potentilla* spp.), wormweeds (*Artemesia* spp.), *Bistorta* spp. and *Agrostis* spp. Meadows on valley bottoms are dominated by sedges, namely *Carex* spp. and *Koresia* sp.

**Biological diversity**

The Hemis High Altitude National Park is an important habitat for many high altitude animals. About 11 species of high altitude mammals have been recorded from the park. Majority of these animals are among the threaten category of World Conservation Union

(IUCN) which are of need for immediate conservation initiatives. The park is famous for it's population of the rare Snow Leopards (*Uncia uncia*) and the Ibex (*Capra ibex*). Within the park, the best area for trying to spot the snow leopard is in the Shang valley area where it's density is the highest. Other than these two animals, the park also has Bharal (*Pseudois nayaur*), Wolf (*Canis lupus*), Pallas' cat (*Felis manul*), Tibetan argali (*Ovis ammon hodgsoni*), Blue sheep *(Pseudois nayaur)*, Ladakh urial (*Ovis vigne*), Himalayan marmots (*Marmota bobak*), Tibetan Wild Ass or Kiang (*Equus hemionus kiang*), Wooly hare *(Lepus oiostolus)*, wolves *(Canis lupus)*, Wild dogs *(Cuon alpinus)*, lynx *(Lynx lynx)*, mouse hare or pika *(Ochotona roylei)* etc.

**Field report**

Three day's extensive theoretical classes were conducted at Ladakh Ecological Development Group (LEDeG) premises. During the course, lectures by local experts and myself were delivered using participatory tools such as Participatory Rural Appraisal (PRA) and Appreciative Participatory Planning and Action (APPA) on Biodiversity, importance of Biodiversity conservation, culture and tradition, history of Hemis and different techniques on birds watching, wildlife, flora and butterflies (see detail programme attached). During the process, various models of ecological processes were demonstrated with game (web of life) and illustrations. A participatory wildlife resource map was also prepared to emphasize on distribution of wildlife in the park and for prioritization of conservation areas.

After the three-day's theoretical classes we drove to Zingchen which took us about two hours to reach there by a taxi. After reaching Zingchen, we trekked for almost five hours to reach a village called Rumbak (4500 m amsl). During the trek we explored different landscape elements, flora and fauna and interpreted to the trainees about their adaptations and functional role in ecology. The trek was exciting as we were crossing the valley with beautiful landscape with rugged mountains and cascading streams. While trekking, I felt that I was in wonderland of the Trans-Himalayan biodiversity repository as everything next to me were new and exciting. Though the landscape was rugged and deserted we could see number of alpine and trans-himalayan flora such as *Artemesia* sp., *Lancea thibetica, Mericaria germanica, Potentilla pedicularis, Rosa webbianna, Napeta lamiopsis* and many others. The trainees were very enthusiastic specially to know the English and Latin names of the flora that were encountered and noted the names very seriously. The first encounter to wildlife was with a lizard called Himalayan Agama (*Luadakia himalayana*), an endemic species to the state of Kashmir. The lizard was about 10 cm long with sandy colour in its body that made it to completely camouflage with the surrounding habitat. After a while we also saw a female *Luadakia himalayana* with a distinctive character with a purple marking at its neck (see photo).

At about 1340 hrs, while passing through a river valley, Mr Rinchen Wangchuk. the field Director of Snow Leopard Conservancy sighted Blue sheep *(Pseudois nayaur)* at the top of a mountain ridge. He explained the trainees that the individuals with smaller horns are female and that with the bigger are male. He also mentioned that the species are basically found in rocky area in big herds. As we proceeded ahead, we saw number of birds such as Yellow billed cough (*Pyrrhocorax graculus*), Oriental Turtle dove (*Streptopelia orientalis*), Brown dipper (*Cinclus pallasii*), Rock pigeon (*Columba livia*) and Tibetan partridge (*Perdix hodgsoniae*). By the time it was 2 pm, we all felt very hungry and decided to take lunch. The post lunch trekked was more excited to us as we diverted our direction to Husing Valley to see the secondary marking of elusive Snow beast- The Snow Leopard. It was a tough time for us as it was hot and dry. But with the interest of the trainees and our desire to see the elusive cat, we cautiously moved on.

While we were in the mission, Mr Wangchuk stopped at a point where there was a big rock and started smelling at its curved face. He calmly said that this is "rock spray" of Snow Leopard. We all went ahead and smell the rock and could find some smell and also found some fur on the edge of the rock. According to Mr Wangchuk, the rock sprays are the markings that were left by these beasts while they are in move. There were also some scratches on ground, which Mr Wangchuk mentioned that it was done by Snow Leopard. About three "rock sprays", four scratches and number of scats were noticed in the valley before we came back to the original route to Rumbak. When we were about to return back, falling stones scared us from our right hilltop. Then we came to know that it was nothing other that the Blue sheep who were passing through the stiff slope. A herd with five individuals was just in 100 m distance to us. While we were taking photographs and trying to explain about their habit, habitat and behaviour, they disappeared to other hill slope keeping us in wonder.


By the time it was 4 pm, we came to a big rocky area where we saw the nest build by a Golden Eagle (*Aquila chrysaetos)*. The nest at the top of a stiff rock, which was made of sticks and dry grasses. After passing through a narrow valley we came to an open area from where we could see the surrounding hillocks of Rumbak, our destination. Here, once again, we were excited to see

a big herd of blue sheep with about 19 individuals. They were grazing at the west-facing slope at a stiff, barren rocky area. Then after, walking for about 20 minutes, we were welcome by a "parachute café". It was a cafeteria made up of parachute and run by a local villager of Rumbak. We sat down for about 20 minutes and had tea which was with a typical Ladakhi taste.

It was about 6.30 pm when we reached Rumbak. We were all placed in different Homestays as per the plan to enhance the local economy. During the evening all the trainees gathered together in one of the homestays and we all discussed and referred books on flora and birds that we could not readily identify at the field. During the discussion local (Ladakhi) names were also noted for the manuals that we are preparing for the trainees. We ended up our day with traditional Ladakhi food (Gyathok), Chyang and Tibetan tea.

The second day field demonstration started at 7 am along with five additional participants from Rumbak. We trekked towards Tibles and Tsogsti valley to do Blue sheep survey. Initially we trekked towards Stok La pass and then diverted towards Tibles. While on the days's move we encountered various floras such as *Napeta podostachys, Echinops cornigera, Onopodium acanthium, Rheum moorcroptimum, Lindelofia stylosa, Caragina flebiflora, Astrgalus grahaminus* etc. While we were moving uphills, we saw one Himalayan marmots (*Marmota bobak*) that came out from its burrow and moved towards the ridge. As we were following it we could trace another big herd of blue sheep comprising of 25 individuals in which about 12 were the lambs. Our destination was the Tsogsti valley and in between we took rest at a ridge for sometime. While going down through stiff cattle paths we sighted number of Wooly hare *(Lepus oiostolus)*, running here and there due to our presence in their vicinity. While moving towards Tsogsti, we also saw many rose finches, swallows, pipits and vultures. In the mean time, some explanations on shape, size, flight movement and colour for identification of birds were delivered to the trainees.

At about 1 pm, we reached at a place within the Tsogsti valley where we took lunch. The lunch was shared among the team brought from individual home stays and houses of trainees. The delicacy comprised of Chamba ball, curd, Ladakhi bread,

green vegetables and pickles. The post lunch session was to go back to Rumbak. En-route to Rumbak, we could see another big herd of Blue sheep comprised of about 60 individuals. Once we reach Rumbak at 7 pm we shifted to another homestay and ended up our day with delicious Ladakhi food, Chyang and Tibetan tea.

The third day field demonstration also started at 7 am. The day's destination was Ganda La pass (5200 m amsl). Crossing through Chunsker village, we trekked towards Ganda La pass with an objective to explore the Tibetan Argali (*Ovis ammon hodgsoni*) habitat. Due to our previous day's strenuous trek, we headed slowly exploring the wilderness. On the way we observed Lammergeier (*Gypaetus barbatus*), Himalayan Griffon (*Gyps himalayansis*) and Golden Eagle (*Aquila chrysaetos* ) hovering above us with their widely spread wings. On sighting of these birds of prey we discussed on their identifying characters such as colour, wings and flight pattern. Apart from these, we also sighted Black redstart (*Phoenicurus ochruros*), White throated dipper (*Cinclus cinclus*), Streaked rosefinch (*Carpodacus rubicilloides*), Yellow wagtail (*Montacilla flava*) and Brown dipper (*Cinclus pallasii*). While we were approaching towards Ganda La pass, a number of calls of Tibetan Snowcock (*Tetragallus tibetanus*) were also heard. Among the flowers we noted as additional new species to our lists were *Lonicera spinosa, Potentilla anserica, Aquilegia nivalis Brevistina odorata, Oxytropis* sp. etc.

While moving towards the pass Mr Jigmet Dadul saw two Tibetan Argali (*Ovis ammon hodgsoni*). The two individuals were grazing on a high altitude green pasture along with some domestic horses. Later on when we were near Ganda La pass, we saw other two individuals again within a 200 m distance. Unfortunately I could not take the photograph, as my camera was not working because of the cold weather. Ultimately, we reached Ganda La pass that was above 5000 m. The temperature at the pass was freezing cold; we all were freezing and I could see that the trainees were trying to find places to hide from the chilling cold wind. This made us to run down quickly towards our destination for lunch. On the way back to Rumbak, we took different route and came down to a valley. On the way we saw one male Tibetan Argali (*Ovis ammon*

*hodgsoni*) grazing in the dry pasture. When we were walking down, we saw number of woolly hare, marmot running here and there as if they were chased by us. It was about 2.30 pm and still we could not have our lunch as it was raining heavily. By the time it was 3 pm, we reached at a place from where we could see about 45 Blue sheep at far east-facing slope. We decided to stop there and had our lunch. After the lunch we rushed to Rumbak as we were quite late and exhausted. We reached Rumbak at about 7 pm.

While we were discussing about out next days's trip to Stok La the villagers apprised us that the village committee have organised a small get-to-gather for us. We were invited in the community hall and offered drinks, dinner and asked us to dance. It was a real experience to be in the village that is at 4500 m altitude and have all such fun. We all enjoyed the evening.

The next day Mr Rinchen and myself started our return trek along with two trainees to Leh. As planned, we were determined to cross Stok La and reach Stok palace and then take a cab to reach Leh. We started our day's venture at 6.30 am with excitement to cross the pass and explored its biological wealth. With our exhausted health but with fresh thoughts we proceeded towards Stok La pass. While trekking we came across beautiful landscape decorated with beautiful flowers shattered in the deserted area and barren dark brownish rocks standing here and there as pillars. The trek to Stok La was really tough and stiff. After the initial two hours walk we all were totally exhausted and had a hard time to go ahead. In addition, the day was sunny and hot with dry air that forced me to stop after every five steps and take rest. However, the expectations of sighting wild beasts and its prey species, we went ahead tirelessly. It took us about 6 hours to reach the pass that was situated at about 5200 m amsl. It was at about 12 noon when we conquered the pass and headed towards Stok village. The afternoon trek was again an adventurous as we were walking down in a narrow strip with more than 60° slope. On the way we came across narrow valleys, rocky mountains and then to an open valley from where we saw the Stok palace, our day's destination. We reached Leh at about 5 pm, rushed to hotel and took a nap. Next day, with all those memories and an impression that I could share my knowledge with the trainees, I came back to Kathmandu via Delhi.

**Observation**

***Good things***

1. The Home-stay at Rumbak was exceptionally good. The service providers were well informed and trained
2. The enthusiasm shown by the trainees were inspiring. That helped us to do lots of thing in limited time.
3. The trainees were good in flora and fauna of the area. They just needed orientation and knowledge on English and Latin names.
4. Community acceptance on the concept of Home-stay and guide training was very inspiring

***Things could have done better***

1. More participation from other villager.

2. Involvement of more local experts could have been better for understanding the local issues and prospective.
3. Better plan could have helped us to minimise the strenuous schedule.
4. Access to handouts and manuals at the start of training could have been more effective.

**Recommendation**

1. Orientation on legal issues on protected area, biodiversity and their importance to the villagers would help to raise awareness among the community. It can be done within next three months by the SLC field staff
2. Collaboration with travel agents through consultations and workshops to facilitate and strengthen the Home stays. It is advisable to do it as early as possible.
3. Exposure visits for some of the trainees and villagers in Nepal (Sirubari) or any other area for better understanding of the concept and sharing their knowledge. It could be as soon as possible
4. Post training assessment and evaluation on the performance and skill used by the trainees either through visitors comments or with their business tract records should be maintained.
5. Specific and more in-depth trainings could be arranged depending on trainees' need and recommendations within next six months
6. There should be a resource centre in one of the villages located at the center with reference materials

**Follow up actions:**

As per the TOR, I am preparing the biodiversity manual for Hemis National Park and would be able to complete by August. I will be pleased to provide my expertise, if needed, with the permission from Director General, ICIMOD.

**List of participants in theory classes at Leh (22-24th June)**

| SN | Name | Address |
|---|---|---|
| 1 | Tashi Tundup | Khent Sespa, R/O Kaya, Ladakh |
| 2 | Jigmat Dorjey | Tserak, P O Sku, Leh, Ladakh |
| 3 | Tsering Phunstog | Yugme R/O Chilling Village, Leh, Ladakh |
| 4 | Tumdup Wongtak | Hemis Shukanchep, Leh, Ladakh |
| 5 | Thinles Dorjey | Shildong, Kanji Village, Leh, Ladakh |
| 6 | Tundup Dolma | Rumback Village, Leh, Ladakh |
| 7 | Tesering Dorjey | Temisgam, Leh, Ladakh |
| 8 | Chanba Lotus | Chushot, Leh, Ladakh |
| 9 | Thinles Chospel | Dhomkar, Leh, Ladakh |
| 10 | Sonam Jorgyes | Nubra Village, Ladakh |
| 11 | Tashi Tundup | SLC, Zanskar |
| 12 | Jigmet Dadul | SLC, Takma Chic, Ladakh |

**List of participants in field work at Hemis National Park (25-28th June)**

| SN | Name | Address |
|---|---|---|
| 1 | Tashi Tundup | Khent Sespa, R/O Kaya, Ladakh |
| 2 | Tsering Phunstog | Yugme R/O Chilling Village, Leh, Ladakh |
| 3 | Tumdup Wongtak | Hemis Shukanchep, Leh, Ladakh |
| 4 | Sonam Jorgyes | Nubra Village, Ladakh |
| 5 | Rigzin Angmo | Rumback Village, Leh, Ladakh |
| 6 | Tundup Dolma | Rumback Village, Leh, Ladakh |
| 7 | Tsewang Dolma | Rumback Village, Leh, Ladakh |
| 8 | Phunhok Dolma | Rumback Village, Leh, Ladakh |
| 9 | Sonam Chosdol | Rumback Village, Leh, Ladakh |
| 10 | Tsering Angmo | Rumback Village, Leh, Ladakh |
| 11 | Phunhok Dolma | Rumback Village, Leh, Ladakh |
| 12 | Tashi Tundup | SLC, Zanskar |
| 13 | Jigmet Dadul | SLC, Takma Chic, Ladakh |

Programme

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| **22 June** | |
| 1000 -1030 | Registration (Mr Zigmet Dadul) |
| 1030 -1040 | Welcome and Introduction of the participants (Mr Rinchen Wangchuk) |
| 1040 -1100 | Goal and scope of the training programme ( Dr Nakul Chettri) |
| 1100 -1130 | Discussion and interaction on aspirations of participants from the course ( Dr Nakul Chettri) |
| 1130-1145 | ***Tea Break*** |
| 1145-1300 | Tradition and culture (Mr Ven Palden) |
| 1300-1400 | ***Lunch break*** |
| 1400-1420 | Biodiversity and its Conservation: Concept, issues and importance ( Dr Nakul Chettri using 4Ds and game) |
| 1420-1500 | Introduction to Hemis National Park: Biodiversity, important ecological zones and wildlife and their distribution (Explanation /preparation of maps using APPA) - Dr Nakul Chettri |
| 1500-1520 | **Tea Break** |
| 1520-1540 | Role and responsibilities of Naturalists Guide (Nakul using APPA) |
| 1540-1610 | How to prepare for high altitude trekking (Nakul using APPA) |
| 1610-1700 | 'Do and donts' for conservation (Nakul using APPA) |
| **23 June** | |
| 0930-1000 | Recall from previous day (Mr Rinchen Wangchuk) |
| 1000-1040 | Why should we know about birds? (Nakul using APPA) |
| 1040-1100 | ***Tea break*** |
| 1100-1200 | Know about some important birds of Hemis National Park (Nakul using APPA) |
| 1200-1300 | Why should we know about mammals (Nakul using APPA) |
| 1300-2000 | ***Lunch break*** |
| 1400-1500 | History of Ladakh (Mr Ven Palden) |
| 1500-1520 | ***Tea break*** |
| 1520-1620 | Know about some important mammals of Hemis National Park (Rinchen using APPA and slide show) |
| 1620-1700 | Mammals: (adaptation, behaviour, ecology and distribution with slide show) Mr Rinchen Wangchuk |
| **24 June** | |
| 0930-1000 | Recall from previous day (Mr Rinchen) |
| 1000-1100 | Introduction to bird-watching: a note for beginners (Dr Nakul Chettri) |
| 1100-1130 | Introduction to butterfly (Dr Nakul Chettri) |
| 1130-1145 | ***Tea break*** |
| 1145-1210 | Man animal conflict: Problems and strategies (Mr Rinchen using 4Ds) |
| 1210-1300 | Common flowering plants (identification, adaptation, ecology and distribution) (Dr Nakul Chettri) |
| 1300-1400 | **Lunch break** |
| 1400-1600 | Participatory biodiversity-monitoring: Process and its importance (Nakul) |
| 1600-1630 | Community based Ecotourism initiatives: Home stay (Mr Rinchen) |
| 1630-1700 | Briefing for field work (Dr Nakul Chettri) |
| **25 June** | **Field demonstration** |
| 1000-1130 | Drive to Zingchen |
| 1130-1800 | Trek for 5 hours to Rumbak village. En-route show snow leopard habitat and signs |

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| | such as scrapes, faeces and rock sprays<br>Overnight in Home stays. Give guides from other villagers the experience of a Home stay so they can share with their own communities. |
| **26 June** | |
| 0700-1900 | Trek towards Tibles and Tsogsti valley to do a Blue sheep count. Also explored flora and fauna.<br>Lunch during the field work<br>Overnight in Rumbak Home stay. |
| **27 June** | |
| 0700-1900 | Trek to Gandala. Look for Tibetan Argali and explore habitat. Also explore other flora and fauna.<br>Lunch during the field work<br>Overnight Home stay. |
| **28 June** | |
| 0630-1700 | Trekked over Stok La and down to village Stok (8 hours trek). Also explore other flora and fauna.<br>Lunch during the field work<br>Drive back to Leh. |
| **29 June Back to Kathmandu via Delhi** | |