

Khampa Nomad Ecolodge and Arts Center

Welcome to Khampa Nomad Ecolodge and Arts Center — a project started in 2004 by Angela Lankford and Djarga. Angela grew up on the Sangre de Cristo mountains of Colorado in the United States, and Djarga is a nomad from Lhagang (also known as Tagong). They meet and married while Angela was working in Sichuan. They have one daughter, Somtso.

Our first endeavor was Chyoger Treks in 2004 quickly followed by Khampa Nomad Arts a year later. From 2010-2014, we started and ran the Khampa Cafe in Tagong.

The Ecolodge project was born of a desire to get out of town and into the natural beauty of the nomad lands and close to their communities. The nomad communities are not only our family, but our passion. Our mission is to support the vitality of Tibetan nomadic culture through:

- ◆ Supporting the nomadic arts through art sales both here and internationally.**
- ◆ Facilitating visits from international yak raisers and other travelers interested in traditional nomad culture and arts. These visits support communities both financially and in many intangible ways.**
- ◆ Featuring nomadic meals and specialities on our menus and creating new recipes to use the nomadic products.**
- ◆ Showing nomads that is possible to be comfortable while holding fast to nomadic life.**

We are also demonstrating how traditional building methods can be adapted for modern conveniences. This appeals to nomads who visit with us as it honors their ways, yet offers options to improve their lives — insulation, running water, self-sufficient energy, passive solar heating, and clean septic systems are all new ideas for nomads. The simple fact that they can see this style of living right in their own clan lands makes it seem accessible, bit by bit.

Local Nomad Favorites/当地牧民喜欢的

Momos, plate of 6/藏式饺子, 六个

- Yak Meat/牦牛肉 Y30
- Veg/菜 Y22
- Yak Cheese/牦牛芝士 Y28
- Potato/土豆 Y28
- Sweet/甜糌粑三个 Y20

OR Mixed plate of 9/九个各种: Y35

Broccoli with yak cheese/西兰花加牦牛芝士..... Y20

Yak willow cheese fondue w/ bread/牦牛奶酪火锅加面包 Y60

Yak cheese sampler: samples of Tibetan willow cheese fondue, homemade yak fresh cheese, and yak cheese curd (served with bread and hot pepper/牦牛芝士奶酪拼盘.....Y 60

Potatoes with yak butter and cheese/牦牛芝士土豆汤 Y30

Tukpa (homemade Tibetan noodles) with yak meat, dried cheese, and pickled vegetable/藏式面块 Y20/
bowl

Brown rice and veggies/炒菜和糙米 Y25/person

Yak Yogurt, served with honey, sugar, or jam/牦牛酸奶加.....Y12

Western Food with Local Ingredients/ 当地材料的西餐

Yak Burger and garden salad/牦牛肉汉堡加萨拉..... Y45

Yak T-bone steak, mashed potatoes, and salad/牦牛牛排加土豆泥和萨拉 Y85

Simple sandwich with cheese and ham (and veggies)/腊肉三明治 Y18

Tibetan Caprese Salad (with yak cheese, tomato, olive oil, and basil)/翻去芝士萨拉.....Y40

Wilted Spinach Salad/菠菜萨拉..... Y20

Kale Salad with Goji Berries and Walnuts/卡了萨拉加购机和核桃..... Y30

Wild Green Salad/也才萨拉..... Y30

Homegrown Lettuce Salad/自己种的萨拉 Y30

Thai Style Green Curry with Eggplant and Greens/泰式绿茄子咖喱 Y30

Sichuan noodles with extra vegetables/四川面条 Y14

Spaghetti Bolognese (served with garlic bread and salad), with/
without meatballs/意大利面加面包和萨拉, 含肉/没含肉 Y50/Y40

Cold and Hot Drinks/冷热饮:

Coffee (various types)/咖啡 都有)	Y18-25
Indian Chai/印度甜茶	Y16
Ginger Tea/姜茶	Y10
Yak Butter Tea/酥油茶	Y45/pot 壶
Other Teas/绿茶, 红茶, 菊花茶	Y10
Hot Chocolate/热巧克力	Y18
Yak Yogurt Smoothie (with banana, peach, or mango)/牦牛酸奶饮料 Y20	
Fresh-squeezed Lemonade/鲜榨柠檬汁	Y15
Iced Tea/冰红茶	Y12

Beers/啤酒: Please see our current selection of Chinese, Scottish, Irish, Belgian, and American beers at the bar.

Wines/葡萄酒:

Great Wall Wine (China)..... Y65/
Bottle

Mulled Wine (warm wine with spices).....Y25/cup

Imported Wines

Marquis de Ming
Spain, Tinto, Campo de Borja.....Y90/
bottle

Chateau Malbat
France, Merlot/CabernetY120/
bottle

Chateau de Terrefort-Quancard
France, Bordeaux Y280/
bottle