

Himalayan Trails Sustainability Report 2024/2025



Following Report tries to reflect our past and ongoing contributions towards sustainability.

At **Himalayan Trails**, we consider sustainability as a consistent responsibility divided equally among our team members. We understand our contributions may not bring immediate changes but are valuable in the long run.

Sustainability Practices Implemented

During our operations, we identified several areas where resource usage was leading to unnecessary waste, particularly in relation to paper and plastic. To address this, the following measures were introduced:

Reduction of Paper Waste

We observed that brochures, printouts, and other paper-based materials were contributing significantly to waste accumulation. As a corrective measure, we discontinued the use of brochures and shifted towards more sustainable, digital communication methods.

Digitization of Records

To further minimize paper usage, we avoided recording data on paper wherever possible and prioritized the digitization of records and information management systems. All operational files are stored in our cloud-based file management system, Zoho Drive. This initiative has not only reduced paper waste but has also improved the efficiency of storing, accessing, and retrieving information.

Reusing Printed Paper

For instances where printing was unavoidable, we ensured optimal usage of resources by collecting and reusing one-sided printed papers. The blank sides were repurposed for internal documentation, thereby extending the lifecycle of each sheet and reducing overall paper demand.

Adoption of Eco-Friendly Dustbins

To replace conventional plastic bins, we introduced bamboo-woven traditional Dalos as dustbins. This initiative not only helped us eliminate plastic usage but also supported local artisans by sourcing products directly from the community.

Engagement of Local Workforce

A key priority for us has been to involve and empower the local community. By utilizing local manpower in our projects and operations, we have been able to provide livelihood opportunities and ensure that benefits are reinvested in the area where we operate. Provide the employment to local wherever possible for e.g. hiring the local porters from Solukhumbu region and in Kanchenjunga region.

Promotion of Local Food and Products

We actively encourage our guests to consume locally sourced food and shop from local businesses during their stay. This approach not only provides visitors with an authentic cultural experience but also ensures that tourism directly supports the regional economy and strengthens the livelihood of local producers and vendors.

Elimination of Plastic Bottles

In our efforts to reduce single-use plastic, we have completely avoided the use of plastic water bottles across all trekking groups. Instead, we rely on Katadyn (a brand) water filters to provide safe drinking water. This practice has significantly lowered plastic waste while promoting sustainable and responsible trekking experiences.

Major Achievement for Himalayan Trails this year in terms of Sustainability

Guide Workshop – August 2024

In August 2024, we conducted a comprehensive Guide Workshop aimed at enhancing the professional skills, safety awareness, and environmental responsibility of our Guides. The workshop served as both a refresher and a developmental session, ensuring our guides remain well-equipped to deliver safe, and sustainable travel experiences for our guests:

The training covered several key modules:

Group Guiding: Focused on effective communication, complaint handling, backpack management, understanding local culture and religion, and navigating cross-cultural interactions.

Safety: Included sessions on risk assessment and general rope work to strengthen safety preparedness during treks.

First Aid: Covered general first aid procedures along with the correct use of oxygen and PAC (Portable Altitude Chamber) bags for high-altitude emergencies.

Navigation: Provided hands-on training in map reading and practical use of maps and compasses to enhance route accuracy and trail safety.

Environment: Reinforced responsible travel practices, emphasizing waste management, minimal-impact trekking, and environmental preservation.

This workshop reflects our ongoing commitment to continuous learning, safety, and sustainability. By investing in regular training programs, we ensure our guides uphold the highest standards of professionalism while promoting responsible tourism across all our operations.

Strategic Partnership for Reforestation

We collaborate with The Green Intelligence, an organization specializing in restoring degraded landscapes through the planting of productive, biodiverse food forests. To date, they have planted 250 trees on our behalf, reinforcing our shared commitment to long-term ecosystem resilience and carbon sequestration.

This partnership supports multiple objectives:

Carbon offset and climate impact: The trees contribute to absorbing atmospheric CO₂ over their lifetimes, helping counterbalance emissions from our operations.

Biodiversity and land rehabilitation: The approach focuses on restoring degraded or monoculture lands with a diversity of species and healthy soil systems.

Community benefit and local stewardship: The Green Intelligence model emphasizes creating sustainable income streams and jobs for rural communities, aligning neatly with our principle of giving back to local economies.

By embedding this collaboration into our sustainability framework, we strengthen our capacity to act beyond “do no harm” toward restoration and regeneration.

Carbon Reduction through Electric Vehicles

Since the last spring season, we have offset a total of 382.6008 kilograms of carbon emissions by choosing electric vehicles (EVs) for our operations and transfers wherever feasible. This initiative reflects our ongoing effort to reduce our overall carbon footprint while supporting Nepal’s transition toward cleaner and more sustainable transportation. By integrating EVs into our travel logistics, we aim to set an example for low-impact mobility within the tourism sector.

Annual Guide Meetings: Sustainability and Operational Excellence

We hold yearly meetings with our guides to discuss the continuous and consistent improvement of our services, with a strong emphasis on sustainability and responsible tourism practices. These meetings provide a platform to review past experiences, share best practices, and introduce updated procedures to ensure that our operations remain safe, environmentally conscious, and community-oriented.

During these sessions, several key topics are covered:

Waste Management on Trails

We discussed carrying back all non-biodegradable waste, encourage trekkers to do the same, and establish clear systems for separating and managing waste along trekking routes. This hopefully reinforces our commitment to reducing litter and protecting fragile mountain ecosystems. We continue to do so currently by bringing back the trash from the Everest region.

Eco-Friendly Communication

We discussed strategies to reduce paper usage, including minimizing printed itineraries and handouts. Guides are encouraged to explore digital alternatives where possible, while balancing practical considerations such as device battery life and connectivity challenges.

Monitoring & Reporting

Discussion of documenting observations along trails, including glacial changes, landslides, and litter hotspots. This data will not only support our future sustainability planning but also helps identify areas requiring immediate attention for environmental conservation and guest safety.

These annual meetings reinforce our philosophy of continuous learning, accountability, and responsible tourism. By bringing guides together to focus on sustainability and operational excellence, we ensure that our trekking experiences remain safe, environmentally conscious, and enriching for both our guests and the communities we operate in.

Community and Local Engagement

We prioritize collaboration with local guides and organizations wherever possible to ensure that tourism directly benefits the communities we operate in. Our guests are encouraged to consume locally sourced food and shop from local businesses, helping strengthen the regional economy. All our employees, including drivers and guides, are Nepalese, reflecting our commitment to national employment. Additionally, we make it a point to work with guides from the specific regions our traveler's visit—such as the Solukhumbu area—ensuring authentic local insight and meaningful community involvement.

Training and Capacity Building

All our employees have successfully completed the Basic Travelife training, ensuring they are well-versed in sustainable tourism principles. In addition, our guides receive annual refresher training to update their knowledge, reinforce best practices, and enhance their ability to deliver environmentally responsible and community-conscious experiences to our guests.

Participation in “Bring It Back” Initiative

We actively participate in Sagarmatha Next’s “Bring It Back” program, which encourages responsible trekking practices in the Everest region. Through this initiative, our tourists are invited to carry back 1 kilogram of waste from the Everest Base Camp trail to Lukla, where it can be properly managed and processed. This collective effort not only helps reduce litter along one of Nepal’s most iconic trekking routes but also raises awareness among travelers about the importance of waste responsibility in fragile mountain ecosystems.

Sustainable Partnerships

Our accommodation partners maintain their own sustainability practices, which align with our shared commitment to responsible tourism. In addition, we provide them with our internal sustainability policies and guidelines to ensure consistency in environmental standards and ethical operations. Our collaboration tries to create a unified approach to sustainability across all aspects of our services—from lodging and logistics to guest experiences.

Photo Reference:



For questions and remarks related to our Sustainability / CSR policies please contact

Raj Rijal

Sustainability Coordinator

Submitted To:

Travelife Sustainability in Tourism