



Nepal Sanctuary Treks (Pvt.) Ltd.

SUSTAINABILITY REPORT

2021-2023



Nepal Sanctuary Treks (Pvt.) Ltd.

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Nepal Sanctuary Treks (Pvt.) Ltd.

Executive Summary

Nepal Sanctuary Treks (NST) is pleased to present its Sustainability Management Report for the year 2021--2023, highlighting our commitment to sustainable practices in the tourism industry.

As a responsible trekking company, we understand the paramount importance of preserving our environment, supporting local communities, and ensuring the well-being of our employees and guests. In addition, the company also emphasizes the partnerships with responsible and sustainable chain suppliers, further reinforcing NST's commitment to sustainability and responsible tourism practices. Despite facing significant challenges in 2021, we remained proactive and persevered in our efforts to enhance the sustainability of our business.

This report provides an overview of the organization's sustainability initiatives and their impact, focusing on implementation and key performance indicators (KPIs).



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Implementation

Environment initiatives

Paper Usage and Source: We shifted to A4 size paper made from 100% ocean and landfill-bound paper waste, ensuring a brightness level of 90%. Paper usage and purchases were monitored.

Brochure Paper: During the WTM 2022 and ITB Berlin 2023 trade fairs, we utilized acid-free and gloss-free cartridge paper for our brochures.

Electricity Consumption Tracking: We initiated the monitoring of electricity consumption within our office premises.

Energy-Efficient Lighting: In our new office, we installed energy-efficient lighting solutions.

Rainwater Harvesting System: We established a rainwater collection system at our new office to gather rainwater for garden irrigation and toilet flushing. This system not only conserves freshwater but also promotes sustainability within our office.

Water Conservation: To reduce water usage in toilet flushing, we introduced a simple method involving placing a 1-liter bottle inside the toilet tank, leading to decreased water consumption per flush.

Eco-friendly Paint: When we moved to our new office in mid-2021, we chose eco-friendly paint that is free from harmful elements, including anti-bacterial and anti-fungal properties. This paint is water-based, has zero volatile organic compounds (VOCs), is odor-free, and does not contain harmful materials such as lead, arsenic, mercury, chromium, or other dangerous elements.

Plastic Waste Reduction: To minimize single-use plastic bottle usage, we procured 100 refillable water bottles featuring our company logo, which we provide to our guests upon their arrival.

Online Pre-Trip Forms: We streamlined the guest experience and reduced paper consumption while maintaining CRM efficiency by designing online pre-trip forms.

Employee Satisfaction Survey: To enhance efficiency and reduce paperwork, we introduced an online employee satisfaction survey.

Environmental Awareness Initiatives

Go Green Campaign: Our Managing Director conducted the "Go Green" campaign at a local school in Bhairawaha, distributing eight eco-friendly posters.

Eco poster Distribution: Our guides distributed 250 eco-posters across various teahouse lodges and regions, raising awareness and educating teahouse lodge owners.



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Community Engagement and Awareness

Workshops on Child Safety and Exploitation: We conducted workshops on child sexual abuse, waste management, and online safety at local orphanages. Additionally, we established a code of conduct for interactions with local schools and orphanages.

Waste Management

Garbage Collection: We continued to collect garbage along trekking trails and implemented the Doko Recycler Dashboard for effective waste management.

Here are the key performance indicators (KPIs) for recycling items in the sustainability report, with the total weight specified in kilograms (KGs):

Total Recycled Weight: The total weight of all recycled items (Mixed Paper, Cardboard/Cartons, Mixed Plastic, PET Bottles, Plastic Cans, Jars, Bottles, Old Books, Milk Packets, Iron wire, CD-Drive, Mixed Dry Waste, A4 paper, Beer Bottles, Copy, Egg Crates, Aluminium, Metal, Magazines)

Key Performance Indicators (KPIs) for Recycling

Total Recycled Weight: 451 KGs

- **Paper Recycling Rate:** The ratio of recycled paper (Mixed Paper, A4 paper, Magazines, Old Books) to the total paper waste generated in KGs, assessing the efficiency of paper recycling efforts.
- **Plastic Recycling Rate:** The ratio of recycled plastic (Mixed Plastic, PET Bottles, Plastic Cans, Jars, Bottles) to the total plastic waste generated in KGs, indicating the effectiveness of plastic recycling initiatives.
- **Cardboard Recycling Rate:** The ratio of recycled cardboard/cartons to the total cardboard/carton waste generated in KGs, showing how well cardboard recycling is being managed.
- **Metal Recycling Rate:** The ratio of recycled metal (Iron wire, Aluminum) to the total metal waste generated in KGs, reflecting the efficiency of metal recycling.
- **Glass Recycling Rate:** The ratio of recycled glass (Beer Bottles) to the total glass waste generated in KGs, assessing the effectiveness of glass recycling efforts.
- **E-waste Recycling Rate:** The ratio of recycled electronic waste (CD-Drive) to the total electronic waste generated in KGs, demonstrating progress in managing electronic waste sustainably.
- **Mixed Dry Waste Recycling Rate:** The ratio of recycled mixed dry waste to the total mixed dry waste generated in KGs, indicating how effectively mixed waste is being sorted and recycled.



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Waste Management Impact

You Have Saved



ENERGY
11819.2 Kwh



WATER
10865.71 L



TREES
6.56



OIL
866.02 L



LANDFILL SPACE
3.52 Cu.m

Employee Welfare

In end of 2021, we provided the 6th Hardship Fund to support trekking staff.

Training Initiatives

In-house Sustainability and First Aid Training (Spring 2022)

Number of Guides Trained: 25

Training Hours: 16 hours

Training Content: COVID-19 and first aid

Training Providers: Paramedic and Management Team

Expected Outcomes:

Implementation of COVID-19 Safety Protocols and safety first aid and sustainable practice in trekking field



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1 day- external first Aid and Altitude Sickness Training (Autumn 2022)

Trained 24 guides

Duration of training: 8 hours

Training covered first aid and altitude sickness

Conducted at B&B Hospital

Anticipated Results:

100% of guides certified in first aid and altitude sickness management

Increased confidence in handling medical situations

Enhanced awareness of altitude sickness among guides

1 -day Trekking Guide Basic Life Support Training (2023)

Provided training to 5 selected trekking guides

Training spanned 8 hours

Covered basic first aid and Basic Life Support (BLS)

Conducted at CIWEC Clinic by medical professional

Expected Outcomes:

5 guides achieved certification in basic first aid and BLS

Demonstrated proficiency in BLS techniques

Improved ability to respond to medical emergencies during treks

3- days In-house First Aid Training (2023)

Trained a total of 28 guides and employees

Training duration: 21 hours

Covered various aspects of first aid

Conducted by the medical team

Expected Outcomes:

Preparedness to handle medical emergencies

Enhanced workplace safety and medical readiness

Proficiency in managing fractures, lifting and moving, CPR, acute mountain sickness, and general first aid



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One-day Guide Orientation and Refresher Training:

Trained 26 guides

Duration of training: 8 hours

Focused on communication, safety, and waste management

Anticipated Outcomes:

- Improved guide performance and safety practices
- Proficiency in using satellite phone communication and map reading
- Competence in utilizing the Lake Louise form, measuring oximeter readings, guest safety, and recording information
- Enhanced skills in garbage collection along the trail and proper record-keeping

Food Safety and Menu Briefing

Trained 6 camping cooks

Training duration: 24 hours (3 days)

- Covered topics including food safety, menu planning, cooking, food tasting, and utilization of locally sourced ingredients

Expected Outcomes:

- Introduction of 8 new menu items and existing items
- Incorporation of international cuisine with local flavor
- Integration of regional cuisine using locally available ingredients
- Implementation of safe food handling practices
- Protein based meal

Sustainability Workshops

Travelife Sustainability Workshop (2022): Management staff and coordinators attended a 2-day Travelife Sustainability Workshop.

Accommodation Sustainability Assessment

- We initiated an online survey to assess sustainability practices among 25 accommodation providers, promoting their efforts on our website.
- We inspected new hotels in Kathmandu and Bhaktapur, assessing their sustainability practices.



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Sustainable Destination Promotion

Off-the-Beaten-Path Exploration: We sent guides to explore Limi Valley and conduct recce hikes around Kathmandu rim. We promoted the recce area through our newsletter.

Guest Well-being

Purchase of Portable Water Filters

To ensure clean and safe drinking water for our guests during trekking expeditions, we procured dedicated water filters. We currently have two filters in inventory with plans for future expansion.

Innovative Sustainability Practices

DIY Cleaning Solution

Due to a shortage of biodegradable cleaning supplies, we introduced a do-it-yourself (DIY) cleaning solution in our office to maintain cleanliness effectively.

Future Action Plan

- Completion of all online Travelife Training courses for sustainability coordinators, office teams, and guides.
- Distribution of Travelife's new code of conduct to excursion suppliers.
- Implementation of carbon calculations and tracking greenhouse gas emissions.
- Plan to offer reusable BP free plastic containers for packed lunches to our guests.
- Procurement of an electric vehicle (EV) for sightseeing in Kathmandu and nearby areas.
- Organise of sustainability training sessions for accommodation partners during the off-season, including both teahouse lodges and city hotels, with a focus on promoting hotel certification.
- Conduct more comprehensive annual training programs for guides, cooks, and employees.
- Development of baseline assessment forms for excursion suppliers.
- Creation and dissemination of eco-posters in Nepali language to local police posts, health post along trekking trails, as well as teahouse lodges.
- Electricity consumption and Paper consumption monitoring KPI
- Inform clients to download itineraries on their devices instead of providing printed copies.

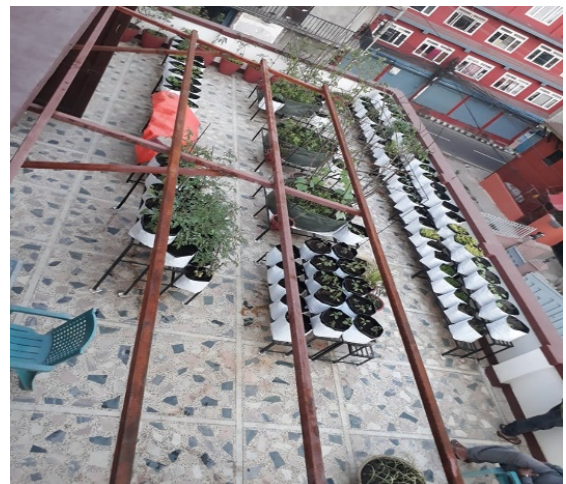


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APPENDICES



Office Organic Garden





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Rainwater Harvesting System



Biodegradable Compost Smart Bucket





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In-House Training 2022





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In-House First Aid Training 2023





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In-House First Aid Training 2023





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In-House Guide Orientation, Communication and Sustainability Training 2023





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In-House Communication, Sustainability and Guide Orientation Training 2023





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In-House Camping Cook Training 2023



Garbage Collection Initiatives 2021-2023

