



**Asian Heritage**  
Treks & Travels

**Travelife**  
PARTNER  
Committed to sustainability



# Asian Heritage

## Treks & Travels

**Asian Heritage Treks & Expeditions (P.) Ltd.**

**Sustainability Report 2023-2025**

**Travelife**  
PARTNER  
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## Introduction

At Asian Heritage Treks & Expeditions (P.) Ltd., we believe that travel should help protect nature, support local communities, and respect cultures. We don't just organize trips—we aim to make a positive difference in every place we visit.

This report explains the efforts we made in 2023-2025 to take care of the environment, help local people, and make our company more responsible.

## About Asian Heritage

We are a Nepal-based travel company that offers trekking, tours, and cultural experiences in Nepal, Bhutan, and Tibet. Along with creating beautiful travel memories, we always try to:

- Keep nature clean and safe.
- Support local people and small businesses.
- Teach visitors to respect Nepal's culture and traditions.
- Promote responsible travel to all our clients.

## What This Report Covers

This report includes:

- How we manage trips responsibly.
- The social and community work we do.
- How our team is involved in sustainability.
- Our future plans for becoming even more eco-friendly.

## How We Protect the Environment

### Saving Paper

- We use e-brochures instead of printed brochures to reduce paper use.
- We avoid unnecessary printing in the office.
- When printing is required, we use eco-friendly paper.

### Managing Waste

- Our guides carry garbage bags to collect waste on treks.
- We partner with Doko Recyclers to ensure proper recycling of our office waste.
- In our own office, we create handmade products like waste bins and tea mats from collected plastic waste.



### Saving Energy

- We use LED lights and automatic lighting in the office to save energy.
- We regularly monitor our electricity usage.

### Saving Water

- Provided refillable bottles and clean water stations for guests and staff.
- Installed water-saving taps and dual flush toilets in our office.
- Our drainage system is connected to the proper city waste system.

### Tree Planting

- Planted more than 50 trees in open spaces and community areas.

### Respecting Local Cultures

- We educate our guests about local customs, respectful behavior, and how to help protect local traditions before each trip.

### Supporting Local Communities

- We buy local products and use local services whenever possible.
- We support local schools by donating stationery.
- We help improve healthcare by providing medicines and equipment to the Necha Community Hospital.
- We offer packaging-free wooden window frames as gifts to support local artisans.

### Major Achievements in 2023-2025

- Out of 8 office staff, 6 have completed the Travelife Basic Course, and our coordinator has finished the full online course with certification.
- Created an Excel list of our suppliers and set criteria to assess their sustainability
- Meetings are scheduled at the end of each month, on the final Friday. Detailed minutes are shared with all staff via email.
- Created a staff complaint form with an anonymous option, which can be submitted via email or directly to the CEO.
- Provided the necessary government training to all our tour guides and tour leaders to enhance their skills and knowledge.
- Signed two sustainability contracts with our partners: Bhutan Yarden Tours and Treks from Bhutan, and Tibet International Travels and Tour from Tibet.
- Shared our sustainability policy with our partners to ensure alignment with our responsible tourism practices.
- Encourage our inbound partners to participate in sustainable training for travel companies through emails and social media posts.



- Use sustainable vehicles for our guests and carry out maintenance after every trip.
- Made and shared accommodation sustainability policies with all our accommodation partners.
- Started working with sustainable accommodations and Travelife partner accommodations.
- Encourage our accommodation partners to practice sustainable business and motivate them to join Travelife courses.
- Give priority to accommodations that use local products and resources.
- Ensure that guides manage waste properly at the places where they take guests.
- Made a sustainable excursion policy and shared it with our excursion partners through email.
- Categorized natural and cultural sensitive excursions and created a code of conduct to protect them.
- Before every trip, we communicate the destination dos and don'ts along with their values and importance to our customers.
- Enrolled our tour and trekking guides in the Travelife online training program, focusing on preventing child exploitation.
- After every trip, we send a Google Form to customers' emails to collect their feedback and assess their satisfaction.
- Reusable bottles to reduce plastic waste on treks.
- Planted over 50 trees in communities and degraded areas.
- Installed LED lights and water-saving taps in our office.
- Delivered first-aid, safety, and sustainability training to our staff and guides.
- Supported eco-friendly lodges and homestays.
- Switched to e-brochures instead of printed brochures to save paper and reduce waste.
- Partnered with Doko Recyclers to collect and properly recycle our office waste.
- Created handmade products in our own office (like waste bins, tea mats, and other items) using repurposed plastic waste.
- Offered wooden window frames as packaging-free gifts to our guests, supporting local artisans and reducing unnecessary packaging.
- Worked closely with local communities and suppliers to promote sustainable tourism.
- Staff are taking the Travelife online course to enhance their knowledge and skills in sustainable tourism.



## Supporting Education through Stationery Donations

Between 2023 and 2025, the Asian Heritage Foundation Nepal provided stationery, including notebooks and pens, to local government schools. This assistance enabled students to study more effectively and ensured they had the necessary supplies. We collaborated with teachers and community leaders to ensure that the donations reached the children who needed them most.



**Fig: Fig 1.5: Asian Heritage Foundation CEO with schoolchildren, receiving their gratitude during stationery distribution**

## Support to Necha Community Hospital

We supported Necha Community Hospital by donating essential medicines and medical equipment, which helped improve healthcare services for people in the rural community, ensuring they receive timely medical care.





**Fig: Distribution of medicines and equipment to Necha Community Hospital**

## Partnership with Doko Recyclers

We partnered with Doko Recyclers to manage our office waste responsibly. This ensures paper, plastic, and other recyclables are properly collected and processed, reducing our environmental impact and supporting sustainable waste management in Nepal.



**Fig: Agreement with Doko Recyclers for office waste management**



## Using Plastic Waste to Make New Products

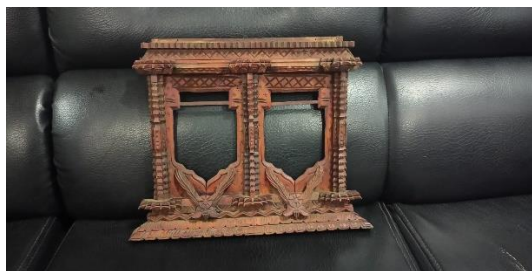
In our office, we reduced plastic waste by turning it into useful items like waste bins and tea mats. This approach cut down on waste, encouraged recycling, and promoted sustainability in our daily work.



**Fig: Repurposing plastic waste into useful office items**

## Packaging-Free Gifts Supporting Local Artisans

We offered guests wooden window frames as packaging-free gifts. Made by local artisans, these souvenirs reduced waste, preserved traditional skills, and supported the local economy sustainably.



**Fig: Packaging-free wooden window frames gifted to guests**

## Planting 50+ Trees

From 2023 to 2025, we planted over 50 trees in local communities to support a greener environment. This helped reduce carbon, prevent soil erosion, and promote biodiversity. We aim to continue such green efforts in the future.





## Training for Staff and Guides

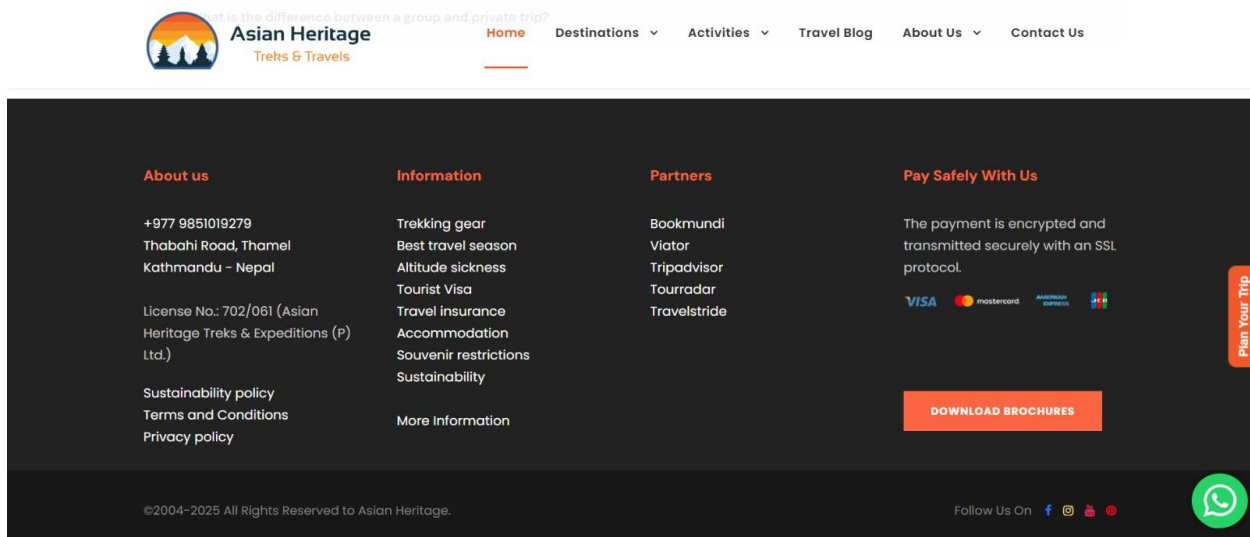
We provided first-aid, safety, sustainability, and Travelife training to our staff and guides, along with special courses for our drivers. This helped our team work safely, respond in emergencies, and promote sustainable practices during our tours.



**Fig: First-aid training session and certificate awarded**

## Adopting E-Brochures to Reduce Waste

We switched to e-brochures instead of printed ones to save paper and reduce waste. This change helps us cut down on environmental impact while sharing information more efficiently.



**Fig: Paperless Promotion with E-Brochures**



## Future Plans for Our Office (2025–2027)

- Continue switching to e-brochures to reduce paper waste and avoid unnecessary printing.
- Upgrade all lighting in the office to energy-efficient LED lights.
- Use eco-friendly, locally made cleaning products.
- Improve recycling by expanding our partnership with Doko Recyclers.
- Reuse plastic waste to make useful items like bins and tea mats.
- Paint the office using lead-free, water-based paints.
- Buy more locally produced and sustainable products to support local businesses.
- Offer internships to tourism students for hands-on experience.
- Provide basic medical insurance for all employees.
- Hold monthly staff meetings to discuss sustainability goals and progress.
- Conduct employee satisfaction surveys once a year.
- Share sustainability policy and goals clearly with all staff, guides, and partners.
- Promote eco-friendly travel options for staff, like walking or public transport.
- Maintain vehicles well and plan to purchase electric vehicles for cleaner transport.
- Support local artisans by continuing to give packaging-free wooden gifts to guests.
- Launch an eco-friendly travel package each year focused on low-impact tourism.
- Strengthen partnerships with suppliers who prioritize sustainability.
- New staff will take the full Travelife course; existing staff will take the updated version.



Fig: In Appreciation of Our CEO



Fig: Fire Extinguisher – For Emergency Use





Fig: Product Made By Plastic Waste

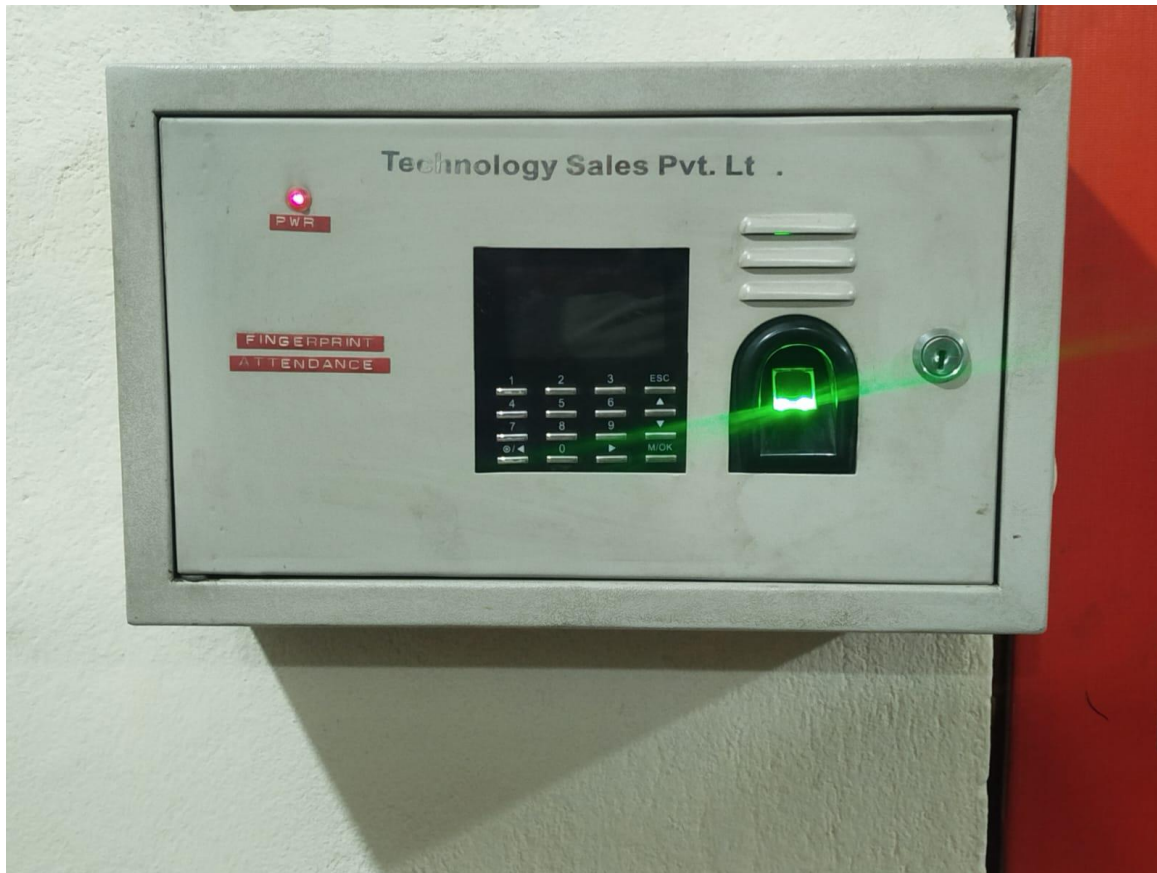


Fig: Office Attendance System



**Fig: First Aid Kit**



**Fig: Farewell Dinner with Guests – Promoting Authentic Nepali Cuisine**





**Fig: Hospital building supported by the Asian Heritage Foundation Nepal**