



Asian Heritage
Treks & Travels

Asian Heritage Treks & Expeditions (P.) Ltd.

Destination Dos and Don'ts Guide



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As part of our commitment to sustainable tourism, we encourage all our guests to follow these simple dos and don'ts while enjoying their journey. These guidelines help protect the environment, support local communities, and ensure that your travel experience is safe, respectful, and meaningful.

Visiting Heritage Sites

Exploring heritage sites lets you step into Nepal's rich history and traditions. By showing care and respect, you help preserve these treasures for future generations.

Dos

- Choose tourism businesses that protect cultural heritage and benefit local people.
- Learn about the site's history and culture before your visit.
- Follow your guide's instructions and respect local etiquette.
- Obtain permission before photographing people or sacred places.
- Keep noise levels low so others can also enjoy the site.
- Buy from local, small, or community-owned businesses.
- Respect tipping and fair trade practices.
- Reduce waste by carrying reusable bottles and bags.
- Dispose of trash responsibly and recycle where possible.
- Use water and energy wisely.
- Support climate-friendly actions such as carbon offsetting.
- Share constructive feedback after your visit.

Don'ts

- Don't flaunt wealth, especially in less privileged areas.
- Don't buy from children as it encourages exploitation.
- Never buy souvenirs or products harmful to people, culture, or wildlife.
- Don't climb on or touch monuments and carvings.
- Don't litter or damage the site.

Community Visits

Visiting communities offers a chance to experience local life. Thoughtful interaction ensures that your presence brings value and respect to the hosts.

Dos

- Support community-owned businesses and buy locally made goods.
- Learn about traditions and cultural practices before your visit.
- Follow your guide's instructions on safety and etiquette.
- Always ask before taking photos or videos.
- Respect the daily routines of schools or care facilities.



- Reduce waste by carrying reusable bottles, cups, and bags.
- Save energy and water during your stay.
- Respect local customs, including tipping and fair pricing.
- Ask questions and join in if invited to a local activity.
- Provide constructive feedback after your visit.

Don'ts

- Do not treat orphanages or vulnerable groups as tourist attractions.
- Don't give sweets or money directly to individuals — use responsible giving channels.
- Don't buy from children, to avoid exploitation.
- Avoid disturbing ceremonies or community gatherings.

Walking, Hiking & Trekking

Nepal's trails take you through some of the world's most breathtaking landscapes. Trekking responsibly ensures both your safety and the protection of fragile ecosystems.

Dos

- Be honest about your fitness level when planning treks.
- Carry reusable water bottles and minimize waste.
- Stick to marked trails to avoid damaging the environment.
- Respect wildlife by observing from a distance.
- Learn about the culture and nature of the region before the trek.
- Support locally owned lodges, guides, and services.
- Pack light to reduce strain on porters and resources.
- Conserve energy and water at tea houses or camps.

Don'ts

- Don't damage plants or disturb animals.
- Don't leave litter on trails; carry it back with you.
- Don't remove natural objects like stones or plants as souvenirs.
- Don't ignore your guide's safety instructions.
- Don't use non-biodegradable products on the trek.

Guiding Services

Guides play a vital role in connecting you with Nepal's culture, nature, and people. Choosing and respecting local guides helps preserve authentic experiences.

Dos

- Hire local, community-based guides.
- Follow your guide's advice for safety and cultural respect.



- Carry reusable bottles and bags to reduce waste.
- Support small businesses recommended by your guide.
- Ask respectful questions and engage with cultural traditions.

Don'ts

- Don't ignore safety advice or cultural etiquette.
- Don't pressure guides into activities against community values.
- Avoid buying mass-produced souvenirs that exploit resources.

Shopping & Souvenirs

Shopping can be a meaningful way to support local livelihoods. Choosing authentic, sustainable items keeps traditions alive.

Dos

- Buy souvenirs from local artisans and small businesses.
- Ask about the origin of products to ensure they are authentic.
- Choose handicrafts that preserve traditional skills.
- Pay fair prices to respect artisans' work.

Don'ts

- Don't buy products made from endangered wildlife or plants.
- Don't buy cultural artifacts that belong to heritage sites.
- Avoid unfair bargaining with local vendors.

Food & Beverage Services

Food is a doorway into culture. Eating responsibly supports local farmers and reduces your footprint.

Dos

- Dine at restaurants that support local farmers and fair trade.
- Try seasonal and traditional dishes.
- Order only what you can finish to reduce waste.
- Respect staff and follow local dining customs.
- Carry your own reusable bottle or cup where possible.

Don'ts

- Don't waste food.
- Don't rely heavily on imported items when local alternatives are available.
- Avoid single-use plastics like straws and bottles.



Transport Services

Transport is essential but can impact the environment. Choosing sustainable options helps reduce emissions.

Dos

- Use transport providers committed to sustainability.
- Choose eco-friendly options like shared rides, walking, or cycling.
- Respect your driver's safety instructions.
- Learn about travel etiquette in the region.

Don'ts

- Don't use unnecessary private transport when shared options exist.
- Avoid reckless behavior that puts you or others at risk.
- Don't waste fuel or resources unnecessarily.

Spa & Massage

Wellness traditions in Nepal offer rest and healing. Choosing ethical services ensures both your well-being and fairness for providers.

Dos

- Choose spas that explain their benefits for people and the planet.
- Learn about local traditions before your visit.
- Respect local etiquette and follow host instructions.

Don'ts

- Don't support businesses that exploit workers or damage the environment.
- Don't disregard cultural practices during your treatment.

Final Note

By following these dos and don'ts, you contribute to sustainable tourism in Nepal. Together, we can protect culture, empower communities, and preserve nature while creating memorable experiences.