



Sustainable Outing Policy

The objective of this policy is to organize tours with minimal impact on the environment, preserving the authenticity of communities and their natural surroundings. Hence, wherever feasible, all employees including directors, management and employees responsible should adhere to the following policy.

Sustainable Outing Principles

Adventure International Trekking's sustainable approach to sensitive places and cultures is primarily based on the following principles:

- **Positive outings:** **Adventure International Trekking** will ensure outings take place in the most positive way possible and to the best benefit of local people and cultural and natural heritage. We will avoid outings that harm humans, animals, plants, natural resources (e.g. water/energy), or which are socially/culturally unacceptable.
- **Fair outings:** The outing activities of **Adventure International Trekking** are in compliance with legally based spatial planning, protected area and heritage regulations and destination management strategies of local, regional and national authorities. The outings also fully respect human rights and child protection.
- **Human-biodiversity connections:** In applying a sustainable development perspective, **Adventure International Trekking** recognizes the close links and interdependence of biological diversity and local cultures within the socio-ecological systems of many protected and culturally important places. This means any activity aiming to achieve sustainable development will necessarily have to take into consideration the interrelationship of biological diversity with the local cultural context.

General Sustainability Considerations

Adventure International Trekking considers the following important general elements of sustainability in outings:

- Where available, preference is given to outings that are operated on the basis of acknowledged and controlled sustainability standards.
- **Adventure International Trekking** encourages its staff to take an active interest in sustainable tourism and guides them accordingly so they can put it into practice.

Sensitivity to cultural heritage

- In sensitive cultural sites (e.g. indigenous villages), heritage sites or ecologically sensitive destinations, skilled and certified guides will lead our guests.
- **Adventure International Trekking** intends to include in its packages and promote to clients outings and activities that directly involve and support local communities. For example, by purchasing services or goods, traditional crafts and local (food) production methods, and visiting social projects.
- **Adventure International Trekking** supports initiatives that improve the relationships between accommodations and local producers, including the production and distribution of local food products and souvenirs, etc. (e.g. initiatives to improve quality level, logistics, transport).

Sensitivity to natural heritage

- **Adventure International Trekking** intends to include in its packages or promote to clients, outings and activities that support the local environment and biodiversity (e.g. visiting protected areas, environmental protection projects).
- **Adventure International Trekking** will ensure operation of outings within national and local sustainability standards. All the national parks and conservation areas in Nepal are managed with a controlled sustainability standard by the respective regional forest authorities and wildlife wardens. We ensure that our clients are aware of and comply with relevant rules and regulations.
- Any disturbance of natural ecosystems is minimized, rehabilitated, and there is a compensatory contribution to conservation management.
- **Adventure International Trekking** supports environmental and biodiversity protection by paying the permit/entrance fee to national parks and conservation areas. Where possible, we will provide other means of support.

Sensitivity to animals

- **Adventure International Trekking** does not offer outings and attractions in which captive wildlife is held, except for properly regulated activities in compliance with local, national and international law. In case of living specimens of protected and wildlife species, these are only kept by those authorized and suitably equipped to house and care for them humanely.
- Outings that include interactions with wildlife comply with relevant (e.g. Travelife) codes of conduct. Taking into account cumulative impacts, they do not lead to any adverse effects on the viability and behavior of populations in the wild.
- Wildlife species are not harvested, consumed, displayed, sold, or traded, except as part of a regulated activity that ensures their utilization is sustainable and in

compliance with local, national and international law.

Preference for local tour leaders

- Key tour leaders, local representatives and guides contracted by **Adventure International Trekking** are appropriately qualified and are trained regularly.
- Tour leaders, local representatives and guides are informed on the relevant aspects of **Adventure International Trekking's** sustainability policy and are expected to comply with it.
- **Adventure International Trekking** acknowledges local tour leaders for their destination knowledge and encourages them to enhance this by offering them guidance and training on sustainability and the destination.
- Tour leaders, local representatives and guides inform clients on relevant sustainability matters in the destination (e.g. protection of flora, fauna, and cultural heritage, resource use), social norms and values (e.g. tips, dress codes and photography) and human rights (e.g. sexual exploitation).

Sustainable Trekking/Hiking Outings

One of the key outing types in Nepal, trekking takes place in our vulnerable mountain ecosystem and it is our duty to help conserve this. Hence, for trekking outings, **Adventure International Trekking** has put in place some specific sustainability practices. As much as possible, we follow the "Leave No Trace" principles:

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts (be careful with fire).
6. Respect wildlife.
7. Be considerate of other visitors.
Beyond these, we follow these practices to ensure our clients have a safe and sustainable trekking experience:
8. Trained guides who can help our clients follow these sustainability practices.
9. We ensure proper waste management on our treks/hikes.

10. Where possible, we encourage our clients to use local toilets.
11. Max load of porters is in accordance with national regulations (15 kg for female porters, 20 kg for male porters).
12. Trekking staff is provided with appropriate clothing and other necessary equipment (e.g. proper walking boots, sunglasses, gloves, hats, etc.).
13. Trekking staff is provided with appropriate lodging and food. Access to tents where necessary.

Sustainability through a long-term perspective

Adventure International Trekking aims to achieve sustainability across all outings and destinations in Nepal through a long-term perspective. In our effort:

- We communicate our sustainability objectives and requirements to our outing providers, equipment providers and destination representatives.
- Where contracts with suppliers are in place, basic sustainability clause(s) are included (e.g. child labor, anti-corruption and bribery, waste management and protection of biodiversity).
- Providers for sensitive outings or activities, which are integrated into packages or offered through local partners, receive and implement documented guidelines and/or codes of conduct in order to minimize negative visitor impact and maximize enjoyment. The guidelines are developed with the collaboration and consent of relevant NGOs and the affected community.

Sustainable Destinations

Adventure International Trekking follows these practices when selecting new destinations:

- In selecting new destinations, the accessibility through more sustainable means of transport is considered.
- Sustainability aspects in destinations are considered in the selection process of new destinations (e.g. traffic-free areas, sustainable city planning, proper waste management infrastructure and community participation). Possibly alternative non-mainstream destinations are offered.
- Destinations in which tourism leads to structural negative local effects in terms of biodiversity, waste, sanitation, human rights and healthcare, water, energy and food availability are not selected (unless **Adventure International Trekking's** involvement results in clear counter balancing effects).

