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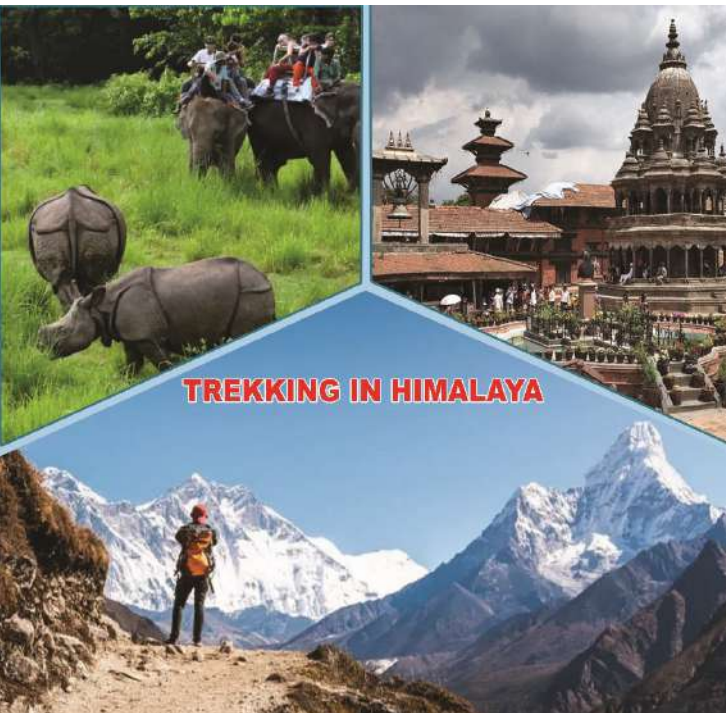
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Table of Content

Foreword to KEEP's 2022 Biennial Report – Tom Hodgman & Karen Hodgman	4
Message from the President	5
Message from the CEO	6
Highlights of KEEP's Activities	9
Report on KEEP's Activities	13
About Minimal Impact Travel Initiative	26
KEEP Development Plan 2023 – 2026	31
National and International Donors/ Partners	33
KEEP Organisation Chart	36
Audit Report	37
KEEP Membership Page	38



MIT: The Handbook
A complete guide to Minimal Impact Practices
is now available **at KEEP**

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Foreword to KEEP's Biennial Report

Tom Hodgman & Karen Hodgman



The environment of Nepal, home to the tallest and potentially most dangerous mountains on the planet, is a strong attraction for trekkers and climbers from around the world. As should be the case, we visitors, tourists of many stripes and levels of experience, rely in large part on the skills and knowledge of the “locals”, the Nepalese. Our guides and porters accompany us for days, weeks and even months on adventures in this land of wonders. It takes special skills to do this. KEEP is an important organisation taking steps to develop these skills in our guides and porters.

Karen and I, in our turn, were connected with these specialists of the mountains, and by it, came to learn about KEEP in 2014. This first experience entailed 5 weeks of trekking and a village visit. Our visit went deep, in culture and in personal enrichment. KEEP is, for us, the continuing and renewing connection with the people and the land of our months in Nepal.

KEEP's work, as we learned about it then and since, is diverse and practical. Their missions include from the most basic elements, boots and warm clothing, to the far-reaching, education in the form of training, business savvy, hygiene and environmental protection. We were very impressed with just how the organisation sees a need and rushes to fill it.

Our life, since we are older now, is less resistant to the challenges of trekking in the alpine world. We do it less. Nevertheless, our commitment to KEEP perpetuates our connection to Nepal and its diversely skilled and, not to forget, innately compassionate people. With KEEP, through these many years, we witness (through shared videos, photos, field updates, and biannual reports) that their programs bring skills that directly support communities. This is a living legacy to our memories as well as to the safe and sustainable travel in the Nepalese land of wonders.

We thank you all on the KEEP team for your commitment to this legacy.

Tom and Karen (Hodgman Family Foundation)

Message from the President

Devi Prasad Panta



Kathmandu Environmental Education Project (KEEP) remains dedicated to its mission of ensuring the ecological and cultural prosperity of Nepal by promoting sustainable tourism practices. As a Social Welfare Council-registered non-profit organisation, KEEP has been a pioneer in balancing tourism growth with environmental conservation and community well-being since its establishment in 1992.

The past two years have been a period of recovery and renewal for Nepal's tourism sector. With increasing visitor numbers, KEEP has reinforced its commitment to sustainable travel through key initiatives such as the Minimal Impact Travel (MIT) initiative. This initiative, is built upon nine core principles that guide travellers, tourism operators, and local communities in reducing their environmental footprint. By promoting responsible travel, ethical tourism behaviour, and conservation-focused education, the MIT initiative has become a cornerstone of our efforts to safeguard Nepal's natural and cultural heritage.

Beyond MIT, KEEP has expanded its work in environmental education, responsible waste management, and capacity-building for local communities. With strong partnerships at national and international levels, we continue to implement impactful projects that align with global sustainability goals while directly benefiting Nepal's tourism industry and grassroots stakeholders.

Looking ahead, KEEP remains steadfast in its vision to foster environmental stewardship, advocate for responsible tourism policies, and empower local communities. Our success is made possible by the dedication of our team, the unwavering support of our donors and well-wishers, and the collective commitment of those who believe in sustainable tourism. I extend my sincere gratitude to all who have contributed to KEEP's mission. Together, let us continue building a future where Nepal's tourism flourishes in harmony with its environment and cultural heritage.

Message from the CEO

Ian Wall



The world is facing increasing unprecedented and wide ranging issues from geo-politics, global warming and a huge uncertainty from within the tourism sector. KEEP has long believed in promoting Eco-tourism, however in today's world we have had to broaden our vision to incorporate 'sustainability' into our plans. For many who think along the lines of, "we had ten clients last year, ten clients this year and ten for the next season so, we are sustainable", sadly it doesn't work like that.

Global warming has had a huge impact on glacial melt resulting in unprecedented avalanches, landslides, glacial lake outburst and extreme flooding, all increasing the threat and security for hill communities and livelihoods. The Covid pandemic forced international travel to shut down and many countries restricted international and domestic travel. Sadly, since 2021 tourism recovery has been slow in Nepal. This has not only impacted the national economy but also the financial sustainability of many of the communities situated along the trekking trails and regions of Nepal.

Nepal is in an unfortunate position of lacking the resilience to fend off negative world events, events that have nothing directly to do with Nepal, however, Nepal feels the financial pinch as tourist traffic slows down. At the moment the situation between India and Pakistan, Iran and Israel, Ukraine and Russia and even the situations resulting from the tariff war, all impact holiday plans previously made by potential visitors, rather than going with the heart many tourists are in a mental 'wait and see' mode.

KEEP has a Visitors' Information Centre and we have noticed a fairly rapid decline in the number of trekkers calling in for trekking advice. At the same time trekkers are faced with hiring compulsory guides, however, as the guides must be registered to a trekking agency that agency is picking up much of the work that the KEEP Visitors' Centre use to handle. Needless to say this also impacts KEEP's financial situation. However, we survived the political insurgency, the earthquake, the blockade, Covid plus many other situations that collided with our world over the last 33 years, and we are still here.

KEEP still provides a very active and diverse training program and this supports the sustainability work that we are undertaking. KEEP is very active in the environmental sustainability sector supporting a huge sustainability program in the Kangchenjunga region, we have, of course, the important Minimal Impact Travel program, running female empowerment programs as well as tailoring our Eco-Training program to raise awareness of the geo-sustainability dangers created by glacial melt and glacial lake out bursts.

To all our friends, supports and donors I give a huge thank you, without you, KEEP would not be sustainable. I hope you can see your way to continue to support our cause and we would welcome you to our office the next time you come to Nepal, call in for coffee and a chat.

From Small Acorns: KEEP's History



Inauguration Ceremony of KEEP in 1992 - in attendance were Lord John Hunt, leader of the successful 1953 first ascent of Everest Expedition, Sir Chris Bonington, leader of the first successful SW Face of Everest Expedition, Dr. Chandra Gurung, Pertemba Sherpa, climbing Sherpa on the Everest SW Face Expedition who also made the second ascent.

KEEP was initiated after the tragic death of a young British trekker Tracey Taylor Young. During her climb on the trekking peak Imja Tse (Island Peak) with her friend Joanne Chittenden with the objective of raising awareness of the growing environmental degradation of the Khumbu region of Nepal, Tracey was killed in a fall. Thus, in her memory, a new eco-tourism project was established with the aim of providing education on safe and ecologically sustainable trekking methods to preserve the unique and fragile ecosystem of the country.



The 28th Annual General Meeting (AGM) of newly-elected executive members to Kathmandu Environmental Education Project (KEEP) at Hotel Mulberry.

Special Gratitude

English Language Volunteers

David James Thompson
Yangzi Sherpa
Desh Man Kulung
Nick Keen

French Language Volunteers

Nora Bolze

Eco Leadership Course

Ian Wall, CEO of KEEP
Dr. Ramesh Raj Panta
Dr. Narayan Pd. Ghimire
Amit Khadka
Sunil Gurung
Tandin Wangchuk Sherpa
Sarki Sherpa

Porter Awareness Training

Ian Wall
Sunil Gurung
Amit Khadka
Govinda Shrestha
Amber Tamang
Sarki Sherpa
Rajendra Man Karmacharya

Customer Care, Cooking, Hygiene and Sanitation

Sukra Tamang
Shyam Wang Tamang
Umesh Bhuwai
Bhrihaspati Tamang

Wilderness First Aid Course

Dr. Ajit Gurung
Dr. Kulesh Thapa
Dr. Nima Namgyal Sherpa
Dr. Dil Bahadur Tamang
Dr. Vivek Chaudhary
Rajendra Karmacharya
Dipendra Upadhyaya
Sunil Gurung
Udaya Sherchand
Hastha Kathayat

KEEP Volunteer

Caitlin Vopn
Kira Hendry
Pokharises Volunteer (Emme, Maëlle and Eva)
Volunteers from Nepal Asa team
Student of Cots Nepal (Aayushma Tamang, Aishma Buda, Kalasa Dashed, Sumitra Praja)
Students of Mangal S.S. (Anusha Sunar, Swikriti Mandel, Simran Khadka, Sadikshya Thapa)

Students of Bidhyawasani S.S.
(Sumitra Tamang, Sabina Nepal, Prabila Majhi, Susmita Pariyar)
Puja Parajuli
Hira Malla
Rupa Pandey
Aditya Khare

KEEP Intern

Sulochana Lama

Special Partners

Nepal Tourism Board
CDS Group
Epic Exped Pvt. Ltd
Australian Embassy
Himalayan Trails Trekking and Climbing
Icicles Adventure
Dharma Adventure
Natraj Travel
World Expedition
Intrepid Travel
Sherpa Society
Basanta Adventure
Nepal Inside Out
Altitude Air
Third Rock Adventure
Yeti Airlines
Everest Experience and Assistance P. Ltd.

Highlights of KEEP's Activities- 2023

- Visit of Shree Barma Primary School in Patan, Baitadi by Taradatt Joshi on January 9, 2023
- Distribution of warm jackets to senior citizens in Rasuwa, Nakunda Rural municipality, on January 13, 2023
- Leadership Development Course for adventure tourism professionals from 25th – 27th January 2023
- Two days Wilderness First Aid Course for World Expeditions Group from 4th-5th February 2023
- Basic First Aid Training for Brick Factory workers on 9th -11th of February 2023
- One-day refresher first aid training for Natraj Tour & Travel Company Senior, February 14, 2023
- Three Days Wilderness First Aid Course from February 15th - 17th, 2023
- English Language Course in Sarsyu, Rasuwa from 1 January- 1 February, 2023
- Three Days Wilderness First Aid Course from June 3rd – 5th, 2023
- Two days Refresher First Aid Training for Epic Exped Trekking company Leaders from March 18-19th, 2023
- Construction project of the new Shree Barma Aadharbhut School, finished on May 28th, 2023
- KEEP participated in the 16th International Sagarmatha (Everest) Day, themed “Climbing Responsibly, Celebrating Sustainability”, on May 29, 2023
- Guides & Porters awareness workshop at Naukunda-6 Sarshyu, Rasuwa from 3rd -5th June, 2023
- Tree Plantation program Naukunda Rural Municipality 6, Sarshya, Rasuwa on the occasion of World Environmental Day 2023 on June 5, 2023
- Three Days Wilderness First Aid Course from 11th -13th June, 2023
- English language course for local tourism professionals (Local lodge owners, hoteliers and porters) from Pikey Peak area, Taping, Solukhumbu in July 5th – 20th, 2023
- Stakeholders’ consultation meeting on Minimal Impact Travel (MIT) at Nepal Tourism Board, 14th July, 2023
- Toilet construction and sanitation project at Zebrang school, Shivapuri rural municipality-5, was completed in December 2023
- Three Days Wilderness First Aid Course from August, 7 -9th, 2023



- Three day First Aid and Acute Mountain Sickness training for Himalayan Encounter groups from 19th – 21st August, 2023
- Ten days' program for Empowering Nepali young girls through Mountain hiking, environment and cultural education from September 2nd – 11th, 2023
- Five Days Advanced Wilderness First Aid Course, 4 – 8th September 2023
- Keep successfully held its 27th Annual General Meeting on 23rd September, 2023
- Four Days Mountain First Aid and Leadership Refreshment Course for Himalayan Trails Trekking & Climbing P. Ltd leaders. 23-26th September, 2023
- Chepang Health in Rapti Municipality-05, Bhandara, Chitwan, started in January, 2023 and was officially handed over on November 2, 2023
- Kailpal Basic School building construction program in Baitadi has successfully finished on 11th December, 2023
- Three Days Basic Wilderness First Aid Course from 20th - 22nd December 2023.

Photo Highlights



Her Excellency Felicity Volk (left), Australian Ambassador to Nepal along with Greame Kent donates PAC Bag to KEEP.



KEEP distributes warm clothes to school children and senior citizen at Baitadi district.



KEEP attends a panel discussion on 'Public Conversation on Mountaineering and Ecological Footprint' at Alliance Française.

Highlights of KEEP's Activities- 2024

- Hatas lift drinking water program, in Patan, Baitadi was successfully completed in January, 2024
- Basic English Language Course from Jan 9- Feb 9, 2024 for tourism professionals
- Warm Cloths Distribution Program for School Children and Senior Citizen at Shree Sarswati Secondary School and Shree Bhumiraj Swami Basic School, Baitadi, 17th January, 2024
- Warm clothes were distributed to the children of Bashudev Adharbhat School and senior citizens of the area. 20th January, 2024
- Meeting with Samaichi and Shaipal Forest Consumer Committee, Phulbari, Dhangadhi. January 20, 2024
- Five days Training on Sustainable Leadership for tourism professional from 11-15th February, 2024
- A special session on Climate Change and Sustainable Tourism for female trekking leaders was held on February 21, 2024
- The three-day Basic Wilderness First Aid Course was successfully completed from February 25th – 27th, 2024
- Water Supply Program for Gyan Jyoti Secondary School Bageya, Kohalpur, Banke, finished in March 2024
- Guides & Porters Awareness work-shop for Tourism Workers, in Juphal, Dolpa from March 11th – 13th, 2024
- Tourism workshop on Customer care, cooking, hygiene, sanitation and waste management in Sailung Rural municipality, Bhaise, Kalapani, Dolakha, from March 24-26, 2024
- KEEP actively participated in a public discussion on mountaineering and ecological footprint, organised by Alliance Fraincaise on April 29, 2024
- Shree Bashudev Basic School Building Construction Program-Tadi Gaun –Baitadi, Syrnaya rural municipality, Baitadi finished in May 2024.
- Discussion meeting on renewal energy and environment, May 14, 2024
- Three Day Wilderness First Aid, Rescue and Trail Navigation Training, 20th -22th May, 2024
- Three Day Wilderness First Aid Training, 3rd -5th June, 2024
- 10 days, French language program for beginners, 12th – 21st June, 2024
- One day First Aid refresher training for Australian Embassy, Sept 3, 2024
- One day First Aid refresher training for Dharma Adventure, 12 participants, June 16, 2024
- Eco Club formation and Tree Plantation program at Shree Bindhawasini Secondary School, Jogitar, Kavre,



June 28, 2024

- Tree plantation and Day Hiking program conducted by KEEP Nepal, Lions Club of Chabahil City, Plan-himalaya, Nepal trekking experts and other organisations at Sangkharanpur 2 Lapsi Chaur Mane Danda, Kathmandu on July 5, 2024
- Drinking water supply program for Shree Nepal Rastriya Ma. Vi. Kohalpur -12 with generous support by SANTE SANS FRONTIERE (SSF) France successfully finished in July 2024
- Three Days Refresher Wilderness First Aid Course, 21th -23rd July, 2024
- 3-Days Workshop on Sustainable Leadership and Minimal Impact Travel from 25th - 27th June, 2024.
- KEEP provided Advanced First Aid and Acute Mountain Sickness training sessions for Intrepid DMC Nepal's leaders on July 4th –6th, July 11th –13th, and August 17th –19th, 2024.
- Tree Plantation at Shree Mangal Secondary School, Kirtipur Municipality-10, Naya bazar, 28th July, 2024
- 1-day refresher first aid course for leaders of Icicles Adventure Treks and Tours, 7th August, 2024
- Three Day wilderness first aid training for Ace the Himalayas trekking leaders, August 24-26, 2024
- KEEP) successfully held its 28th Annual General Meeting and elected the executive committee on September 16, 2024
- Essential hand book – A complete guide to minimal impact practices in tourism, September 18, 2024
- Three Days Wilderness Basic First Aid Course, 30th September - 2nd October 2024
- Hikipedia donation of 40 pairs of hiking shoes to KEEP Porter's Clothing Bank on 22th October, 2024
- Pauline Pretet of Porteurs D'Avenir generously donated 6 pairs of hiking boots, 10 jackets, and 25 pairs of sunglasses to our Porter's Clothing Bank on October 30, 2024
- KEEP donated 45 pairs of running shoes to Nava Indradhanush English Boarding School on November 6, 2024.

Report on KEEP's Activities

A. Eco - Tourism Capacity Building

Following its mission to advocate sustainable tourism, KEEP has been conducting various pieces of training and work- shops annually. Following is the list of sustainable capacity-building programs.

1. English Language Course



KEEP with support from the World Wide Education Partnership (WWEP), Crooked Trails and Tom and Karen for Nepal, conducts two four-week English language courses each year during the monsoon and winter off-seasons. These courses aim to enhance the communication skills of local tourism professionals, including trekking workers, lodge owners, hoteliers, and porters. Taught by native English speakers, the program covers client hospitality, tourism in Nepal, safety, and conservation skills, helping participants improve their ability to interact with clients and provide better services. In 2023 year, sessions were held in Sarsyu, Rasuwa (January 1-February 1, 2023) and Solukhumbu (July 5-20, 2023) by Ms. Lorna Illingworth, Ms. Shreejana Rayamajhi, and Ms. Dipika Shrestha., benefiting professionals from key trekking areas. And in 2024 fiscal year, session held

in KEEP (9th January -9th February, 2024) by Mr. David James Thompson, in Solukhumbu (8th -28th January, 2024) by Ms. Yanzi Sherpa, for Tourism Professionals. These initiatives contribute to sustainable tourism development by strengthening local capacity and service quality.



In addition to English courses, KEEP successfully conducted a 10-day basic French course for 20 participants from June 12 to June 21, 2024 by Ms. Nora Bolez. German courses are also available based on volunteer availability and demand.

Course	Participant	Date
English language course, Rasuwa	59	1st Jan- 1st Feb, 2023
Monsoon English language course	24	5th -20th July, 2023
English language course	27	9th Jan-9th Feb, 2024
English language course, Solukhumbu	26	8th -28th Jan, 2024
French Language Course	20	12th -21th June, 2024

2. Wilderness First Aid Course

Safe tourism is an integral part of sustainable tourism. Since 1992, KEEP has been delivering Wilderness First Aid Courses designed to equip tourism professionals, including trekking guides and porters, with essential life-saving skills for high-altitude environments.



These programs aim to enhance participants' ability to respond effectively to medical emergencies and injuries in remote mountain areas.

KEEP has conducted 21 First Aid training programs during this reporting period. These courses are offered as either a three-day refresher or one-day refreshment or a five-day intensive, with participants receiving a Wilderness First Aid Certificate upon completion. KEEP has also organised special First Aid Training for specific organisations based on demand. Among them are: Natraj Tour & Travel Company, World Expeditions, Interpid Travel, Himalayan trails trekking, Dharma adventure, Himalayan Encounters, Icicles Adventure, Thamserku Trekking, Australian embassy, EpicExped Trekking company. The Break Factory training was conducted by Dr. Ajit's team, while all other training sessions were facilitated by Dr. Kulesh's team.

The training covers critical topics such as CPR techniques, splinting and bandaging for injury management, and choking response to ensure proper airway clearance. Participants also learn to recognise and treat high-altitude illnesses, including High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). Additionally, the program provides instruction on the proper use of oxygen for altitude-related emergencies and the operation of a high-altitude chamber in critical situations.

The training covers critical topics such as CPR techniques, splinting and bandaging for injury management, and choking response to ensure proper airway clearance. Participants also learn to recognise and treat high-altitude illnesses, including High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). Additionally, the program provides instruction on the proper use of oxygen for altitude-related emergencies and the operation of a high-altitude chamber in critical situations.

Course	Participant	Date
First Aid Course for World Eco Expeditions	31	4th – 5th Feb, 2023
First Aid Course for Break Factory	19	9th–11th Feb, 2023
First Aid Course for Natraj Travel	8	14th Feb, 2023
Three Days First Aid Course	28	15th – 17th Feb, 2023
First Aid Course For Epic Exped P. Ltd	15	18th–19th March, 2023
Three Days First Aid Course	27	7th – 9th Aug, 2023
First Aid Course for Himalayan Encounters P.Ltd	19	19th – 21st Aug, 2023
Five Days First Aid Course	15	4th – 8th Sep, 2023
First Aid & Leadership Course for Himalayan Trails Trekking & Climbing Pvt. Ltd	11	23rd – 26th Sep, 2023
Three Days First Aid Course	14	20th -22nd Dec, 2023
Three Days First Aid Course	23	25th -27th , 2024
Three Days First Aid Course	29	3rd – 5th June, 2024
First Aid Course for Dharma Adventure	12	16th June, 2024
Advanced First Aid & AMS for Himalayan Encounters P.Ltd	22	4th – 6th July, 2024
Advanced First Aid & AMS for Himalayan Encounters P.Ltd	21	11th – 13th July, 2024

Course	Participant	Date
Refresher First Aid Course for Icicles Adventure	13	7th Aug, 2024
Advanced First Aid & AMS for Himalayan Encounters P.Ltd	12	18th – 20th Aug, 2024
Refresher First Aid Course for Thamserku Trekking	13	8th – 10th Sep, 2024
Five Days Advanced First Aid Course	17	1st – 5th Sep, 2024
Three Days Basic First Aid Course	20	30rd Sep – 2nd Oct, 2024
Refresher First Aid Course for Australian Embassy	6	3rd Sep, 2024

3. Sustainable Leadership Training

Sustainable leadership training delivers sessions related to Client Expectations, Risk Assessment, Handling Difficult Clients and a variety of other skills that train participants to become safe and effective leaders and guides. In today's world KEEP delivers programs with a specific focus on increasing awareness as a result of climate change, the benefits of Sustainable Tourism, and how to effectively tackle the negative impact of adventure tourism.

Leadership Development training for Tourism Professional's:



KEEP successfully conducted its Leadership Development Training for Tourism Professionals at the KEEP office in Kathmandu. The training sessions were held on January 25-27, 2023 by Amit Khadka and Sunil Gurung with 31 participants, on Septem-

ber 23-26, 2023 with 11 participants, on February 11-15, 2024 by Dawa Tashi Sherpa and Lanchhuman Tamang with 16 participants and on June 25-27, 2024 by Amit Khadka, with 15 participants. A total of 73 tourism professionals successfully completed the program, enhancing their leadership skills and industry knowledge.

A comprehensive three-day Leadership Development Training was conducted for Basanta Adventure from January 7 to 9, 2023, to strengthen the leadership capabilities of its team members. A total of 7 participants successfully completed the program, gaining essential leadership skills to enhance their performance in the adventure tourism sector.

A four-day Mountain First Aid and Leadership Refresher Course was conducted for the leaders of Himalayan Trails Trekking & Climbing P. Ltd from September 23 to 26, 2023. A total of 11 participants successfully completed the training, enhancing their emergency response skills and leadership capabilities in high-altitude environments.



Sustainable Leadership training

A series of training programs and workshops focused on sustainable leadership in tourism were successfully conducted in 2024, equipping professionals with the skills to promote responsible and environmentally conscious tourism practices. Two major Sustainable Leadership Training programs were held during the year. The first, a five-day training for tourism professionals, took place from February 11-15, 2024, providing in-depth knowledge on integrating sustainability into leadership roles.

Women's Empowerment Trainings on Sustainable Tourism

Climate Change and Sustainable Tourism for female trekking leaders



KEEP coordinate with Girls Empowered by Travel and conducted a special session on Climate Change and Sustainable Tourism on February 21, 2024 provided by Mr. Amit Khadka for female trekking leaders, highlighting the impact of climate change on the tourism industry and promoting sustainable trekking practices.

Course	Participant	Date
Leadership Course	31	25th – 27th Jan, 2023
4 days Leadership Course	11	23rd -26th Sep, 2023
Five Days Leadership Course	16	11th – 15th Feb, 2024
A Special Session on climate change and Sustainable Tourism for female trekking leaders	18	21th Feb, 2024
Three Days Leadership Course	15	25th – 27th June, 2024
3 days Leadership Development Training for Basanta Adventure	7	7th – 9th Jan, 2024

4. Tourism workshop on Customer care, cooking, hygiene, sanitation and waste management

KEEP successfully conducted a three-day tourism workshop from March 24-26, 2024, in Sailung Rural Municipality, Bhaise, Kalapani, Dolakha. The program focused on customer care, cooking, hygiene, sanitation, and waste management, aiming to improve service quality and promote sustainable tourism practices in the region.

A cooking training session was organised to empower local lodge and hotel staff in Sailung, Dolakha, enhancing their culinary skills, including safe food preparation and hygiene standards, to meet hospitality requirements. Additionally, an awareness program on cleaning and waste management was conducted in Kalapani, Sailung, encouraging responsible waste disposal and environmental conservation in the community.



5. Special Bird Watching Session:

KEEP organised a one-day Bird Watching session on 28th January 2024, aimed at identifying local bird species, promoting their protection, and encouraging the preservation of their natural habitats by minimizing disturbances during travel. This session Helps participants learn about local bird species and the challenges they face, fostering a deeper understanding of biodiversity and Encourages appreciation for natural habitats, often leading to stronger support for conserving those areas.



B. Environmental Awareness program

1. World Environment Day with Tree Plantation in Rasuwa

In celebration of World Environment Day 2023, KEEP Nepal organised a tree plantation program in

Naukunda Rural Municipality-6, Sarshyu, Rasuwa, on June 5, 2023. The initiative aimed to promote environmental conservation and raise awareness about sustainable practices under the theme

Beat Plastic Pollution. The event included a brief awareness session followed by a tree plantation activity in coordination with local stakeholders, community members and volunteers.



2. Pokharise Project: Empowering Young Nepali Girls Through Mountain Hiking, Environmental and Cultural Education

The Pokharise project, a joint initiative between KEEP Nepal and Pokharise (3 Geneva Graduate Institute Students), provided 12 Nepali girls from Kathmandu and Kavre with a 10-day immersive cultural, environmental, and hiking experience from September 2-11, 2023. This initiative aligns with KEEP Nepal's broader commitment to sustainable practices and community engagement, as seen in other projects, such as the ongoing Minimal Impact Travel (MIT) project. MIT, which emphasizes minimizing the negative impacts of tourism, builds on the values of sustainability showcased by the Pokharise project.



The program concluded with a feedback session and certificates of participation at KEEP Nepal's office in Kathmandu. The girls, aged 13-16, were selected from Shree Mangal Secondary School, Shree Bindhawasini Secondary School and Children of Street Orphanage, with one teacher from each school accompanying them.



The project aimed to foster environmental awareness by establishing environmental clubs in participating schools and exposing the girls to the natural beauty and culture of Pokhara and Lawang village. Activities included a 21.58 km hike from Lawang to Dhampus, a cultural day with traditional performances, and environmental education.



As part of this project and with support from Eva, Emme, and Maelle, KEEP organised a tree plantation program at Shree Bindhawasini School in Mandan Deupur-10, Chandeni, on June 28, 2024. This initiative was aligned with the school's newly established Eco Club activities. A total of 45 saplings were planted around the school premises, with active participation from teachers, students, and Eco Club members. The program aimed to promote environmental awareness and sustainability.

The Tree plantation also organised at Mangal Secondary School on 28th July, 2024, Where all the students and Teachers, APF team, 4 members from Sabita Sundar Foundation and also from Lumbeni World Peace Forum were involved in the tree plantation program. This program promotes the sustainable Practices of environmental conservation through the Eco clubs. In this program all together 225 plants were planted on the occasion of world nature conservation day.

3. Save Green, KEEP Clean' Cleanup and Awareness Program in Machhenarayan

In a bid to promote environmental conservation, KEEP Nepal successfully organised the 'Save Green, KEEP Clean' cleanup and awareness program in the Machhenarayan area (Chandragiri-09, Machhegaun) on January 4, 2024.



The initiative brought together dedicated participants and supporters to address waste management issues and encourage responsible environmental practices.

A special thanks was extended to Plogga for introducing its innovative cleanup concept in Nepal, inspiring a more active and sustainable approach to keeping public spaces clean.

4. Hiking Program

The hiking program organised by the KEEP in collaboration with the Lions Club on 5th August, 2023 aims to promote sustainable tourism practices while encouraging responsible travel habits among participants. This initiative is designed not only to showcase the natural beauty of the region but also to educate hikers about eco-friendly behaviors such as minimizing waste, respecting local wildlife, and preserving trails.



A key focus of the program is to support local communities by involving local guides and promoting the use of locally sourced products, which helps boost the local economy. By fostering collaboration between tourists, locals, and environmental organisations, the program strengthens community engagement and contributes to the long-term sustainability of tourism in the area.

5. Everest Day Awareness Program- 16th International Everest Day

The program Aims to raise awareness about mountain conservation, climate change impact on the Himalaya and importance of preserving the legacy of Everest. The program was conducted on 29th May, 2023 in occasion of 16th International Sagarmatha (Everest) Day with moto of Responsibly, Celebrating Sustainably.



C. Porter Welfare Program

1. Guides and Porters Awareness Workshop

KEEP Nepal, with support from Swiss Foundation for Solidarity in Tourism (SST) and Crooked Trails, USA, conducted a three-day Guides and Porters Awareness Workshop & Basic First Aid Training in Thuli Bheri Municipality, Juphal, Dolpa from March 11-13, 2024.

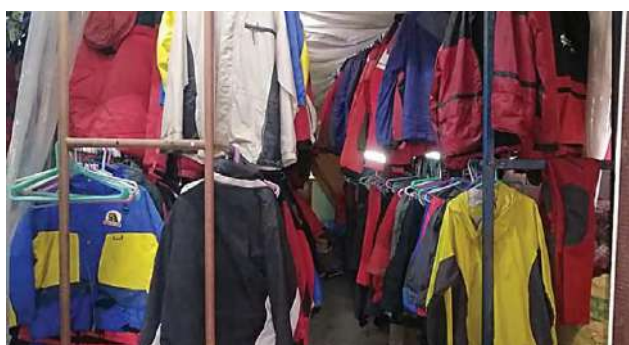
The program aimed to enhance the knowledge of guides and porters on the current tourism industry and provide basic first aid skills. A total of 62 participants attended the workshop.



Awareness Workshop in Naukunda-6 Sarshyu, Rasuwa, from 3rd -5th June, 2023. The workshop, aimed at enhancing the knowledge and skills of local guides and porters, was supported by Alpkait Foundation, Crooked Trails, and WWEP. The initiative provided valuable insights into safety, responsible tourism practices, and improving working conditions for guides and porters in the region.

Course	Participant	Date
Porter/Guide Awareness Workshop Sarshyu Rasuwa	24	3rd – 5th June, 2023
Porter/Guide Awareness Workshop Juphal, Dolpa	57	11th – 13th March, 2024

2. Porters Clothing & Welfare Centre (PCWC):



The KEEP Porter's Clothing and Welfare Centre (PCWC) was established in September 2009 with the goal of providing porters with appropriate, high-quality clothing for trekking in Nepal's challenging highlands and mountains. The PCC also

plays a crucial role in raising awareness about the rights and well-being of porters. It educates tourists, trekking agencies, and Porters on the importance of proper treatment and access to suitable clothing and equipment.

As part of the ongoing humanitarian efforts KEEP has made several donations in 2023 and 2024 to support vulnerable communities in various regions.

These donations include:

- 167 warm jackets to senior citizens in Naukunda Rural Municipality, Rasuwa.
- Warm clothes distributed to school children and senior citizens at Shree Saraswati Secondary School and Shree Bhumi Raj Swami Basic School in Baitadi.
- In collaboration with Kanchimaya Tamang Foundation and COTS Nepal, warm sweaters and jackets were given to children and senior citizens at Shree Kailpal Basic School in Gajari, Shree Basudev Basic School in Tadigaun and Shree Barma Basic School in Hatas, Baitadi.
- Warm clothes distributed to children of Basudev Aadharabhu School and senior citizens in the surrounding community.
- KEEP donated 45 pairs of running shoes to Nava Indradhanush English Boarding School, supporting underprivileged students' education and well-being.



D. Rural Community Development projects

1. School Construction:

Shree Barma Basic School in Hatas, Baitadi



KEEP, in partnership with 'A Drop of Life,' successfully completed an education infrastructure support program for the rural community of **Shree Barma Aadharbhut School in Hatas, Baitadi**. The initiative, aimed at improving learning conditions for local students, marks a significant milestone in enhancing educational opportunities in the region.

As part of the program, KEEP constructed a new school building with five classrooms, providing a better learning environment for 105 students from ECD to Grade 8. The project was officially completed on March 28, 2023, and was met with joy and celebration among the students and school community.

Kailpal Basic School, Sigas, Baitadi



As part of its ongoing efforts to improve educational infrastructure in remote areas, KEEP, under its Community Development Program, has successfully completed its third school infrastructure project in Baitadi district. The construction of a three-room fixed building at Shree Kailpal Basic School was completed on December 11, 2023, with the support of 'A Drop of Life.' With this initiative, children from

approximately 100 local farming families now have access to education up to grade five in their own community, reducing the need to travel long distances for schooling.

To celebrate this achievement, a gathering was held on December 18, 2023, bringing together school parents, the management committee, teachers, local social workers, villagers, and students. The event was an opportunity to express gratitude to everyone who contributed to this transformative project and played a role in building what was described as a holy temple of Saraswati, the goddess of wisdom and learning.

Shree Bashu Dev Basic School in Tadigaun, Baitadi

KEEP, with the support of 'A Drop of Life -HK,' has successfully accomplished a school infrastructure development project at Shree Bashu Dev Basic School in Surniya Rural Municipality Ward 3 Tadigaun, Baitadi, enhancing educational opportunities for children in the rural community. The project was officially completed on May 9, 2024.



As part of the initiative, a five-room concrete school building was constructed, providing a safe and improved learning environment for over 100 students from ECD to Grade 8. This effort, carried out under KEEP Nepal's community development program, marks a significant step in strengthening education infrastructure in remote areas of Nepal.

2. Water and Sanitary Projects

KEEP has successfully finalized the Hatas Lift Drinking Water Program in Patan Municipality Ward 10 Sid-dhapur, Hatas, Patan, Baitadi, providing a reliable and sustainable water supply to the local community. The project, completed on January 2024, aims to improve

access to clean drinking water for rural households. As part of the initiative, 480 people from 80 beneficiary families, 120 students and teachers of Shree Brahma Basic School, Health Post and Ward 10 now have access to 50 water taps, supported by the construction of two water tanks and one intake system.



KEEP, with support from 'A Drop of Life,' successfully completed a toilet construction project at Brahma Basic School in Patan, Baitadi, in December 2023. The project included a child-friendly toilet facility and improvements to school infrastructure, including a drinking water supply system. The new water supply has significantly improved daily life in the village, enhancing hygiene and sanitation for students and the local community.



KEEP Nepal, with support from Nepal Asa – France, finished the toilet construction and sanitation program at Shivapurei Rural Municipality Ward 5 Zebra Basic School, Nuwakot, with the inauguration of a new toilet building. The project was completed in December 2023, enhancing sanitation facilities for the school and its 85 student and Teacher.

KEEP Nepal with support from late Claudia Graham – Australia had successfully implemented a drinking water supply program at Shree Gyan Jyoti Secondary School, Bageya, Kohalpur, Banke, and ensuring

access to safe drinking water for 700 students. The project, finished in March 2024 aims to improve hygiene and sanitation within the school, creating a healthier learning environment.



The Dhura Drinking Water Supply Project, completed in April 2024, has installed 38 taps in Sigas Rural Municipality-02, benefiting 310 people from 48 households, along with a school and a health post. Supported by A Drop of Life and implemented by KEEP, the project ensures clean and safe drinking water for the community, where most residents rely on agriculture and animal farming.



KEEP, with generous support from SANTE SANS FRONTIERE (SSF) - France, has successfully completed a drinking water supply project at Shree Nepal Rastriya Ma.Vi., Kohalpur-12, in July 2024. The project ensures safe drinking water access for over 800 students and school staff, significantly improving hygiene and daily life within the school community.

The Ghormu Drinking Water Project, implemented with the support of the Bridgeit Foundation, has been successfully completed in Sarsiu, Ward No. 06 of Naukunda Rural Municipality, Rasuwa District,

Bagmati Province, Nepal. The project was finalized on 2nd March 2024 and includes the installation of 53 tap stands and 2 storage tanks. This initiative now provides access to safe drinking water for approximately 150 households, benefiting a total of 618 residents and 2 local schools.



KEEP Nepal, with the support of A Drop of Life, is actively implementing a drinking water supply project in Naukunda Rural Municipality-6, Sarshyu, to provide safe and clean drinking water to the local community.

The project will serve 703 people across six villages, with 140 households directly benefiting. A total of 70 water taps will be installed, ensuring a reliable water source for villagers. Additionally, the ward health post and Shree Gosaikunda Secondary School will gain improved access to clean water, enhancing sanitation and daily life in the region.

3. Health Post Construction

KEEP has successfully completed the Waswang Health Post Construction Program in Kalitar, Chitwan, aimed at improving healthcare access for the local community. The project, built with the support of SSF France, SWAN Nepal, and Rapti Municipality, marks a significant step in strengthening health infrastructure in rural areas.

On November 2, 2023, the newly constructed health post building was officially handed over to Rapti Municipality Bhandara.

Around 574 households are residing around the project area and major population of that area belongs to Chepang community and small group of Newar and Dalit community.



This is a Joint project of KEEP, Rapti Municipality and SWAN. Kathmandu Environmental Education Project (KEEP) with support of SANTE SANS FRONTIERE (SSF), France Jointly with Social Welfare Association of Nepal (SWAN) with SWAN Deutschland e.V., SWAN Österreich are supporting the project. The main aim of construction of health post was to provide the basic health facilities to the chepang communities within their community.

E. Visitor's Information Centre



KEEP's Visitor Information Centre is located in the hot spot, the Thamel area, the VIC provides free and impartial information to trekkers regarding where to trek, mountain safety, and environment-friendly trekking. KEEP also provides eco-friendly fair-trade trekking supplies including biodegradable soaps and shampoo, refillable water bottles, water purification solutions, waterproof "go-bags" and a range of maps and guidebooks. Unfortunately, this facility is not at the present being used to its potential due to the downturn in Nepal tourism.

F. Volunteering

KEEP has always welcomed dedicated volunteers and greatly values the commitment of individuals eager to use their skills to support communities in Nepal. Since its establishment in 1992, KEEP has provided a platform for international volunteers to contribute to various community development initiatives and other meaningful projects.

In June 2023, a team of volunteers from Nepal Asa - France collaborated with KEEP on a community development project, focusing on toilet construction and sanitation at Zebrang Basic School in Nuwakot. Their dedication contributed to improving hygiene and infrastructure for local students.



Building on this partnership, another group of Nepal Asa - France volunteers arrived in June 2024 to support an education program at Kirti Secondary School in Kirtipur. Their involvement reflects KEEP's ongoing commitment to sustainable development and international volunteer engagement.



Continuing this spirit of international support, **Miss Nora Bolze** from France volunteered at KEEP in June, 2024 as a French language tutor. During her

10-day volunteering period from June 12 to 21, she conducted a beginner-level French language program, helping participants develop foundational language skills. Her dedication and contribution supported KEEP's mission of educational empowerment.



Ms. Kira Hendry from Hong Kong volunteer support with her full of dedication assisting with a variety of tasks ranging from administrative work to social media management. She was contributing to the web design and promotion of the *MIT Handbook*. She collaborates with Rajan, KEEP's website developer, and Aditya Khare, the graphic designer behind the book, which was incredibly rewarding.

Eva, Emme, and Mellae actively supported the Pokharise Project through their dedicated volunteering efforts. They were meaningfully involved in initiatives focused on women's empowerment and



hiking programs in Pokhara, and also contributed financial support to help sustain these activities.

Additionally, students from Bindhyawasini Secondary School, Mangal Secondary School, and COTS Nepal played an important role by volunteering to organise KEPP (Keep Environment Protection Program) activities in their respective schools through their eco clubs, promoting environmental awareness and community involvement.

Monitoring and Evaluation of KEEP's Program from SWC



The project management system of KEEP was observed and verified by the evaluation team of SWC. SWC has combined six different projects implemented by KEEP during June 2023 to April 2025, and has assigned to conduct final evaluation. The financial evaluation has been carried out based on efficiency and cost effectiveness of the project. The positive results can be observed with remarkable changes through satisfactory teaching-learning environment in the schools, and the availability of safe drinking water in the communities. The facilities have enhanced motivation and confidence of the community residents, and employment and self-employment of training participants with practical knowledge and skills on tourism sector. Similarly, the awareness on environment conservation and protection, and maintaining sanitation in the surrounding has arisen among the school students and community people especially women and children. The primary beneficiaries are found delighted, motivated and mobilized to continue the set practices for sustainability of the outcomes even after completion of the projects.

The projects have played significant roles to increase

income and opt sustainable and responsible tourism for tourism professionals, enhance access to clean drinking water and sanitation to prevent infectious diseases and health consequences, strengthen gender equality and participation of women in the communities, and improve the teaching-learning environment with safe and healthy classrooms in the school.

KEEP has been able to accommodate support of school management committee, community residents and elected representatives and staffs of LGs, and stakeholders to rapidly mobilize the resources and implement the project activities on construction of infrastructures. The achievements and outcomes ultimately lead to improved conditions for sustaining community access to clean drinking water, enabling academic environment in the schools and hands-on skills on employment and self-employment in the tourism sector including conservation and promotion of Himalayan environment against climate change.

KEEP Recognition



KEEP was honored with a Certificate of Appreciation by the Kathmandu Chabahil City Lions Club, in recognition of its distinguished achievements and contributions to the club's mission during the Lion-istic Year 2023-24.

Mr. Rishi Bhandari, owner of Satori Adventure gen-



erously supported two Oxygen cylinder and masks to the first aid training program. This contribution played a crucial role in enhancing the practical component of the training, aimed at improving emergency response capacity among at improving emergency response capacity among local tourism stakeholders.

Community projects

At the time of going to press KEEP has the following out- standing requests for community support

1. A drinking Water Supply project in Naukunda Rural Municipality-6, Sarshyu, Rasuwa, Started in December 6, 2024.
2. Kurkure Drinking Water Supply Project in Sivapuri Rural Municipality, Nuwakot.
3. Construction of Safe and Clean Drinking Water Projects in Krishna Secondary School, Banke.
4. Reconstruction of Birtadeurali Drinking Water Supply Project, Kavre.

KEEP Training Schedule for Tourism Professionals December 2024- September 2025

These training opportunities are specifically designed to comprehensively cover specific aspects and topics of group leader- ship, professionalism and issues related to client expectations, essential elements that tourism professionals (porters and guides) should possess.

KEEP's aim is to create a more informed workforce within the trekking sector of tourism. It is hoped that after the training porters and guides will feel confident in answering and inter- acting with clients and will be aware of mountain environment concerns and personal health and safety issues.

1. English Language Course 4 weeks Dec-Jan
2. Minimal Impact Travel (MIT) Seminar 2 days January
3. First Aid Training 3 days February
4. Customer Care and Risk Assessment 4 days March
5. Guides and Porters Awareness Workshop 3 days April
6. First Aid Training 3 days June
7. Eco Leadership Training 3 days June
8. Navigation 4 days June
9. English Language course 4 weeks July-August
10. First Aid Training 5 days September
11. Leadership Training for Female Tourism Professionals 3 days September



SANTE SANS FRONTIERE (SSF) - France, inaugurates drinking water supply project at Shree Nepal Rastriya Secondary School, Kohalpur, Banke.



KEEP celebrates World Environment Day every year with a Plantation Program. This year, there were 57 participants attending Shankharapur Municipality, Ward No. 2. A total of 225 tree saplings were planted.



About Minimal Impact Travel Initiative

In response to the increasing environmental and social challenges posed by the growing tourism sector, KEEP introduced the Minimal Impact Travel (MIT) initiative. The project emphasizes minimizing the negative impacts of tourism on local communities and the environment through conscious actions and responsible travel practices.

MIT Objectives:

- Promoting responsible tourism through awareness and education.
- Encouraging minimal impact travel by reducing environmental footprints.
- Mitigating negative consequences of mass tourism in Nepal's sensitive ecosystems.
- Ensuring sustainability by engaging local communities and travellers in conservation efforts.

MIT Guidelines:

The MIT is built upon nine key sustainable practices. These guidelines have been carefully crafted to help individuals reduce their environmental footprint while encouraging responsible behavior in natural settings. By incorporating these practices, the MIT project aims to drive positive environmental change and contribute to long-term sustainability.

Key Milestones of the MIT Initiative

December 2023: Publication of the MIT Pocket-book



KEEP launched the “Minimal Impact Travel: Travel Consciously” pocketbook to serve as a comprehensive guide for sustainable tourism in Nepal. The booklet provides essential practices, tips, and strategies for travellers to minimise their environmental impact while exploring Nepal. It aims to educate tour-

ists, trekking agencies, and tourism professionals on the importance of sustainable travel.

June 25-27, 2024: Sustainable Leadership & MIT Workshop

To further enhance awareness and leadership in sustainable tourism, KEEP organised a three-day Sustainable Leadership and Minimal Impact

Travel Workshop. The program educated participants about best practices in sustainable tourism, eco-friendly trekking, and responsible travel ethics. This event attracted participants from the tourism industry, government bodies, and environmental organisations, reinforcing KEEP's commitment to sustainable tourism development.

September 2024: Official Launch of MIT Guidelines and MIT Handbook



KEEP introduced the MIT Guidelines via MIT handbook, aimed at establishing a framework for responsible tourism in Nepal. These guidelines provide travellers with practical steps on how to minimise their impact, such as reducing plastic use, respecting local cultures, choosing eco-friendly accommodations.

Impact and Future Plans

The MIT initiative has already gained significant traction in Nepal's tourism sector, encouraging both tourists and stakeholders to adopt sustainable practices. Moving forward, KEEP plans to:

- Develop detailed guideline book for each of the 9 blocks
- Expand outreach programs to educate more travellers and local businesses.
- Develop partnerships with trekking companies and tourism agencies to implement MIT principles.
- Introduce an MIT certification for tourism operators who adhere to sustainable travel practices.
- Host more workshops and training sessions for guides, porters, and travel agencies to promote minimal impact travel.



Minimal Impact Travel: The Companion Manual



IMPACT/less is the stylised name given to the Minimal Impact Travel guidelines, a practical and values-driven approach to responsible tourism in Nepal. Born from years of firsthand experience in the Himalayas and aligned with the mission of the Kathmandu Environmental Education Project (KEEP), IMPACT/less is more than a set of guidelines; it is a philosophy rooted in respect, responsibility, and reciprocity with the land and its people.

Grounded in the belief that tourism should uplift, not exploit, IMPACT/less empowers travellers, guides, tour operators, and local communities to reduce their environmental footprint not just on the trails, but in the hearts of the communities they pass through. Through nine core elements, it offers clear, actionable steps for anyone journeying through the country's fragile ecosystems and traditional communities.

To travel IMPACT/less is to walk gently, think critically, and act with purpose. It means leaving behind not harm, but hope.

List of Number of Trainings/ Programs for 2023-2024

S.N	Training / Programs	No. of participants	Date	Year
1.	English Language Course Rasuwa	59	1st January – 1st February	2023
2.	Leadership Course	31	25th – 27th , January	2023
3.	First Aid Course for World Eco Expeditions	31	4th – 5th February	2023
4.	First Aid Course for Break Factory	19	9th – 11th February	2023
5.	First Aid Course for Natraj Travel	8	14th February	2023
6.	Three Days First Aid Course	28	15th – 17th February	2023
7.	First Aid Course For Epic Exped P. Ltd	15	18th – 19th March	2023
8.	Porter/Guide Awareness Workshop Sarshyu Rasuwa	24	3rd – 5th June	2023
9.	Monsoon English Language Course Solukhumbu	24	5th – 20th July	2023
10.	Three Days First Aid Course	27	7th – 9th August	2023
11.	First Aid Course for Himalayan Encounters P.Ltd	19	19th – 21st August	2023
12.	Five Days First Aid Course	15	4th – 8th September	2023
13.	First Aid & Leadership Course for Himalayan Trails Trekking & Climbing Pvt. Ltd	11	23rd –26th September	2023
14.	Empowering Nepali Young girl through Environmental Cultural Hiking Program	23	2nd – 10th September	2023

S.N	Training / Programs	No. of participants	Date	Year
15.	Three Days First Aid Course	14	20th – 22nd December	2023
16.	English Language Course	27	9th January– 9th February	2024
17.	English Language Course Chheskam, Solukhumbu	26	8th – 28th, January	2024
18.	One-day Bird Watching session	26	28th ,January	2024
19.	Five Days Leadership Course	16	11th – 15th ,Feb- ruary	2024
20.	A Special Session on climate change and Sustainable Tourism for female trekking leaders	18	21th ,February	2024
21.	Three Days First Aid Course	23	25th – 27th ,Feb- ruary	2024
22.	Porter/Guide Awareness Workshop Juphal, Dolpa	57	11th – 13th ,March	2024
23.	Tourism Workshop On Customer Care, Cooking Hygiene, Sanitation & Waste Management, Dolakha	22	22nd – 24th ,March	2024
24.	Three Days First Aid Course	29	3rd – 5th ,June	2024
25.	Three Days Leadership Course	15	25th – 27th , June	2024
26.	First Aid Course for Dharma Ad- venture	12	16th ,June	2024
27.	Advanced First Aid & AMS for Him- alayan Encounters P.Ltd	22	4th – 6th ,July	2024
28.	Advanced First Aid & AMS for Him- alayan Encounters P.Ltd	21	11th – 13th ,July	2024
29.	Refresher First Aid Course for Ici- cles Adventure	13	7th , August	2024
30.	Advanced First Aid & AMS for Him- alayan Encounters P.Ltd	12	18th – 20th, August	2024

S.N	Training / Programs	No. of participants	Date	Year
31.	Refresher First Aid Course for Thamserku Trekking	13	8th – 10th , September	2024
32.	Five Days Advanced First Aid Course	17	1st – 5th ,September	2024
33.	Three Days Basic First Aid Course	20	30rd September – 2nd October	2024
34.	Refresher First Aid Course for Australian Embassy	6	3rd September	2024



E-NEWSLETTER LAUNCHES AGAIN!

We are proud to relaunch *KEEP in Touch*, a newsletter dedicated to showcasing our efforts in sustainable tourism, environmental education, and community empowerment. Through this platform, we aim to keep our members, supporters, and fellow changemakers informed and inspired.

KEEP yourself updated by subscribing to our tri-monthly newsletter by sending us your full name and email address:

nepalkeep@gmail.com



KEEP Development Plan 2023–2026

Introduction

As Nepal's tourism sector enters a new phase of recovery and transformation, the KEEP remains committed to ensuring that this growth is both sustainable and inclusive. Over the past three decades, KEEP has played a crucial role in addressing the environmental and social challenges associated with mountain tourism. Today, as the industry rebuilds after the disruptions of the COVID-19 pandemic, KEEP is focused on equipping trekking professionals with essential skills, promoting responsible travel practices, and advocating for environmental stewardship.

The 2023–2026 Development Plan builds upon KEEP's legacy while adapting to the evolving needs of the tourism sector. A key initiative during this period is the **Minimal Impact Travel (MIT) Project**, designed to instill sustainable tourism practices among travellers, guides, and local communities. Additionally, KEEP continues to expand its training programs, ensuring that a new generation of tourism professionals is prepared to meet the expectations of modern travellers while minimizing their ecological footprint.

With a renewed vision, KEEP is strengthening its partnerships, enhancing community engagement, and working towards a more resilient and responsible tourism industry.

September 2024 AGM

At the first meeting of the new Board post AGM, in October 2021 the Board established individual

member responsibility and the Chairman Mr. Devi Pantu outlined his vision for the development of longevity and sustainability, as follows:

- To run KEEP's regular programs more efficiently and effectively
- To constitute deferent independent sub-committees to focus on developing the program specific sectors
- To raise the Environmental focus of KEEP's activities
- To instigate an environments awareness program for domestic tourists
- To make community development programs more effective and efficient
- To fulfil the environmental objectives of KEEP
- To investigate the prospects for KEEP to own its own premises
- To plan long-term sustainable projects with new partners
- To coordinate with different stakeholders to identify opportunities that KEEP could partnership with
- To develop KEEP's financial longevity and sustainability

Aim of this Development Plan

The aim of this development plan is to set out a short, medium and long term road map that will not only provide a focused structure and time line along which the Management can progress and which can be monitored, but it will provide potential funders and partners with a concise picture of KEEP's contribution to the core issues as identified within its founding Mission Statement.

As a result of the September 2024 KEEP AGM a new Board was elected. As of that date, the Board comprised from the table given below:

Name	Designation	Profession	Length of KEEP Service
Devi Prasad Panta	President	Journalist	15 Years
Ram Kumar Puri	Vice President	Tourism Entrepreneur	15 years
Pitambar Gurung	General Secretary	Tourism Entrepreneur	15 Years
Nav Raj Amgai	Secretary	Tourism Entrepreneur	12 years
Rishi Prasad Nepal	Treasurer	Tourism Entrepreneur	7 Years
Meena Sherpa	Assistant Treasurer	Tourism Entrepreneur	10 Years
Dr. Dil Bahadur Tamang	Member	Social Worker	4 Years
Govinda Shrestha	Member	Tourism Entrepreneur	4 Years
Palsang Tamang	Member	Tourism Entrepreneur	1 Year
Namgyal Zangbu Sherpa	Member	Tourism Entrepreneur	1 Year
Baburam Karki	Member	Tourism Entrepreneur	1 Year

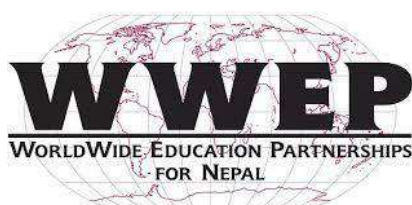
KEEP Sub-Committee and Coordinators

<p>Palsang Tamang Rural Development Committee</p>	<p>Namgyal Z. Sherpa Environmental, Sustainable Tourism and MIT Committee</p>
<p>Babu Ram Karki Porter Clothing and Welfare Centre (PCWC) Committee</p>	<p>Meena Sherpa Training, IT, VC Networking Committee</p>

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Lifetime NRs 50,000

Name (Individual/Organisation)

If organisation, state contact person:

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Website: _____

Thank you for your support.

Members' Compliance Policies

We will accept membership from organisations, agencies, and individuals who commit to complying with KEEP's Minimal Impact Travel (MIT) guidelines and KEEP's Porters' Code.

Tour operators and other tourism-related agencies must adopt these guidelines in the design and operation of their adventure programs. They are also required to establish their own corporate Porters' Policy regarding the treatment of porters.

By making themselves committed to this travel ethic, we hope that this will give their customers the 'real and authentic' experience and a full appreciation of all aspects of their adventure holiday.

There are 3 categories of membership, plus Honorary Membership. However, to become a Member individuals and small organisations must satisfy the following conditions:

- Be appropriately registered as per the Government regulations.
- Must pay all appropriate taxes
- Must pay the Nepali Mountain staff the appropriate Financial Rewards.
- Must provide proper due care and attention to the working conditions of all staff.

Visit <https://keepnepal.org/mit-members-compliance> to know more

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Conservation and Livelihood
Consultant



Mr. Bimal Naharki
Tourism Entrepreneur



Mr. Pralhad Pokharel
Tourism Expert

International Advisors



Mr. Tom Hodgman
Philanthropist



Mrs. Karen Hodgman
Philanthropist



Mrs. Wendy Tesdell
Founding Director BridgIT
Water Foundation



Mrs. Fabienne Del Homme
President SSF



Elizabeth A. Byers
Ecologist



Mr. Graeme Kent
Coordinator (Aussie Action Abroad)



Mr. Alton Byers
Mountain Geographer

Board Members



Mr. Devi Prasad Panta
Chairman



Mr. Ram Kumar Puri
Vice Chairman



Mr. Pitambar Gurung
General Secretary



Mr. Naba Raj Amgai
Secretary



Mr. Rishi Prasad Nepal
Treasurer



Mrs. Meena Sherpa
Asst. Treasurer



Mr. Govinda Shrestha
Board Member



Dr. Dil Bahadur Tamang
Board Member



Mr. Baburam Karki
Board Member



Mr. Palsang Tamang
Board Member



Mr. Namgyal Z. Sherpa
Board Member

KEEP Staff



Ian Wall
Intl. CEO



Tara Datt Joshi
Manager



Tulsi Bhatt
Funding and Program
Research Associate



Narmada Lamichhane
Asst. Accountant



Ramita Tamang
Chef Supervisor

Audit Report

Kathmandu Environmental Education Project STATEMENT OF CASH FLOWS

For the Year Ended 32nd Ashad 2082 (16 July 2025)

Figures in NPR

Particulars	Current Year	Previous Year
CASH FLOWS FROM OPERATING ACTIVITIES		
Surplus/(deficit) for the year (Before Tax)	4,552,409.11	707,675.66
Adjustments to reconcile surplus/(deficit) to net cash flows:		
Non-cash items:		
Depreciation and impairment of property, plant and equipment	143,289.11	192,272.62
Amortization and impairment of intangible assets	-	-
Movement in provisions, receivables and specific risks	-	-
Working capital adjustments:		
Accounts receivable	-	-
Prepayments	-	-
Advance Deposit	252,740.32	(630,146.00)
Assets Purchase	-	-
Advance Received from Donors	-	(1,708,448.17)
Account payable	(705,713.76)	982,863.76
Increase in Restricted fund	1,132,301.13	-
Other financial liabilities	-	-
Income Tax paid	-	-
Interest paid	-	-
Net cash from/(used in) operating activities	5,375,025.91	(455,782.13)
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of Property Plant and Equipment	(196,855.00)	(106,418.00)
Purchase of intangible assets	-	-
Purchase from sale of equipment	-	-
Interest received	-	-
Net cash from/(used in) investing activities	(196,855.00)	(106,418.00)
CASH FLOWS FROM FINANCING ACTIVITIES		
Borrowing of government loans	-	-
Repayments of government loans	-	-
Net cash from/(used in) financing activities	-	-
NET INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS	5,178,170.91	(562,200.13)
CASH AND CASH EQUIVALENTS AT 01 Shrawan 2081	17,276,130.91	17,838,331.04
CASH AND CASH EQUIVALENTS AT 32nd Ashad 2082	22,454,301.82	17,276,130.91

The Notes on accounts form an integral part of the financial statements.

TD Joshi
Manager

Rishi Pd.Nepal
Treasurer

Devi Pd.Panta
Chairman

Pitamber Gurung
Gen. Secretary

Janak Tamang
J. Tamang Associates

Kathmandu Environmental Education Project

STATEMENT OF INCOME AND EXPENDITURE
For the Year Ended 32nd Ashad 2082 (16 July 2025)

Figures in NPR

Particulars	Notes	FY 2080-81	FY 2079-80
INCOME			
Incoming Resources	20	15,752,195.94	22,759,843.77
Financial Income	21	813,397.79	1,096,516.82
Other Income	22	129,569.34	22,042.22
Total Income		16,695,163.07	23,878,402.81
EXPENDITURE			
Program Expenses	23	9,102,560.00	19,907,438.00
General Administrative Expenditure	24	2,896,904.85	3,071,416.53
Depreciation		143,289.11	192,272.62
Other Expenditure		-	-
Total Expenditure		12,142,753.96	23,171,127.15
Net surplus/(deficit) before Taxation		4,552,409.11	707,675.66
Income Tax Expenses		-	-
SURPLUS/(DEFICIT) FOR THE YEAR		4,552,409.11	707,675.66
APPROPRIATION OF SURPLUS FOR THE YEAR			
Allocation to Reserves		4,552,409.11	707,675.66

The Notes on accounts form an integral part of the financial statements.

TD Joshi
Manager

Rishi Pd.Nepal
Treasurer

Devi Pd.Panta
Chairman

Pitamber Gurung
Gen. Secretary

Janak Tamang
J. Tamang Associates

Kathmandu Environmental Education Project

STATEMENT OF FINANCIAL POSITION
As at 32nd Ashad 2082 (16 July 2025)

Figures in NPR

Particulars	Notes	As at 32nd Ashad 2082	As at 31 Ashad 2081
ASSETS			
Non - Current Assets			
Property, Plant and Equipment	4	630,383.69	576,817.80
Intangible Assets	5	-	-
Investment Property	6	-	-
Other noncurrent assets	7	-	-
Total Non - Current Assets		630,383.69	576,817.80
Current Assets			
Inventories	8	-	-
Advance & Receivable	9	792,379.68	1,045,120.00
Cash and cash equivalents	10	22,454,302.32	17,276,130.91
Total Current Assets		23,246,682.00	18,321,250.91
Total Assets		23,877,065.69	18,898,068.71
LIABILITIES & FUND			
Accumulated Reserve/Surplus	11	7,580,538.10	3,428,128.99
Restricted Funds	12	15,553,727.09	14,421,425.96
Unrestricted Fund	13	-	-
Total Accumulated Reserves		23,534,265.19	17,849,554.95
Non - Current Liabilities			
Loans and borrowings	14	-	-
Employee benefit liabilities	15	-	-
Other non-current liabilities	16	-	-
Total Non - Current Liabilities		-	-
Current Liabilities			
Accounts payable	17	342,800.00	1,048,513.76
Loans and borrowings	18	-	-
Other non-current liabilities	19	-	-
Total Current Liabilities		342,800.00	1,048,513.76
Total Liabilities		342,800.00	1,048,513.76
Total Liabilities and Reserves		23,877,065.19	18,898,068.71

The Notes on accounts form an integral part of the financial statements.

TD Joshi
Manager

Rishi Pd.Nepal
Treasurer

Devi Pd.Panta
Chairman

Pitamber Gurung
Gen. Secretary

Janak Tamang
J. Tamang Associates

KEEP Membership Page

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1. High Lander Trekking & Expds
2. A.G. Sherpa
3. Paldor Trekking Shop
4. Pertemba Sherpa
5. Cho Oyu Trekking
6. Mr. Ukesh Raj Bhuj
7. Dawa Sherpa
8. Nepal Outdoor Centre
9. Wanchhu Sherpa
10. Marron Treks P. Ltd.
11. Dr. Suresh Babu Malla
12. Himalayan Ecological Trek
13. Exodus Treks & Expds Nepal
14. Sky Mountain Treks & Tours
15. Ecological Treks
16. First Environmental Trekking
17. Tendi Sherpa
18. Social Tours.Com & Travels
19. Adventure Mountain Club Trek & Expeditions
20. Hima Adventure International
21. Ability Cargo P. Ltd
22. Himalayan Scenery Treks & Expd
23. A1 Excursion Tours & Travel
24. Encounter Nepal.Com
25. Himalayan Spirit Adventure Treks
26. Himal Sonam Treks & Expedition P.Ltd
27. Monterosa Treks & Expd.
28. More Than Mountain Treks P.Ltd
29. Destination Nepal Trek & Expedition P.Ltd
30. Life Adventure Nepal Treks
31. Marvel Treks & Exp.P.Ltd
32. Mosaic Adventure Treks
33. Trekking Team Group P.Ltd
34. Himalaya Kailash Travels & Tour P.Ltd
35. Himalayan Garden Treks & Expdition
36. Angel Tour & Travel
37. Nepal Environmental Treks
38. Trekking Encounters Nepal
39. Sherpa Society P.Ltd
40. Cots Nepal
41. Active Holiday Nepal Treks & Expd. P.Ltd
42. Mandala Trekking Agency
43. Al-Hayat Tours and Travels Pvt.Ltd
44. Unique Adventure International P.Ltd
45. Ace The Himalaya Trekking Pvt.Ltd
46. Himalaya Journey Treks & Exp. P. Ltd
47. Trekking Team P. Ltd
48. Eco Trip Nepal Treks and Expedition Pvt. Ltd
49. Alpine Adventure Club Treks & Expedition Pvt. Ltd
50. Yala Adventure
51. Hiking Himalayas Treks & Expedition
52. Above The Himalaya Trekking P. Ltd
53. My Nepal Adventure Tours & Travels
54. Himalayan Glacier Trekking
55. Nepal Social Trek & Expedition
56. Eco Trekking & Expedition P.Ltd
57. Hotel Tradition and Spa
58. All Nepal Adventure Tours&Treks

59. Swiss Himalayan Family Treks & Expedition P. Ltd
60. Up Everest Travels & Tours P. Ltd
61. A Falling Leaf Inc
62. Off The Wall Trekking
63. Nepal Inside Out Treks & Tours
64. Plan Himalaya (P) Ltd.
65. Yatri Trekking (P.) Ltd.
66. Terres Du Nepal Trekking (P) Ltd.
67. Third Rock Adventures P.Ltd.
68. Best Adventure Travels Inc.
69. Bishwonath Hotel P.Ltd
70. Himalayan Trail Trekking & Climbing P.Ltd
71. Khumbi-Ila Voyage Travels
72. Asian Heritage Treks Expedition Pvt. Ltd
73. Dream Discovery Treks
74. Conservation Trust
75. Adarsh Tours Treks & Expedition
76. Treks Inside Nepal Pvt.Ltd
77. Himalayan Wonders Adventure P.Ltd
78. Epic Exped Private Limited
79. Outfitter Nepal Treks & Expedition P. Ltd
80. Nepal Trekking Experts Vt.Ltd
81. Keep Walking Nepal Treks & Expedition P.Ltd
82. Adventure Great Himalya Treks & Expedition Pvt.Ltd
83. Ram P. Sapkota
- Mountain Delights Travels & Tours Pvt.Ltd
84. Top Himalaya Guides Pvt. Ltd
85. Nepal Hiking Team Pvt.Ltd
86. Outdoor Himalayan Treks Pvt. Ltd
87. Icicles Adventure Treks & Tours (P) Ltd
88. Shyam Bahadur Tamang
89. Trek DMC Pvt. Ltd

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92. Himalayan Vacation Treks & Expedition Pvt.Ltd
93. Three Jewels Adventure
94. Beyond The Limits Treks & Expeditions P.Ltd

Individual Members

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96. Rajendra Karmachaya
97. Devi P. Panta
98. Laxman Dangol
99. Jaya Nath Bhandari
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101. Sanu Kanchha Lopchan
102. Dr. Dil Bahadur Tamang
103. Uday Man Sherchan
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105. Kiran Deo Bhatta
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109. Mona Devi Bowles
110. Ram Prasad Tripathi
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ADVENTURES OF A LIFETIME

FOR THE ENVIRONMENT, MOUNTAIN & IT'S PEOPLE



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Support the Porters: Donate Gear and Funds to Porters' Clothing and Welfare Centre (PCWC)

KEEP welcomes any spare clothes or shoes you can donate at the end of your trek for the PCWC.

The PCWC is a KEEP initiative designed to provide a cost-effective solution for individual trekkers and small companies that may find it challenging to afford suitable equipment for their porters.

We also greatly appreciate financial donations, which help purchase new clothing and fund the repair and replacement of damaged items, ensuring they are appropriate for Nepali porters and staff.



Kathmandu Environmental Education Project

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