

Study Shows Nature First Travel Experiences Contributes Conservation and Restoration of Local Ecology

Global travelers can learn, unlearn and educate ecologically responsible travel life practices, bringing the most effective local action against climate change.

KATHMANDU, BAGMATI, NEPAL,
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-- As the global community faces the pressing challenges posed by climate change, Nepal stands out as a source of inspiration, illustrating how travel can enrich both the traveler and the environment. A recent prototype study by [Himalayan Adventure Therapy](#) has shed light on the intricate relationship between travel and ecological sustainability throughout Nepal's diverse forest regions.



Our Approaches for Nature First Business

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We believe that tourism should act as a catalyst for positive change in ecology and local community of each destinations.”

Nabin Dhital

This stunning country offers travelers an opportunity to engage with nature through treks that traverse the breathtaking landscapes of the Himalayas and lush valleys, all while contributing to local conservation efforts. Research indicates that when human activities align with the preservation of natural environments, the results can be transformative. The Indigenous communities of Nepal, such as the Kirati, Magar, Gurung, and Brahmins, have long revered the elements of nature—fire, water, air—and their stewardship has fostered remarkable restoration of local flora and fauna.

Their practices demonstrate that with respect for nature, ecosystems can heal and thrive, suggesting a pathway to mitigate the impacts of climate change.

Remarkably, forest cover in Nepal has seen a resurgence of roughly 40% over recent decades, largely due to community-based forest management initiatives and creative reforestation efforts

that empower local populations. This rejuvenation has been essential in combating soil erosion, maintaining biodiversity, and enhancing the country's ability to sequester carbon. However, a critical concern arises with the Nepali government's push for urbanization, which jeopardizes older forest ecosystems. The increase in forest cover can be misleadingly attributed to internal migration and societal shifts in a country grappling with deep-rooted corruption.

In this context, contributions from individuals across the globe hold significant value and merit careful consideration. Instead of directing funds to large institutions, travelers have the chance to support on-the-ground climate action that can lead to tangible results. By patronizing reputable, impact-oriented local organizations and participating in conservation efforts, travelers can engage meaningfully with Nepalese communities. Initiatives like reforestation, responsible waste management spearheaded by HAT, wildlife monitoring by WWF Nepal, and immersive experiences with local farmers highlight how travelers can enhance their experiences while positively impacting the environment.

Nabin Dhital, CEO and Trip Operation In-charge of Himalayan Adventure Therapy, encapsulates this ethos: "Traveling in Nepal allows visitors to connect deeply with nature while making direct contributions to conservation efforts. We envision tourism as a driving force for positive change in the ecology and local communities of every destination."

As more travelers explore Nepal, they can immerse themselves in its rich cultures and stunning landscapes while playing an essential role in preserving the planet for future generations. It is crucial that travelers select operators committed to verifiable ecological action and sustainable practices. By prioritizing travel experiences that champion climate positivity, we all have the opportunity to be part of the solution to the climate crisis.

Join in this movement—travel with intention and witness the remarkable revival of nature at the heart of the Himalayas.

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