

***Observation and assessment of developing project with
environmental and educational aspect based on Nepal
Environmental Tourism Initiative Foundation's work in
Kathmandu Valley Cultural Trekking Trail.***

Salla Kaven

School of Education,

University of Tampere,

Finland

20.4.2012

Helsinki

Tiivistelmä

Tutkimuksen lähtökohtana oli tutustua kehitysaputyöhön ja erityisesti sen kasvatukselliseen puoleen. Tutustumiskohteen (Nepal Environmental Tourism Initiative Foundation, NETIF) projektihanke kohdistuu turismin ja ympäristön kestävän kehityksen tukemiseen paikallisen elintason kohentamiseksi. Tämän tutkimuksen toivottiin osoittavan hankkeen koulutuksellista suuntaa perehtyen tapahtuneen toiminnan arviointiin.

Tutkimusaineisto koostuu havainnoinnista, haastatteluista/keskusteluista ja kyselylomakkeiden vastauksista. Aineistoa kerättiin vuoden vaihteessa 2011-2012 paikan päällä Kathmandu Valley Cultural Trekking Trail:lla. Aineistoa käsiteltiin kolmesta näkökulmasta: vaellusreitien tarjoamista mahdollisuuksista, NETIF:n toiminnan vaikuttavuudesta ja paikallisten asukkaiden asenteesta. Kaikki kolme näkökulmaa liittyivät tiiviisti niin ympäristö kuin kasvatusteemaan.

Tutkimustulokset osoittivat selkeitä koulutuksellisia tarpeita ja niitä esitellään tutkimuksen lopulla. Tulosten yhteydessä myös esitellään ehdotuksia koulutuksen järjestämiseksi.

Abstract

The study was based on the development aid work, considering its educational side. The project coordinator I was visiting (Nepal Environmental Tourism Initiative Foundation, NETIF) is working with the project concentrating on tourism and environment, supporting sustainable development to improve local living standards. This study is hoped to show the direction of the project's educational aspects by evaluating recent actions.

The data consist of observations, interviews/discussions and the questionnaire responses. The data was collected at the turn of 2011-2012 in Kathmandu Valley Cultural Trekking Trail. The material was processed at three levels: hiking trail opportunities, NETIF's effectiveness of its operations and local people's attitude. All three aspects are closely related to environmental and education theme.

The results showed a clear educational need and those will be presented at the end. The results are presented in the context of proposals for education or training.

Acknowledgements

It has been now nearly three months when I came back home from Nepal. Since that I have wrote this report. My journey in Nepal was really amazing experience! Of course this survey enlarged extremely huge, still I was enjoying my moments in Nepal. I cannot say that my seven weeks there was easy but it was very inspiring and interesting job to do.

I was looked after with gentle kindness. I want to thank you Mr. Arun Shrestha for organising everything in Nepal for me. Also I want to thank you my very the best workmates Mr. Prabin Paudel and Mrs. Sanju Shrestha in the office for their kind co-operation and hard work with the questionnaires.

In the field I was taken care by wonderful village-coordinators Mr. Narayan Shrestha, Mr. Bijay K.C and Mr. Dhana Lama. Special thanks goes to Mr. Dawa Sherpa with his wonderful family.

For working as a my assistant, guide and interpreter I want to thank you Ms. Doma Sherpa, Ms. Laxmi Shrestha and Mr. Caron Dhoju. You were such a huge help for me!

Other side of the planet I want to thank you Mr. Panu Könönen for all your help. You made this all happen, thank you!

Also I want to thank my lecturer Vesa Hyyryläinen and professor Eija Syrjäläinen from University of Tampere. Thank you my colleague Satu Tapiala and everyone who supported me with this project.

23.04.2012 in Helsinki

Salla

Contents

| | |
|---|----|
| 1. Introduction..... | 6 |
| 2. About NETIF..... | 6 |
| 3. Methods..... | 7 |
| 4. About Kathmandu Valley Cultural Trekking Trail..... | 8 |
| 4.1 Sundarijal-Chisapani..... | 11 |
| 4.1.1 Summary of Sundarijal-Chisapani..... | 12 |
| 4.2 Chisapani-Nagarkot..... | 13 |
| 4.2.2 Summary of Chisapani-Nagarkot..... | 14 |
| 4.3 Nagarkot- Dhulikhel..... | 15 |
| 4.3.1 Summary of Nagarkot to Dhulikhel..... | 15 |
| 4.4 Conclusions of Katmandu Valley Cultural Trekking Trail..... | 16 |
| 5. Visitor's perception..... | 17 |
| 5.1 Summary of visitor's perceptions..... | 20 |
| 6 MULKHARKA..... | 21 |
| 6.1 Hotelier's perception in Mulkharka..... | 22 |
| 6.1.1 Trainings in hotelbusiness..... | 23 |
| 6.1.2 Provisions in hotel-business..... | 23 |
| 6.1.3 Waste management in hotel-business..... | 23 |
| 6.1.4 Responsibility and locality in hotel-business..... | 24 |
| 6.2 Community's perception in Mulkharka..... | 24 |
| 6.3 Summary of perceptions..... | 25 |
| 6.3.1 About NETIF..... | 26 |
| 7 CHISAPANI..... | 27 |
| 7.1 Hotelier's perception..... | 28 |
| 7.1.1 Trainings in hotel-business..... | 29 |
| 7.1.2 Provisions in hotel-business..... | 29 |
| 7.1.3 Waste management in hotel-business..... | 29 |
| 7.1.4 Responsibility and supporting locality in hotel-business..... | 29 |
| 7.2 Community's perception in Chisapani..... | 30 |
| 7.2.1 About the trainings | 31 |
| 7. 3 Summary of Chisapani..... | 34 |
| 7.3.1 About NETIF..... | 35 |
| 8 NAGARKOT..... | 36 |
| 8.1 Hotelier's perception | 37 |
| 8.1.1 Trainings in hotel-business..... | 38 |
| 8.1.2 Provisions in hotel-business..... | 38 |
| 8.1.3 Waste management in hotel-business..... | 39 |
| 8.1.4 Responsibility and locality in hotel-business..... | 40 |
| 8.2 Community..... | 41 |
| 8.2.1 Challenges | 44 |
| 8.2.2 About NETIF..... | 45 |
| 9 DHULIKHEL..... | 45 |
| 9.1 Hoteliers Perception..... | 48 |
| 9.2 Community's perception..... | 50 |
| 10 Conclusions of this project..... | 52 |
| 10.1 Trainings..... | 53 |
| 10.2 Environmental aspects..... | 55 |
| 10.3 Welfare in the societies..... | 56 |
| 10.3 Assessment of NETIF's work..... | 57 |
| 11. Epilogue..... | 58 |
| References:..... | 59 |
| Appendixes:..... | 60 |

1. Introduction

This report is based on research in Kathmandu Valley Cultural Trekking Trail, Nepal. It concentrates to evaluate effects of Nepal Environmental Tourism Initiative Foundation's (later mentioned NETIF) work in the area and hopefully gives ideas to NETIF to take findings into consideration on their next-coming phases.

Nepal is very rich with its beautiful nature. In the northern level Nepal attracts with the highest mountains in the World, middle part of the country is hillstationaries with idyllic villages and in the south Nepal has got amazing jungles and endless fields. Nepal is land-locked country between large countries India and China. There is no big industry in Nepal, but tourism could be potential income for Nepali people.

Protection and caring of environment is one of the most important aspects in tourism. Pristine and clean nature attracts tourist, but also the locals. In case the locals are benefitting from tourism the protection and caring of environment is more powerful. Sustainable tourism creates better livelihood which enable more development and causes awareness of environment. Through the tourism industry there is opportunity to educate local people for sustainable development of environment.

This report concentrates on the following issues in hilly side of Nepal.

2. About NETIF

Nepal Environment and Tourism Initiative Foundation (NETIF) is non-governmental organization based in Kathmandu, Nepal. NETIF is committed to develop environmental friendly, socially responsible and economically viable tourism in Kathmandu Valley Cultural Trekking Trail (KVCTT) area. NETIF role is to combine local communities and tourism entrepreneurs together to create general well-being in the area. Improving livelihood is carried out with objective called "Better Environment for Better Tourism." NETIF's international partner is Suomen Latu ry which gives for it financial and technical support. (Nepal Tourism, Outdoor & Environment Development Project 2009-2013.)

As a tool for its work NETIF has launched project named Nepal Tourism, Outdoor and Environment Development Project (NTOEDP). Projects first phase timed to 2009-2010 and phase II to 2011-2013. Phase I focus was *education*, *action* and *advocacy*. Education concentrates about the importance of natural issues like its sustainable development, protection and caring considering tourism and income from it for the local communities and entrepreneurs. Action plans is focused to bring together private and public sectors to work together. Advocacy means supporting and facilitating the initiatives for example resting shelters, toilets, waste bins and maintenance in the Katmandu Valley Cultural Trekking Trail. Phase II continues same themes, but also extends the route for its both ends. Themes are more individualised to following aspects (<http://www.netif-nepal.org/projectsII.htm>): “community and social involvement, responsible tourism certification initiatives, capacity building training programmes, procurement policies, local business promotion, pollution, waste management and recycling schemes, energy management, water conservation and tree-planting initiatives and assist in the start up of community lodges and home-stay enterprises to empower sustainable community income generation.” (www.netif-nepal.org)

3. Methods

Research took place in Mulkharka, Chisapani, Nagarkot and Dhulikhel in Kathmandu Valley Cultural Trekking Trail area from 30th December 2011 to 17th January 2012. Survey were directed to local households, hoteliers and trekkers in every destination. Research material has three types of forms. One is structured questionnaires done by NETIF, second are observations and third are interviews done by researcher.

Questionnaires are created in co-operation with NETIF project coordinator, project manager and researcher. Questionnaires were elaborated considering needs of NETIF. Questionnaires have 2-4 pages within 4 to 16 questions. Questionnaires were made easy to answer and understand giving ‘Yes’ or ‘No’ options to answer. Some questions have open part where expected respondents shortly explain their perception. Simplifying was steering the process due to illiteracy in some areas, lack of language proficiency and importance to receive as many answers as possible from the busy hoteliers.

Observation took place in trekking trail and its hill stationary destinations focusing maintenance and facilities in the area. Observation was more passive than active. Only observing waste management in Mulkharka researcher took part in action. All the observation data is documented by the researcher.

Interviews were done contrary to ordinary plans. Interviews were done both to single and to group to back up the research. Interviews concentrates to phenomenal topics and tries to find relations between those topics. Interviews are mainly written down, out counting few ones, straight after the occasion. Language barrier and sudden appearance of interviews were the main reason to not use the tape-recorder.

Including all the states of collecting material there were necessary need for interpretation in some cases. Interpretation was used occasionally in every destination and in any point of material collection. All the interpreters were advised not to steer respondents answers. In spite of interpretation some of the questions in questionnaires were still found too difficult due to english.

Theme analysis method is used for analysing material. It is chosen because of different types of material. Questionnaire samplings were too small to use quantitative coding methods. Lack of phenomenal based questions in questionnaires made other qualitative analysis not suitable. Although this research have more qualitative aspect, some cases showing statics are necessary in support responses allegation.

This report also includes general information about NETIF and its working field. Firstly I introduce research data in the following pages.

4. About Kathmandu Valley Cultural Trekking Trail

Kathmandu Valley Cultural Trekking Trail (KVCTT) situates just few dozens kilometres away from Kathmandu. The trail can be reached easily from Kathmandu choosing starting point between Sundarijal, Nagarkot or Dhulikhel, later on other villages too. Trekking trail can be finished in 3-5 days depending on where to start and where to head. Trekking from Sundarijal to Dhulikhel, from end to end, will take approximate. 5 days.

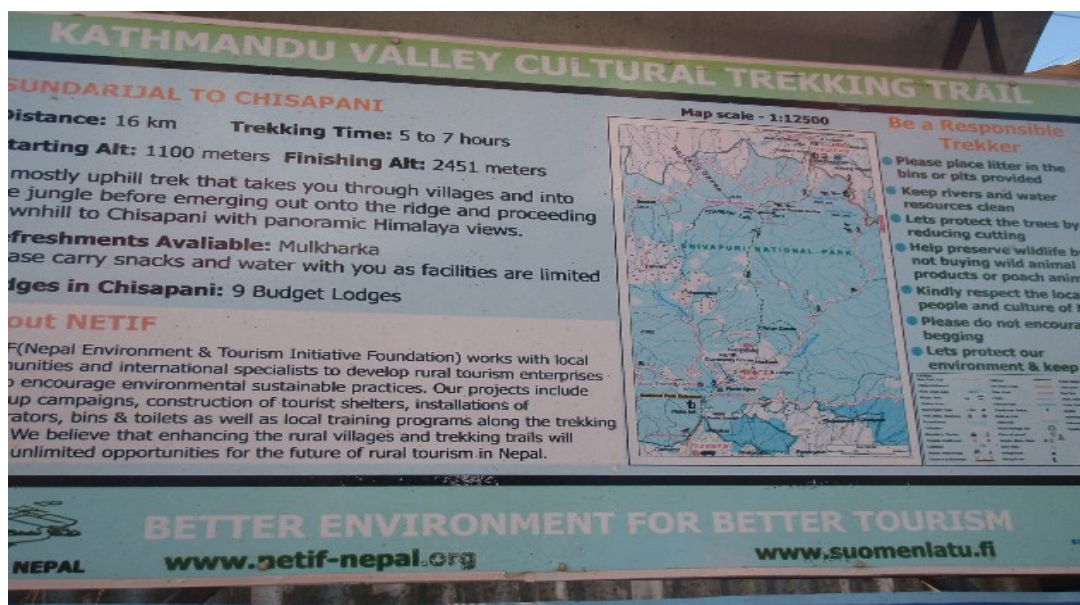
Kathmandu Valley Cultural Trekking Trail offers stunning views to Himalaya passing by many idyllic and ordinary villages. Both rural and cultural life and nature's wildlife are very rich in the area. So the trekking trail pleases trekkers with various interests from observing agriculture to observing surrounding's pristine biodiversity. (Kathmandu Valley Cultural Trekking Trail and Nepal Tourism, Outdoor & Environment Development Project 2009-2013.)



Katmandu Valley Cultural Trekking Trail is beautiful track through the idyllic villages where can be seen peaceful agricultural life while trekking. Trail is 82 kilometres long taking few days to go it through. In 2012 trail is going to be expanded to Shivapuri Peak and in the other end to Balthali and Panauti. Generally trail is easy to follow in well maintenance tracks or small routes, but having some steep and long ascents. All the facilities in the trekking trail is build by NETIF co-operating with local people and volunteers. Those facilities are path with stairs, signs, dust bins, resting shelters and toilets.

Trekking trail's evaluation is based on observing and interviews. Following sections are divided in three parts. First chapter is about trekking trail from Sundarijal via Mulkharka to Chisapani. Second chapter is about trekking trail from Chisapani to Nagarkot and last chapter tells about trekking trail from Nagarkot to Chisapani. Observation is based on several topics which I found most important for trekkers. All the parts of tracks are observed using same regulation.

During the year 2011 NETIF has renovated community house in Mulkharka and build new roof for it. One resting shelter was build near Mulkharka in the gate of Shivapuri National Park. Sign boards have new coatings and direction signs were placed. Over 300 pieces of direction signs is placed along the trekking trail and 80 pieces of new environment awareness slogan boards are placed in the route. Two information boards are made and placed along Kathmandu Valley Cultural Trekking Trail. Waste management is improved in the trekking trail by placing 350 waste collection bins made of bamboo. All of those are made and/or organised by NETIF (NETIF, 2011.)



4.1 Sundarijal-Chisapani

Trekking trail starts from Sundarijal with long ascent to Mulkharka. Trail's maintenance is done properly. All the stairs are in good condition and signs are seen easily. Toilet facilities are adequate, clean and easy to find. Resting shelter's accessibility right on the trail is praiseworthy. Those were basically clean excluding some writings on the walls. There are strong investment in waste management. Dust bins exist frequently and due to their bright green colour they are easy to spot. Mainly the bins are made of concrete but also from banana leaves. Concrete bins are set on the edge of the trail and leaf baskets are tied on the trees.



Dust bin's maintenance is organised by the local ladies community. Ladies clean up the trail twice a week collecting the rubbish and burning them in the bins. Ladies community receive monthly money from NETIF. All the collected money was told to use for community not for individual pays.

4.1.1 Summary of Sundarijal-Chisapani

Leaf baskets are bit problematic. Those are tied on the tree so emptying them is more complicated and burning is not solution. Baskets full of garbage interest monkeys and they take the garbage out of baskets throwing it all over the forest. Bins made of concrete are strong and easy to empty by burning.



Surrounding of the trekking trail is nicely clean if dust bins are available. For example Sundari Temple area is very dirty when there are no dustbins.

Signs are clear and stand out visible. Signs could show altitudes and kilometres to next destination helping trekkers to sharing energy evenly. In addition to those improving there could be information boards telling about villages, environment, animals, birds and plants. There could be several boards in different spots to aware the trekkers and also showing importance of pristine nature to everyone.

Ladies community is well organised and they do hard work twice a week cleaning the trail. They wish to get more financial support to rise their motivation for cleaning. Due to their hard work the trail is really tidy. According to observation the most rubbish exist next to local homes just right on the trail. During the observation it was dry season so all the dry ditches revealed huge amounts rubbish in there. Cleaning the ditches should be done by every household. Cleaning campaigns should be extended to all of the villages along the ditch. The aim should be strongly concentrate to avoid littering nature than collecting it away.

4.2 Chisapani-Nagarkot



Trekking trail is mainly following on sand covered roads which makes it easy and comfortable. In that 18 kilometres track there are few huge up-hills which offers a really good view to down on the valley. Route to top of the hills can be avoided to choose another path. Trekking trail is in proper shape and easy to follow. Signs are placed appropriately and had put on display. On the way only facilities are resting shelters. Shelters especially in Chisapani area are extremely tidy, and neat enough in Nagarkot area too. Shelters's location is just next to trekking trail making them easy to find and use after walking 1-2 hours from one to other.

There are no toilets for trekkers and dust bins adequacy is not enough after crossing Chisapani area. Dust bins exist close to Chisapani and next time near Nagarkot. In Chisapani area's general cleanliness is really excellent and the maintenance is organized appropriately. There is professional maintenance man to look after condition of dust bins and to burn rubbish in the bins. Going through his area he also collects garbage form the ground. That shows great dedication and professional pride.



Later on in the way to Nagarkot the environment is not that clean anymore. Especially near villages rubbish are all over the trail and in the ditches next to it. That can be explained both with lack of dust bins and lack of maintenance.

Lack of maintenance has a influence on signs too. Where the maintenance works there the signs are still in proper shape and do exist, but what closer to Nagarkot the signs were ripped off or displaced. Information boards there are no any.

In Nagarkot village there is a nice, short trekking path around the hill. The path starts just behind the Nagarkot main road on towncenter. On that part of main road there is located small teahouses or lodges. Many of those were told to build illegally and having no any infrastructure. That can be seen clearly on the path. First 200-300 metres of the path is like a public toilet making walking really uncomfortable. When passed by the settlement the path gives peaceful and relaxing route through the forest. Inside the forest there is possible to enjoy its wildlife with large amounts of different types of birds. Even the path is quite close to Nagarkot village no noises carry on that far. Only rare disturbing sounds comes from tree cuttings.

4.2.2 Summary of Chisapani-Nagarkot

First and foremost improving the trekking trail should concentrate on maintenance. This part of trekking trail needs more dust bins and toilets. Resting shelters are in good condition and adequacy is good enough. Direction signs need replacing and information boards could be useful also.

Nagarkot community could try similar solution than Chisapani has done by collecting money for waste manager to look after the cleanliness of trekking trail. Villages near-by Nagarkot trekking trail should be participated for the cleaning. Cleaning campaigns might be good tool for increasing awareness in the area.

4.3 Nagarkot- Dhulikhel

This part of Katmandu Valley Trekking Trail is quite easy, but hilly. Compare to other stages facilities are most insufficient. Three resting shelters are adequate, but toilets and waste bins there are only very rare if any. All the resting shelters were clean and in good shape. Shelters were placed just next to trail and distance between each other was reasonable. Waste bins exists once in a while and the forest part of trekking trail can be named as litter-free zone. Instead backyards in passed-by villages were dirty and full of garbage on the path. Passing by villages did not leave positive feelings about the idyllic agriculture life. In the first place it was petrifying with all the rubbish in the trail. The forest area is nice and clean giving its best atmosphere about pristine wildlife.

Signs did exist occasionally and without any systematic. In some junctions there were no signs and in the next junction there were many signs in one sight. In this part of trail there are no teahouses or any food available for trekkers. Also water sources are not available.

4.3.1 Summary of Nagarkot to Dhulikhel

This part of trekking trail needs more general maintenance. As said Chisapani's model of waste management seems to be really successful why not try it here too. Signs should be replaced systematically and kept in condition. Parts of trail going through villages need desperately cleaning. Placing concrete waste bins can be a start. Like said before information boards might be reasonable also in this area. Those can be placed near the villages and resting shelters. All in all, views are stunning here and worthwhile to improve the trekking trail more.

4.4 Conclusions of Katmandu Valley Cultural Trekking Trail

NETIF has done lot of good on the trekking trail. It has been huge work to make it to this shape as it is. Mulkharka and Chisapani has succeed the best compare to others. They have every right to be really proud of their work. Maybe with NETIF they could teach others and share the methods and models what they have found useful.

Motivating the cleaning and maintenance work *bonus policy* may be worth to think for a start. Bonus policy should be created to sustain itself in the end. Building up that kind of system might need help from the outside. Main idea should be working together for the clean nature increasing the awareness of its importance and stop littering.

One suggestion to emphasize environmental aspects in the trekking trail area could be information signs. Information signs could be placed near the shelters and once in a while on track. Signs could tell about the villages, farmings, tribes, flora and fauna for example. Planning the information signs can be delegated to village-coordinators and their communities because of they have the best knowledge and competence about their living-hood. Thus, it will be also educative and participate for the society. And when the information signs are placed it might increase the trekker's respect of locality and nature, at least it will be interesting to learn about the area and Nepal.

Some respondents both visitors and hoteliers wished kilometres and altitudes added to direction signs. Kilometres and altitudes would help trekkers to save energy for long ascents and would help to plan breaks making hiking more enjoyable.

In the future every destination could think about having a small tourist information centre. There also could be information about village and the surrounding but also it could be for advertising the local small entrepreneurs like hotels, guide-services and so on. Villages and interesting sightseeing near-by each destination could be named with a suggestion to hire a local guide for a day-tour. The most competent people to plan this kind of ideas would be again the local communities with the intensive assistance of NETIF.

Obviously all the changes take time and money. Therefore I see the most important thing NETIF initiations in the area and wish they can continue their work for educating and supporting local communities. So at the beginning all the communities along the trekking trail need farsighted backing and steering and that is NETIF's big role in there.

5. Visitor's perception

Survey took place in Mulkharka, Chisapani and Nagarkot. Visitors were all trekkers or hikers. Altogether 24 persons filled the questionnaires, 14 of them are female and 10 men. Some of the respondents arrived to their destination in Kathmandu Cultural Trekking Trail area from other National Parks. None of the responses were not left out because all of them had experience from the above area.

As the responses show in the following statistics (diagram 1.) the accommodation facilities are fair to middling. Closer inspection tells that main improving are found in toilet, hot water and heating facilities. Visitors graded food and beverage, hotel staff services the most highly.

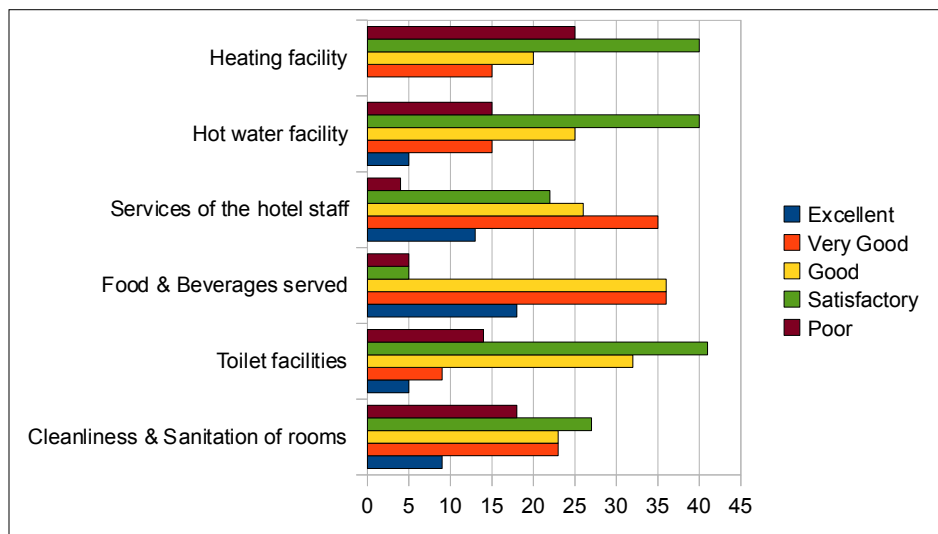
Answers also support findings from observation. Hotel rooms are basically tidy, but bit shabby, of course depending on the hotel's grade. More expensive ones are more clean with snow-white sheets. Toilet facilities were more good or very good according observation. Staff members in hotels were helpful and appropriate. Also food and beverage services were graded good or very good. Menu included a wide selection of from traditional nepalese food to burgers and pizzas. In case some ingredients were sold out staff members did kindly introduce something else. Hot water was mainly offered for vacuum flasks for to drink, not really for taking showers. Heating facilities exist in some high class hotels when electricity was on and when load-shedding is on there are no heating. Some hotels had placed fireplace for customers.

Following diagrams illustrate distributions of perceptions. On the right hand side of diagram is shown meanings of different colours. All the statistics are shown in percentages (%). Facilities are graded from poor to excellent.

Diagram (diagram 1.) beneath tells the heating facilities are graded most poor letting hot water facility and cleanliness & sanitation of rooms just behind. Although heating and hot water facility sectors are also graded 'satisfactory' with 40% . Toilet facilities are graded also poor, but having still more than 40% answers for 'satisfactory' and more than 30% 'good'. Opinions of service and food sectors have the most 'excellent' and 'very good' gradings.

8. In order to improve the existing products and services in the region, we would like to have your opinion on the following:

Diagram 1.



In diagram 2. is shown facilities along the trekking trail. Resting shelters satisfied visitors in general level having quite good gradings. Toilet facilities were graded to be 'satisfactory' with 45% although more than 30% of opinions told it to be 'good'.

From a visitor's perception waste management has both the most 'excellent' than 'poor' answers. Trail condition and direction signs were told to be good or very good. Main improving is obviously toilet facilities. According to observation there are few public toilets in the trekking trail area. Toilets are in good condition, but adequacy is not enough.

Diagram 2.

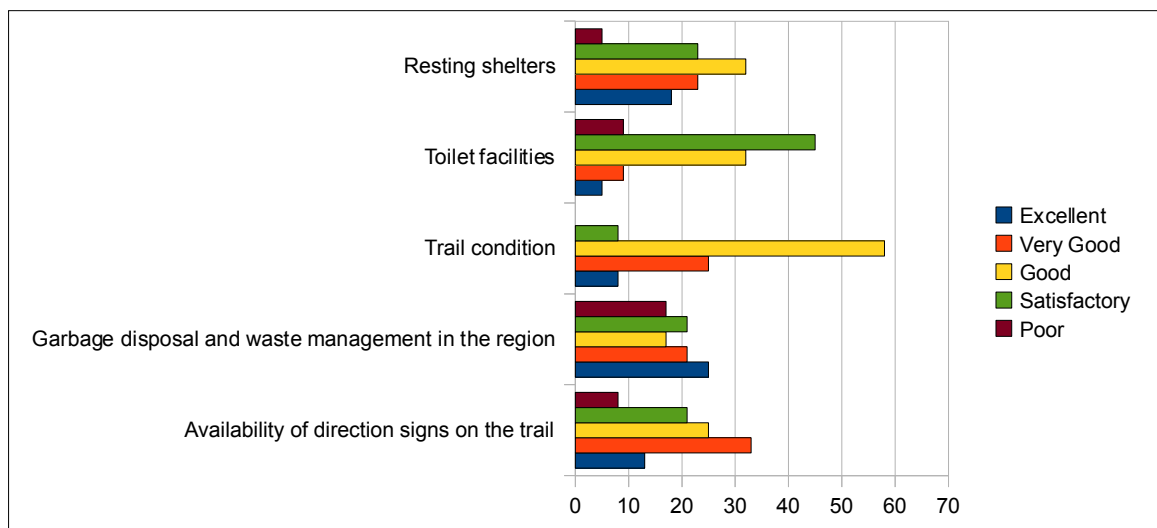
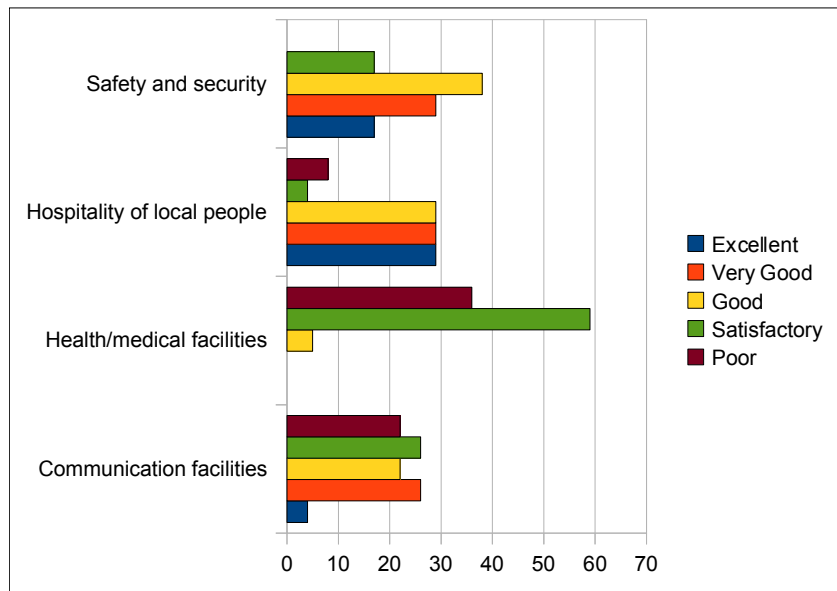


Diagram 3. shows perceptions about other facilities. It is delighting to see that hospitality of local people is the most excellent according the responses. Nearly 90% of the respondents graded hospitality good, very good or excellent.

Diagram 3.



Health and medical services are only satisfactory or poor. That's because there are no that kind of service. Safety and security is more than reasonable. Surprisingly perceptions of communication facilities had marks in every category. In Mulkharka, Chisapani there are no internet access at all and in Nagarkot WiFi is available only through the few hours with electricity. Mobile signal is very weak depending on location and the mobile company.

5.1 Summary of visitor's perceptions

It is clearly seen that trekkers are quite satisfied and pleased for facilities. Mainly the answers were supporting observation and improving are same than mentioned before. Hospitality and service is one reason to be very delighted. I assume that it is the nature of hotel staff but there can be connection for NETIF's trainings by giving self-confidence for their work. Results from hoteliers are coming later on this in this report.

Many trekkers were concerned about the nature:

“Ensure forest use by local people sustainable.”

“Encourage tourists+locals not to leave litter.”

“Stop throwing garbage to the ground! Stop cutting trees!”

Suggestions came out about behaving as a responsible tourist:

“Encourage the use of water filters & tablets rather than plastic bottled.”

“Minimize the amount of waste.”

“Only order food you’re prepared to eat.”

“I can contribute it by showing the right example caring of the nature keeping with me garbage and throw it when I see a dustbin.”

Also suggestions about improving came out relating to environment:

“Encourage responsible waste management.”

“Training of hostellers in hygienic (important for locals and tourists) and health affairs. No to spitting and coughing everywhere.”

“Improve efficiency of solar heating systems.”

“Educate local people to use a sustainable fount of fuel. If primary forest continues to be cut there will be no KVCTT to trek through.”

Hereby, there are quite big issues forthcoming to work but still the uppermost mood is satisfaction. One trekker had a hope to keep the Katmandu Valley Cultural Trekking Trail as pristine as it is:

” Don’t make it fancy, many people like it authentic and simple.”

6 MULKHARKA

Mulkharka is lively village between Sundarijal and Chisapani. There are four hotels or lodges in the village. Agriculture is main livelihood. Accessibility into the village is by motorbikes or by foot. There are no public transport or a change to use cars or trucks in Mulkharka's roads. NETIF had provided several trainings in the area. In 2011 NETIF organized five-day-long Organic farming course which took place in Mulkharka (NETIF, 2011).



Next chapters are introducing perceptions from hotel owners and local households.

6.1 Hotelier's perception in Mulkharka

Research information was collected from all four hotels or lodges in the village using structured questionnaires complement with observing. Questionnaires were answered by hotel owners. In some cases there was used interpretation.

Hotels and lodges are cosy with friendly atmosphere. According to observation those seem to be clean and neat. Because of family business accommodation is locally organised. If they had took part of training they felt quite proud and wished to take more trainings. All the lodges had their own garden for organic vegetable farming.

Mainly all the hotels and lodges are ran by families which means that employees are local people. Biggest hotel have 15 rooms and smallest ones 2 rooms. Members of staff is changing between 2 to 8. All the places have female and male staff members.

6.1.1 Trainings in hotel-business

Half (two) of the respondents answered staff members having training for hotel work and two respondents told personnels did not took part of any trainings. According all the answers training is needed in every sector including language which here means english. Front office, food service, cooking and hygiene and housekeeping trainings were wanted too. Only one of the hotels had took training (cooking training) from NETIF.

6.1.2 Provisions in hotel-business

Daily provisions are mainly imported from Kathmandu. Answers showed that used vegetables are provided locally and organic. Most of the respondents ($\frac{3}{4}$) told that vegetables are easily available in local market. That can probably be explained by having their own garden for farming.

6.1.3 Waste management in hotel-business

Waste solutions were experienced to be good. Toilet sewage is dumped into the ground but some of them direct used water to utilise garden. Plastics and metals are collected. Questionnaires did not told where actually plastics and metals are collected and what happens to collection. According to my observation at least plastics are burned. All the answers told bio-degradable waste to be composted.

6.1.4 Responsibility and locality in hotel-business

Responsibility come out on answers about taking part to social work. Respondents supports schools and for example take part of cleaning programmes and tree planting programmes. Local providers are not supported according the answers, but that can be explained that there are no local guide services, performance groups or any providers. Also hotels and lodges seems to be quite self-sufficient in vegetables. General knowledge and will to improve and protect the environment is also clearly seen. Put that knowledge into practise might need more training and ideas how to work.

6.2 Community's perception in Mulkharka

Local households took part of survey via structured questionnaires. Research information from questionnaires is complemented with observation and group interview. Questionnaires were answered by 6 persons including both sex aged between 19 to 40. Local community is lively and active. Women have had their own club last 14 years having 45 members. Women club started cleaning the path one year ago supported by NETIF. NETIF gives monthly financial support for women club. Community's men have got their board too, but I focus only for ladies activities because of NETIF 's support. In exchange for cleaning the trekking path Women club receives 3000 rupees from NETIF. Women club works twice a week several hours to collecting the litter away from the path. Their work also includes emptying waste bins. Addressed money goes to women club to use with joint responsibility.

In Mulkharka area there are three community houses. Community house gives a room for community meetings and club meetings. One's enlargement is organised by NETIF. So far community house is more for community's own meetings but there are plans to open it for tourists. NETIF has given donation box into community house. Donation box is meant to collect the donations from trekkers and passer-bys.



6.3 Summary of perceptions

All the respondents from local household-category had took part of cooking or organic farming trainings provided by NETIF. All of them were satisfied for training. Everyone told to practise new-learned skills in their life. Training's most fruitful results were knowledge and improving cooking skills to make different kind of food. Respondents told benefitted from tourism, but answers do not tell how. As a livelihood agriculture was the most famous. About environmental issues drinking water is not mentioned as a problem in Mulkharka area but deforestation and waste is. Some respondents are trying to sort household garbage for example composting the bio-gradable waste. Among this group NETIF was well-known and appreciated its work in cleaning campaigns and providing trainings.

Community works actively together and with NETIF. That is what they should be proud of. On the another hand, action should not rely too much on NETIF donations. Collecting money for community should be organised them selves. In the future community should taking steps to sustain itself and see the importance of pristine nature effecting their livelihood through the tourism. Although all the work is in the so beginning that there are no need to rush to cut the support. More increase the support in the form of education and training.

Community house could be Nature Centre having a exhibition telling about the village, agriculture and culture in generally. There also can be a small shop for handicrafts, arts and maps for example. At the time of research donation box is not successful because it is only available for local people. Community house door is locked and besides tourist will not find the house due to lack of signs to guide them there.

Main challenge in Mulkharka was said to be transportation which is experienced to be really bad. Only motorbikes and jeeps can reach the village and there are no public transportation. That obviously makes life harder in general, but also affects the accommodation business.

Hotels and lodges tries to take care of environment as much as possible. Recycling is difficult due to transport problem. Waste management was told to be done as good as it can be done in those circumstances. There are no public system for waste management and collecting the waste for burning or burying is probably only solution for now. Small hotels or lodges had their own organic garden providing vegetables for them. According the locals's answers about training they preferred farming. Thus, this can give grounds for closer observation. Should there organise more trainings of farming to support households by creating small farming business. In the mean time hotels and lodges could use more local products, especially organic and get the better price from tourists. In any case of using organic vegetables it should be advertised and marketed bigger and louder.

General awareness of environmental issues is quite high as the answers showed. Also general activity in social life and protecting environment is in good process. Still it needs more education. There is clearly the strong will to change old habits and act more eco-friendly. People are really proud of their organic farmings and main wish for the future is to get more training for it. People are interested in organic farming as a livelihood.

6.3.1 About NETIF

NETIF is widely known in the area. NETIF has built trekking trail in co-operation with local people and set the dust bins. Interviewed community members were pleased for trainings and wished those more. It is necessary to organise trainings close in the area reaching the crowd without transport problems.

According local people's opinion there has happen lots of improving in last few years when NETIF has been involved. In co-operation with NETIF village has become more tidy and people are more aware for clean nature. Their greatest wish is to keep continuing collaboration with NETIF.

7 CHISAPANI



Chisapani situates just north edge of Shivapuri National Park inside of Langtang Range. Trekkers can reach the village easily from several destinations, mainly they are coming from Sundarimal. Chisapani is more or less one-night stop during the trekking trail.

Chisapani village locates on the top of the hill having stunning views to Himalaya. There are eight hotels or lodges in the village.

NETIF has provided few trainings in Chisapani area. Recently in 2011 NETIF launched a 3-day-long course on oyster mushroom culture in Chisapani and other 3-day-long course on kitchen hygiene and basic food preparation. Courses were led by professionals and organized and supported by NETIF.

7.1 Hotelier's perception

Hotels in Chisapani are family run business supplemented with local workers. Questionnaires were filled with hotel owners with translator. Situations had got conversations and were very informal. It is probable that questions were clearly understood and answered with honest opinions. There are 8 hotels or lodges in the village. Questionnaires were given for 7 hotels.

7.1.1 Trainings in hotel-business

Some of the employees have had trainings since started to work. All the respondents said took part of NETIF trainings. Trainings applied were cooking and food hygiene and guiding. The most need of training is cooking and language. One mentioned need for guide training.

7.1.2 Provisions in hotel-business

Food provisions are mainly transported from Kathmandu. Only some vegetables and milk can be provided from local village. That was explained with lack of market in the local area.

7.1.3 Waste management in hotel-business

Waste management is well organized. All the hotels pay monthly for waste collector corresponding hotel's size. Bigger hotels pay more when smaller less. According the answers there are functioning waste management system proposed by NETIF.

Toilet sewage is lead to tank separating solid and liquid waste using soil as a filter. Plastics are collected in one place for burning. Glasses and metals are buried under ground.

All the respondents were interested to minimize using of plastics but did not have knowledge how to do it. One idea was encourage trekkers and visitors to use boiled water for filling their own bottles instead of buying bottled water.

Hoteliers did see water issues as a problem. Chisapani situates at the top of the hill and the water source is up there. Hotels had plenty of water and they were not keen on pay attention for saving it. Nevertheless they utilized used water for garden if had one.

7.1.4 Responsibility and supporting locality in hotel-business

All the hotels work together with waste management paying the waste fees. Special campaigns and culture festivals were mentioned when asking taking part of community activities. Organized campaigns like World Environment Day got all together to clean the surrounding nature and in festival time, like Lhosar, hotels have local performance groups and music. Supporting local providers was experienced difficult because of lack of providers. Hoteliers would organize guiding or transportation if tourist asked. Attitude for supporting locality was positive and some hotels supported local schools giving a grant for 10th grade students. Hotels which had the donation box had placed it in sight but mentioned not have any success with donations.

Some of the hoteliers wished still more collaboration among the local community. From some answers came out that there are need for uniformity rules or instructions relate to visitors. Some visitors stay awake all night long playing music and singing while some tries to rest. Suggestion was that should there be regulations for silent time. Hoteliers are also concerned about the facilities in the area. Roads are in bad condition without streetlights, no internet and for hours electricity cuts. From one response came out ideas about souvenir shop selling local products and having a tourist information centre.

7.2 Community's perception in Chisapani

NETIF has organised many trainings in Chisapani area. This survey reached people who had took training for briquette making, mushroom farming, cooking and guiding. Respondents are involved for tourism some how, but it is not the main line of business for all of them.

Respondents filled questionnaire and that was complemented with conversation. Conversations were written on notebook or side of questionnaire form. In every conversation there was used a translator. Conversations were informal interviews with individual respondent or group of them. Respondents were female and male aged 20-48 years.

According the answers general environment problem is deforestation which is caused by poverty. Wood is taken for building, heating and selling. Water is not a problem in the Chisapani village and they do not see worth to save it. If respondents had garden they preferred organic farming. Suitable vegetables for gardening in Chisapani are potatoes, peas, spinach, radish, cabbage and cauliflower. In winter season frost bites sensitive plants and farmings.

7.2.1 About the trainings

All the respondents had heard about trainings from village-coordinator. Trainings were organised by NETIF in the Chisapani or near-by. Mostly trainings were short-term courses. Learning culminated in improving skills in particularly field and increasing knowledge in generally. Questionnaires did not have more detailed questions about trainings, so answers were complemented with a small interviews.



In the winter season heating is complicated in Chisapani when the night temperature goes easily below zero celsius degrees. NETIF launched briquette making course for using alternative heating. Briquette is eco-friendly heater made from weed and it does not cause deforestation. The weed is compressed and dried in one brick. Using briquette as a heater it need a small holder. Briquette is planned to use inside the rooms. Briquette makers are producing those but commercializing it is not succeed yet. So far they

make briquettes for themselves.

According the interviews it was said that hoteliers do not buy briquettes. According the conversations between hoteliers they did not know about briquettes or they did not have proper holders for it. Briquette maker also thought that heating power of briquette is not enough for larger use.

Chisapani has eight (8) hotels or lodges. All of them serve food. Group of ladies (5) had took part of cooking training organised by NETIF. First course what they had heard from village-coordinator was organised 1,5 years ago in Mulkharka which they found to be too far. Mulkharka situates 18 kilometres to South from Chisapani meaning 6-8 hours walk. Ladies told they can not leave them families and business for so many days. So then the cooking training was organised in Chisapani which delighted ladies. Everyone of them are involved as a cook in their present business.

Training last three days including topics bakery, hygiene and cooking. Ladies learnt to cook different types of food from spring rolls to hotdogs and burgers. Also they improved their knowledge about cleaning, food poisoning and risks in food. Also they learnt about chopping and techniques to use knife. Like in the visitors perception section visitors grade the hospitality high in Chisapani that also is seen here. When asked why they took part of training one of the ladies told it was their urge to improve their cooking to provide the right taste for tourist, especially western tourists.

Using organic farmed local vegetables ladies told to be difficult. Organic food market is too small and the seasons do not go together with tourist season. When there are production in the fields there are no demand in restaurants because of off-season in tourism and when there is demand in restaurants it is cold season for farmings and there are no production. When possible they try to support local production, but obviously it is easier to provide bigger amounts vegetables on one time.

All the ladies were grateful for training. Feed back was mainly praiseworthy but some suggestions they had in their mind. They wished to have more trainings in Chisapani so they have a change to take part of it. Also they wished to have longer courses saying that three-day training was too short to learn enough. Their recommendation was 10 days course once a year. Experience in last training was having lot of new things coming in too fast so they felt that they could not absorb everything. Teaching bakery is not useful for cooks in Chisapani because they do not have ovens and are not planning to invest those in future.

Respondent who had taken part of guide training also applied cooking training 18 months ago in Sundarijal. That cooking training last 7 days and was comprehensive course for restaurant employees. Reason to apply for trainings was aim to get the job which he did working as a cook at the moment. About guide-training respondent told to learnt birdwatching, biodiversity and culture of the area. Guide-training was taken so recently so respondent did not have experience it as a profession. He told to practise his new skills as a nature guide when ever he have got time from his present job as a cook. There are no official guide-office in Chisapani and he did not know how to advertise himself but waiting tourist ask his guide-service.

7. 3 Summary of Chisapani

Donation boxes from NETIF were not found successfully. According respondents's opinions visitors do not want to pay any donation just after paid entry-fee in the area itself. Entry-fee is also collected to improve the area and environment so the visitors do not see point to pay it once again.

As said in Kathmandu Valley Cultural Trekking Trail section too, waste management is served in Chisapani as a model for other destinations. Although burning is not the final or far-reaching solution for getting rid of garbage, but until now it's the most practical way.

Hoteliers and their staff are concerned of food hygiene, cooking and hospitality. Food hygiene is one of the important issues about caring their visitors when Chisapani is far away in the mountains. Some hoteliers told some trekkers having their own cook with them to ensure hygienic food. Hopefully it should change due to education. All the hotels with trained staff had certifications nearby their kitchen to show their improving. Trainings for cooking were asked to have skills to please the tourist with variable menus. Both of the topics goes to hospitality. Happy and healthy trekkers come again. According my observation this case is doing fine. There is great hospitality in Chisapani.

Thus, every sector in tourism field in Chisapani would benefit for marketing and advertising help. There are alternative production for heating which is produced locally and would support local livelihood but there are no knowledge for using it. Also all the trainers should show off their new skills with certificates. For guides marketing is the most important tool for profiting it. Visitors might stay longer in Chisapani if there was notice about guide-service. Guides probably cannot compete with travel agencies of Kathmandu but could co-operate or offer more specialized guide service based in Chisapani. That could be professional birdwatching tour or other day-trekking tours near-by Chisapani.

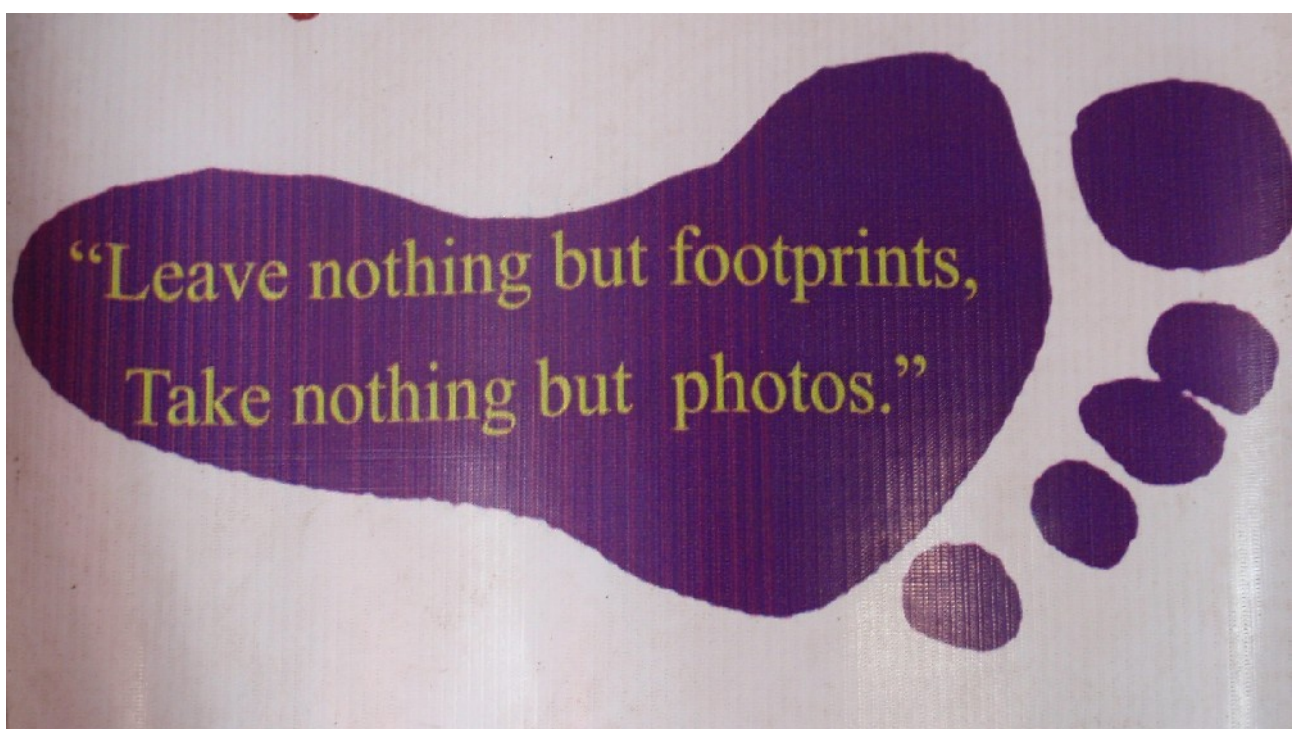
7.3.1 About NETIF

NETIF is widely known among the hoteliers and all of them or their employees had took part of trainings provided by NETIF. Respondents told to learn a lot of to improve their area. NETIF got excellent reviews as a initiator to get the community together with timely meetings, promote the Kathmandu Valley Culture Trekking Trail and spreading the awareness of waste management and food hygiene.

Hoteliers wished more longer trainings about the cooking and hospitality. So far the cooking training were quite short period course and it was experienced to be not enough.

People seem to be very grateful for NETIF. NETIF was told to taught hole management including waste system, hotel-business, cooking etc. Now they felt to have system and consistency in their community. One described NETIF :

” It is like a mother teaching us to walk. Now we slowly started to use our knowledge”



8 NAGARKOT



Nagarkot is a small town facing to east side of Himalayas. There are dozens of hotels and lodges and many restaurants and teahouses. Nagarkot offers basically good tourist facilities including internet, few souvenir shops, transportation, guide service etc. Nagarkot situates on the top of the hill and its speciality entertainments are sunset and sunrise. Some visitors reach the village by foot via trekking trail but also many visitors are transported by tourist bus. Visitors stay in Nagarkot commonly only a one night.

In Nagarkot NETIF has provide one-day-lenght kitchen hygiene training course and five-days-long organic farming training. Both of them are led by professionals but organized and supported by NETIF.

8.1 Hotelier's perception

Questionnaires were received back from 24 hotels in Nagarkot. Hotels are everything between small family business to huge, resort complexes with dozens of employees. The smallest hotels have 5 rooms and the biggest one 45 rooms. Largest group of hotels have 8-14 rooms. All the questionnaires were filled up by hotel owner or manager. There were no need for translation or it was done by on their own.

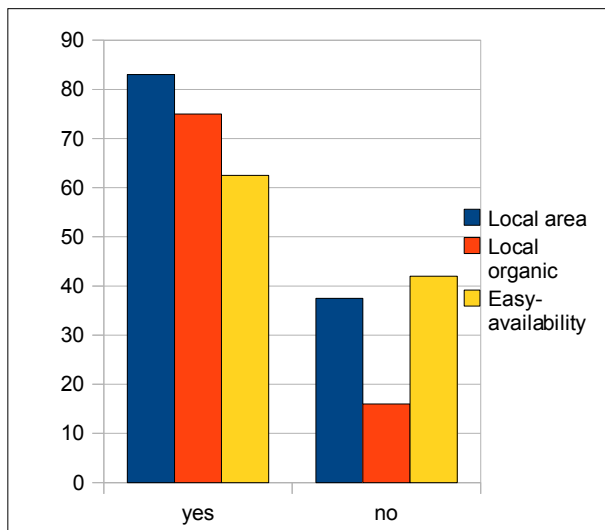
8.1.1 Trainings in hotel-business

21 of the respondents informed to have local people as a staff member, so only three hotels have staff members only from Kathmandu. Answers to question about staff's training after their applying to the hotel gives some idea of improving professionalism in the hotel. Although there are no change to draw a conclusion from it exactly, because there are no further information about the length of working history or earlier trainings before starting to work in that hotel. First and foremost need for training are language, food service and cooking&hygiene. Secondary need is housekeeping and front office. Some respondents chose other option and named management and hospitality for their need. Eight of the hotels told their employees took part of trainings provided by NETIF. Five of them named the training as a food hygiene and three of them did not mention the training.

8.1.2 Provisions in hotel-business

Food products, preferring organic, are provided mainly (80%) in the local area, some of hotels told providing it also from Kathmandu. According to answers local market is easily reached for 16 hotels (more than 60%), but 8 experienced it difficult. Answers do not tell what makes reaching the local providers hard. This answers (diagram 4.) show us that majority of hotels choose local, organic food and its availability is also good. Numbers of answers showing in diagram 4. became distorted because some respondents did not answer the question and some respondents answered both 'yes' and 'no'. Diagram 4. shows answers in percentages (%).

Diagram 4.



Some of the respondents told to provide their provisions both locally and from Kathmandu. Some of them also told using locally farmed organic vegetables if available and when not buying those from Kathmandu. Interesting thing is, that is the local organic market really deficient or does the answers tell about breakdown in communication? Does all the hoteliers know where to buy local organic vegetables? And when buying non-organic local vegetables are those really intensively produced or maybe are organic but not enough underlined by farmers?

8.1.3 Waste management in hotel-business

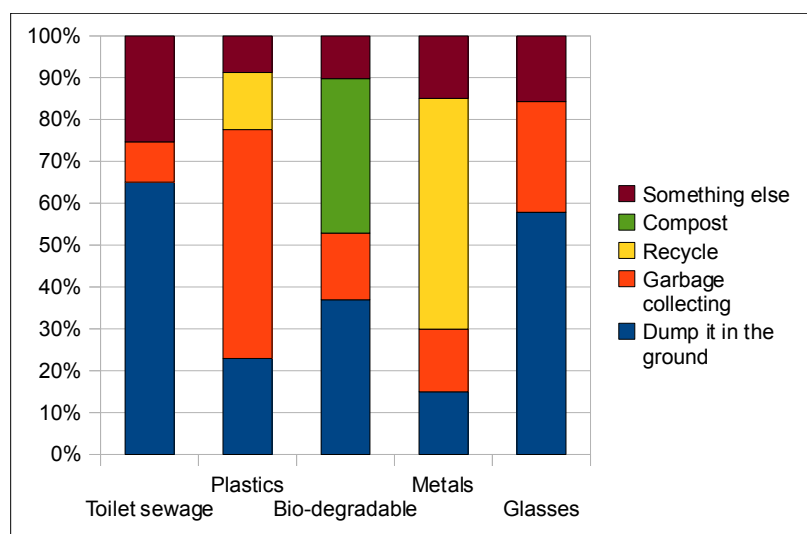
Saving water is big issue in Nagarkot. All the hotels situate in the top of the hill and villages are laying widely on the sides of the hill or down in the valley. Water sources are adequate in the upper part of the hills, but not enough in the valley.

Generally most of the hotels pay some kind of attention to water savings. Only five of the respondents thick a mark to "no". About one of third had advised and act with the issue. They told to have signs for hotel customers and information for staff how to use water sparingly and re-used their water for utilizing garden. One of third re-used their water but did not have advices their customers or staff. Last group told to advice or at least planned to advice customers and staff for saving water but did not have action to re-use hotel's used water.

Questions about plastic free policy were the most not-answered one. That can be explained with difficulties to understand the meaning of question. Seven respondents said to support the idea of Plastic-Free-Zone but none could not share the ideas how to do it except few told to avoid plastic bags. With the idea they were telling need counselling for organising the action. In one answer acceptance was positive but at the same time stated impossible. All the answers concerning minimizing of waste were more ideas and theoretic plans than examples of action. Thus, it can tell of knowledge but not exactly operations.

Waste management was told practised with proper system in 17 out of 24 respondents. Diagram 5. below shows some inconsistency throughout the topic. Most of the toilet sewage and glasses go to the ground. Toilet sewage might first go to septic tanks but finally ends up to the ground. Glasses are mainly buried. Alarming is that some hotels told to dump all of their waste into the ground! Plastics are collected and burned by waste collector. Burning plastics is not the most climate-friendly but at the moment in this circumstances it is only option. Recycling should be treated with caution. In some cases it is possible that garbage like metal, glasses or plastics are collected for transport to India or somewhere else. So it is not sure that recycling is done. Garbage is just replaced some place else. Delighting sign is bio-degradable waste. More than 30% compost it and amounts can be nearly 70% if ground-dumpings are counted in. Questionnaires did not separate its categories between dumping into the ground and composting into details. So dumping into the ground can be understood nearly the same than composting.

Diagram 5.



8.1.4 Responsibility and locality in hotel-business

All the respondents are supporting local society in one way or other. From the questionnaires came out active participation to work with local community and improve the area in many levels. Activity was directed at environmental issues and social work. Hotels were involved of tree-plantings and cleaning campaigns and also supporting local society. Supporting could have been providing local dance-troops or local art performances to entertain hotel customers or donating money for local schools.

Knowledge of NETIF was surprisingly low. Many (14) respondents said to heard about NETIF but all together 9 respondents did not know or left without answering on that question. Does that really tell about knowledge of NETIF? According to observation NETIF 's village-coordinator was widely and well-known in the area.

Questionnaires pointed out many topics to steer sustainable development. Topics are more comprehensively touching the whole area than individual improving. Obviously there are need for proper infrastructure including public toilets, bus parks, street lights, road maintenance and waste management. Second biggest category can be named co-operation between tourist industry and local societies. That includes increasing of environmental awareness and providing trainings to support livelihood in the area. In one answer it was crystallized this way:

“Unity among the tourist industry, locality and social organization for a better vision.”

8.2 Community

There is local tourism board in Nagarkot is called Nagarkot-Naldum Tourism Development Community (NNTDC). According to vice president of NNTDC their aim is to develop tourism, sociality, culture and environment in Nagarkot area. In social working field they offer ideas and try be the coordinator for hole society. They try to connect people get-together. Sometimes its difficult but they are feeling happy to do it. So far they feel that biggest success has been cleaning the roads. They had been working by increasing awareness and building bins, creating system, like a concept to improve the area.

The member of NNTDC informed of the standing situation in Nagarkot. According to his opinion hoteliers are willing to buy local items and support the local productions, but there is no enough production. He sees there is already market and demand for local products but no production. People are interested in trainings but not setting up their own production. All the trainings organised by NETIF has been successful but productions has not. Only training of organic farming has led to production.

The organic farm in Nagarkot consist of 11 households who had set up community for their work. They work in the farm usually twice a week in every season. Growing vegetables depend on season but they have something to grow in every season. All the harvest are sold to local hotels. So the market is not the problem, but the price is. Farmers would like to get paid the better price. One of the local organic farmer expressed problems from farmer's view. The hoteliers do not pay enough from local vegetables trying to bargain too much so the farming business is not profitable. Farmers need to transport the vegetables to the hotels which means hard work because they do not have any vehicles or the vehicle is motorbike. Organic vegetables are not that big and beautiful than others and the harvest is not that large. That can be one reason for low prices thinks the farmer.



8.2.1 Challenges

Farmers work hard on the fields and had invest lot of money for their farmings so now they are start to frustrate when not profit enough. They wish to get more technical support to enlarge their farming. The local farmer told that farmers need some kind of bonus to keep up their motivation in the so beginning. Bonus could be coats, chickens or buffalos to cheer them up. In some cases small loans could be the key for improve the farming as a trade. One important thing is training. The taken five day long training is not enough. More long-lasting trainings would encourage the farmers.

Those are tasks that NNTDC and NETIF could think of. In my opinion it is really important to continue that work to lessen the gap between hoteliers and local small entrepreneurs. Mutual understanding can be reached in close collaboration with both hoteliers and producers. Hoteliers and producers should respect one another. Aware the attitude to work in consensus is incredible important.

8.2.2 About NETIF

Thus, NETIF was not widely known among the hoteliers it has strong role initiating and advocating the local tourism board. Some success has already happened due to NNTDC's and NETIF's work. All in all NETIF got lot of thankfulness in Nagarkot area. It was highly praised with its work in advocating and creating systems for environmental and social issues. Since NETIF had started its work the local community has tighten their co-operation and started to plan and realize for example waste management. The chairman and board members of NNTDC strongly wished that NETIF could keep continuing their vigorous work in Nagarkot. One fear is that all good work could turn to only cosmetic and influences will disappear if the phases were too short-period and community could not learn sustain itself.

One said:

“Most important things happened with NETIF is responsibility, and the ideas what they offer and give. Its better than money.”

9 DHULIKHEL



Dhulikhel is the largest village compare to Mulkharka, Chisapani or Nagarkot. Actually it is more town or even a small city. Dhulikhel situates about a hour drive from Kathmandu to east. Highway passing Dhulikhel is the main route to boarder of India with heavy traffic. Despite it's urban location Dhulikhel itself is quite nice town with the stunning view to Himalaya.

9.1 Hoteliers Perception

There are around ten hotels or lodges in Dhulikhel. Unfortunately only 4 of them filled given questionnaires. Research always need to base for voluntary, so I could not force the hoteliers to take part of this against their wish. Considering lapse of memory questionnaires were asked back few times during my 4 days stay in Dhulikhel. With this amount of answers analysing material was not possible in every topics.

The hotel sizes are from cosy, family-business to huge resorts. Smallest one have 6 rooms and the largest 54 rooms. All told to have local employees, but the biggest ones are complemented with staff from Kathmandu. All hotels have trained staff members, only one mentioned having trainings from NETIF. Answers related to need of training were disjointed but showed that every hotel have need of some training.

All hotels prefer local production and sometimes purchasing something from Kathmandu. That goes together with a opinion about availability of local market which was said to be good enough. Two out of four hotels prefer organic production.

Waste management and water issues are not available. $\frac{3}{4}$ told having proper waste management system, and one experienced having not. Marked thicks in table were so disunited so the risk factor of misunderstanding of questions is evident.

All respondents support environment conservation activities in their living-hood. Supporting was mentioned to exist as a behaving like an a example or talking with people about the environmental issues.

Responsibility questions in questionnaires do not tell much here. Again the answers were disunited and 'yes' or 'no' answers was not explained more. Only common phenomenon was supporting the local culture hiring the local dance troop to performance traditional dances.

Dhulikhel have distinction between other research destinations in type of visitors. Tourist in Dhulikhel is not trekker and not came from Kathmandu Valley Cultural Trekking Trail but somewhere else. The differ from Dhulikhel in Mulkharka, Chisapani and Nagarkot is also Dhulikhel being a municipality. Problem was told to be frequently changed administration,

so all the planned projects stop or change and there is no continuity. Nevertheless, local community has done lot of improvement with help of NETIF. The Kali Temple sight-seeing path with 1000 steps stairs is newly maintenance having resting shelters along the way. One shelter is build with the help of NETIF and another is build by local hotelier. Waste bins are situated along the path so it is really pleasant day-walk up there. Local contacts of mine told their readiness for creating Dhulikhel as a green and clean city. For action local community have many plans for example, tree-planting, cleaning campaigns and promoting the city. With help of NETIF there were done tree-plantings and cleanings with celebrating World Environment Day. In year 2011 NETIF was organising two courses length of five days. One was kitchen hygiene and fruit carving course and second corn husk doll making course (NETIF 2011).

All the hoteliers who took part of this survey knew NETIF. They were grateful of NETIF's work and co-operation and naturally wished it continuing.

9.2 Community's perception

Survey took place in two mushroom farms. Both farmers had taken mushroom farming training from NETIF. They were inspired the training and practised their new profession. Although any income does not come from tourist industry. At that present moment they had problems with given seeds. Last quantities of seeds were bad quality and most of the harvest damaged. Farmers wished to receive compensation for the ruined harvest. Sometimes they also suffer lack of raw materials. Raw materials are available only once a year. They need more machines to help. Mainly the biggest issue is marketing. Mushroom farmers are happy to work and experience it is rewarding profession. Desperately they wished help for marketing and selling.



Moreover, same issues are concerning doll-makers too. Group of five ladies had taken corn-husk-doll-making course from NETIF. According their memory about 20 ladies took part of training and now only they five are practising doll-making. For the training all the ladies were satisfied and wanted to practise their new profession as a artist of handcrafts. They did not know how to sell their art and wished help for making plans for it.



10 Conclusions of this project

In this last chapter I have collected my findings offering some proposals too. Proposals are my opinions based on my experiences and education. I kindly ask You to take into consideration that I have born and lived in totally different World than Nepal. So, please feel free to think differently. Hopefully some suggestions are useful or adapted for use.

10.1 Trainings

Trainings provided by NETIF are very important in many views. People from villages are not able to travel for education, so it is necessary to organize trainings in villages. Taking into consideration that average years of schooling in Nepal was only 4 years in 2010 (OECD 2011) the trainings will encourage people to improve their livelihood and increase awareness of protecting nature. All the respondents I met told to be very satisfied for training. According the interviews and conversations the problems are not basically in trainings but practising the profession. For the future the most needed training is advanced course in marketing and selling.

Every incoming trainings should be planned carefully to avoid purposeless topics like teaching bakery for the people having not ovens. Self-evaluation could be one practical tool for planning the trainings in the future. It needs a little bit work to collect the structured feedback after every training and then analyse it through. When getting it into a routine it does not take too much time. Continuous assessment would develop NETIF as a producer to meet the demands and customers. Then NETIF would have real-time impression about impacts of their trainings. The experiences from field are extremely valuable and should be listened sensitively.

Locals voice is one great source for evolving the trainings. Local residents in the villages are the best authorities to know their needs and requirements and they should be listened carefully. Even though all visited destinations are not geographically far away from each other the characteristic features are different compare for example on Mulkharka to Dhulikhel. Differences do not mean that they need to work independently but sharing their strength to each other. Dhulikhel have brilliant hotels with wise hoteliers so maybe hotel

staff from Chisapani could go to work for those few days using learnig-by-doing- method. Other way round, Chisapani's community could tell what they did for succeeding with maintenance of trekking trail.

Education can be seen as a going-forward or going-deeper power. In qualitative aspect it is more going-deeper, I believe. According to my opinion there are two useful words as a tool to deepening the quality of education or training. While planning the trainings there should be asked *why?* and *how?*. Why do we have training like this? Why do we train these things? Why our goals are just these? How we will organise it? How we reach our goals? The better answers with spesific details the better planned.

Teaching self-assessment also to the hoteliers could be worthy. As the interviews showed, hoteliers are willing to please their guests. Getting systematically feedback from their visitors it might steer and spur hoteliers on evolving their profession. This idea can also be seen as a encouragement to their own initiative action.



The most needed training according to respondents are marketing and advertising regardless their profession or living-hood. Principally all participants of training were satisfied for it but practising their new skills for livelihood they experienced to need training for marketing. Only few hotels all-in-all brought out using organic, locally produced vegetables meaning that none of visitors did not know having pure, fresh and responsible food. When informed them they were really delighted to hear about it. So the next steps could be marketing and advertising trainings. It might be worthwhile to think organising one training in each destination gathering up the hoteliers and producers. Maybe the connections will be build already in that meeting.

10.2 Environmental aspects

In every destination local residents regardless of their profession mentioned waste management and water sufficiency was the most spoken topics. There are no proper waste management and when increase in tourists and population problem will increase too. There is clearly seen progress happened by NETIF's initiations, especially ladies group cleaning the trekking trail twice a week in Mulkharka and very enterprising maintenance work in Chisapani area. Nevertheless, collecting litter is more like taking a medicine for headache not focusing to heal that or even avoid that. Obviously NETIF can not lead its work everywhere so their present initiation is reasonable and practically held locally. Solving out the waste management affair it needs governmental intervention. Increasing the awareness and trying to affect people's behaviour not to litter nature are what can be done so far.

Plastic Free Policy is an good and practicable idea, but it needs profound familiarity and planning. First step can be encouraging trekkers to fill-up their own water bottles with boiled water not buying bottled water. As a customer the hoteliers could choose environment friendly packed items but unfortunately many products are heavily wrapped with plastic. The food product can probably be bought from the local village without plastic wrappings but everything else comes with it. Preferring locally produced vegetables not only support the local livelihood but nature too.

Water sufficiency is another big issue. Especially in Chisapani hoteliers told that there are no need to save water, they have it enough. Down in the valley farmers did not have enough water. Their opinion was that hotels use too much water up on the hill and villages in the valley are suffering insufficiency in water. Regarding many conversations this problem is widening the gap between hoteliers and local residents, especially in Nagarkot where are many hotels and building even more. Again affair is too large to solve out without governments support. NETIF can affect by trying to increase the awareness not wasting water. While my visiting there were no campaigns on, but I have been told that cleaning campaign was great success in every destination. So why not launch next campaign about saving water.

Environmental issues are the most important aspect in every trainings. Like in every level of education, environmental education starts from attitude. Affecting to peoples attitude to protect the nature and use natural resources sustainably it comes to a part of every-day life. Eco-clubs in the schools are great chance to affect widely to the families. When children are inspired their might spread the new winds among their families or at least their will behave more eco-friendly in the future than the preceding generations. Role of NETIF could be also financial support for the eco-clubs but also trainings for the eco-club leaders and participating to create a material package for them.



10.3 Welfare in the societies

Local residents related to agriculture and hoteliers might need more events get-together. Understanding each others and collaborating more tensely would cause so called win-win situation. Farmers can grow only seasonal vegetables so the hoteliers maybe could fix their menus also more seasonable. Then the supply and demand would go better together. Over here the key is again education. One of the findings was that sometimes hoteliers did not buy organic vegetables because of the small sizes of them or unpleasant shape of them. Knowledge of importance of organic farming should be underlined strongly. It is relating to individual persons by health issues but also natural issues avoiding the chemicals. Regarding my observation hoteliers must advertise louder using organic vegetables. Prizes could rise a bit, I guess that is not a problem.

Also supply and demand did not meet in briquette business or in doll-making business. Producers were satisfied to produce their items but hoteliers did not know the production. So the producers business is not starting to sustain. We can only guess if that was one reason for a thin producers compare on much larger amounts of trainers. So the marketing and advertising course would be worthy in the near future.

Generally all the people I met had optimistic sight for the future. I can say that all of them were concerned about wasting and devastation of natural resources. Thus, the attitude is right but the knowledge for action is inadequate. They honestly asked teaching for more ecologically friendly action. They did not know what to do.

10.3 Assessment of NETIF's work

NETIF's impact has been strong and it has reached lot of good only in few years of work. Feedback from its work was highly positive. Negative comments did not come out at all which can mean that it is cultural tactfulness not say any critical arguments or I never had a change to meet unhappy people. After all, the findings in this report support the positive feedback. There are reasons why NETIF has succeed with its work. One respondent framed his words like this:

"They have clear idea how to improve area. Also the area is big. NETIF has supported us a lot, especially make our own concept stronger. NETIF lives tensely with us. And makes people think themselves, learn them, gives ideas and makes them to do it all together."

NETIF seems to affect to peoples attitude rather than tell them what to do. Regarding my opinion that tells about farsightedness. Sometimes phases ends up in few years so the people among the project should sustain themselves. At the end they need to live alone without that kind of projects around them. I wish NETIF can carry on many years more so all the people are not let on their own too early.

11. Epilogue

It has been a great adventure to participate this survey. It has been really an educational experience in every respect. There has been deeply frustrating moments but also delighting success. All my experiences had taught me a lot. I might have caught up little bites of nepali life. I cannot say that I understand clearly the special characteristics of its culture. I can say that I admire the richness of its cultures and nature.

Nepalis have gone through painful years and I wish they will keep the positive and energetic spirit up. I saw closely many complicated situations where there was a will to do better World but something cancels it. This cases are never so simple. That is why I hope that all the development aid projects would last long enough. Changes need time. Attitudes

are affecting ones action and changing that attitude will take lots of work and time. Thus, not give up, let's enjoy the feeling of togetherness and make the changes happen!



References:

NETIF's Progress Report on NTOEDP II (2011)

www.netif-nepal.org 28.2.2012

[Society at a Glance: Asia/Pacific 2011 - © OECD 2011](http://www.oecd.org/document/2/0,3746,en_2649_201185_49233154_1_1_1_1,00.html)

[/www.oecd.org/document/2/0,3746,en_2649_201185_49233154_1_1_1_1,00.html](http://www.oecd.org/document/2/0,3746,en_2649_201185_49233154_1_1_1_1,00.html)

18.4.2012

Appendixes:

1. Observation focus

On the trail:

- maintenance and condition
 - signs
 - track
- toilets
 - accessibility
 - cleanliness
 - adequacy
 - signed/easy to find
- shelters
 - accessibility
 - cleanliness
 - adequacy
 - signed/easy to find
- waste management
 - full/empty bins
 - accessibility
 - adequacy
 - signed/easy to find

Environment:

- pristine
- information signs
- tidy
- protection

Lodges&Hotels:

- cleanliness
- service
- comfortablity
- locality, organic
- energy savings
- water policy
- waste management(recycling)
- hygiene

People (all)

- awareness
 - environment & protection
 - NETIF
- NETIF
 - influences
- (attitude) *can be impossible to show up?*
 - environment & protection
 - tourism

2.

**Questionnaire for Visitor's of
Kathmandu Valley Cultural Trekking Trail (KVCTT)
December 2011**

Dear Visitor,

We are pleased to have you in Kathmandu Valley Cultural Trekking Trail (KVCTT), Nepal with the objectives of studying visitors satisfaction level and identifying their needs and wants, the Research Student Ms. Salla Kaven, University of Tampere, Finland are conducting a visitor's Survey in KVCTT. We seek your valuable inputs and suggestions that would contribute significantly for the cause of sustainable tourism development in the area.

VISITOR'S PROFILE:

Name:

Nationality:

1. Gender:

Male ☐

Female ☐

2. Age group

0-14 ☐

15-24 ☐

25-44 ☐

45-64 ☐

65 and Above ☐

3. Occupation / Profession

4. Length of stay

5. Starting and Destination point of your trek

a. Starting Point

b. Destination Point

6. Your main purpose of visit to Kathmandu Valley Cultural Trekking Trail (KVCTT).

| | |
|------------------------------------|--|
| Trekking | |
| Hiking | |
| Exploring flora and fauna | |
| Observing local people and culture | |
| Other natural attraction | |
| Others (Please Specify) | |

7. What form of trekking arrangements have you chosen?

| | |
|--|--|
| Organized camping trekking through professional agency | |
| Organized tea house trekking through professional agency | |
| Self arranged trekking with a guide | |
| Independent trekking without a guide | |

If from Agency, please provide us the name and address of the agency

.....

8. In order to improve the existing products and services in the region, we would like to have your opinion on the following:

| Accommodation Facilities | Excellent | Very Good | Good | Satisfactory | Poor |
|-----------------------------------|-----------|-----------|------|--------------|------|
| Cleanliness & Sanitation of rooms | | | | | |
| Toilet facilities | | | | | |
| Food & Beverages served | | | | | |
| Services of the hotel staff | | | | | |
| Hot water facility | | | | | |
| Heating facility | | | | | |

| Trail facilities | Excellent | Very Good | Good | Satisfactory | Poor |
|---|-----------|-----------|------|--------------|------|
| Availability of direction signs on the trail | | | | | |
| Garbage disposal and waste management in the region | | | | | |
| Trail condition | | | | | |
| Toilet facilities | | | | | |
| Resting shelters | | | | | |

| Other Facilities | Excellent | Very Good | Good | Satisfactory | Poor |
|-----------------------------|-----------|-----------|------|--------------|------|
| Communication facilities | | | | | |
| Health/medical facilities | | | | | |
| Hospitality of local people | | | | | |
| Safety and security | | | | | |

Any specific suggestions to improve the above mentioned facilities and services in Kathmandu Valley Cultural Trekking Trail (KVCTT).

.....

.....

.....

9. Do you think the choice of food along the trail is sufficient?

Yes ☐ No ☐

10. How would you grade the trail's demanding?

Eas ☐ Conveni ☐ Diffi ☐lt

11. In your opinion, which do you think is the best attraction of Kathmandu Valley Cultural Trekking Trail (KVCTT) ?

Shivapuri Nagarjun National Park ☐

Local people and their culture ☐

Flora and fauna ☐

Hill station ☐

Other natural attractions ☐

All of them ☐

12. How do you grade Kathmandu Valley Cultural Trekking Trail as a tourist destination?

One of the best ☐

Good ☐

OK ☐

Needs to be improved ☐

13. To what extent are you satisfied with the products and services you received in the Kathmandu Valley Cultural Trekking Trail (KVCTT) in terms of value for the money you spent?

Highly satisfied ☐ Satisfied ☐ Not satisfied ☐

14. Would you like to give any other suggestions for improving tourist products and services in the Kathmandu Valley Cultural Trekking Trail (KVCTT)?

.....
.....
.....
.....
.....

Thanking you for your invaluable time and kind cooperation. We wish you happy and memorable stay in Nepal.

3.

**Questionnaire for Visitor's of
Kathmandu Valley Cultural Trekking Trail (KVCTT)
December 2011**

Dear Visitor,

We are pleased to have you in Kathmandu Valley Cultural Trekking Trail (KVCTT), Nepal with the objectives of studying visitors satisfaction level and identifying their needs and wants, the Research Student Ms. Salla Kaven, University of Tampere, Finland are conducting a visitor's Survey in KVCTT. We seek your valuable inputs and suggestions that would contribute significantly for the cause of sustainable tourism development in the area.

VISITOR'S PROFILE:

Name:

Nationality:

1. Gender:

Male ☐

Female ☐

2. Age group

0-14 ☐

15-24 ☐

25-44 ☐

45-64 ☐

65 and Above ☐

3. Occupation / Profession

4. Length of stay

5. Starting and Destination point of your trek

a. Starting Point

b. Destination Point

6. Your main purpose of visit to Kathmandu Valley Cultural Trekking Trail (KVCTT).

| | |
|------------------------------------|--|
| Trekking | |
| Hiking | |
| Exploring flora and fauna | |
| Observing local people and culture | |
| Other natural attraction | |
| Others (Please Specify) | |

7. What form of trekking arrangements have you chosen?

| | |
|--|--|
| Organized camping trekking through professional agency | |
| Organized tea house trekking through professional agency | |
| Self arranged trekking with a guide | |
| Independent trekking without a guide | |

If from Agency, please provide us the name and address of the agency

.....

8. In order to improve the existing products and services in the region, we would like to have your opinion on the following:

| Accommodation Facilities | Excellent | Very Good | Good | Satisfactory | Poor |
|-----------------------------------|-----------|-----------|------|--------------|------|
| Cleanliness & Sanitation of rooms | | | | | |
| Toilet facilities | | | | | |
| Food & Beverages served | | | | | |
| Services of the hotel staff | | | | | |
| Hot water facility | | | | | |
| Heating facility | | | | | |

| Trail facilities | Excellent | Very Good | Good | Satisfactory | Poor |
|---|-----------|-----------|------|--------------|------|
| Availability of direction signs on the trail | | | | | |
| Garbage disposal and waste management in the region | | | | | |
| Trail condition | | | | | |
| Toilet facilities | | | | | |
| Resting shelters | | | | | |

| Other Facilities | Excellent | Very Good | Good | Satisfactory | Poor |
|-----------------------------|-----------|-----------|------|--------------|------|
| Communication facilities | | | | | |
| Health/medical facilities | | | | | |
| Hospitality of local people | | | | | |
| Safety and security | | | | | |

Any specific suggestions to improve the above mentioned facilities and services in Kathmandu Valley Cultural Trekking Trail (KVCTT).

.....

.....

.....

9. Do you think the choice of food along the trail is sufficient?

Yes ☐ No ☐

10. How would you grade the trail's demanding?

Eas ☐ Conveni ☐ Diffi ☐lt

11. In your opinion, which do you think is the best attraction of Kathmandu Valley Cultural Trekking Trail (KVCTT) ?

- Shivapuri Nagarjun National Park ☐
- Local people and their culture ☐
- Flora and fauna ☐
- Hill station ☐
- Other natural attractions ☐
- All of them ☐

12. How do you grade Kathmandu Valley Cultural Trekking Trail as a tourist destination?

- One of the best ☐
- Good ☐
- OK ☐
- Needs to be improved ☐

13. To what extent are you satisfied with the products and services you received in the Kathmandu Valley Cultural Trekking Trail (KVCTT) in terms of value for the money you spent?

- | | | |
|--------------------------|--------------------------|--------------------------|
| Highly satisfied | Satisfied | Not satisfied |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

14. Would you like to give any other suggestions for improving tourist products and services in the Kathmandu Valley Cultural Trekking Trail (KVCTT)?

.....

.....

.....

.....

.....

.....

Thanking you for your invaluable time and kind cooperation. We wish you happy and memorable stay in Nepal.

4.

☐

LOCAL HOUSE HOLDS SURVEY

☐

| | | | |
|--------------------------------------|------|-------------|-------------------------------|
| Name of the VDC/ Municipality: | | Ward No: | |
| Settlement Name | | | |
| Full Name of the interviewed Person: | | | |
| Gender: | Age: | Occupation: | Training Obtained from NETIF: |

☐

○ AGRICULTURE

- What are the common Fertilizers you use?

Yes

- Do you use pesticide/ chemical fertilizer?

No

☐

- Do you know about Organic Farming?

Yes

No

☐

- What types of organic vegetables do you grow up?.....

2. RELIGIONS /TRADITIONS/CULTURE:

Mention the religious site of the area.....

- What are the major economic activities in which you have involved?.....

- What type of Forest do you have in your village?

Community Forest

☐

Religious Forest

☐

National Park

☐

Private

☐

Please mention the name of the Forest:

- Do you have deforestation problem?

Yes

☐

No

☐

If yes, what are the causes

- What are the local people initiations for the maintenance of the forest?.....

- What are the typical local species?.....

3. NETIF Activities

- Do you know about NETIF?

Yes

No

☐

- Do you like the NETIF activities?

Yes No ☐
If yes, which activities do you like most and your involvement

- Yes No ☐
- Have you participated in NETIF training program?
 - Which training program have you taken?.....

- Yes No ☐
- Do the training program benefited you?
 - In what way have you been benefited from the training?

- Yes No ☐
- Have you started producing any goods from the training course provided to you?

If no, why?
.....

If yes, why?
.....

- What are the major income sources of this area?.....
- Which professions do you like most?

| | |
|-------------------|--------------------------|
| Agriculture | <input type="checkbox"/> |
| Tourism | <input type="checkbox"/> |
| Handicrafts | <input type="checkbox"/> |
| Small shops | <input type="checkbox"/> |
| Any other: | |
| Any reasons | |

- What are the environmental problems seen in this area?.....
- How can we address those problems?.....
- What is the status of drinking water quality and waste management practices?.....
- How is the solid waste management done in the village?.....
- How the household waste and other waste are managed in the area?.....

4. Would you like to give any suggestions for improving sustainable tourism and environment in your area?

.....
.....
.....

Thanking you for your invaluable time and kind cooperation

5.

questions for households about the training

Tell about the training.

Where did you hear from it?

Why applied?

What did you learn?

What you would like to learn more?

Do you practise as trained?

What is your present business?

Would you like to be trained to other business than your present one?

What could it be?

How would you like to benefit about it?

What could make you to change your present business to other?

In your present business, how could you take environmental issues into consideration?