

## **Sustainable tourism and its contribution to the mountain ecosystem**

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### **Abstract:**

Sustainable tourism refers to the principles and practices applied to conserve the region and community. The ethnicity of people living in the mountains differs and resembles that of the indigenous people thriving in the area. Sustainable tourism can be practiced by the tour operators, tourists, government and the local people. Efforts and great strides have been made by the local people and government to preserve the cultural heritage of the people living in the mountain ecosystem. Sustainable tourism will help to create employment opportunities for the local community thereby promoting rural and tribal upliftment in the mountainous regions. In this way, locals will have adequate knowledge and experience in implementing tourism in an effective way and contribute to the well-being of the economy. The practice of sustainable tourism can help to reduce carbon footprint in the mountain ecosystem and ecotourism is becoming increasingly popular in mountains and is a part of sustainable tourism development in mountainous areas. Ecotourism can help to improve the social development of the region. It can also help to sustain the environment and improve the overall economy of the region. Sustainable tourism can therefore help to address economic and environmental issues surrounding the mountain ecosystem.

### **Keywords:**

Sustainable tourism, ecotourism, cultural ethnicity, mountain ecosystem

## **Sustainable tourism helps to improve the overall economy of the mountain ecosystem**

Sustainable tourism includes the use of fuel-efficient solutions like solar batteries and power, avoid using plastic water bottles, use of water filters, reusable bags, containers, fuel-efficient cars and vehicles that helps to reduce gas emissions and contribute to well-being and the welfare of the environment. Good practices should be followed by the tourists and the tour operators in maintaining the economy of the ecosystem by following efficient practices of sustainable tourism. Sustainable tourism helps to eradicate the pollution levels existing in the ecosystem and contribute to a greener environment and solution to revive the affected ecosystem in the region. It keeps a check on the air quality in the surrounding environment. Locals should set standards to follow good policies and practices and help others to follow the same by implementing effective solutions. It will help to create employment thereby increasing tax collection by the government and aid in economic development.

## **Ecotourism is increasing becoming popular in mountainous regions**

Ecotourism is increasingly becoming popular in ecosystems surrounding mountains. Eco-friendly homestays, appliances and other green initiatives are being used and thought of as powerful means to stop pollution and combat its harmful effects. Tour operators registered with the government have started the practice of using cars operated by batteries to reduce carbon emissions. Green fields and undisturbed natural areas involving less traffic and consumption are given preference while taking

tourists for sightseeing and other recreational activities in the town. The undisturbed natural areas are kept clean and proper sanitation and hygiene are maintained in factories and industries where tourists visit quite often with their families and friends. Afforestation policies are being introduced and promoted in green areas surrounding the region. This factor is also playing a major role in preserving wildlife and animal habitat and protect the endangered species in the planet. Setting up remote sensing data by tourism officials in protected areas are being given priority to prevent illegal sale and use of wildlife drugs and animal poaching to improve ecosystem governance. Drones are also being used by tourism officials to track wildlife and any threatening activities that can harm the ecosystem in an adverse manner. Preservation of the national parks and gardens are given priority and importance by using accurate data and technical advancements. Ecotourism can help to reduce pollution and harmful carbon and Sulphur emissions reducing acid rain and deforestation.

### **It is essential to protect the cultural ethnicity of the people living in the mountains**

It is required to protect the cultural ethnicity of the people belonging to the mountains. Various schemes have been introduced to help the locals and many initiatives have been set up as well to help people out of dire circumstances. Smart silos and manufacturing units have been set up in factories and established industrial units to help the local people. Food preservation and conservation practices have ramped up and its presence can be felt in the mountainous regions. Plantations and Food manufacturing units related to tea, strawberries, blueberries, cherries, oranges, apples and coffee plantations have seen a steady rise in recent years to boost country's reputation in food and agrochemical sectors. Tribal upliftment has been given preference and importance in these regions to help people and boost multilingual presence in the mountainous regions. The industrial giants have recognized the need to set up manufacturing units in these areas away from the city and common crowd to make citizens aware of the benefits of these crops grown in higher altitudes and lower temperature levels and receiving adequate rainfall. The geographical indication of these mountainous regions growing such crops have received a lot of accolades and recognition both in the domestic and international market. More people are thinking about the option of growing such crops and increase productivity thereby helping the local people living in the mountain ecosystems. Naturalists are seen participating in such programs thereby educating the youth on permaculture and setting up greenhouses for growing fruits and vegetables and make an adequate and decent living in the mountains.

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