



ANURAK

L O D G E

I M P A C T R E P O R T

2025

Protect · Nurture · Regenerate

Khao Sok National Park · VHG Hospitality Asia · Travelife Gold Certified

About Anurak Lodge

Located on the edge of Khao Sok National Park, Anurak Lodge is an 19-key nature-based eco-lodge that demonstrates how tourism can support both nature and local communities. The property was created with the intention of restoring the land on which it stands, which was formerly an oil palm plantation. Over time, the lands at Anurak have been carefully rehabilitated, demonstrating how tourism can support ecological recovery while creating opportunities for local communities.

Today, the lodge employs staff from nearby villages and works closely with local guides and partners, ensuring that tourism benefits both people and nature while supporting livelihoods connected to the protection of the surrounding forest.

As part of VHG Hospitality Asia, Anurak Lodge is working toward a regenerative tourism model, where tourism not only minimizes harm but actively contributes to the restoration of ecosystems and the wellbeing of local communities.

"In Thai, Anurak means "to protect and nurture." That meaning lives in everything we do, reminding us that true sustainability is about giving back more than we take."

— *George Newling-Ward*
Lodge Manager

Part of VHG Hospitality Asia
Travelife Gold Certified



Message from George

George Newling-Ward

Lodge Manager



Anurak grows with care: for the rainforest that surrounds us, the communities we work with, and the guests who come to experience this place.

The year 2025 was about building strong foundations for progress: measuring where we are, setting clear goals, and documenting our efforts.

We aligned our actions with internationally recognized sustainability standards to ensure transparency and accountability, and proudly maintained our Travelife Gold Certification, a recognition of our ongoing commitment to responsible and regenerative hospitality.

On top of that, in November, Anurak completed 1 full year of consistent measuring of electricity, water, and waste. This not only ensures that we understand our operations better, but sets a strong foundation for targeted reductions going forward.

I'd like to thank our partners, guests, and community members who all play an important role in this journey. A special thanks to our staff, the people who make every guest experience possible, and who we learn more and more from each day. Each step we take, no matter how small, adds to a larger collective impact.

In Thai, Anurak means "to protect and nurture." That meaning lives in everything we do, reminding us that true sustainability is about giving back more than we take.

Thank you for being part of our 'Anurak' journey!

The 4C's

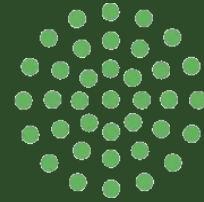
In 2025, we adopted The Long Run's 4C's Framework: Conservation, Community, Culture, and Commerce, and used it to guide our sustainability efforts. By balancing these four pillars, we aim to create a positive impact for both the planet and its people.

What does each C mean to us?



Conservation

Our mission is to restore and regenerate the natural ecosystems around us. From rewilding former oil palm land through Rainforest Rising to soil restoration, water management, and biodiversity enhancement, we work to heal our environment using nature-based solutions like our vegetable garden and composting.



Community

Tourism should benefit local people. By sourcing locally and investing in training and career development for our staff, we create meaningful jobs and support surrounding villages.



Culture

At Anurak Lodge, culture is dynamic. We celebrate the area's traditions and connection to nature. Through crafts and community-based experiences, guests can engage with and learn from this evolving culture – including delicious southern Thai dishes such as Pla Tom Puak (fish and taro soup) and Kua Khling (spicy dry curry) to name two.



Commerce

Regenerative tourism thrives when communities and businesses grow together. By collaborating with local partners and guests, staying financially resilient, and sharing best practices, we create long-term value for both the community and the area.

2025 At A Glance

30

Trees planted

30 KG

Compost produced
(in December alone)

82%

Staff ratio from
local community

1

Full year of consistent
measuring (electricity,
water, waste)

18

New fruits
& vegetables

5

Community
Initiatives
in 2025

Anurak Gardens



At Anurak, our gardens are places of curiosity and experimentation, where our gardeners test different plants and local crops.

In 2025, our vegetable garden continued to expand, with new varieties of fruits, herbs, and vegetables including 18 different herbs and vegetables such as lemon grass, galangal, Thai basil, holy basil, three different chili types, along with cucumbers, kale, cabbages, pumpkin, papaya long beans.



Fresh produce from the garden now supports our kitchen, reducing the need for external sourcing and creating a direct connection between our soil and our guests' plates.

In 2025 our cucumber harvest thrived beyond our expectations, allowing us to share the surplus with our local community. The extra produce was sold within the neighbourhood, and all proceeds were returned to our staff.



We also began experimenting with Arabica coffee, exploring its potential as part of our farming journey.

18 varieties of herbs & vegetables cultivated on-site in 2025

Rainforest Rising

Restoring our property grounds remains one of our greatest priorities. The Rainforest Rising program is designed to bring native trees back to land that was once dominated by oil palms. While oil palm trees provide temporary shade for young saplings, we are gradually removing them as our gardens become more dense with indigenous species that we seeded.

In 2025, we planted 30 native trees, continuing our rewilding efforts on the lodge grounds. By 2026, we plan to remove three more palms to open up space for new forest growth. This slow, careful approach helps biodiversity return by encouraging pollination by birds, butterflies, and native plants which are now reclaiming their place at Anurak.

30

native trees planted in 2025



Composting, done right.

Composting plays a vital role in Anurak's journey toward regeneration. In December 2025, we installed a US\$4500 Thailand-made HASS Food Waste Composter HCC-100D compost machine that processes 10kg of kitchen scraps into nutrient-rich compost within 24 hours.

In December alone, we were able to generate 30 kg of compost from 109 kg of organic waste. This simple yet powerful machine has changed the way we view what once was discarded. Instead of being something foul and unwanted, food waste has become part of a living cycle that feeds our soil and sustains our gardens.

The impact was visible within days. Our gardeners noticed healthier soil, stronger roots, and visibly greener vegetables. A small but tangible sign of regeneration in action!

Happy gardens, happy gardeners!



109 kg

Organic waste input · December

30 kg

Compost output · same period

"82% of staff are from the local community"

Our People

The majority of our staff members are hired from the local community, making investing in staff development an important part of Anurak's community support. It is how we choose to grow together, building knowledge, confidence, and a shared sense of purpose among our local team members.

In 2025, we continued to invest in our team through a series of development sessions, such as: sustainability (recap), childsafe policy, personal grievances, hazardous chemicals, employment contract, regenerative tourism, composting and rainforest rising (recap). Each topic connects directly to our values and daily operations, helping our staff understand how their roles contribute to Anurak's broader regenerative journey.



Waste Journey

2025 was a foundation-building year for our waste management efforts, reinforcing habits with our team, improving data collection, and deepening our understanding of how waste affects our environment. At Anurak, waste separation has always been important. In 2025 we advanced that practice further.

We separate waste, measure what we generate, and work with local recyclers to sell recyclable materials. The revenue from recycling is shared with staff as motivation to maintain good separation practices. A practical and positive way to encourage consistent behaviour and team ownership.

In many parts of Thailand and Southeast Asia, inadequate waste systems mean that trash is often disposed of through open dumping or burning when no proper infrastructure exists, especially in rural and remote areas. These practices are widespread challenges because they contribute to environmental pollution and, in some regions, localized air quality issues linked to burning organic and household waste.

Reducing the amount of waste going to landfill is part of our commitment to our community.

Community Outreach



Each year, Anurak Lodge expands its community outreach efforts to maintain strong relationships with neighboring communities. In 2025 we provided financial contributions and in-kind donations to a total of five initiatives in Khlong Phanom and the surrounding area. Contributing to children's education and wellbeing, conservation activities in Khlong Phanom National Park, and local volunteer and temple initiatives that help support the social and cultural life of the local community.

What We Are Learning

01 Strong Foundations Matter

With certifications and sustainability being a 'hot' topic, figuring out how to address so many areas of impact while still staying focused and effective is challenging.

In 2025, we realised that strong sustainability foundations matter, and should be addressed before trying to cover other topics. Anurak Lodge focused on building strong sustainability foundations by aligning with the 12 Cornerstones of VHG Hospitality Asia:

Forming a Green Team, Collecting & Monitoring Data, Separating Waste, Composting, Training Staff, Educating Guests, Providing Safe Refillable Drinking Water, Eliminating Single-Use Plastics, Using Renewable Energy, Committing to Conservation, Building Community Partnerships, and Celebrating Culture.

As part of the VHG family, we are committed to embedding these principles into our daily operations.

02 Don't Forget Your Mission

While it can be tempting to try to do everything at once, we are learning that meaningful impact requires focus. Not every initiative needs to be pursued, and trying to excel in everything can dilute the things that matter most.

From the beginning, Anurak Lodge's mission has been to restore and care for the land we operate on. Staying true to this mission helps guide our priorities and reminds us that regeneration is a long-term journey.

03 Challenges with Dry Soil

Even though restoring land has been part of Anurak Lodge's mission from the very beginning, soil health remains a challenge. Khao Sok is known to be one of the wettest areas in Thailand, yet our soil does not retain moisture well, and requires frequent watering, especially in the dry season from November to April.

Through composting, mulching, soil improvement, and more thoughtful garden management, we are beginning to explore ways to retain moisture, improve our soil, and build more resilient water systems over time.

Our Next Steps

In 2026, Anurak Lodge looks forward to building on the progress made in 2025. There will be a particular focus on improving the health of our soil and expanding our community outreach.

01 Improving Soil Moisture

Introduce drip irrigation systems and improve soil layering with mulch and compost in our vegetable gardens to help retain moisture and reduce water use.

02 Water Collection Systems

Explore installing a water collection and storage system using rainwater and a nearby stream to help irrigate our gardens more efficiently during the dry season.

03 Forest Restoration

Remove palm trees in selected areas to make space for Rainforest Rising.

04 Staff Training Program

Develop a structured staff training program covering essential topics such as ChildSafe awareness, English language development, and regenerative practices.

05 Guest Engagement

Further integrate sustainability into the guest experience, creating opportunities to share what we are learning and invite guests to connect with Anurak's regenerative initiatives.

06 Community Engagement

Develop a long-term community project that involves our staff members and builds a deeper connection with the local community.

Awards & Certifications 2025

ESG INITIATIVE OF THE YEAR

TDM Travel Trade Excellence Awards 2025

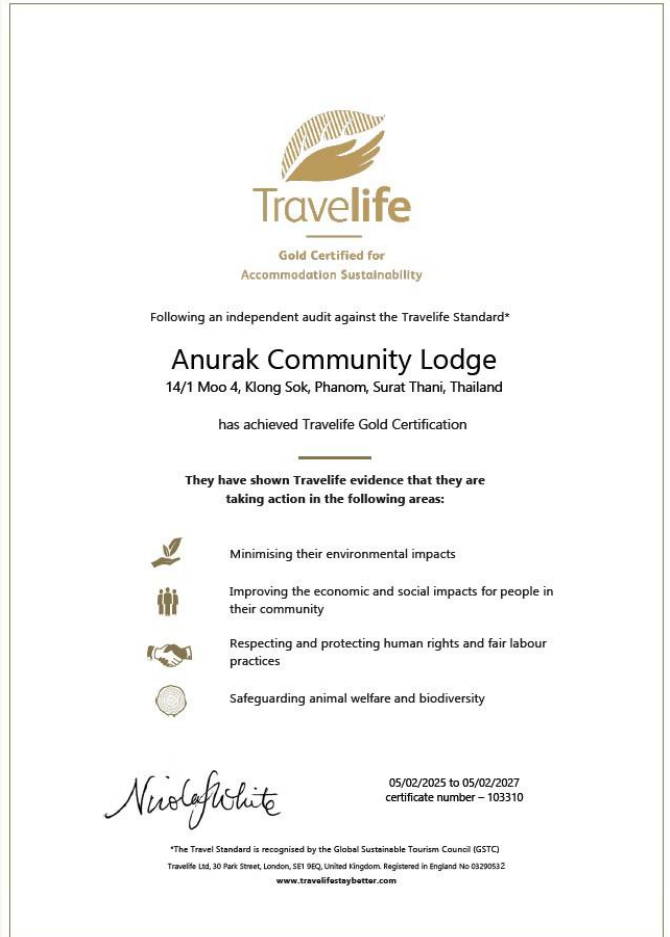
In 2025, Anurak Lodge was honored at the TDM Travel Trade Excellence Awards, receiving the ESG Initiative of the Year award. This recognition celebrates our commitment to regenerative tourism, protecting the environment and local culture and working to protect and enhance both.



TRAVELIFE GOLD CERTIFIED

Travelife Gold Certification

Anurak Lodge also achieved Travelife Gold Certification, an internationally recognized sustainability certification for accommodation and tourism businesses. This milestone reflects our commitment to responsible operations in environmental management, community impact, procurement, labour standards, and positive social impact.



Operational Snapshot 2025

Key Performance Summary: 2025 Sustainability Benchmark

Indicator	2024	2025	Change
Total energy use (kWh)	210,054	227,237	↑ 8.2%
Total water consumption (m ³)	4,748	4,545	↓ 4.3%
Total solid waste (kg)	6,902	9,998	↑ 44.8%
Total emissions (kg CO ₂ e)	80,858	83,755	↑ 3.6%
Guest nights	3,806	4,178	↑ 9.8%
Emissions per guest night (kg CO ₂ e)	21.24	20.05	↓ 5.6%

Highlights:

- Performance improved on a per-guest night basis — even though total energy and emissions rose, emissions per guest night decreased, reflecting efficiency gains.
- Solid waste increased significantly, indicating a key area for action in 2026.

Energy Usage Breakdown

Energy Category	2024	2025	% Change
Mains electricity & gas (kWh)	109,439	97,183	↓ 11.2%
Fuels measured by weight (kWh)	20,459	13,107	↓ 35.9%
Fuels measured by liquid (kWh)	80,156	116,947	↑ 45.9%
Ave kWh per guest night	55.19	54.38	↓ 1.5%
Total energy emissions (kg CO ₂ e)	79,973	81,844	↑ 2.3%

- Electricity and weight-based fuel usage dropped — positive trend.
- Liquid fuel use increased — Due to incorporating fuels used by our own fleet of transport vehicles.
- Minor improvement in energy intensity per guest night.

Water Use Metrics

Water Metric	2024	2025	% Change
Water sourced directly (m ³)	4,264	4,545	↑ 6.6%
Average consumption per guest night (m ³)	1.25	1.09	↓ 12.8%

- Water intensity improved — lower per-guest water use and zero mains water emissions due to sourcing adjustments with our new well and renovated water system.

Waste & Disposal Emissions

Waste Type	2024 (kg CO ₂ e)	2025 (kg CO ₂ e)	% Change
Composted	44.40	36.53	↓ 17.7%
Landfill	577.91	1,153.70	↑ 99.6%
Recycled waste	13.64	56.52	↑ 314.4%
Unknown disposal	177.48	664.00	↑ 274.1%
Total solid waste emissions	813.42	1,910.75	↑ 134.9%

Procurement Drivers

Procurement Category	2024	2025	% Change
Single-Use Plastics (items)	530	682	↑ 28.7%
Total Meat (kg)	3,389	2,560	↓ 24.5%
Total Dairy (l)	640	572	↓ 10.6%
Total Fish (kg)	218.9	320.6	↑ 46.5%

- Reduced meat and dairy — positive for climate & health objectives.
- Single-use plastics increased — an improvement opportunity.

Operational Summary

Strengths

- Our overall CO₂ emissions (kg CO₂e) per guest night decreased by 5.6%
- Our new well and renovated water system decreased our overall per guest night water usage by 12.8%
- Our reduction in meat consumption, combined with an increase in fish, resulted in a 23.5% decrease in CO₂ emissions.
- Electricity consumption and weight-based fuel use both decreased, demonstrating ongoing improvements in energy management.

Improvements

- Our landfill waste increased by 99.6% → more waste separation categories and staff training.
- Purchased single-use plastics increased by 28.7% → review procurement practices in the kitchen.
- Unknown waste disposal increased by 274.1% → improve tracking and reporting.
- Liquid fuel usage increased by 45.9% → develop reduction plan

Our Commitments

12 Sustainability Cornerstones

Anurak Lodge is committed to embedding all 12 cornerstones in its daily operations. These include: Forming a Green Team, Collecting & Monitoring Data, Separating Waste, Composting, Training Staff, Educating Guests, Providing Safe Refillable Drinking Water, Eliminating Single-Use Plastics, Using Renewable Energy, Committing to Conservation, Building Community Partnerships, and Celebrating Culture.

01

Forming a Green Team

02

Collecting & Monitoring Data

03

Separating Waste

04

Composting

05

Training Staff

06

Educating Guests

07

Providing Safe Refillable Drinking Water

08

Eliminating Single-Use Plastics

09

Using Renewable Energy

10

Committing to Conservation

11

Building Community Partnerships

12

Celebrating Culture

Climate & Resource Use

Anurak Lodge is committed to reducing greenhouse gas emissions by lowering energy and water use and reducing waste. In 2025, we set a target to reduce emissions from energy and waste by 50% by 2030.

Biodiversity

Located near Khao Sok National Park, we are committed to protecting and supporting the biodiversity of the surrounding rainforest.

Human Rights

Anurak Lodge is committed to respecting human rights and ensuring fair and respectful treatment for all. Staff receive training on preventing discrimination.

Child Safeguarding

We have a zero-tolerance policy toward child exploitation and abuse and report suspected cases to authorities. Guests and staff can report concerns to the Thai police at 191.

Anurak Lodge is certified by Travelife, an internationally recognized sustainability standard for accommodation providers. This report helps document our ongoing progress and commitment to responsible tourism.



อนุรักษ์ — *to protect and nurture*

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Travelife Gold Certified · VHG Hospitality Asia · Khao Sok National Park, Thailand