

ASERS

# Journal of Environmental Management and Tourism

Quarterly

Volume XV

Issue 2(74)

Summer 2024

ISSN 2068 – 7729

Journal DOI

<https://doi.org/10.14505/jemt>

ASERS  
Publishing



Editor in Chief:

**Ramona Pirvu,**  
University of Craiova, Romania

Co-Editor:

**Cristina Mihaela Barbu,**  
Spiru Haret University, Romania

Editorial Advisory Board:

**Omran Abdelnaser,** University Sains  
Malaysia, Malaysia

**Huong Ha,** Singapore University of Social  
Sciences, Singapore

**Harjeet Kaur,** HELP University College,  
Malaysia

**Janusz Grabara,** Czestochowa University of  
Technology, Poland

**Vicky Katsoni,** Technological Educational  
Institute of Athens, Greece

**Sebastian Kot,** Czestochowa University of  
Technology, The Institute of Logistics and  
International Management, Poland

**Andreea Marin-Pantelescu,** Academy of  
Economic Studies Bucharest, Romania

**Piotr Misztal,** The Jan Kochanowski  
University in Kielce, Faculty of Management  
and Administration, Poland

**Agnieszka Mroziak,** Faculty of Biology and  
Environmental Protection, University of  
Silesia, Katowice, Poland

**Chuen-Chee Pek,** Nottingham University  
Business School, Malaysia

**Roberta De Santis,** LUISS University, Italy

**Fabio Gaetano Santeramo,** University of  
Foggia, Italy

**Dan Selișteanu,** University of Craiova,  
Romania

**Lesia Kucher,** Lviv Polytechnic National  
University, Ukraine

**Lóránt Dénes Dávid,** Eötvös Loránd  
University, Hungary

**Laura Ungureanu,** Spiru Haret University,  
Romania

**Sergey Evgenievich Barykin,** Peter the  
Great St. Petersburg Polytechnic University,  
Russian Federation

**Omar Abedalla Alananzeh,** Faculty of  
Tourism and Hotel Management, Yarmouk  
University, Jordan

**Marco Martins,** Polytechnic Institute of  
Tomar, Portugal

**Konstantinos Antoniadis,** University of  
Macedonia Thessaloniki, Greece

ASERS Publishing

<http://www.asers.eu/asers-publishing>

ISSN 2068 – 7729

Journal DOI: <https://doi.org/10.14505/jemt>

Table of Contents:

1	<b>An Approach to Assessing Farm-scale Adaptation to Climate Change: The Case Study of Prespa Park</b> Dorina GRAZHDANI	231
2	<b>Analysis of Sea and River Water Quality Standards Due to Operations and Domestic Activities in the Sanur Port Area, Bali</b> I Gede Cipta Sudewa ATMAJA, Made Sudiana MAHENDRA, I Wayan NUARSA, I Gusti Bagus Sila DARMA, Nyoman SUDIPA	248
3	<b>Managing Urban Environment: Assessing the Role of Planning and Governance in Controlling Urbanization in the City of Amman, Jordan</b> Abdullah Radwan ARABEYYAT, Jamal Ahmad ALNSOUR, Sakher A. I. AL-BAZIAH, Mahmoud A. AL-HABEES	263
4	<b>How Scholars Think about Greenwashing Over the Last Two Decades. An Overview through a Bibliometric Analysis</b> Katalin NAGY-KERCŐSÓ, Enikő KONTOR	272
5	<b>Spatial and Non-linear Dynamics of Environmental Tax, Technology, and Economic Growth on Carbon Dioxide Emissions in OECD Countries</b> Assaf MALAK, Hanady TAHER	293
6	<b>Entrepreneurs' Innovative Behaviour Response in Rural Tourism Development. A Case Study of Local Services Providers in Dong Van Karst Plateau Geopark, Northern Vietnam</b> Thi Hang TRUONG	303
7	<b>Social Responsibility and Airbnb Hosts: Voices from Northern Cyprus</b> Fetne BAYRAKTAR, Hamed REZAPOURAGHDAM	315
8	<b>Cultural Guardianship in Tourism: Indigenous Communities' Quest for Economic Stability and Identity Preservation</b> Kiran REDDY, Bhaskar SAILESH	328
9	<b>Strategic Objectives and Control: Optimizing Strategic Success in the Hospitality Setting through Transformational Leadership</b> Ibrahim Bader A. ALHARBI	338
10	<b>Dark Triad Personality Traits and Workplace Outcomes: Evidence from the Hospitality Industry</b> Osama Mohammad AL-RAWASHDEH, Mohammad Fadel AL MAHASNEH, Bashar M. AL NAJDAWI	357
11	<b>Assessing City Marketing in Jordan: The Case of Petra</b> Jamal Ahmad ALNSOUR, Ghazi A. AL-WESHAH, Dana F. KAKEESH, Khalil AL-HYARI, Abdullah Radwan ARABEYYAT	373
12	<b>A Systematic Literature Review on Slow Tourism and its Implications to the Uttarakhand State of India</b> Jitender BHANDARI, Vinay RANA, Shalini SINGH	385
13	<b>Factors Influencing the Development of Domestic Tourism in the Erongo Region, Namibia</b> Ebson NGONDO, Uwe P. HERMANN, Dewald H. VENTER	400
14	<b>Inclusive-Based Deductive Training Model for Tour Guide in Goa Pindul</b> Iis PRASETYO, Adin Ariyanti DEWI, Akhmad ROFIQ	416

# Call for Papers Fall Issue 2024

## Journal of Environmental Management and Tourism

**Journal of Environmental Management and Tourism** is an open access, peer-reviewed interdisciplinary research journal, aimed to publish articles and original research papers that contribute to the development of both experimental and theoretical nature in the field of Environmental Management and Tourism Sciences. The Journal publishes original research and seeks to cover a wide range of topics regarding environmental management and engineering, environmental management and health, environmental chemistry, environmental protection technologies (water, air, soil), pollution reduction at source and waste minimization, energy and environment, modelling, simulation and optimization for environmental protection; environmental biotechnology, environmental education and sustainable development, environmental strategies and policies.

Authors are encouraged to submit high quality, original works that discuss the latest developments in environmental management research and application with the certain scope to share experiences and research findings and to stimulate more ideas and useful insights regarding current best-practices and future directions in Environmental Management.

Also, this journal is committed to a broad range of topics regarding Tourism and Travel Management, leisure and recreation studies and the emerging field of event management. It contains both theoretical and applied research papers and encourages obtaining results through collaboration between researchers and those working in the tourism industry.

The journal takes an interdisciplinary approach and includes planning and policy aspects of international, national and regional tourism as well as specific management studies. Case studies are welcomed when the authors indicate the wider applications of their insights or techniques, emphasizing the global perspective of the problem they address.

**Journal of Environmental Management and Tourism** is indexed in RePEc, CEEOL, ProQuest, EBSCO, DOAJ and Cabell Directory databases.

Details regarding the publication in this journal are here: <https://journals.aserspublishing.eu/jemt/about>

<b>Deadline for submission:</b>	15 <sup>st</sup> July 2024
<b>Expected publication date:</b>	August 2024
<b>Website:</b>	<a href="https://journals.aserspublishing.eu/jemt">https://journals.aserspublishing.eu/jemt</a>
<b>E-mail:</b>	<a href="mailto:jemt@aserspublishing.eu">jemt@aserspublishing.eu</a>



DOI: [https://doi.org/10.14505/jemt.v15.2\(74\).12](https://doi.org/10.14505/jemt.v15.2(74).12)

## A Systematic Literature Review on Slow Tourism and Its Implications to the Uttarakhand State of India

Jitender BHANDARI  
School of Hospitality Management  
IMS Unison University, Uttarakhand, India  
ORCID: [0000-0002-1502-3024](https://orcid.org/0000-0002-1502-3024)  
Corresponding author: [jitender160783@gmail.com](mailto:jitender160783@gmail.com)

Vinay RANA  
School of Hospitality Management  
IMS Unison University, Uttarakhand, India  
ORCID: [0000-0001-7649-2097](https://orcid.org/0000-0001-7649-2097)  
[vinay.rana2@gmail.com](mailto:vinay.rana2@gmail.com)

Shalini SINGH  
School of Management  
University of Petroleum and Energy Studies (UPES), Uttarakhand, India  
ORCID: [0000-0002-0652-4580](https://orcid.org/0000-0002-0652-4580)  
[singh.shalini2@gmail.com](mailto:singh.shalini2@gmail.com)

**Article info:** Received 16 February 2024; Received in revised form 3 March 2024; Accepted for publication 6 April 2024; Published 31 May 2024. Copyright© 2024 The Author(s). Published by ASERS Publishing 2024. This is an open access article distributed under the terms of CC-BY 4.0 license.

**Abstract:** This paper explores how slow tourism might promote sustainability in India. Slow tourism is a sustainable travel strategy that prioritizes high-quality travel experiences above quantity and aims to protect the environment, promote local culture, and increase travelers' happiness. This study examines the main ideas, themes, and behaviors related to slow tourism through a thorough literature assessment. It assesses their applicability to India's socio-cultural and ecological contexts. It draws attention to the potential of slow tourism to promote sustainable development through strengthening local economies, protecting the environment, and cultivating an awareness of the natural and cultural history of the region. The report also evaluates the potential and challenges for slow tourism in India and makes recommendations for future study and policy formation. This study highlights slow tourism's potential to advance sustainability in India's tourist industry, using Uttarakhand as a relevant case study.

**Keywords:** slow tourism; sustainability; Uttarakhand; sustainable development; cultural preservation.

**JEL Classification:** L83; P25; Q01; O10; R11.

### Introduction

India is renowned for its natural beauty, cultural heritage, and spiritual significance. A place like Uttarakhand (India), a renowned tourist hotspot, draws many people each year to admire its stunning natural scenery, partake in thrilling outdoor pursuits, and immerse themselves in its diverse cultural heritage (Ahlawat *et al.* 2019). Nevertheless, the rapid expansion of tourism in the area has generated apprehensions over its ecological and social implications. Slow tourism has recently been explored as a viable alternative to mass tourism, providing a more sustainable and better approach to travel. Slow tourism promotes a deep engagement with the local culture, a deliberate and unhurried approach to discovery, and the cultivation of meaningful relationships with the region and its inhabitants. Slow tourism can potentially reduce the adverse effects of traditional mass tourism by emphasizing authenticity, sustainability, and respect for local traditions (Titus 2015). Although slow tourism has achieved global awareness, its implementation and consequences in the context of India remain unexplored.

Thanks to its varied natural terrains, lively indigenous cultures, and holy sites, India offers a distinct environment to assess the practicality and results of adopting slow tourism techniques.

This systematic study focuses on the concept of slow tourism in India, intending to thoroughly examine its literature, practices, and consequences. The study is of utmost significance due to several critical reasons. To begin with, India's fragile natural equilibrium is at risk due to unsustainable tourism activities. This research aims to reveal the potential of slow tourism in developing ways to protect the natural resources, promote responsible behavior, and mitigate environmental damage. Furthermore, the place called "Uttarakhand" (India) accommodates a wide range of indigenous tribes with many cultural practices and expertise, which are at risk due to the impact of contemporary tourism. Slow tourism, which emphasizes cultural interchange and community engagement, can be utilized to safeguard local traditions, empower people, and foster sustainable livelihoods. Moreover, in a fiercely competitive global tourism industry, India must set itself apart by offering distinctive and unparalleled experiences. Comprehending the possibilities of slow tourism can inform methods for managing destinations, thereby enhancing the India's competitive advantage. Slow tourism, by the principles of sustainable development, aims to achieve a harmonious combination of economic sustainability, environmental conservation, and social fairness. Also, the study endeavors to bridge existing knowledge gaps, offer a comprehensive comprehension of slow tourism and furnish crucial insights for policymakers, tourism professionals, and researchers.

**Research Objectives:** (I) To comprehensively review the past research on slow tourism (II) To explore the implications of slow tourism to Uttarakhand State of India

## 1. Literature Review

### Definition and Conceptualization of Slow Tourism

Slow tourism is a travel philosophy and approach emphasizing a more contemplative, immersive, and conscious travel experience (Fullagar and Erica 2012). It promotes individuals to interact with the destination at a leisurely pace, cultivating a more profound bond with the environment, local communities, and cultural heritage. Slow tourism emphasizes genuineness, durability, and the welfare of tourists and the location, to generate significant encounters and reduce the adverse effects of mass tourism. (Linda and Lee 2016) Essential principles and practices characterize slow tourism. Firstly, it emphasizes quality over quantity, encouraging travelers to savor and fully experience their journey rather than rushing from one attraction to another. It involves embracing a slower pace of travel, allowing for a more profound exploration and appreciation of the destination's natural beauty, cultural traditions, and way of life. Secondly, slow tourism promotes a sense of connection and engagement with the local community and culture (M. J. Kim, Lee, and Jung 2020). It promotes engagement with inhabitants, cultivating cultural interchange and knowledge acquisition. Travelers are advised to endorse local enterprises, craftsmen, and sustainable endeavors, bolstering the economic prosperity of the location, and strengthening indigenous populations. Thirdly, slow tourism prioritizes the conservation of the environment, minimizing ecological footprints, and promoting eco-friendly practices (Shahbaz *et al.* 2021). It includes respecting natural resources, reducing waste (J. H. Kim, King, and Kim 2021), supporting conservation efforts, and being mindful of the impact of tourism activities on the environment. Lastly, slow tourism emphasizes the well-being and personal growth of travelers. It encourages reflection, self-discovery (Đuranović *et al.* 2019), and a deeper connection with oneself and the surroundings.

### 1.1. Slow Tourism in Uttarakhand

This study used Uttarakhand state of India as a preferred location for exploring the significance and implications of slow tourism and as per the current scenario in Uttarakhand there is a need of some effective solution like slow tourism which will be play a vital role in cultural preservation and ecological safety balance in Uttarakhand. (Ahlawat, Sharma, and Gautam 2019) Slow tourism in Uttarakhand refers to a form of sustainable tourism that emphasizes a leisurely and mindful approach to travel, enabling visitors to connect with the local culture, environment, and communities. Uttarakhand, situated in the Indian Himalayas, is renowned for its unspoiled natural splendor, abundant cultural legacy, and profound spiritual importance. Being a renowned tourist spot, it has observed an increasing inclination towards embracing the concepts of slow tourism to encourage sustainable and conscientious tourism practices. The concept of slow tourism aligns with the broader slow movement (Ernszt and Marton 2021), which advocates for a more balanced and conscious way of living. Slow tourism in Uttarakhand encourages tourists to explore unhurried, fostering deeper connections (Meng and Choi 2016) with the destination and its people. It highlights experiences that enable tourists to fully engage with the local culture, traditions, and natural environment. Uttarakhand has a wide array of leisurely tourism experiences.



Travelers can engage in activities such as trekking in the Himalayas, exploring ancient temples and spiritual retreats, participating in local festivals and cultural events, interacting with local artisans and craftsmen, and practicing yoga and meditation (Titus 2015) in serene surroundings. These encounters allow tourists to decelerate, admire the beauty of the region, and gain a deeper comprehension of its distinctive heritage and ecological importance.

Several factors drive the rise of slow tourism in Uttarakhand. First, there is a growing awareness of the negative impacts of mass tourism (Meng and Choi 2016), including overcrowding, environmental degradation, and cultural commodification. Slow tourism offers an alternative strategy that advocates for sustainability, local economic growth, and the preservation of cultural heritage. Secondly, (Masood and Nguyen 2018) The abundance of natural and cultural elements in Uttarakhand renders it a perfect locale for slow tourism. The area showcases awe-inspiring scenery, encompassing majestic mountains with snow-covered summits, verdant woodlands, meandering rivers, and tranquil lakes. The area supports a wide variety of plant and animal species, making it an attractive destination for ecotourism and activities centered around nature. Moreover, Uttarakhand possesses a substantial cultural legacy, characterized by ancient temples, historical landmarks, and native populations, offering abundant prospects for genuine and immersive encounters. Moreover, slow tourism in Uttarakhand aligns with conscious travelers' aspirations to seek meaningful and transformative experiences (Vada, Prentice, and Hsiao 2019). It provides an opportunity for guests to retreat from the hectic metropolitan lifestyle, reestablish a connection with the natural environment, and interact with local people on a personal level. Slow tourism fosters a sense of mindfulness (Werner, Griese, and Bosse 2020), appreciation, and respect for the environment and local cultures, promoting responsible tourism practices and contributing to the well-being of visitors and host communities.

#### **Geographical and cultural characteristics of Uttarakhand**

Uttarakhand is located in northern India and known for its diverse geographical and cultural characteristics (Joveriya and Mariya 2019). These unique attributes contribute to the appeal of slow tourism in the region and warrant a detailed examination in the systematic review.

#### **Geographical characteristics**

Ahlawat, Sharma, and Gautam 2019: Uttarakhand, situated in the Indian Himalayas, showcases stunning landscapes with snow-capped peaks and picturesque hill stations, drawing nature-based and adventure tourists. Its diverse ecosystems, from alpine meadows to high-altitude lakes, offer rich ecotourism and wildlife tourism prospects due to its varied flora and fauna. The Ganges (Ganga) and Yamuna rivers, along with their tributaries, have profound cultural and spiritual importance, drawing religious and cultural visitors to its shores and pilgrimage destinations. Furthermore, the national parks in Uttarakhand, such as Jim Corbett, Nanda Devi, and Valley of Flowers, are widely recognized for their rich variety of plant and animal species (Masood and Nguyen 2018). These parks offer excellent prospects for observing animals and engaging in activities aimed at preserving the natural environment.

#### **Cultural characteristics**

Masood and Nguyen 2018: Uttarakhand boasts a rich cultural heritage steeped in ancient traditions, vibrant festivals like Kumbh Mela, folk dances, and traditional music. The area is home to several pilgrimage destinations, including Haridwar, Rishikesh, Badrinath, and Kedarnath, which are of great religious importance. These places attract devotees who are looking for spiritual experiences in peaceful natural environments. The gastronomy of the region highlights local characteristics with meals such as Kafuli and Bal Mithai, enhancing the genuine and unhurried vacation experience. Moreover, Uttarakhand's celebrated handicrafts, such as woodwork, stone carving, and traditional paintings, offer valuable glimpses into the local artisans' skills, thereby promoting local livelihoods. Gaining a comprehensive understanding of these cultural and geographical aspects is essential when considering the use of slow tourism ideas in Uttarakhand.

#### **The tourism industry in Uttarakhand**

The tourism industry in Uttarakhand has seen substantial growth, becoming vital for economic development (Joveriya and Mariya 2019). Diverse tourism segments such as pilgrimage, adventure, nature-based, and cultural tourism contribute to this growth. The systematic review seeks to examine the trends in these segments, evaluating their adherence to the concepts of slow tourism. The effectiveness of government programs aimed at boosting tourism infrastructure and sustainable practices will be assessed about their effect on slow tourism. The assessment will examine strategies for managing tourism capacity and the role of slow tourism in promoting sustainability, considering the delicate nature of the ecosystem. Additionally, an assessment will be conducted to measure the level of community engagement and the preservation of cultural heritage to determine the extent of local involvement and fair distribution of benefits. An evaluation will be conducted to examine the

negative consequences of mass tourism, such as environmental deterioration and excessive population density. The primary emphasis will be on exploring how slow tourism might mitigate these problems. The evaluation aims to analyze the potential advantages and obstacles of adopting slow tourism, with a focus on creating sustainable offerings, establishing collaborations with stakeholders, and addressing issues related to infrastructural constraints and evolving tourist demands. The study seeks to evaluate the tourism environment of Uttarakhand and its capacity to incorporate and advance the ideas of slow tourism by examining these aspects.

### 1.2 Overview of Slow Tourism in Uttarakhand

Slow tourism in Uttarakhand promotes a sustainable strategy that encourages a relaxed pace, active involvement with the local community, and a stronger connection with the region's cultural legacy. This overview presents the framework for a systematic review, to investigate and comprehend the practices of slow tourism in Uttarakhand. (Serdane 2017) slow tourism emphasizes mindful, authentic experiences, advocating immersion in local culture and nature rather than a rushed checklist-driven approach. (Titus 2015) stresses sustainability, advocating responsible tourism to preserve the environment, culture, and community well-being. (Stylidis, Woosnam, and Tasci 2022) underscore cultural immersion, encouraging interaction with locals and participation in cultural activities for mutual understanding. (Said and Maryono 2018) highlight nature exploration and ecotourism, promoting conservation and appreciation of Uttarakhand's landscapes. (Chen and Zeng 2021) note the importance of health and well-being, emphasizing Uttarakhand's serene environment for relaxation and therapeutic activities. Additionally, (Ahlawat, Sharma, and Gautam 2019) emphasize the significance of local gastronomy in slow tourism, promoting regional cuisine and supporting local farmers.

Based on recent research In Uttarakhand, slow tourism is still developing, with a focus increasingly on sustainable practices and community-led projects. Homestays and environmentally friendly lodging have grown in popularity because they give visitors real experiences and help the areas in which they are located. There has also been a discernible trend in the travel industry towards experience tourism (Fusté-Forné 2023), with visitors looking for opportunities to engage in meaningful contacts with locals and take part in customs like organic farming (Pellegrini *et al.* 2023), handicraft creation, and cultural performances. This movement has promoted a deeper awareness of the area's natural heritage while aiding in the preservation of regional cultures and customs. Additionally, initiatives to encourage environmentally conscious outdoor recreation and trekking have lessened the negative effects of tourism on the environment, assisting with ecological conservation efforts in Uttarakhand's delicate ecosystems. All things considered, slow tourism is essential to encouraging sustainable growth and protecting Uttarakhand's distinctive natural and cultural legacy.

According to some recent studies in 2024, authors believe that tourism ecological security (Guo *et al.* 2024) is the basic guarantee for the sustainable development of tourist sites and there is a need to protect them. Some believe that after the devastating phase of the COVID-19 pandemic, sustainable forms of tourism (Gozzoli, Gozzoli, and Wattanacharoensil 2024) is the only solution to promote tourism in various destinations.

### 1.3 Slow Tourism Perspectives in Uttarakhand

#### Economic perspectives of slow tourism in Uttarakhand

Slow tourism in Uttarakhand holds significant economic promise, as discussed by (Moscarelli 2021), fostering sustainable growth in the tourism sector. Diversifying tourism goods is pushed, which encourages immersive experiences that meet the needs of niche markets (Vinerean 2013). This makes the tourist season longer and brings in a wide range of tourists all year long. One important part is local economic development, which gives communities more power by getting them more involved in tourism-related companies. This participation creates ways to make money, jobs, and economic equality. Aside from that, small businesses do very well because people want real local things. This brings back traditional crafts and skills. Promoting food that comes from nearby helps farms and producers, builds up local food systems, and keeps culinary traditions alive. Focusing on important experiences during slow tourism makes visitors stay longer, which increases spending in many areas and encourages more spending in local businesses. Additionally, following the principles of sustainable tourism, slow tourism helps protect natural and cultural assets, ensuring long-term income and keeping the region's appeal. In addition, it helps build the image of Uttarakhand as a place where people can find sustainable and culturally immersive experiences, which brings in tourists looking for real experiences (Ahlawat, Sharma, and Gautam 2019). By looking at these economic points of view in a planned way, we can learn more about the costs and possible benefits of slow tourism in Uttarakhand. This will help us understand how important it is for the long-term economic growth of the area.

### **Environmental sustainability and slow tourism in Uttarakhand**

Environmental sustainability forms the cornerstone of slow tourism in Uttarakhand (Hall, Scott, and Gössling 2020). Nestled in the Himalayas, Uttarakhand boasts diverse natural wonders but faces environmental concerns due to rapid tourism growth. Slow tourism aims for sustainable practices to protect these fragile ecosystems for the long term. Preserving natural landscapes is a primary goal (Pentecost 2010), advocating responsible travel behaviours to minimize the carbon footprint. Slow tourists are encouraged to use eco-friendly transport like walking and cycling (Soininen, 2011) to reduce vehicular pollution and maintain ecological balance. Biodiversity protection (Timms and Conway 2012) is a focal point. Tourists are educated to respect local flora and fauna during nature activities. Sustainable resource use (Wondirad, Kebete, and Li 2021) is stressed, promoting responsible water use and supporting local communities in managing resources sustainably. Waste management (Janjua, Krishnapillai, and Rahman 2021) is prioritized, encouraging recycling, and reducing single-use plastics. Climate change resilience (Dickinson, Robbins, and Lumsdon 2010) is emphasized, urging tourists to participate in climate action initiatives. Slow tourism in Uttarakhand aligns with environmental sustainability by advocating responsible behaviours, conserving biodiversity, supporting sustainable practices, and fostering harmony between tourists and the environment. This study aims to deepen understanding of slow tourism's role in promoting environmental sustainability in Uttarakhand, contributing to the region's sustainable tourism practices.

### **Socio-cultural aspects of slow tourism in Uttarakhand**

Slow tourism in Uttarakhand focuses on socio-cultural aspects, as emphasized by (Werner, Griese, and Bosse 2020), aiming to preserve cultural heritage and facilitate meaningful interactions between tourists and local communities. Cultural immersion is key, encouraging tourists to engage with local customs, traditions, and festivals, enriching their experiences while preserving Uttarakhand's heritage. Socio-economic empowerment is another facet, with slow tourism involving local communities in the tourism value chain (Salvo, Calzati and Soglia 2019). Supporting local businesses, purchasing local products, and participating in community-based initiatives empower artisans and entrepreneurs, aiding socio-economic development. Respect for local customs is paramount, educating tourists on cultural sensitivities and ethical conduct (Suhud *et al.* 2022). Follow cultural norms to build good relationships, understand other cultures, and protect sociocultural ideals. Additionally, slow tourism encourages cultural exchange through events such as art workshops and music shows, leading to more respect and close ties between tourists and locals. The deliberate examination of these social and cultural aspects aims to understand Uttarakhand's social and cultural aspects within slow tourism, thereby supporting long-term social and cultural growth and fostering cross-cultural understanding in the area.

### **Impacts on local communities and Stakeholders**

The adoption of the slow tourism paradigm has a significant impact on local people and players in the tourism industry. The positive effects of slow tourism on communities encompass socio-economic empowerment (Rosalina, Dupre, and Wang 2021), fostering their active engagement in the tourism value chain. This empowerment facilitates the development of business, the generation of money, and the creation of employment prospects by providing genuine experiences and local products, while also maintaining traditional knowledge and cultural pride. Furthermore, the concept of slow tourism fosters community ownership (Giampiccoli and Saayman 2018) and active participation in decision-making processes, augmenting sustainability and inclusivity. It mitigates the effects of seasonality by prolonging the duration of the tourism season, so ensuring a consistent and reliable source of income for residents throughout the year. The preservation of cultural history has a huge influence by showcasing customs to tourists, creating cash, and conserving the region's cultural fabric. Nevertheless, it is crucial to handle difficulties such as cultural commercialization (YURTSEVEN and KAYA 2011) and dilution with caution, prioritizing the significance of local authority in managing cultural activities. This study emphasizes the significant beneficial effects of slow tourism on local communities in Indian state like Uttarakhand, promoting sustainable development and providing valuable knowledge for policymakers, practitioners, and researchers to encourage responsible growth of slow tourism in the region.

### **1.4 Slow Tourism Initiatives and Practices**

The slow tourism projects in Indian state like Uttarakhand are varied and have a significant effect, as demonstrated by multiple case studies. Munsiyari Village Homestays, located in the picturesque village of Pithoragarh, provide travelers with an immersive rural experience through participation in farming, traditional culinary activities, and cultural showcases, all within the breathtaking natural surroundings. The primary objective of trekking in Kumaon is to provide sustainable trekking experiences that prioritize low environmental damage and cultural immersion. It involves staying in eco-lodges or camping, allowing visitors to connect with nature and local communities (Ahlawat, Sharma, and Gautam 2019). Ranikhet's Organic Farm Stays aims to foster



sustainable agriculture by providing educational opportunities for visitors to learn about organic farming techniques. Additionally, they offer farm-to-table experiences in authentic village cottages. Pangot entices ornithologists with ethical bird-watching prospects, promoting conservation and habitat preservation while fostering awareness of numerous avian species. Binsar's Village Walks offers guests the opportunity to gain a deep understanding of the local culture by participating in community interactions and learning traditional handicraft manufacturing. These walks aim to encourage community engagement and preserve the region's legacy (Masood and Nguyen 2018). These initiatives emphasize the abundant natural, cultural, and community resources of Uttarakhand while demonstrating sustainable techniques and community involvement. These locations serve as exemplary models for sustainable tourism development in other areas by deliberately curbing the rise of tourism and safeguarding local traditions.

#### **Challenges and barriers to implementing slow tourism**

The implementation of slow tourism in India has several problems that impede its success. The lack of proper infrastructure in rural areas (Haldar, n.d.), including insufficient road access and limited accommodation alternatives, hinders the ability to meet the demands of slow tourism. Furthermore, the lack of knowledge and understanding among local communities and stakeholders about the concepts of slow tourism necessitates the implementation of educational initiatives and awareness campaigns (Caffyn 2012). The pursuit of sustainable practices is hindered by the need to maintain business interests, particularly in countries heavily reliant on mass tourists. Seasonality affects the demand for tourism, requiring efforts to evenly disperse tourists throughout the year to maximize the benefits of slow tourism (Masberg 1999). Balancing cultural sensitivity, fulfilling tourist expectations, and preserving local authenticity pose a persistent problem. The lack of financial and expert resources hinders the progress and administration of delayed tourism projects, necessitating the need for skill development and assistance. Efficient cooperation among individuals or groups with a vested interest is essential for the achievement of slow tourism, requiring the establishment of partnerships and the implementation of decision-making processes that involve everyone. Overcoming these obstacles requires a collaborative endeavour that includes the participation of the government, local communities, tourism providers, and NGOs (Tasci, Croes, and Villanueva 2014). Proactively addressing these difficulties would facilitate the establishment of sustainable and responsible slow tourism, which will provide advantages to the local populations and the environment in various places of India like Uttarakhand.

#### **Motivations and decision-making factor**

The motivations for participating in slow tourism comprise a wide range of objectives, with a particular emphasis on seeking meaningful experiences (Caffyn 2012), establishing a connection with nature and culture, seeking relaxation, and enhancing overall well-being. Tourists choose to engage in slow tourism due to various significant factors. Primarily, numerous individuals desire to evade the rapid and anxiety-inducing environment of metropolitan living, yearning for the serenity provided by natural scenery to detach from technology and embrace a more leisurely rhythm. Moreover, India's scenic charm attracts tourists who engage in activities such as hiking and bird-watching to establish a connection with nature and admire its marvels, thereby promoting an environmentally conscious perspective (Ahlawat, Sharma, and Gautam 2019). Additionally, the affluent cultural legacy of Indian state like Uttarakhand entices tourists in search of genuine encounters, cultural submersion, and engagements with indigenous populations, cultivating a longing for a more profound comprehension of local existence and customs.

Also, tourists are putting more and more value on eco-friendly and responsible travel, which fits with slow tourism's focus on eco-friendly practices, community involvement, and environmental protection (Ballarini *et al.* 2021). As a bonus, slow tourism promotes mental health and relaxation by offering tourists the chance to find peace in the area's quiet surroundings and do yoga and meditation. Lastly, slow tourism lets visitors learn new things and grow as people through workshops, traditional skill-sharing, and cultural exchanges. This helps visitors feel more connected to the place, its people, and its natural and cultural history. Understanding these reasons helps tourism leaders to plan and support slow tourism experiences that meet the needs of visitors. They want to make offerings that are real, long-lasting, and culturally immersive, which will help slow tourism grow and be successful in the region (Masood and Nguyen 2018).

Hence, "Slow Tourism emphasizes a steady state mindful approach to travel and consumption patterns. With consideration for pressing issues like over-tourism, mass tourism, and the onslaught of the COVID-19 pandemic, it is pertinent to discuss viable alternatives to a fast-paced life and travel that we consider normal. One such alternative is slow tourism which accentuates sustainable tourism practices as well as tourism at a reduced pace. It endorses mindfulness in traveling and discovering destinations responsibly. Furthermore, slow travel

aims to promote tourists' consumption-oriented enjoyment of experience through slow-paced and low carbon emission travel patterns" (Klarin *et al.* 2023).

## 2. Methodology

The study commenced by formulating research objectives that directed the literature search, employing specific inclusion/exclusion criteria grounded in publication date, techniques, geographical relevance, and breadth. A thorough search was performed, utilizing various sources and keywords, to screen papers based on certain criteria through titles, abstracts, and full-text reviews. We extracted and analyzed essential data from the study, which included information such as authors, publication year, objectives, techniques, findings, and theoretical frameworks. We used relevant tools to assess the quality of the research design, data collecting, sample size, and analysis methods. Upon synthesizing and analyzing this data, we have identified recurring themes, patterns, and trends. These findings were then evaluated and presented, considering any limitations, with a fair and balanced perspective. The combined findings clarified the comprehension of slow tourism in Indian state like Uttarakhand, highlighting significant outcomes while providing suggestions for further research, policy implications, and potential areas for action. The study included a critical analysis of the research method, emphasizing how these findings answer the primary research questions and enhance the understanding of slow tourism in the region.

**Inclusion and exclusion criteria for selecting studies:** The study's inclusion criteria were comprehensive and covered various aspects. These included the requirement for the study to be relevant to slow tourism or slow tourism in general. The publication date had to be between 1990 and the present. The study could be of different types, such as qualitative, quantitative, case studies, theoretical frameworks, conceptual papers, or literature reviews. Additionally, the study had to be published in English. It should have a geographical focus on Indian state like Uttarakhand or discuss it as a case study. Furthermore, the study should explore slow tourism principles, practices, impacts, or perspectives, such as slow travel, local engagement, cultural exchange, sustainability, authenticity, and responsible tourism. Only studies that met these specific criteria were considered for inclusion in the research study. However, exclusion criteria were implemented to ensure the study on slow tourism maintains accuracy and relevance. The criteria for inclusion involved the exclusion of studies that did not directly address slow tourism or lacked specific insights about it. This included excluding non-peer-reviewed sources such as blog posts, opinion pieces, and news articles, as well as studies published in languages other than English. Additionally, research solely focused on different regions without mentioning or discussing Uttarakhand was excluded. Duplicate or redundant publications were filtered out, with preference given to the most comprehensive or recent studies. The criteria guaranteed that the analysis only contained reliable and relevant research that was in line with the objectives of the study.

**Search strategy and data sources:** The search technique employed for the study entailed the identification and incorporation of relevant terms, such as slow tourism, Uttarakhand (as an example), sustainable tourism, and cultural tourism. The researchers collected scholarly articles, conference papers, and unpublished reports by searching databases such as Google Scholar, Scopus, Web of Science, and PubMed, as well as tourism-focused publications and institutional repositories. In addition, the authors examined websites of professional associations like Cittaslow, UNESCO, etc., and examined reference lists to guarantee a comprehensive and varied compilation of knowledge, facilitating a meticulous examination of slow tourism.

**Data extraction and analysis process:** The data extraction and analysis procedure of the study (Harris *et al.* 2014) comprises multiple sequential processes. We have developed a uniform document to gather essential data from chosen research studies. The information provided will encompass the names of the authors, the year of publication, the study objectives, the techniques employed, the noteworthy findings, and the theoretical frameworks applied. The data is thereafter retrieved from the chosen studies and inputted into the form to ensure uniformity and precision. Subsequently, the obtained material is systematically arranged and condensed to emphasize essential attributes and discoveries. The data is examined through qualitative content or thematic analysis to uncover prevalent themes, patterns, and trends. Comparisons are made between the results of several research to discern commonalities, disparities, and repeating patterns about slow tourism. Significant insights and interpretations are obtained through the analysis of data, considering the constraints of the examined study. The results are consolidated into a cohesive storyline, highlighting significant themes and viewpoints. Ultimately, the findings are analyzed and deliberated within the framework of the study inquiries, goals, and current body of literature, examining the consequences and potential opportunities for future research, policy-making, and practical applications of slow tourism.

## 2.1 Implications

**Practical Implications:** It is crucial to develop sustainable tourism laws to effectively regulate the implementation of slow tourism, with a focus on protecting the environment and preserving cultural heritage (Guo *et al.* 2024). The policies should encompass trash management, biodiversity preservation, and community engagement. It is crucial to allocate resources towards the development of infrastructure, particularly in distant regions, and give priority to the implementation of sustainable practices. Furthermore, the implementation of community engagement and empowerment projects, the promotion of local firms, and the active involvement of stakeholders in joint endeavours can greatly contribute to the acceleration of slow tourism growth and the concept of “Homestays” became so popular in various locations of Uttarakhand, India; which not even promotes the local food, traditions, art & craft but also enhance the job and business opportunities for locals to get some stability.

**Social Implications:** The implementation of slow tourism methods entails giving priority to environmental conservation, community engagement, and cultural preservation. The implementation of policies that prioritize sustainable practices and community involvement seeks to improve the overall welfare of local communities by offering them economic prospects and safeguarding their cultural legacy. Collaborations between different stakeholders promote the sharing of knowledge, the development of skills (Chakraborty and Ghosal 2024), and the creation of tourism offerings that highlight cultural variety and promote equitable economic distribution, thus establishing a mutually beneficial interaction between residents and visitors.

**Theoretical Implications:** The slow tourism industry in Indian state like Uttarakhand presents numerous prospects for cooperation among government entities, local communities, tourism companies, educational institutions, non-governmental organizations (NGOs), and the private sector. This cooperation can help to advance the creation and execution of sustainable tourism policies, safeguarding of natural and cultural areas, promotion of innovation through research projects, and promotion of responsible tourism behaviours. The collaboration between academic institutions and the industry can result in the adoption of evidence-based practices, which improves the legitimacy of the sector and fosters the growth of sustainable tourism.

## 3. Results and Discussion

This systematic review comprises 70 selected studies that were chosen based on precise criteria for inclusion and exclusion. The encompassed papers addressed a diverse array of study subjects about the slow tourism paradigm. The selected research spanned a range of publication years, starting from 1995 and extending up to 2022 for the most current study. Most studies (75%) were completed between 2010 to 2022, suggesting a notable increase in interest in the topic in recent years.

Furthermore, this study has revealed deficiencies in the current body of literature, such as the absence of studies that concentrate on areas or a restricted inclusion of stakeholder viewpoints. These findings emphasize the necessity for additional studies to investigate these deficiencies and improve our comprehension of the slow tourism paradigm with India’s context.

Table 1 (Caffyn 2012) provides an overview of the key themes/concepts of the included studies in the context of India’s state named Uttarakhand which develop an understanding and knowledge about slow tourism and these key terms also help us to identify valuable studies in the field of slow tourism.

Figure 1. Flowchart of Study Selection Process (PRISMA) (Sumardi, Mahomed, and Najib 2021)

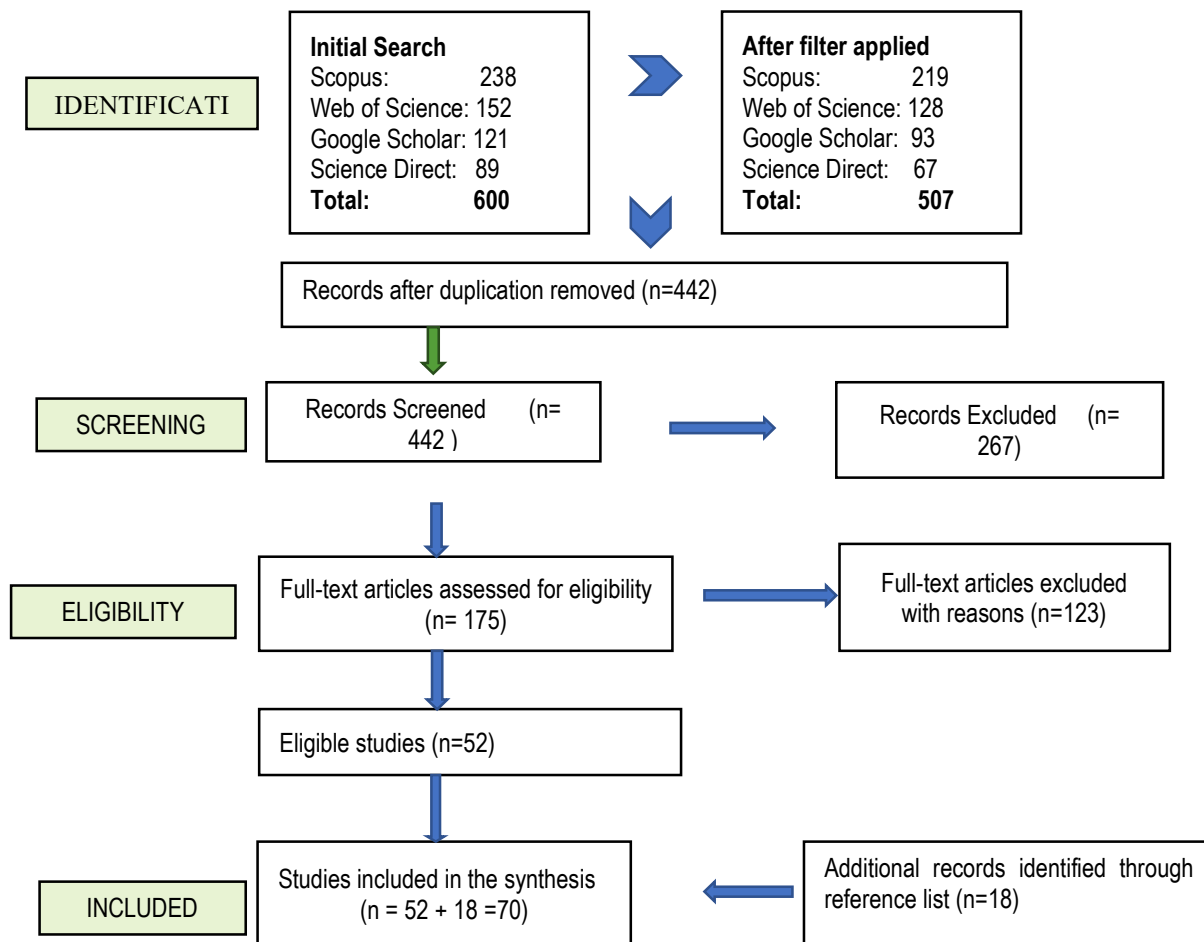


Table 4. Key themes/concepts

Key Themes/Concepts	Definition/Description	Relevance to India's state "Uttarakhand"
Quality over Quantity	Emphasizes the quality of the travel experience over the quantity	Uttarakhand is known for its scenic beauty and cultural heritage, and slow tourism can help tourists appreciate the quality of the experience over the number of destinations visited.
Community Engagement	Encourages visitors to connect with local communities	Uttarakhand has a rich cultural heritage, and slow tourism can help visitors connect with local communities and traditions, leading to a more authentic travel experience.
Environmental Preservation	Promotes the preservation of natural resources and the environment	Uttarakhand is home to several vital ecosystems, including the Himalayas and the Ganges River, and slow tourism can help promote environmental preservation and sustainability.
Cultural Preservation	Emphasizes the preservation of cultural heritage and traditions	Uttarakhand has a diverse cultural heritage with many unique rules and practices. Slow tourism can help preserve these cultural elements and promote sustainable tourism practices.
Local Sourcing	Encourages the use of local products and services	Uttarakhand has a prosperous agricultural and handicraft industry, and slow tourism can help promote the use of local products and services, leading to sustainable economic development.
Economic Development	Promotes local economic development and sustainable livelihoods	Uttarakhand is a predominantly rural state with limited economic opportunities. Slow tourism promotes sustainable livelihoods and economic development in rural areas.

Authenticity	Emphasizes authentic and meaningful travel experiences	Uttarakhand has a rich history and culture, and slow tourism can help visitors experience the destination authentically and meaningfully, leading to a more fulfilling travel experience.
Mindfulness	Encourages visitors to be mindful of their impact on the destination	Uttarakhand is a fragile ecosystem, and slow tourism can help promote responsible and sustainable travel practices, leading to a more positive effect on the goal.
Slow Food	Emphasizes local and traditional cuisine	Uttarakhand has a rich culinary heritage, with several unique dishes and ingredients. Slow tourism promotes local cuisine and supports the local food industry.
Active and Sustainable Transportation	Encourages walking, cycling, and other sustainable modes of transportation	Uttarakhand has several scenic routes that can be explored on foot or by cycling. Slow tourism promotes sustainable transportation and reduces the impact of tourism on the environment.

In Table 2, which shows the total number of papers from the past twelve years, it is clear that authors have become much more interested in studying slow tourism. This led to the idea of slow tourism, which has a good effect on the long-term health of the environment, society, and economy.

Table 5. Number of Publications by Year

YEAR	NUMBER OF PUBLICATIONS
2010	62
2011	72
2012	81
2013	96
2014	117
2015	142
2016	176
2017	211
2018	243
2019	298
2020	346
2021	387

Source: Kasemsarn and Nickpour 2017

Table 3 showcases the contribution of different nations towards the slow tourism approach, their implementation, and implications.

Table 6. Countries with the most Publications on slow tourism

Rank	Country	Number of Publication
1	Italy	76
2	Spain	45
3	France	36
4	United Kingdom	28
5	Portugal	20
6	Australia	16
7	Greece	15
8	Germany	12
9	Slovenia	10
10	Austria	9

Source: Mavric, Öğretmenoğlu, and Akova 2021



Table 4 elucidates the contributions of different authors in publishing and sharing their valuable findings in slow tourism, aimed at furthering our understanding of this subject.

Table 7. Most productive authors for slow tourism studies

Rank	Author Name	Number of Publications
1	Simone Fullagar	51
2	Tazim Jamal	48
3	Kevin Hannam	41
4	Anyu Liu	37
5	Scott McCabe	30
6	Richard Sharpley	26
7	Wendy Hillman	21
8	Pauline Sheldon	17
9	Jackie Clarke	13
10	Tomaz Kolar	9

Source: de Bruyn et al. 2023

Table 5 displays the names of several journals that are crucial in examining and researching the concept of slow tourism. It includes information about their publishers and specifies their purpose and goals in promoting and understanding slow tourism for the preservation of cultural values, environmental conservation, and social well-being).

Table 8. Significant journals on slow tourism

Journal	Publisher	Description About Journal
Journal of Sustainable Tourism	Taylor & Francis	Publishes research on sustainable tourism practices, including slow tourism
Tourism Geographies	Taylor & Francis	Focuses on the intersections of tourism and geography, including slow tourism
Annals of Tourism Research	Elsevier	Publishes high-quality research on tourism, including slow tourism
Journal of Tourism and Cultural Change	Taylor & Francis	Examines the relationship between tourism and cultural change, including slow tourism's impact on local communities
Journal of Ecotourism	Taylor & Francis	Publishes research on ecotourism and sustainable tourism, including slow tourism as a sustainable alternative
Journal of Hospitality and Tourism Management	Elsevier	It covers various topics related to hospitality and tourism, including slow tourism.
Current Issues in Tourism	Taylor & Francis	Focuses on current trends and issues in the tourism industry, including slow tourism
Journal of Heritage Tourism	Taylor & Francis	Examines the relationship between tourism and heritage, including slow tourism's potential to promote cultural preservation
International Journal of Tourism Research	Wiley	Publishes research on tourism from a variety of disciplinary perspectives, including slow tourism
Journal of Sustainable Development of Tourism and Creative Industries	Vilnius Gediminas Technical University	Focuses on the sustainable development of tourism and creative industries, including slow tourism as a sustainable alternative

Source: Klarin et al. 2023

## Conclusion

This study emphasizes the crucial significance of slow tourism in fostering environmental conservation, socio-cultural preservation, and sustainable development, based on a thorough investigation of current literature. The study highlights the importance of promoting reliable travel behavior, safeguarding local traditions, and preserving the ecosystem. This study also offers a clear plan for policymakers, tourism stakeholders, and researchers to develop policies that prioritize sustainable tourism practices by recognizing both problems and opportunities. On a closing note, this study sheds light on how to promote a tourist business in one of the state of India called Uttarakhand that is both responsible and culturally beneficial. It aims to achieve a balance between tourism development and the conservation of the region's natural and cultural assets. This study makes a significant contribution to the field of slow tourism by providing a thorough and detailed inspection of its various features in the context of Uttarakhand. This research comprehensively examines the viewpoints, effects, difficulties, and potential advantages linked to slow tourism in the region by conducting a thorough examination and analysis of current literature. This study highlights the significance of sustainable practices, cultural preservation, environmental conservation, and socio-economic empowerment through slow tourism. This study also provides valuable insights and identifies gaps by reviewing various slow tourism studies. Therefore, this study significantly contributes to the growth and advancement of the slow tourism paradigm in the Uttarakhand region of India.

As a result, this study offers insightful information about how India's tourism industry is changing and what that means for sustainability by taking Uttarakhand as an example. Through an analysis of the most recent research findings, the paper clarifies the innovative strategies and projects in the field of slow tourism and emphasizes their value in supporting regional sustainability. Beyond emphasizing the value of experience travel and community-led tourism initiatives, the systematic study also highlights the necessity for ongoing efforts to promote eco-friendly tourism and responsible tourist practices. The report provides policymakers, practitioners, and researchers with a roadmap for advancing the sustainability of tourism in India's state "Uttarakhand" by highlighting gaps in the current literature and identifying areas for further research. All things considered, this research is an invaluable tool for comprehending the complex effects of slow tourism on the cultural preservation, economic growth, and environmental sustainability.

## Recommendations for Future Research

This study offers suggestions for future research to improve the comprehension and execution of slow tourism in Uttarakhand and other states of India. These activities encompass conducting longitudinal studies to monitor the enduring effects of slow tourism, involving various stakeholders to comprehend their viewpoints and contributions, examining tourist behavior to customize experiences and services, evaluating the environmental and socio-cultural consequences of slow tourism, researching policy frameworks and planning strategies, conducting comparative studies with prosperous slow tourism destinations, exploring technology and innovation to enhance the slow tourism experience, and investigating community capacity building for sustainable practices. Implementing these proposals can propel the field forward and result in more efficient plans, regulations, and procedures for promoting sustainable tourism in multiple locations in India including "Uttarakhand".

## Credit Authorship Contribution Statement

**Jitender Bhandari:** Project Administration, Writing- Review and Editing and Data Collection.

**Vinay Rana:** Literature Review, Methodology, and Supervision.

**Shalini Singh:** Data Analysis, Writing- Initial Draft and Interpretation of Results.

## Declaration of Competing Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

## Declaration of Use of Generative AI and AI-assisted Technologies

The authors declare that they have not used generative AI and AI-assisted technologies during the preparation of this work.

## Funding Statement

The funder was not involved in the design of the study, the gathering and analysis of data, the publication decision, or the writing of the paper.

## References

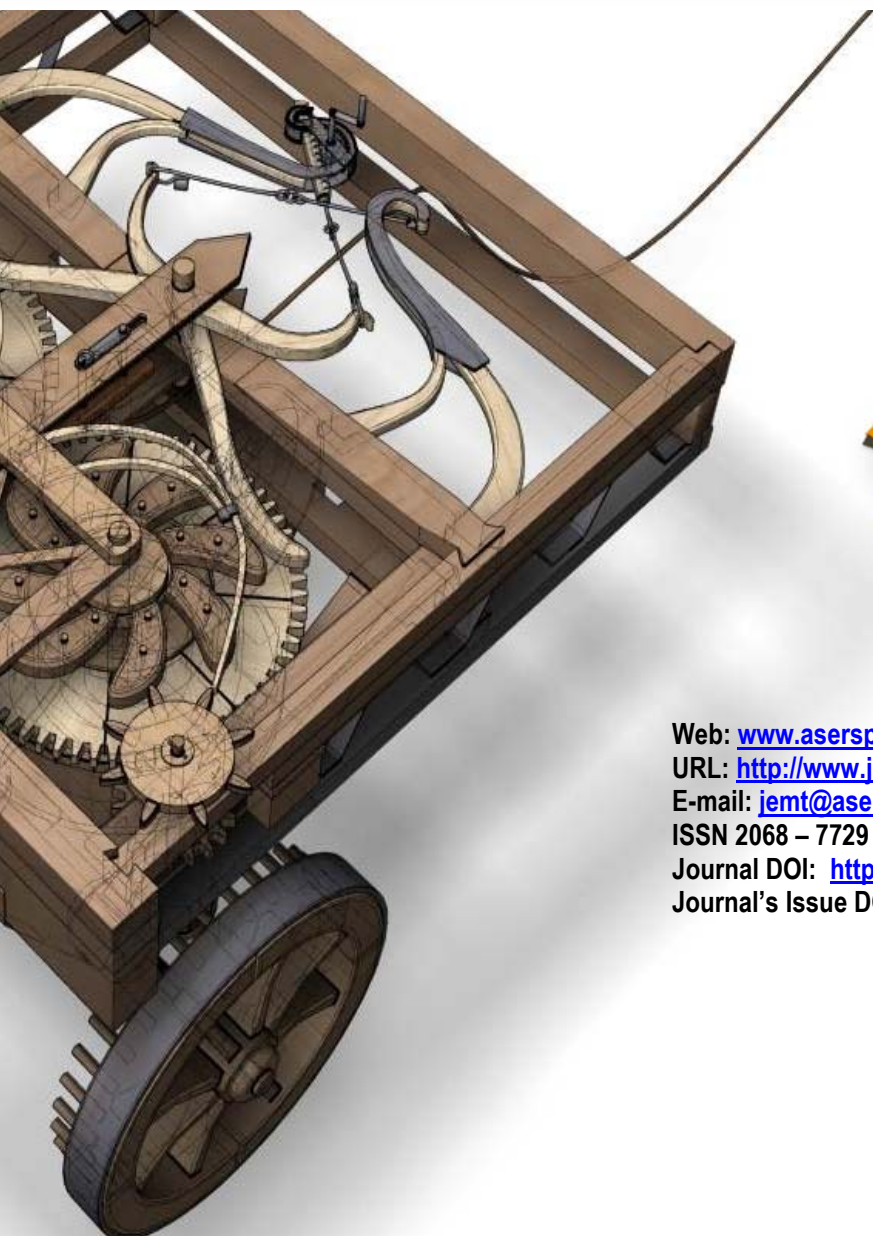
- [1] Ahlawat, M., Sharma, P. and Gautam, P. K. 2019. Slow Food and Tourism Development: A Case Study of Slow Food Tourism in Uttarakhand, India. *Geojournal of Tourism and Geosites*, 26 (3): 751–80. DOI:<https://doi.org/10.30892/qtq.26306-394>
- [2] Ballarini, E., *et al.* 2021. Assessing the Applicability of a Bottom-up or Top-down Approach for Effective Management of a Coastal Lagoon Area. *Ocean and Coastal Management* 200 (February). DOI:<https://doi.org/10.1016/J.OCECOAMAN.2020.105417>
- [3] Bruyn, C. de, Said, F. B., Meyer, N. and Soliman, M. 2023. Research in Tourism Sustainability: A Comprehensive Bibliometric Analysis from 1990 to 2022. *Heliyon*, 9(8): 1–22. DOI:<https://doi.org/10.1016/j.heliyon.2023.e18874>
- [4] Caffyn, A. 2012. Advocating and Implementing Slow Tourism. *Tourism Recreation Research*, 37 (1): 77–80. DOI: <https://doi.org/10.1080/02508281.2012.11081690>
- [5] Chakraborty, P., and Ghosal, S. 2024. An Eco-Social Exploration of Tourism Area Evolution in Mountains through Stakeholders' Perspective. *Environmental Development*, 49. DOI: [10.1016/j.envdev.2024.100963](https://doi.org/10.1016/j.envdev.2024.100963)
- [6] Chen, H., and Zeng, Z. 2021. When Do Hedonic and Eudaimonic Orientations Lead to Happiness? Moderating Effects of Orientation Priority. *International Journal of Environmental Research and Public Health*, 18 (18). DOI: <https://doi.org/10.3390/ijerph18189798>
- [7] Dickinson, J. E., Robbins, D. and Lumsdon, L. 2010. Holiday Travel Discourses and Climate Change. *Journal of Transport Geography*, 18 (3): 482–89. DOI: <https://doi.org/10.1016/J.JTRANGEO.2010.01.006>
- [8] Đuranović, D., Tomić, S., Leković, K. and Marić, D. 2019. Slow Tourism in Vojvodina – Motives and Goals of Consumers, 1 (18): 49. DOI: <https://doi.org/10.7251/ZREFIS1918049D>
- [9] Ernszt, I., and Marton, Z. 2021. An Emerging Trend of Slow Tourism: Perceptions of Hungarian Citizens. *Interdisciplinary Description of Complex Systems*, 19 (2): 295–307. DOI:<https://doi.org/10.7906/indecs.19.2.8>
- [10] Fullagar, S., and Wilson, E. 2012. Reflecting upon Slow Travel and Tourism Experiences. *Slow Tourism: Experiences and Mobilities*, August: 227–33.
- [11] Fusté-Forné, F. 2023. A Slow Tourist in the Basque Coast Geopark (Spain). *International Journal of Geoheritage and Parks*, 11 (2): 247–58. DOI: <https://doi.org/10.1016/j.ijgeop.2023.03.003>
- [12] Giampiccoli, A., and Saayman, M. 2018. Community-Based Tourism Development Model and Community Participation. *African Journal of Hospitality, Tourism and Leisure*, 7 (4): 1–27.
- [13] Gozzoli, R. B., Pattarachit C. G., and Walanchalee Wattanacharoensil. 2024. Resilience Model for a Destination Support: Pattaya, Thailand. *Heliyon* 10 (4). DOI:<https://doi.org/10.1016/j.heliyon.2024.e26599>
- [14] Guo, Y., Yu, J., Zhu, Y. and Zhang, H. 2024. Research on Tourism Ecological Safety Evaluation of Huizhou Cultural and Ecological Reserve Based on Entropy-TOPSIS. *Heliyon*, 10 (2). DOI:[10.1016/j.heliyon.2024.e24325](https://doi.org/10.1016/j.heliyon.2024.e24325)
- [15] Haldar, Piali. 2018. Rural Tourism – Challenges and opportunities. Available at: [https://www.researchgate.net/publication/327645353\\_Rural\\_Tourism\\_-\\_Challenges\\_and\\_Opportunities](https://www.researchgate.net/publication/327645353_Rural_Tourism_-_Challenges_and_Opportunities)
- [16] Hall, C. M., Scott, D. and Gössling, S. 2020. Pandemics, Transformations and Tourism: Be Careful What You Wish For. *Tourism Geographies* 22 (3): 577–98. DOI: <https://doi.org/10.1080/14616688.2020.1759131>
- [17] Harris, J. D., *et al.* 2014. How to Write a Systematic Review. *American Journal of Sports Medicine*, 42 (11): 2761–68. DOI: <https://doi.org/10.1177/0363546513497567>
- [18] Janjua, Z. A., Krishnapillai, G. and Rahman, M. 2021. A Systematic Literature Review of Rural Homestays and Sustainability in Tourism. *SAGE Open* 11 (2). DOI: <https://doi.org/10.1177/21582440211007117>
- [19] Joveriya, and Mariya. 2019. Problems and Prospects of Tourism Industry in Uttarakhand. *International Journal of Geography, Geology and Environment*, 1(1): 10–16. DOI:<https://doi.org/10.22271/27067483.2019.v1.i1a.2>
- [20] Kasemsarn, K, and Nickpour, F. 2017. Barriers and Drivers in Cultural Tourism for Five Groups in Thailand, *Journal of Tourism and Leisure Studies*, 2 (3). DOI: <http://dx.doi.org/10.18848/2470-9336/CGP/v02i03/1-20>

- [21] Kim, J. H., King, B. E.M. and Kim, S. 2021. Developing a Slow City Tourism Evaluation Index: A Delphi-AHP Review of Cittaslow Requirements. *Journal of Sustainable Tourism*, 0 (0): 1–23. DOI:<https://doi.org/10.1080/09669582.2021.1897130>
- [22] Kim, M. J., Lee, C.K. and Jung, T. 2020. Exploring Consumer Behavior in Virtual Reality Tourism Using an Extended Stimulus-Organism-Response Model. *Journal of Travel Research* 59 (1): 69–89. DOI:<https://doi.org/10.1177/0047287518818915>
- [23] Klarin, A., Park, E., Xiao, Q. and Kim, S. 2023. Time to Transform the Way We Travel?: A Conceptual Framework for Slow Tourism and Travel Research. *Tourism Management Perspectives*, 46 (February). DOI:<https://doi.org/10.1016/j.tmp.2023.101100>
- [24] Linda, L, and Lee, M. 2016. CittaSlow, Slow Cities, Slow Food: Searching for a Model for the Development of Slow Tourism. *Travel and Tourism Research Association: Advancing Tourism Research Globally*, 40. Available at: <https://scholarworks.umass.edu/tra/2011/Visual/40>
- [25] Masberg, B. 1999. A Case Analysis of Strategies in Ecotourism Development. *Aquatic Ecosystem Health and Management*, 2 (3): 289–300. DOI: [https://doi.org/10.1016/S1463-4988\(99\)00045-7](https://doi.org/10.1016/S1463-4988(99)00045-7)
- [26] Masood, I., and Nguyen, N.T.B. 2018. A Community Response to Tourism, Focusing on the Home-Stay Program in Khurpatal Village in Nainital, Uttarakhand, India. *Journal of Urban and Regional Studies on Contemporary India*, 4 (2): 55–62.
- [27] Mavric, B., Mert Öğretmenoğlu, M. and Akova, O. 2021. Bibliometric Analysis of Slow Tourism. *Advances in Hospitality and Tourism Research*, 9100: 157–78. DOI: <https://doi.org/10.30519/ahtr.794656>
- [28] Meng, B, and Choi, K. 2016. The Role of Authenticity in Forming Slow Tourists' Intentions: Developing an Extended Model of Goal-Directed Behavior. *Tourism Management*, 57 (December): 397–410. DOI:<https://doi.org/10.1016/J.TOURMAN.2016.07.003>
- [29] Moscarelli, R. 2021. Slow Tourism, Public Funding and Economic Development. A Critical Review on the Case of the Way of St. James in Galicia. *Revista Galega de Economía*, 30 (3): 1–16. DOI:<https://doi.org/10.15304/rge.30.3.7522>
- [30] Pellegrini, M., et al. 2023. Environmentally Sustainable: How Are the Practices in the Organic Food Tourist Route? *Heliyon*, 9 (7). DOI: <https://doi.org/10.1016/j.heliyon.2023.e17546>
- [31] Pentecost, A. 2010. Chapter 7 Continental Carbonates - Preservation of Natural and Historic Heritage Sites. *Developments in Sedimentology* 62 (C): 297–311. DOI: [https://doi.org/10.1016/S0070-4571\(09\)06207-4](https://doi.org/10.1016/S0070-4571(09)06207-4)
- [32] Rosalina, P. D., Dupre, K. and Wang, Y. 2021. Rural Tourism: A Systematic Literature Review on Definitions and Challenges. *Journal of Hospitality and Tourism Management*, 47 (November 2020): 134–49. DOI:<https://doi.org/10.1016/j.jhtm.2021.03.001>
- [33] Said, J., and Maryono, M. 2018. Motivation and Perception of Tourists as Push and Pull Factors to Visit National Park. *E3S Web of Conferences*, 31: 1–5. DOI: <https://doi.org/10.1051/e3sconf/20183108022>
- [34] de Salvo, P., Calzati, V. and Soglia, S. 2019. Value for Time: Slowness, a Positive Way of Performing Tourism, *Best Practices in Hospitality and Tourism Marketing and Management*, 315–36. DOI:[https://doi.org/10.1007/978-3-319-91692-7\\_16](https://doi.org/10.1007/978-3-319-91692-7_16)
- [35] Serdane, Z. 2017. “SLOW TOURISM IN SLOW COUNTRIES : THE CASE OF LATVIA Zanda Serdane.”
- [36] Shahbaz, M., et al. 2021. A Bibliometric Analysis and Systematic Literature Review of Tourism-Environmental Degradation Nexus. *Environmental Science and Pollution Research*, no. Wttc 2017. DOI:<https://doi.org/10.1007/s11356-021-14798-2>
- [37] Styliadis, D., Woosnam, K. M. and Tasci, A. D.A. 2022. The Effect of Resident-Tourist Interaction Quality on Destination Image and Loyalty. *Journal of Sustainable Tourism*, 30 (6): 1219–39. DOI:<https://doi.org/10.1080/09669582.2021.1918133>
- [38] Suhud, U., et al. 2022. Community Self-Reliance of Rural Tourism in Indonesia: An Interpretative Phenomenological Analysis. *Qualitative Report*, 27 (7). DOI: <https://doi.org/10.46743/2160-3715/2022.5215>
- [39] Sumardi, R., Anuar Mahomed, and Mukhamad Najib. 2021. Sustainable Tourism Recommendations: Systematic Literature Review, no. January. DOI: <https://doi.org/10.4108/eai.14-9-2020.2304433>

- [40] Tasci, A. D.A., Croes, R. and Villanueva, J.B. 2014. Rise and Fall of Community-Based Tourism - Facilitators, Inhibitors and Outcomes. *Worldwide Hospitality and Tourism Themes*, 6 (3): 261–76. DOI:<https://doi.org/10.1108/WHATT-03-2014-0012>
- [41] Timms, B. F., and Conway, D. 2012. "Slow Tourism at the Caribbean's Geographical Margins. *Tourism Geographies*, 14 (3): 396–418. DOI: <https://doi.org/10.1080/14616688.2011.610112>
- [42] Titus, N. 2015. A Model for the Development of Slow Tourism in South Africa Using The Economic Resources of the Kirstenbosch National Botanical Gardens, Dissertation Submitted in Fulfilment of the Requirements for the Degree Master of Technology. <https://core.ac.uk/download/pdf/148365911.pdf>
- [43] Vada, S., Prentice, C. and Hsiao, A. 2019. The Influence of Tourism Experience and Well-Being on Place Attachment. *Journal of Retailing and Consumer Services*, 47 (November 2018): 322–30. DOI:<https://doi.org/10.1016/j.jretconser.2018.12.007>
- [44] Vinerean, A. 2013. The Influence of Hedonic and Utilitarian Motivators on Likelihood to Buy a Tourism Package. *Expert Journal of Marketing*, 1 (1): 28–37.
- [45] Werner, K., Griese, K. M. and Bosse, C. 2020. The Role of Slow Events for Sustainable Destination Development: A Conceptual and Empirical Review. *Journal of Sustainable Tourism*, 0 (0): 1–19. DOI:<https://doi.org/10.1080/09669582.2020.1800021>
- [46] Wondirad, A., Kebete, Y. and Li, Y. 2021. Culinary Tourism as a Driver of Regional Economic Development and Socio-Cultural Revitalization: Evidence from Amhara National Regional State, Ethiopia. *Journal of Destination Marketing and Management*. DOI: <https://doi.org/10.1016/j.idmm.2020.100482>
- [47] Yurtseven, H R., and Kaya, O. 2011. Slow Tourists: Comparative Research Based on Cittaslow Principles. *American International Journal of Contemporary Research*, 1 (2): 91–98.



# ASERS



 **ASERS**  
Publishing

Web: [www.aserspublishing.eu](http://www.aserspublishing.eu)

URL: <http://www.journals.aserspublishing.eu/jemt>

E-mail: [jemt@aserspublishing.eu](mailto:jemt@aserspublishing.eu)

ISSN 2068 – 7729

Journal DOI: <https://doi.org/10.14505/jemt>

Journal's Issue DOI: [https://doi.org/10.14505/jemt.v15.2\(74\).00](https://doi.org/10.14505/jemt.v15.2(74).00)