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Review article

Sustainable tourism trends in heritage sites, a bibliometric analysis

Tendencias del turismo sostenible en sitios patrimoniales, un análisis bibliométrico

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Resumen

Las regiones con sitios culturales tienen un gran potencial en el turismo, atrayendo a un público amplio. Esto no solo es superficial, ya que el turismo revitaliza las economías locales y beneficia a las comunidades. La investigación académica ha estudiado este impacto en lugares patrimoniales durante décadas, pero se necesita un análisis completo para evaluar su viabilidad a largo plazo. Este estudio cierra esa brecha mediante un análisis cientométrico de la literatura sobre turismo sostenible en sitios patrimoniales usando Web of Science (WoS) y Scopus. Usando el 'Árbol de la Ciencia' como marco, se mapea el paisaje intelectual. Los resultados muestran complejas relaciones entre factores como la gastronomía local, la preservación cultural, la autenticidad turística y la influencia de las comunidades locales en la dinámica turística. Estos hallazgos enriquecen el discurso sobre turismo sostenible en entornos patrimoniales, abriendo el camino hacia un futuro donde la preservación cultural y el turismo coexistan armoniosamente.

Keywords: Sustainable tourism; bibliometric; heritage site; Tree of Science.

Abstract

Regions with cultural sites hold substantial potential in the tourism industry, offering an allure that captivates a broad audience; this appeal is not merely superficial; the influx of tourists revitalizes local economies and fosters community prosperity. The impact of tourism on these heritage-rich locales has been the subject of academic inquiry for over two decades; nevertheless, a comprehensive analysis is required to assess the long-term viability of tourism in these culturally significant areas. This study seeks to analyze the evolution of sustainable tourism at heritage sites through a scientometric analysis of academic literature through meticulous reviews of the Web of Science (WoS) and Scopus databases, mapping meticulously the intellectual landscape of the field by employing the innovative methodology of the 'Tree of Science' as a representational framework; the findings reveal complex relationships among various factors, including the roles of local gastronomy, the preservation of cultural integrity, tourists' quest for authenticity, and the fundamental influence of local communities in shaping tourism dynamics. This study's insights enrich the discourse on sustainable tourism practices in heritage settings, paving the way for a future where cultural preservation and tourism coexist harmoniously.

INTRODUCTION

Sustainable tourism is a field of labor and knowledge encompassing the diverse social, economic, and environmental impacts it generates. A clear example of this is commodification, which facilitates commercial and cultural exchange in communities within a region; however, some have observed that this practice can lead to identity loss in cultural heritages, eroding their cultural, ethnic, and environmental significance (Cohen, 1988). This issue arises due to the constant development of tourism, where the goals are to increase the flow of visitors and tourists without adequately considering the necessary operational policies and practices; as a result, heritage sites face significant challenges in terms of preservation (Silberberg, 1995).

In this context, tourist experiences must promote a sense of authenticity, highlighting the cultural, ethnic, and historical significance involved (Wang, 1999), which requires establishing meaningful connections between cultural heritage and tourists, transforming them into visitors seeking to observe, learn, or have fun and also to experience authentic emotions toward these places (Poria et al., 2003).
From a political and tourism perspective, one must implement marketing strategies that emphasize advancements in minimizing negative impacts and maximizing the benefits generated by tourism; in this way, a symbiotic connection between visitors, heritage, and the social, cultural, and environmental aspects of heritage sites will be evident (Buhalis, 2000).

This study explored the Web of Science (WoS) and Scopus specialized databases, focusing on all aspects, including " tourism* and heritag* and sustainab* AND destination* " sites, identifying 1366 references which underwent a quantitative and statistical analysis of indices, article quantity, co-citation, co-authorship networks, country, author contributions, and journal impact using the Bibliometrix tool.

Researchers extracted 1064 references using the (Science of Science - Sci2) tool application, which supports geospatial, topical, and network analysis and visualization of datasets from reviewed articles (Sci2 Team, 2009) and analyzed the generated network based on the reference queries using the Gephi application (Bastian et al., 2009), identifying the most significant articles according to their impact (citation index). Researchers utilized a tree diagram to present the documents, placing traditional articles in the root causes, articles considered structural in the trunk, and the most recent articles as the branches; this diagram facilitates a better understanding of the ecological footprint's development, the value of the documents, and their perspectives.

This article includes an introduction and three sections; the first section establishes and determines research methods, article selection, and processing as the study's foundation, utilizing bibliometric tools; the second section presents the evolution of the research process and the respective findings encountered throughout its development; the third and last section includes conclusions, most significant findings, study limitations, and recommendations for future research in the field of sustainable tourism in heritage sites.

METHODOLOGY

This study employed two databases, Web of Science (WoS) and Scopus, to discern the principal and pertinent literature, thereby facilitating a scientometric analysis of sustainable tourism in alignment with the latest trends in the review literature (Botero et al., 2023; Robledo, Duque, et al., 2023).

Table 1 delineates the primary parameters utilized in this study; notably, 28.38 % of documents (1064) were exclusively in WoS, underscoring the necessity of employing both databases to ensure comprehensive coverage in the research process.

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Table 1. Parameters used in sustainable tourism

PARAMETERS	WEB OF SCIENCE	SCOPUS
Range	2000-2023	
Date	July 9, 2023	
Document types	Papers, books, chapters, and conference proceedings.	
Search field	Title, abstract, and keywords	
Words	tourism* AND heritag* AND sustainab* AND destination*	
Results	533	833
Total (Wos+Scopus)	1 064	

Source: Own elaboration based on data from the WoS and Scopus.

Scientometric Mapping

Scientometric or bibliometric analyses are recognized methodologies for quantifying scientific data, facilitating, for instance, an understanding of the intellectual structure of innovation within scientific discourse (Shi et al., 2023). This study partitions the analysis into four distinct segments: the initial segment illustrates the evolution of scientific production; the subsequent segment delineates the most productive countries, accompanied by their respective collaboration networks; the third segment portrays journal contribution dynamics and the thematic clusters derived from a citation journal network; the final segment exhibits the collaboration network of sustainable tourism in a twofold manner, spotlighting the most productive authors and their collaboration networks, this final section identifies networking strategies employed by researchers (Robledo, Vasquez, et al., 2023).

Tree of Science

The Tree of Science (ToS) algorithm, developed at the Universidad Nacional de Colombia (National University of Colombia) as part of a doctoral thesis (Eggers et al., 2022), served as the foundation for a spin-off company named Core of Science (Robledo et al., 2022; Zuluaga et al., 2022).

The ToS algorithm emulates the distribution process of sap in plants within a citation network, categorizing papers into roots, trunks, and branches. (Valencia-Hernandez et al., 2020). Recently, the ToS algorithm was employed in diverse research areas, including sustainability (Aguirre & Paredes, 2023), coastal management (Botero et al., 2023), and renewable energy studies (Pires et al., 2023).

Another type of review is the bibliometric analysis using databases such as WoS and citation analysis based on scientific mapping (Cáceres-Cáceres et al., 2021), conduct a bibliometric analysis from 2000 to 2019 on the research perspectives of business innovation ecosystems.

RESULTS

Scientometric Analysis

Scientific production

The scientific output allows for identifying the highest productivity in a specific area over specific periods; Figure 1 displays the yearly production of articles in WoS and Scopus from 2000 to 2022, excluding 2023 due to incomplete data, which could distort the overall statistics.

During this period, tourism and sustainability have demonstrated a growth trend in publications until 2021,

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with a slight decrease observed in 2022; citations have declined since 2020 due to the natural lag effect inherent in citation processes. The following sections describe the three periods identified based on the variation in scientific production.

Between 2000 and 2008, scientific production maintained a moderate growth of 3.66 %, stabilizing regarding publications and growing progressively in citation occurrences.

2002 had the highest number of citations throughout this period due to Russo's(2002) publication referring to policies on sustainable tourism and their impact on critical points like quality and accessibility to natural resources, which ultimately becomes a vicious circle in this topic; it also analyzes the specific case of Venice.

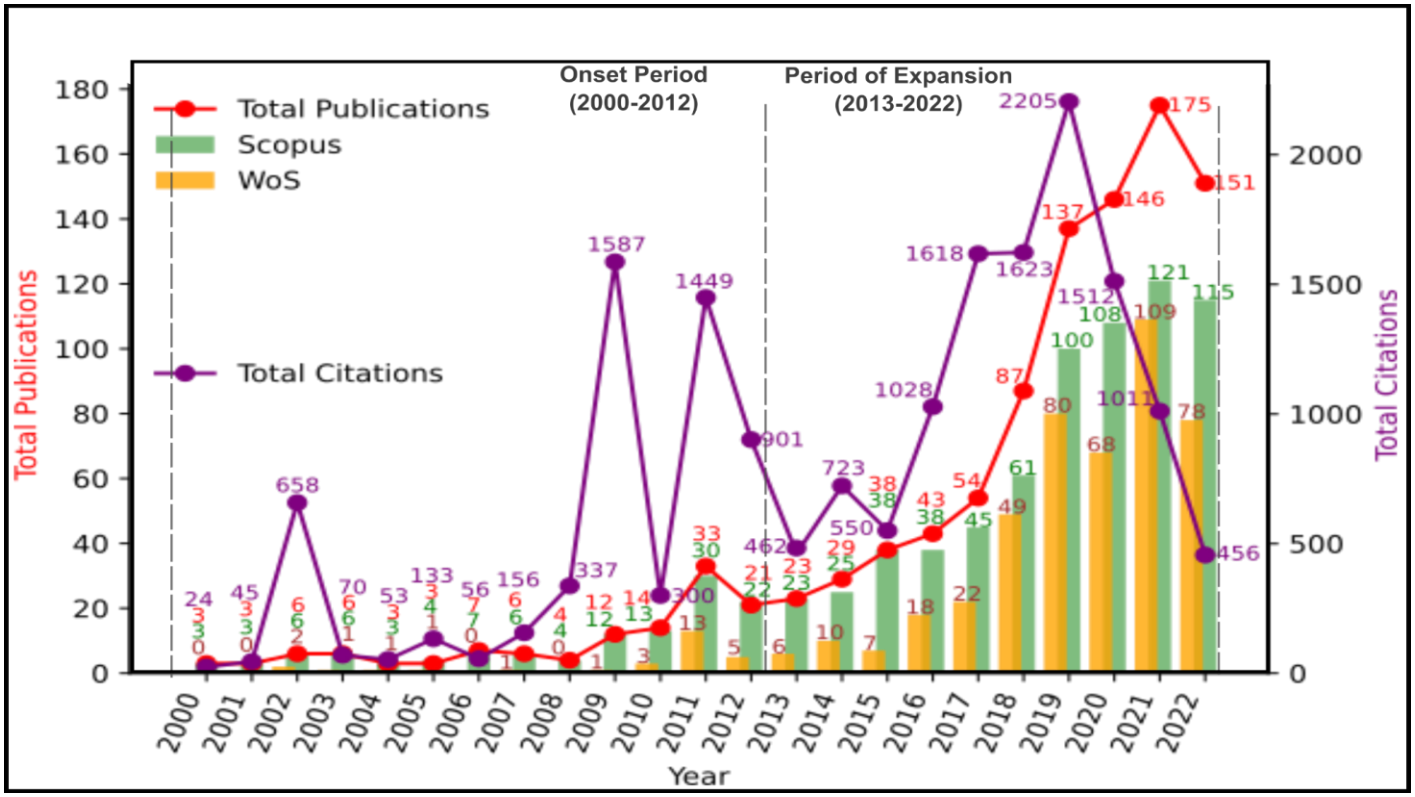

Figure 1. Annual Evolution of Scientific Production in IE.
Source: Own elaboration based on data from the WoS and Scopus.

Between 2009 and 2016, there was a growth of 20 % in scientific production in publications and citations, with a significant increase in citations between 2009 and 2011.

The most cited article in 2009 was by Sims (2009), which studies the influence of local food as a sustainable tourism experience due to the authenticity of a place and culture, contributing to the tourist's holiday experience; research examined two regions of the United Kingdom: Lake District, and Exmoor.

Similarly, in 2011, the most cited article by Vujičić et al. (2011) presents a preliminary model of the physical evaluation of geosites and applies it to the Fruška Gora Mountain in Serbia; it aims at enhancing cultural heritage sites to transform them into sustainable tourist destinations.

A production growth of 22.83 % is maintained between 2017 and 2022; the most cited article analyzes the sustainability of livelihoods in rural tourism in Hetu, in Anhui province, China (Su et al., 2019).

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Country Analysis

Table 2 presents three variables related to publication output, citation, and quality in the top 10 countries; it displays the number of scientific documents generated by each country and the corresponding citation count, and their impact is measured by the cumulative citations of all the articles produced.

Table 2. Most productive countries.

Country	Production		Citation		Q1	Q2	Q3	Q4
Spain	133	11.96 %	1419	10.69 %	35	20	18	4
China	120	10.79 %	1293	9.74 %	41	20	7	2
Italy	84	7.55 %	1041	7.84 %	20	14	8	3
Portugal	59	5.31 %	378	2.85 %	5	6	10	9
USA	59	5.31 %	1153	8.68 %	31	10	2	4
United Kingdom	53	4.77 %	2091	15.75 %	24	8	3	0
Australia	40	3.6 %	930	7 %	22	4	0	1
Indonesia	39	3.51 %	72	0.54 %	2	2	9	1
Malaysia	34	3.06 %	311	2.34 %	4	4	8	5
India	28	2.52 %	171	1.29 %	9	4	5	1

Source: Own elaboration based on data from the WoS and Scopus.

Spain stands out among the top 10 countries in scientific productivity, with 11.96 % of the total publications related to tourism and sustainability, followed by China with 10.79 % and Italy with 7.55 %; measuring their impact in citations, the United Kingdom is first with 15.75 %, followed by Spain with 10.69 %, and China with 9.74 %, which remain among the top countries in terms of publication and citation. Researchers deem it noteworthy that despite the United Kingdom being the most cited country, Spain and China excel in the quality of their publications in Q1 journals.

Figure 2 identifies distinct inter-country collaborations through a co-citation network, for instance, between the USA and China and the USA and Australia; Italy exhibits relationships predominantly with European countries, including the United Kingdom, France, Greece, and Germany.

On the other hand, there is another European network led by Spain, strongly connected with Latin American countries such as Ecuador, Brazil, and Colombia, and European countries like Switzerland and the Czech Republic.

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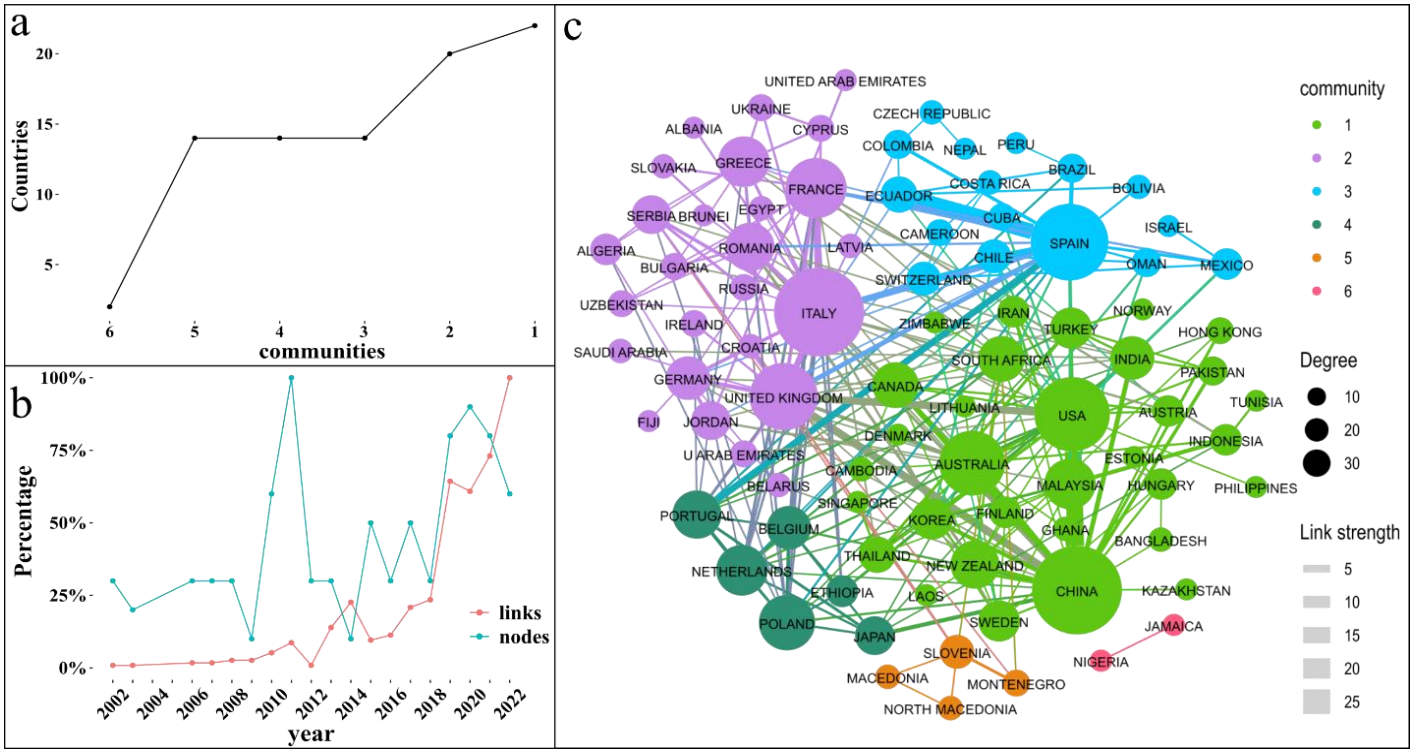

Figure 2. Collaboration network among countries.2a. Total Number of Communities by Size 2b. Nodes and Links Over Time. 2c. Scientific Collaboration Network of Countries.
Source: Own elaboration based on data from the WoS and Scopus.

Additionally, in the upper left part of Figure 2, the number of countries for each community can be seen; Node 1 has the most countries actively collaborating, exceeding 20, followed by Community 2 with 20 countries. From 2018 onwards, communities working on this topic have consolidated partially since earlier periods exhibited more dispersion connections between countries, as observed in the lower part of the figure.

Journal Analysis

Upon analyzing the journals with the most publications on the investigated topic, researchers found that the "Sustainability Journal" (Q1) has the highest number of publications associated with the subject, with 131; this journal's scope spans various disciplines, including environmental sciences, social sciences, economics, and engineering, among others, and it aims to address comprehensively the challenges and opportunities associated with sustainability.

Similarly, the "Journal of Sustainable Tourism" (Q1) has 39 publications focusing on the economic, social, cultural, and environmental aspects of sustainable tourism on topics associated with the sustainable management and planning of tourist destinations and the evaluation of the environmental and social impact of tourism, among others (Table 3).

Table 3. Most productive journals in WoS and Scopus.

Journal	WoS	Scopus	Impact Factor	H Index	Quantile
Sustainability	131	98	0,66	136	Q1
Journal Of Sustainable Tourism	38	39	2,97	127	Q1
IOP Conference Series: Earth And Environmental Science	0	20	0,2	41	-

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Current Issues In Tourism	11	10	2,06	94	Q1
Journal Of Cultural Heritage Management And Sustainable Development	9	13	0,4	20	Q1
Springer Proceedings In Business And Economics	0	14	-	-	-
Wit Transactions On Ecology And The Environment	0	14	0,19	27	Q4
African Journal Of Hospitality, Tourism And Leisure	0	13	0,22	18	Q3
Journal Of Heritage Tourism	10	13	0,84	42	Q1
Tourism Geographies	9	9	2.60	85	Q1

Source: Own elaboration based on data from the WoS and Scopus.

Researchers constructed a citation network to identify the main themes, consisting of 638 nodes and 439 links, and applied a filter to identify the three largest groups (Figure 3); the first cluster pertains to sustainability themes, such as the evaluation of the sustainability of cultural heritage (Jiang et al., 2022); the second theme is associated with communities' behavior and perception related to heritage tourism, as exemplified by the planning of Sustainable Adaptation for Cultural Heritage in Coastal Tourist Destinations.

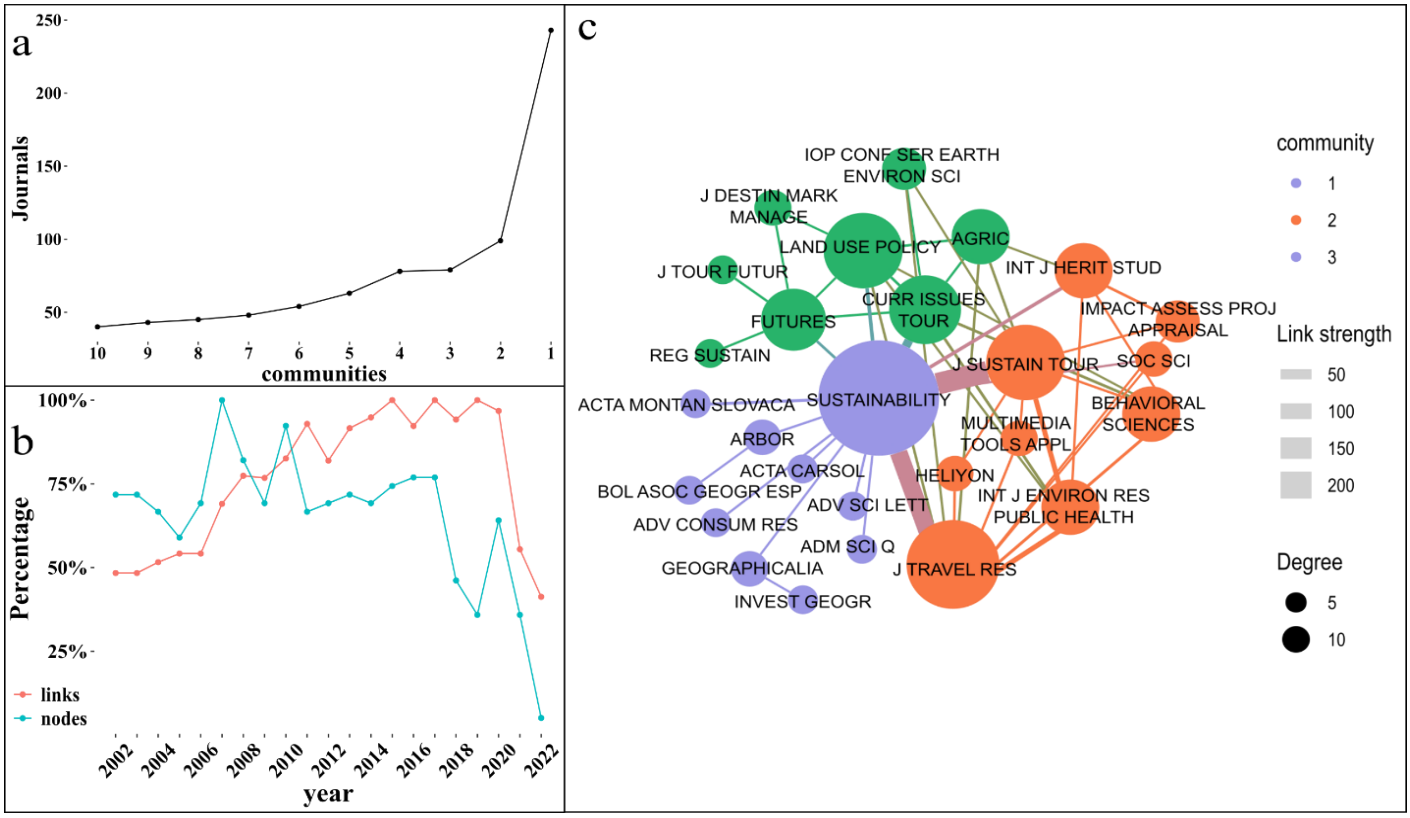

Figure 3. Country citation network with three clusters.3a. Total Number of Communities by Size. 3b. Nodes and Connections Over Time. 3c. Scientific Collaboration Network among Journals.
Source: Own elaboration based on data from the WoS and Scopus.

Author Collaboration Network

In this section, investigators present the most significant researchers based on their academic output concerning sustainable tourism heritage, with the scientific collaboration network of each individual's network (ego-network).

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Table 4 demonstrates substantial productivity from authors affiliated with the United States, including Professor Bynum Boley, recognized for his research on sustainable tourism development and how a community's natural and cultural resources can be protected, packaged, and marketed to enhance sustainability, residents' quality of life, and a community's competitiveness as a tourist destination concurrently.

Table 4. Top 10 most productive researchers

No	Researcher	Total Articles*	Scopus h-index	Affiliation
1	Wang M	7	1	University of Chinese Academy of Sciences, Beijing, China
2	Zhang H	7	1	Guizhou Normal University, Guiyang, China
3	Zhang J	7	4	Guizhou Normal University, Guiyang, China
4	Zhang S	7	5	Institute of Geographical Sciences and Natural Resources Research Chinese Academy of Sciences, Beijing, China
5	Zhang X	7	1	University of Chinese Academy of Sciences, Beijing, China
6	Liu Y	6	10	University of Chinese Academy of Sciences, Beijing, China
7	Stratigea A	6	11	National Technical University of Athens, Athens, Greece
8	Wang J	6	1	Shanxi Normal University, Linfen, China
9	Zhang C	6	18	Sun Yat-Sen University, Guangzhou, China
10	Boley B	5	26	University of Georgia, Athens, United States

Source: Own elaboration

Figure 4 illustrates the scientific collaboration network of authors with the most extensive research contributions; it showcases an Asian community revolving around Professors Zhang J. and Zhang H., likely due to their thematic affinity concerning sustainable tourism behaviors and perceptions (Zhang H et al., 2023).

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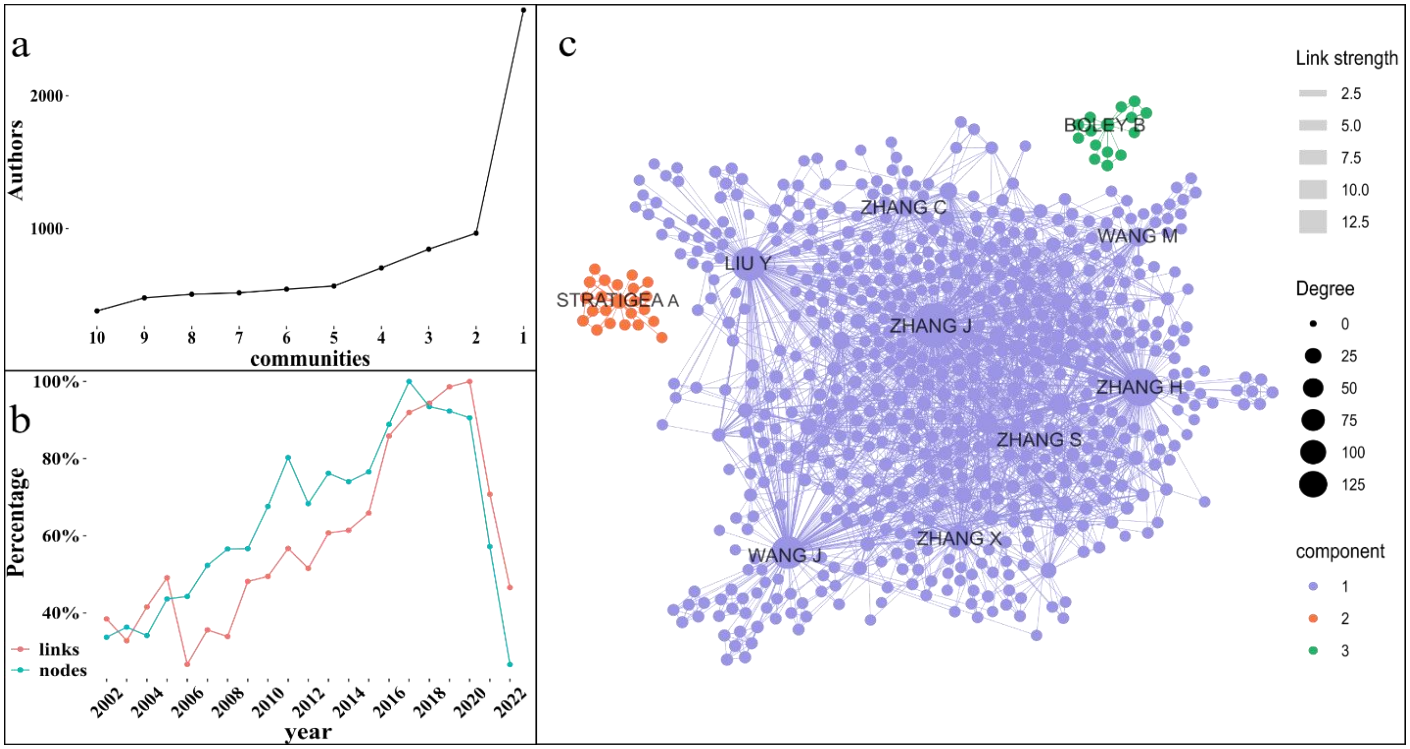

Figure 4. Top 10 researchers' social network.
Source: Own elaboration.

Tree of Science

This section elucidates the principal subdomains within sustainable tourism; researchers discern predominant subareas through a citation network analysis and identified the most relevant documents in the region to select documents with the highest metrics for review and organization using the metaphor of a scientific tree: classic (root), structural (trunk), and recent (leaf).

Root

As a part of intangible cultural heritage in tourism, authenticity posits that commodification does not always impact the meaning of cultural products, presenting a novel approach to studying authenticity and significance in tourism (Cohen 1988). Silberberg (1995) proposes that cultural tourism can benefit museums and heritage sites economically; Silberberg suggests reviewing policies and operational practices to increase visitor flow and address economic challenges without compromising the educational focus and preservation of heritage. Wang (1999) further clarifies the concept of authenticity in tourist experiences, examining it from three perspectives: objectivism, constructivism, and postmodernism; his article analyzes the case of the Chinese city of Lijian as a national and international tourist destination.

Poria et al. (2003) highlight that sites that avoid large hotels are in favor of promoting local accommodations (B&Bs) to preserve cultural heritage, a strategy that has proven successful; Buhalis (2000) illustrates the importance of Destination Management Organizations (DMOs), reviewing their functions, activities, and organization through the example of Karnataka, whose main activity is tourism.

Richards (2018) reviews cultural tourism research over the past ten years in his book "Cultural Tourism," where he examines the two factors that constitute cultural tourism: tourism and cultural heritage; he clarifies the necessary articulation between these aspects to develop a form of tourism that values cultural heritage while also focusing on destination marketing and is further explored in "Cultural Tourism: The Partnership Between Tourism and Cultural Heritage Management."

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Trunk

Research on the management of heritage and tourism has highlighted the incentives this relationship generates for fostering services and product consumption in the tourism sector; however, this interaction also brings about social tensions. Strategies are analyzed addressing these issues to promote economic development and preserve heritage sites and artifacts (Donohoe, 2012).

The aim is to balance tourism promotion and consumption, thereby benefiting communities (Henderson, 2009); an example of this approach is the enhanced experience and authenticity tourists can enjoy when communities incorporate local foods and meals into their offerings (Sims, 2009).

Regarding sustainability in tourism, various researchers have focused on stakeholder participation in developing this field, seeking to identify factors that improve inhabitants' quality of life (Nilsson et al., 2011); sites have designed comprehensive strategies from multiple perspectives to explore adaptive management in tourist destinations, such as those applied to Machu Picchu (Larson & Poudyal, 2012); Additionally, Buonincontri et al. (2017) have analyzed visitors' heritage experiences, their connection to heritage sites, and their sustainable behavior.

Residents' perceptions, effects, and participation in this sector have also been examined (Rasoolimanesh & Jaafar, 2017; Su et al., 2019); furthermore, studies have compared the profiles of cultural tourists with those who do not engage in cultural activities by analyzing the factors influencing expenditure and trip satisfaction in these two groups (Artal-Tur et al., 2018). Some have found that developing sustainable tourism can provide sustainable livelihoods for communities (Rasoolimanesh & Jaafar, 2017; Su et al., 2019); However, limitations often relate to assets available for participation in tourism (Su et al., 2019).

Branch 1. The connection between food, culture, and tourist satisfaction

The relationship between culture, food, and tourist satisfaction influences the eating behavior in tourist satisfaction: a cultural approach; the first branch revolves around the behavioral concepts of tourism, from tourists' perception to their behavior.

One of the most recent articles by Wang et al. (2023) analyzes the satisfaction of tourists and their intention to visit dark tourism destinations; Yang et al. (2023) present a similar investigation regarding tourists' behavior, evaluating the impact of tourists' perception at a World Heritage site.

Both studies highlighted the interest in studying the perception of authenticity, which is directly related to tourism's impact on natural and cultural heritage. In this regard, Ferrari et al.(2022) analyze the sociocultural impact of various types of tourism, including ancestral tourism and roots tourism.

Furthermore, there has been a growing interest in research concerning the intrinsic values of heritage destinations and the consequential impact of tourism, as demonstrated by studies conducted by Zhang, H et al. (2023) and Zhang, S et al. (2023); these studies delve into the geomorphological and aesthetic attributes of natural World Heritage sites, focusing on tourism development and its conservation implications. Similarly, Strba et al.(2022) contribute to this discourse by examining the sustainability of tourism in natural areas and analyzing the perspectives of area managers in Slovakia.

Another significant theme within this realm of literature pertains to the diverse array of tourist experiences and their implications for local communities; for instance, Pekerşen & Kaplan(2023) investigate the perceptions of the local community in a Cittaslow destination, while Esau & Senese (2022) concentrate on culinary tourism in wine-growing localities in southern Italy. Additionally, Phuc & Nguyen (2023) explore the significance of collaboration and emotional solidarity among residents of a city in Vietnam, and Agbaba (2022) presents a case study on tourist values within the framework of sustainable and responsible tourism.

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Branch 2. Cultural development and authenticity satisfaction

Within the pursuit of sustainability, some have found that the cultural factor is a fundamental aspect investigated from different perspectives as a driver of sustainable cultural tourism development (Worku, 2023); this includes determining specific characteristics such as the architectural aspects associated with accommodation structures and designs in ecotourism villages (Üzümoğlu & Turkan, 2022), identifying emerging archaeological attractions to plan actions and risks, providing sustainability to territories as has been the case in Peru (Payntar, 2022), analyzing the potentialities of protected areas in different countries to achieve sustainability (Trišić et al., 2022), understanding the pressures of tourism in regions (Ramani, 2022), and designing approaches that contribute to measuring sustainability and success in these destinations (Costa et al., 2021).

On the other hand, another critical factor investigated globally relates to the perspectives and degrees of satisfaction that tourists may have when visiting these areas, as well as their level of knowledge about the problems that occur in heritage areas and their willingness to pay more for sustainable destinations (Silva et al., 2021).

A relevant problem relates to interactions between tourists and street vendors, where perception is divided; some recommended designing collaboration strategies between the two actors to improve the experience of tourist sites (Giachino et al., 2022).

Regarding satisfaction level, some found that people appreciate and value the ecological, economic, and institutional sustainability of the destinations visited (Trišić et al., 2021); a study conducted on the tea route in China found that its performance was related to five dimensions and 22 specific proposed indicators, related to service quality, the environment of resources, tourist transport, tourism support facilities, and products offered, among others (Zhou et al., 2023).

Branch 3. The community's perception and its influence on development.

Within this line of knowledge, various researchers have been concerned with analyzing the social component through communities' perceptions and their influence on the development of the tourism sector; some found that cultural tourism can bring various benefits that aid the sustainability of destinations as these can drive development in small areas (Guizzardi et al., 2022), and provide holistic experiences that please visitors and provide profitability to local communities.(Boukas & Ioannou, 2020).

However, these sites' development must happen in such a way that it creates a balance in the economic, social, and environmental environment as the vulnerability of the assets is evident due to their age (Saarinen et al., 2022), which is causing social problems in developing countries.(Hosseini et al., 2021).

On the other hand, these problems' perception has been a topic of discussion and research that seeks to identify the perspectives of local visitors as a factor for sustainable development (Untoro et al., 2021), as well as specify residents' positive and negative experiences regarding the impact of the region's tourism development (Șorcaru et al., 2022) and destination management problems associated with visited monuments to generate tools for analyzing social and community management deficiencies (Crespi-Vallbona & Smith, 2020), to build cultural management plans according to each need (Zouridaki et al., 2022), remedying the deficiency of protagonism and lack of disposition towards the public (Sheresheva et al., 2020).

DISCUSSION

This study's findings reveal significant insights into sustainable tourism trends in heritage sites, highlighting the intricate interplay between local communities, cultural preservation, and tourism development; the analysis underscores the vital role of local gastronomy in enhancing tourists' experiences and promoting sustainable

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practices. As noted in the results, local food attracts tourists, supports local economies, and preserves cultural heritage (Zhang et al., 2023), which aligns with previous studies emphasizing the importance of integrating local cuisine into tourism offerings to enrich the visitor experience and foster economic sustainability (Sims, 2009).

Moreover, the study identifies a strong correlation between the preservation of cultural integrity and tourist satisfaction; results indicate that tourists increasingly seek authentic experiences that reflect the true essence of visited heritage sites (Silva et al., 2021). This finding is consistent with the literature, which suggests that authenticity is a critical factor in the success of sustainable tourism initiatives (Wang, 1999; Poria et al., 2003) ; implementing strategies that maintain and promote cultural authenticity can therefore enhance tourist satisfaction and support the long-term sustainability of heritage sites.

The involvement of local communities emerged as a fundamental element in shaping tourism dynamics; results highlight that community participation not only aids in the preservation of cultural heritage but also ensures that the benefits of tourism are equitably distributed (Guizzardi et al., 2022; Boukas & Ioannou, 2020). This aligns with the broader academic discourse, which advocates for community-centric approaches to sustainable tourism development (Rasoolimanesh & Jaafar, 2017; Su et al., 2019); policies encouraging local engagement and collaboration are essential for achieving sustainable tourism goals.

Additionally, the study points to the challenges posed by the commodification of cultural heritage; while commodification can facilitate economic exchange and tourism development, it also risks eroding the cultural and environmental significance of heritage sites (Cohen, 1988; Silberberg, 1995).

Balancing commercial interests with the need to preserve cultural integrity is crucial; strategies that mitigate the negative impacts of commodification while enhancing the positive outcomes for tourists and local communities are needed.

CONCLUSION

Researchers undertook this study with three primary objectives: to comprehensively map the scientific production regarding Sustainable Tourism, to discern the leading authors and journals in this field, and to delineate the principal applications and emerging trends within this research domain; for these aims, they meticulously analyzed 1064 records sourced from the WoS and Scopus databases spanning from 2000 to 2023. The findings presented herein offer valuable insights into the evolution and diverse research of Sustainable Tourism.

Furthermore, this exhaustive exploration unveils three fundamental pillars for nurturing sustainability within cultural heritage sites: the intricate nexus between food culture and tourism, the imperative preservation of authenticity, and the multifaceted interplay of local communities' perceptions and influences; these themes underscore the complexities inherent in sustainable tourism and illuminate pathways toward holistic preservation and community-driven development strategies.

Regarding the sustainability of tourism in cultural heritage sites, the authors mentioned in the article conclude that to achieve a balance between the social, environmental, and economic components among tourist destinations and local communities that provide different services, tailor-made tourist and cultural management plans must be designed that identify shortcomings and needs to structure mechanisms that benefit different sectors and preserve heritage areas.

However, the research has limitations, primarily associated with using only two databases for article identification and selection; additionally, articles discovered within the branches may not always align

cohesively with the research theme. Nevertheless, this document provides valuable insights for tourism specialists focusing on territorial sustainability and those addressing the social implications of tourism in areas rich in cultural heritage.

Conflict of Interest Statement

The authors of this article affirm that the information contained within the document does not influence any of the companies that collaborated with the data. Each explanation comes from the result of hermeneutic synthesis; therefore, each statement is the responsibility of the researchers.

Author Contributions

The authors of this report state that they were solely responsible for conducting the research, from its conception to the writing and structuring of this article.

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