



Traditional culinary heritage as a gastronomic tourism product related in *Sumbu Filosofi* at Yogyakarta

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Article Info:

Keywords:

Gastronomic Tourism, Heritage Area, *Sumbu Filosofi*, Traditional Culinary Heritage.

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DOI:

<https://doi.org/10.64282/phi.v3i1.115>

Received : 10-01-2026

Revised : 29-01-2026

Accepted : 03-02-2026

Published : 09-02-2026

Abstract

This study examines traditional culinary heritage in the *Sumbu Filosofi* Yogyakarta as a foundation for culture-based gastronomic tourism. A qualitative case study design was applied using observation, semi-structured interviews with culinary practitioners and tourism stakeholders, and document analysis. Data were analyzed through data reduction, data display, and interpretative conclusion drawing. The findings show that culinary heritage in the *Sumbu Filosofi* area functions not only as a consumptive product but also as a medium conveying Javanese philosophical values and spatial cosmology. Cultural narratives, heritage-based spatial settings, and experiential tourism strengthen gastronomic attractions in urban heritage contexts. This study contributes to heritage tourism and gastronomic studies by positioning culinary heritage as an integral element of philosophical heritage landscapes rather than an isolated tourism commodity. It further demonstrates that sustainable gastronomic tourism in heritage areas requires a contextual development approach that prioritizes cultural value preservation as a core strategy for destination resilience.

1. INTRODUCTION

Gastronomic tourism is increasingly recognized as a form of culture-based tourism that contributes to heritage preservation and destination identity formation. Traditional culinary heritage is therefore not merely a consumptive product, but an expression of historical, symbolic, and social values transmitted across generations. Previous studies affirm that gastronomic heritage constitutes an integral part of intangible cultural heritage and holds strategic potential as a tourism attraction that supports cultural preservation and local economic empowerment (Kalenjuk et al., 2023; Senthilkumar et al., 2024). However, international scholarship presents differing perspectives on how culinary heritage operates within tourism. Niedbala et al. (2020) emphasize traditional cuisine as a tool for strengthening destination narratives through thematic culinary routes, positioning food primarily as a medium of storytelling and destination branding. In contrast, Mo et al. (2022) conceptualize gastronomic tourism as a dramaturgical cultural performance in which food, space, and actors co-produce meaning. This divergence reveals a theoretical tension: whether culinary heritage functions mainly as a narrative device for tourism development



or as an embodied cultural performance embedded in spatial and symbolic contexts. Yet, both perspectives pay limited attention to how culinary heritage is situated within philosophically significant heritage landscapes. This gap indicates the need to examine gastronomic tourism as a spatial–philosophical cultural experience, which is addressed in the context of the *Sumbu Filosofi* Yogyakarta.

Sustainability has also become a central concern in gastronomic tourism studies, but scholars differ in their emphasis. [Kalenjuk et al. \(2024\)](#) argue that gastronomic tourism can promote cultural sustainability when preservation strategies are integrated into tourism development. Conversely, [Silva et al. \(2025\)](#) caution that without strong cultural safeguards, culinary heritage risks excessive commodification and the erosion of its social meaning. This contrast highlights an unresolved question regarding how heritage destinations balance tourism-driven economic interests with the preservation of philosophical and symbolic culinary values. In Indonesia, empirical studies confirm that traditional cuisine strengthens destination image and tourist experiences ([Kristiana et al., 2022](#); [Mau et al., 2022](#); [Putri & Amril, 2023](#)), yet these studies largely focus on perception and market potential rather than on how cuisine is embedded in cultural landscapes and spatial philosophy. Consequently, limited research has examined traditional culinary heritage within an urban heritage landscape where space, philosophy, and cuisine are inseparable. Addressing this gap, the present study investigates the role of traditional culinary heritage as a gastronomic tourism attraction within the *Sumbu Filosofi* Yogyakarta as a unified cultural and spatial system.

Yogyakarta is one of Indonesia's major cultural destinations, endowed with a rich traditional culinary heritage deeply rooted in *Keraton* traditions and the everyday life of Javanese society. The uniqueness of Yogyakarta lies in the close interrelationship between cuisine, cultural space, and the philosophical worldview of its people. This relationship is distinctly represented in the *Sumbu Filosofi* Yogyakarta, which extends from *Tugu Pal Putih* in the north to *Panggung Krapyak* in the south. This area functions not only as an urban spatial corridor, but also as a cultural landscape that reflects Javanese cosmology and philosophical values concerning the balance between humans, nature, and spirituality ([Kusumowardani, 2022](#)).

Within the *Sumbu Filosofi* landscape, traditional culinary heritage has evolved alongside social, economic, and tourism activities. The presence of traditional markets, culinary centers, and restaurants based on royal cuisine forms a unique gastronomic ecosystem. [Laksmi et al. \(2025\)](#) demonstrate that strategies for preserving royal cuisine can strengthen heritage-based gastronomic tourism attractions in Yogyakarta. Meanwhile, [Fasya & Dwiyantoro \(2024\)](#) highlight the importance of destination marketing strategies in the *Sumbu Filosofi* area, which create opportunities to integrate traditional cuisine as part of a comprehensive cultural tourism experience. Nevertheless, despite the growing body of research on gastronomic tourism and traditional cuisine, there remain limitations in studies that specifically examine traditional culinary heritage in relation to cultural landscapes and spatial philosophy within urban heritage areas. Most existing studies tend to focus on tourist perceptions, economic potential, or culinary marketing strategies, without sufficiently exploring how traditional cuisine is positioned and interpreted within culturally symbolic spaces such as the *Sumbu Filosofi* Yogyakarta.

Based on the literature review, three major research gaps can be identified. First, international studies on gastronomic heritage tend to position traditional food primarily

within the framework of sustainability and regional tourism development, while paying limited attention to its explicit relationship with cultural landscapes and the spatial philosophy of destinations. Second, national-level studies generally emphasize the potential and tourist perceptions of traditional cuisine as a tourism attraction, but remain limited in examining the holistic integration of cuisine, philosophical values, and heritage areas. Third, to date, there has been a lack of research that specifically focuses on the role of traditional culinary heritage as a gastronomic tourism attraction within the *Sumbu Filosofi* Yogyakarta as a unified cultural space recognized for its high historical and symbolic significance.

Considering these research gaps, there is a need to better understand how traditional culinary heritage is positioned and functions as a gastronomic tourism attraction within a culturally significant urban heritage area. Specifically, limited attention has been given to the forms of traditional culinary heritage that have developed in the *Sumbu Filosofi* Yogyakarta area, the ways in which this culinary heritage is packaged and presented to tourists, and the role of the *Sumbu Filosofi* Yogyakarta as a cultural landscape in shaping and supporting the development of culture-based gastronomic tourism. Addressing these issues is essential to clarify how traditional cuisine is not only consumed as a tourism product but also interpreted and experienced as part of a spatial context imbued with historical, symbolic, and philosophical meanings.

Therefore, this study seeks to address these gaps by examining traditional culinary heritage as a gastronomic tourism attraction within the context of the *Sumbu Filosofi* Yogyakarta area. This study is expected to contribute conceptually to the expansion of heritage-based gastronomic tourism studies, while also offering practical implications for the management and preservation of traditional cuisine in urban heritage areas. Based on the identified research gaps, this study aims to: (1) identify the forms of traditional culinary heritage that have developed in the *Sumbu Filosofi* Yogyakarta area; (2) analyze the ways in which traditional culinary heritage is packaged as a gastronomic tourism attraction; and (3) examine the role of the *Sumbu Filosofi* Yogyakarta area in supporting the development of culture-based gastronomic tourism.

2. THEORETICAL REVIEW

Traditional Culinary Heritage as Intangible Cultural Heritage

Traditional culinary heritage constitutes an integral component of intangible cultural heritage, representing the historical, social, and symbolic values of a society. Rather than merely reflecting patterns of food consumption, traditional cuisine embodies local knowledge systems, cultural values, and the relationship between humans, their environment, and cultural spaces. [Kalenjuk et al. \(2023\)](#) emphasize that gastronomic heritage plays a strategic role in sustaining cultural continuity while supporting sustainable regional tourism development. Similarly, [Senthilkumar et al. \(2024\)](#) highlight traditional cuisine as an important medium for preserving cultural practices and enhancing tourist engagement. Within the context of gastronomic tourism, culinary heritage functions as a marker of destination identity that distinguishes one place from another. The uniqueness of ingredients, preparation techniques, and the philosophical meanings embedded in traditional food positions it as a valuable cultural resource for the development of heritage-based gastronomic tourism attractions.

Gastronomic Tourism and Cultural Experience

Gastronomic tourism has evolved as experience-based tourism that emphasizes engagement with local culture through food. Niedbala et al. (2020) demonstrate that integrating traditional cuisine into thematic tourism routes strengthens destination narratives and enhances authenticity. However, this approach tends to frame culinary heritage primarily as a narrative instrument for destination development. By contrast, Mo et al. (2022) propose a dramaturgical perspective, positioning cuisine as part of a cultural performance involving space, actors, and symbols. These differing views reveal a theoretical tension between gastronomic tourism as destination storytelling and gastronomic tourism as embodied cultural performance. This tension suggests that understanding culinary heritage solely through narrative or performance perspectives remains incomplete without considering the cultural landscape where these processes occur. Therefore, gastronomic tourism in heritage-based destinations should be examined as an integrated experience in which cuisine, cultural narratives, and heritage spaces collectively construct meaning.

Sustainability and the Preservation of Culinary Heritage

Sustainability-oriented studies emphasize that gastronomic tourism must balance tourism development with cultural preservation. Kalenjuk et al. (2024) highlight gastronomy as a driver of tourism development yet acknowledges the necessity of safeguarding cultural authenticity. Meanwhile, Silva et al. (2025) stress that without preservation strategies centered on cultural values, culinary heritage is vulnerable to commodification and loss of socio-cultural functions. This opposing emphasis exposes a theoretical challenge: how to ensure that tourism-driven economic benefits do not overshadow the philosophical and symbolic meanings embedded in culinary heritage. Such a challenge becomes particularly relevant in heritage landscapes where cuisine is inseparable from spatial and cultural identity. Consequently, investigating gastronomic tourism within the *Sumbu Filosofi* Yogyakarta offers an opportunity to understand how culinary heritage, cultural space, and philosophical values can be integrated to support sustainable heritage-based tourism development.

Traditional Cuisine as a Tourism Attraction in Indonesia

Within the Indonesian context, numerous studies indicate that traditional cuisine holds significant potential as a gastronomic tourism attraction. Putri et al. (2023) reveal that traditional food plays an important role in strengthening tourism appeal in the city of Salatiga. Studies conducted by Mau et al. (2022) in Surabaya and Kristiana et al. (2022) in Blitar also demonstrate that tourists' positive perceptions of traditional cuisine contribute to enhanced tourism experiences and a stronger destination image. Beyond taste and uniqueness, the historical and philosophical values embedded in traditional cuisine serve as key differentiating factors that reinforce the appeal of tradition-based gastronomic tourism. These findings confirm that traditional cuisine cannot be separated from the cultural context and spatial environments in which it develops.

Heritage Areas and Gastronomic Tourism in Yogyakarta

Yogyakarta is widely recognized as a cultural destination with a rich culinary heritage deeply rooted in *Keraton* traditions and Javanese society. The close relationship between

cuisine, cultural space, and the Javanese philosophical worldview is clearly manifested in the *Sumbu Filosofi* Yogyakarta area. This area functions not only as an urban spatial corridor, but also as a cultural landscape that reflects Javanese cosmology (Kusumowardani, 2022). Within the *Sumbu Filosofi* Yogyakarta, traditional culinary heritage has developed alongside social and tourism activities. Laksmi et al. (2025) demonstrate that the preservation of royal cuisine can strengthen heritage-based gastronomic tourism attractions. Meanwhile, Fasya & Dwiyantoro (2024) emphasize that the management and marketing of the *Sumbu Filosofi* area create opportunities to integrate traditional cuisine as part of a comprehensive cultural tourism experience.

Accordingly, the study of traditional culinary heritage needs to be situated contextually within the framework of an urban heritage area such as the *Sumbu Filosofi* Yogyakarta, so that its role as a gastronomic tourism attraction is understood not merely in economic terms, but also as a representation of cultural values and spatial philosophy.



Figure 1. Conceptual framework of the study illustrating the identification and packaging of traditional culinary heritage within the heritage spatial context of the *Sumbu Filosofi* Yogyakarta, shaping culture-based gastronomic tourism development.

Conceptual Framework

The conceptual framework of this study views traditional culinary heritage as a cultural resource that functions as a primary attraction in the development of culture-based gastronomic tourism. Culinary heritage is understood through its forms and characteristics, including types of food, historical values, and the philosophical meanings embedded within them. The packaging of traditional cuisine as a tourism attraction

involves modes of presentation, cultural narratives, and its integration into tourism experiences. Furthermore, the *Sumbu Filosofi* Yogyakarta is positioned as a cultural spatial context that facilitates interactions between traditional cuisine, tourists, and the heritage landscape. The interrelationship among these elements shapes gastronomic tourism experiences that are authentic, sustainable, and rooted in local cultural identity, while simultaneously reinforcing the role of heritage areas (Rumangkit & Hadi, 2023) in the development of cultural tourism in Yogyakarta.

3. RESEARCH METHODOLOGY

This study employs a descriptive qualitative approach with a case study design to gain an in-depth understanding of the role of traditional culinary heritage as a gastronomic tourism attraction within an urban heritage context. A qualitative approach was selected because it enables the exploration of meanings, contexts, and socio-cultural processes embedded in traditional culinary practices, which cannot be adequately measured through quantitative methods (Creswell, 2018). The case study design allows the phenomenon to be examined contextually and holistically within specific spatial and temporal boundaries (Hollweck, 2015). The research was conducted in the *Sumbu Filosofi* Yogyakarta area, encompassing *Tugu Pal Putih*, *Malioboro*, *Keraton Ngayogyakarta Hadiningrat*, and *Panggung Krapyak*. This area was chosen because it represents Yogyakarta's cultural landscape, demonstrating a strong interconnection between space, philosophy, and cultural practices, including traditional culinary heritage. Data were collected through three main techniques: direct observation, semi-structured interviews, and document analysis. Direct observation was conducted to identify forms of traditional culinary heritage, patterns of culinary presentation, and their relationship with cultural spaces and tourism activities. Semi-structured interviews were carried out with 12 informants, consisting of 5 traditional culinary practitioners, 3 heritage or royal-cuisine restaurant managers, 2 heritage area or destination managers, and 2 tourism or local government stakeholders. Informants were selected using purposive sampling based on the following criteria: (1) actively involved in traditional culinary practices within the *Sumbu Filosofi* area; (2) possessing knowledge of cultural and historical meanings of local cuisine; and (3) directly engaged in tourism-related activities in the heritage area. Each interview lasted approximately 45–90 minutes, allowing in-depth exploration of participants' perspectives.

Fieldwork was conducted over a period of three months (September–November 2025), enabling sustained engagement with the research setting and ensuring contextual understanding of culinary practices and tourism dynamics. Document analysis was performed by reviewing policy documents, reports, and relevant publications related to heritage area management and traditional culinary practices, serving as supporting and comparative data for observations and interviews. Data analysis followed the qualitative stages of data reduction, data display, and interpretative conclusion drawing (Miles et al., 2014). Data were categorized according to the research focus: (1) forms of traditional culinary heritage; (2) packaging of culinary heritage as a gastronomic tourism attraction; and (3) the role of the *Sumbu Filosofi* Yogyakarta area in supporting culture-based gastronomic tourism. Data trustworthiness was ensured through source and method triangulation by comparing findings from observations, interviews, and documentation to enhance credibility and ensure accurate interpretation (Creswell, 2018; Miles et al., 2014).

4. RESULTS AND DISCUSSION

The *Sumbu Filosofi* Yogyakarta constitutes a distinctive philosophical–heritage axis that uniquely characterizes Yogyakarta’s cultural identity. Extending from *Tugu Pal Putih* in the north through Malioboro and the *Keraton Ngayogyakarta Hadiningrat* to *Panggung Krapyak* in the south, this axis represents a spatial embodiment of Javanese cosmology that reflects the balance between humans, nature, and spiritual forces (Kusumowardani, 2022). Unlike conventional heritage corridors that function primarily as physical urban spaces, the *Sumbu Filosofi* operates as a living cultural landscape in which spatial arrangements, historical narratives, and philosophical meanings are inseparably intertwined. This makes the *Sumbu Filosofi* not only a heritage site but also a cultural system that continuously shapes social practices, including traditional culinary activities.

Within this philosophical landscape, traditional culinary heritage has evolved alongside *Keraton* traditions, community life, and tourism development. Traditional markets, heritage culinary canter, and royal-cuisine restaurants located along the axis form a distinctive gastronomic ecosystem that links food practices with cultural space and symbolic meaning. Consequently, traditional cuisine in the *Sumbu Filosofi* area is not merely presented as a tourism commodity but interpreted as part of a philosophical heritage experience. This unique spatial–cultural integration positions the *Sumbu Filosofi* Yogyakarta as a critical context for examining culture-based gastronomic tourism development. The following figure illustrates the *Sumbu Filosofi* Yogyakarta. The following figure illustrates the *Sumbu Filosofi* Yogyakarta:



Figure 2. *Sumbu Filosofi* Yogyakarta

(Sumber: <https://yogya.co/entertainment/seni-budaya/9064/makna-sumbu-filosofi-yogyakarta>)

Based on the overview of the study area, the following section presents and discusses the empirical findings on how traditional culinary heritage develops and is interpreted within the cultural spatial context of the *Sumbu Filosofi* Yogyakarta. The results are organized into three interrelated themes: the forms of traditional culinary heritage found in the area, the ways in which this culinary heritage is packaged as a gastronomic tourism

attraction, and the role of the *Sumbu Filosofi* Yogyakarta as a heritage space in supporting the development of culture-based gastronomic tourism.

Forms of Traditional Culinary Heritage in the *Sumbu Filosofi* Yogyakarta Area

The findings indicate that the traditional culinary heritage developing in the *Sumbu Filosofi* Yogyakarta area is predominantly characterized by cuisines that are historically and philosophically connected to *Keraton* traditions and the everyday life of Javanese society. This culinary heritage is found along the entire span of the philosophical axis, extending from *Tugu Pal Putih* in the northern part of the city, passing through the Malioboro area and the *Keraton Ngayogyakarta Hadiningrat*, and continuing southward to *Panggung Krapyak*. The forms of traditional culinary heritage include main dishes, traditional snacks, and traditional beverages that develop across various points of social and tourism activities along this axis. Foods such as *gudeg*, *kipo*, *geplak*, and *jadah tempe* represent culinary practices rooted in everyday community life that have gradually evolved into markers of Yogyakarta's culinary identity. Meanwhile, traditional beverages such as *wedang ronde* and various types of *jamu* continue to be actively consumed and traded as part of local consumption traditions throughout the *Sumbu Filosofi* area.

Beyond their material form, the findings demonstrate that traditional culinary heritage in this area is deeply embedded with symbolic meanings. Culinary practices are shaped not only by ingredients and preparation techniques, but also by philosophical values such as balance of taste, simplicity, and harmony between humans and nature. These values reflect the Javanese worldview that positions food as part of an ethical system and cosmological order. Such characteristics reinforce the view that traditional cuisine constitutes an integral component of intangible cultural heritage, containing collective memory, value systems, and local identity, as emphasized by [Kalenjuk et al. \(2023\)](#) and [Senthilkumar et al. \(2024\)](#).

Empirical findings further indicate that the symbolic dimension of traditional cuisine plays a significant role in shaping tourist interest. As expressed by local culinary practitioners, the appeal of traditional food lies not only in its taste, but also in the cultural narratives attached to it. A traditional culinary practitioner in the *Sumbu Filosofi* Yogyakarta area stated:

"Many tourists come not only to eat, but also to learn about the meanings behind the food they try. Stories about the origins and philosophical values of the dishes make them more interested and appreciative of our cuisine."

This finding aligns with previous studies that position culinary heritage as a narrative medium for conveying cultural meanings to tourists, thereby transforming food consumption from a purely functional activity into a meaningful cultural experience.

From a tourism perspective, these findings indicate that traditional culinary heritage functions as a key differentiating factor that distinguishes the *Sumbu Filosofi* Yogyakarta area from other urban culinary destinations. Traditional cuisine serves as a cultural interface that connects tourists with Javanese history, philosophy, and cosmology. Thus, food is not merely presented as a tourism product, but also as an interpretative medium that enriches culture-based gastronomic tourism experiences. These findings support the theoretical view that the development of gastronomic tourism is more effective when

culinary practices are contextually embedded within cultural spaces and heritage landscapes, allowing tourists to engage with local identity in a more holistic and reflective manner.

Theoretically, these findings reinforce the perspective that culinary heritage operates not only as an element of intangible cultural heritage but also as a spatial–philosophical cultural practice embedded in heritage landscapes. This supports the argument of [Mo et al. \(2022\)](#) that gastronomic tourism functions as an embodied cultural performance, while extending [Niedbala et al. \(2020\)](#) narrative approach by demonstrating that culinary storytelling in the *Sumbu Filosofi* is inseparable from its philosophical spatial context. Consequently, the *Sumbu Filosofi* contributes theoretically by positioning gastronomic tourism as a cultural experience shaped simultaneously by food, heritage space, and philosophical meaning rather than by culinary products alone.

Packaging of Traditional Culinary Heritage as a Gastronomic Tourism Attraction

The findings indicate that the packaging of traditional culinary heritage in the *Sumbu Filosofi Yogyakarta* is carried out through a combination of product presentation, cultural narratives, and the utilization of heritage spaces. This suggests that traditional cuisine is not positioned merely as a consumptive tourism commodity, but rather as a medium for contextual cultural experiences. The packaging process involves storytelling related to the origins of the food, its connections to *Keraton* traditions, and the emphasis on the philosophical values embedded in each dish. Accordingly, culinary packaging practices in this area reflect deliberate efforts to maintain the interconnection between food, history, and the Javanese cultural meaning system.

Culinary packaging is also manifested in the selection and use of serving spaces, such as traditional markets, heritage pedestrian areas along Malioboro, and restaurants that adopt Javanese cultural concepts. These spaces function not only as sites of consumption, but also as cultural stages that shape gastronomic tourism experiences in narrative and symbolic ways. Interactions among tourists, culinary practitioners, and the heritage environment generate experiences that go beyond sensory taste, evolving into interpretative experiences that link food with space and cultural identity. These findings reinforce the dramaturgical approach to gastronomic tourism proposed by [Mo et al. \(2022\)](#), which conceptualizes cuisine as part of a cultural performance involving actors, spaces, and symbols in an integrated manner.

The narrative dimension of culinary packaging is further emphasized by traditional culinary entrepreneurs associated with *Keraton* culture. A manager of *Gadri Resto* stated:

“The dishes we serve are not only about taste, but also about Keraton stories and philosophy. Tourists are usually more interested when they understand the meanings behind the food they eat and its connection to Yogyakarta’s traditions and history.”

This statement demonstrates that cultural narratives constitute a key element in generating added value for traditional cuisine as a gastronomic tourism attraction. It aligns with perspectives suggesting that story and meaning-based culinary packaging enhances tourist engagement and deepens tourism experiences, not only at the level of consumption but also at the level of cultural understanding.

Nevertheless, this study also identifies challenges in the packaging of traditional culinary heritage, particularly the risk of simplifying cultural meanings to meet tourism market demands. Some packaging practices tend to emphasize visual and commercial aspects, while philosophical narratives and cultural contexts are not always conveyed in depth. This condition reflects an inherent tension between economic orientation and cultural value preservation in the development of gastronomic tourism. The findings support the argument of [Silva et al. \(2025\)](#) who assert that without preservation strategies centered on cultural values, gastronomic heritage is vulnerable to excessive commodification, potentially undermining its authenticity and social functions. Therefore, the packaging of traditional cuisine in heritage areas such as the *Sumbu Filosofi* Yogyakarta must be managed critically and contextually to maintain a balance between tourism appeal and cultural sustainability.

This study extends current theoretical perspectives by showing that culinary packaging in the *Sumbu Filosofi* operates not only as a marketing strategy but as a spatial-cultural mechanism through which gastronomic tourism experiences are constructed. This extends [Mo et al. \(2022\)](#) dramaturgical framework by demonstrating that cultural performance in gastronomic tourism is inseparable from philosophically significant heritage spaces. At the same time, the identified tension between commercialization and cultural preservation provides empirical support for sustainability-oriented heritage tourism theories, confirming that gastronomic tourism in philosophical-heritage landscapes require governance approaches that protect cultural meaning while enabling tourism development.

The Role of the *Sumbu Filosofi* Yogyakarta Area in the Development of Culture-Based Gastronomic Tourism

The *Sumbu Filosofi Yogyakarta* plays a strategic role as a cultural spatial context that actively supports the development of culture-based gastronomic tourism. The findings indicate that the character of the area as a heritage landscape not only provides a physical setting for culinary activities, but also offers strong cultural legitimacy that reinforces the position of traditional culinary heritage as an integral part of Yogyakarta's identity. The existence of this axis creates historical and symbolic continuity that shapes the spatial atmosphere, ensuring that gastronomic tourism experiences are not isolated activities but are closely tied to the spatial meanings and philosophical values embedded in the area.

Analytically, the role of the *Sumbu Filosofi* Yogyakarta can be understood through three interrelated dimensions. First, as a symbolic space, the area provides a philosophical framework that deepens culinary consumption experiences. Eating activities are not perceived merely as acts of consumption, but as part of Javanese cosmological narratives that emphasize balance, harmony, and cosmic order. In this context, traditional cuisine functions as a symbolic medium that connects tourists with the philosophical values embedded in the cultural landscape of the *Sumbu Filosofi*.

Second, as a social space, the area serves as an arena for interaction between tourists, culinary practitioners, and local communities. These interactions enable the exchange of meanings and cultural experiences, in which traditional cuisine becomes a medium of cross-cultural communication. The findings suggest that gastronomic tourism in heritage areas generates not only individual experiences, but also social relationships that strengthen the collective interpretation of traditional cuisine as a living cultural heritage.

Third, as an economic-cultural space, the *Sumbu Filosofi* Yogyakarta facilitates the integration of tourism-related economic activities with cultural preservation efforts. The presence of traditional markets, heritage pedestrian zones, and restaurants based on Javanese cultural concepts illustrates how economic interests can coexist with the safeguarding of cultural values. Nevertheless, such integration requires culturally sensitive management to ensure that economic orientation does not dominate and obscure the symbolic meanings of traditional cuisine.

The role of the area as an interpretative space is also acknowledged by tourism stakeholders. A cultural destination manager in the *Sumbu Filosofi* area stated:

“Visitors who come to this area usually do not only want to stroll around, but also to experience the atmosphere and stories of Yogyakarta. Culinary experiences become an important part of that experience because they are integrated with the space and its history.”

This statement underscores that the *Sumbu Filosofi* functions as a medium of cultural interpretation, where space, cuisine, and historical narratives are interwoven to shape meaningful gastronomic tourism experiences. These findings are consistent with previous studies by [Laksmi et al. \(2025\)](#) and by [Fasya & Dwiyantoro \(2024\)](#), which emphasize the importance of integrating heritage spaces with the development of culture-based gastronomic tourism.

Accordingly, the *Sumbu Filosofi* Yogyakarta cannot be understood merely as a location for tourism activities, but rather as an active element that shapes meaning, experience, and the sustainability of gastronomic tourism. The development of gastronomic tourism in this area requires a contextual and reflective approach that positions the heritage area as a center of cultural interpretation. Such an approach is crucial to ensure that tourism development is oriented not only toward increasing visitor numbers, but also toward preserving cultural values and strengthening Yogyakarta’s local identity in a sustainable manner.

Taken together, these findings contribute to heritage tourism and gastronomic studies by demonstrating that heritage-based gastronomic tourism is co-produced through the interaction of cuisine, cultural space, and philosophical meaning. This study extends heritage landscape theories by showing that the *Sumbu Filosofi* functions not merely as a physical heritage corridor, but as a spatial-interpretative system that shapes how gastronomic tourism is experienced and understood. It further advances gastronomic studies by conceptualizing traditional cuisine not simply as a tourism product or cultural performance, but as a spatial-cultural practice embedded in philosophical heritage systems. Moreover, this study contributes to sustainability-oriented tourism frameworks by providing empirical evidence that preserving cultural values and spatial meanings is essential for maintaining authenticity and long-term resilience of gastronomic tourism in heritage cities.

5. CONCLUSION AND RECOMMENDATIONS

Conclusion

This study demonstrates that traditional culinary heritage in the *Sumbu Filosofi* Yogyakarta has evolved as a cultural practice historically, philosophically, and symbolically connected to *Keraton* traditions and Javanese everyday life. Culinary heritage in this area encompasses not only traditional foods and beverages, but also cultural values and meanings transmitted across generations, affirming its position as living intangible cultural heritage. The packaging of culinary heritage as a gastronomic tourism attraction is achieved through the integration of product presentation, cultural narratives, and heritage spaces, positioning cuisine as a contextual cultural experience rather than merely a consumptive tourism product. At the same time, the study identifies challenges related to the simplification of cultural meanings driven by commercial orientations, which may threaten the authenticity of traditional cuisine. The *Sumbu Filosofi* Yogyakarta functions as a symbolic, social, and economic-cultural space that actively shapes the meaning and sustainability of gastronomic tourism experiences. These findings confirm that gastronomic tourism in heritage areas should position cultural space as a center of interpretation rather than merely a site of tourism activities.

This study contributes to heritage tourism studies by demonstrating that heritage-based gastronomic tourism is co-produced through the interaction of culinary practices, cultural narratives, and philosophically significant heritage landscapes. It advances gastronomic studies by conceptualizing traditional cuisine not only as a tourism product or cultural performance, but as a spatial-cultural practice embedded in philosophical heritage systems. Furthermore, it extends sustainability-oriented tourism frameworks by providing evidence that preserving cultural values and spatial meanings is essential to maintaining authenticity and long-term resilience of gastronomic tourism in heritage cities.

Recommendations

Based on the findings, several action-oriented recommendations are proposed. First, heritage area managers and culinary practitioners in the *Sumbu Filosofi* Yogyakarta should strengthen cultural interpretation in culinary packaging by integrating food narratives, philosophical meanings, and historical storytelling into menus, visitor guides, and digital media platforms. This will ensure that gastronomic tourism experiences are not limited to visual and commercial appeal but also provide educational and cultural value. Second, local government and tourism authorities should establish collaborative governance mechanisms involving heritage managers, culinary entrepreneurs, and cultural institutions to balance tourism-driven economic development with the safeguarding of cultural authenticity. This may include cultural interpretation training for culinary practitioners and certification schemes for heritage-based culinary businesses.

Third, heritage destination managers should develop structured experiential programs such as guided culinary heritage trails, storytelling-based dining experiences, and interactive cultural workshops to enhance visitor engagement with the philosophical heritage of the *Sumbu Filosofi*. For future research, comparative studies across different heritage cities or participatory approaches involving tourists and local communities are recommended to further explore how culinary heritage contributes to sustainable heritage-based tourism development.

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