Eskişehir's gastronomy businesses walking routes[1]

Ebru Zencir Çiftçi[a*]

[a] Anadolu University, Türkiye,
ORCID: 0000-0001-6668-9961 / e-mail: ezencir@anadolu.edu.tr

ABSTRACT

At present, when tourism activities are differentiated and diversified in line with the demands and needs of people, there is a need for destinations and different routes that can meet these expectations and respond to current tourism demands. Although route identification studies are increasing daily in line with the need, no systematic studies exist. From this point of view, this study aims to create specific gastronomy routes in Eskişehir using a systematic approach. For this purpose, a multi-layered research was conducted. In the research, which was designed in a mixed design, the Delphi technique, focus group interviews, interviews including experts and businesses, and mapping were carried out in the last stage. For this purpose, the Delphi results were evaluated with descriptive statistics, and the data obtained from focus group discussions with expert participants and stakeholders representing different groups were evaluated using content analysis. It is thought that the walking routes proposed as a result of the research will contribute to the tourism activities in the city and will provide a source for similar studies in other destinations with the model proposed.

INTRODUCTION

Today, tourism activities have spread to different areas and diversified within the scope of special interest. While the classical understanding of vacation in the sea-sand-sun triangle continues, new vacation concepts and destinations are rising in tourism activities. In particular, routes created according to different interest groups are attracting interest from a wider audience. Routes that have been realized for years within the scope of traditional cultural tours are now being created for different interest groups. Thus, alternative tourism routes have started to emerge. Gastronomy routes are one of them. Gastronomy routes bring together gastronomic values and offer them to visitors. For this reason, gastronomy routes to be created provide the productization and promotion of the gastronomic values of destinations and thus increase the competitiveness of the destination in the tourism industry. The competitiveness of a destination in tourism is affected by how it presents its values as a product to visitors. For this reason, destinations transform their values and attractions into defined products. Today, the gastronomy of a destination is recognized by visitors as an important attraction element. Gastronomic attractions cover a wide range of areas, such as the food culture of that region, recipes, gastronomy businesses, agricultural products grown, and geographically marked products. In this respect, identifying all the attractions in a destination and turning them into products is important.

Different dynamics can be influential when creating routes for special interest groups in a region. Tourist typology, the socio-cultural structure of the region, the size of the city, transportation facilities, etc., can create differences in route creation. Especially in destinations new to tourism activities, routes are created based on popular places and businesses. On the other hand, different searches begin to emerge in destinations where tourism has become one of the important economic elements of the city or region. At this point, creating "special" routes for different destinations and special interest groups with a "systematic" method is important. From this point of view, this study aims to create walking routes according to the themes of gastronomy establishments operating in the Eskişehir sample. Thus, it will be possible to reveal the gastronomic aspect of Eskişehir, whose tourism potential is growing daily, and various routes suitable for different tastes will be provided. In addition, alternatives to different accommodation times and different routes will be created. With the creation of gastronomy routes, the gastronomic identity of the regions will be highlighted, the gastronomic potential of the province will be recognized, and it will be a reference source in the development of gastronomy tourism. The routes to be prepared with a thematic approach will mainly have the feature of responding to different tourist expectations. The preparation of gastronomy routes is also important in terms of developing and enriching the gastronomic culture of the city. In this study, the routes will be prepared based on the structure of the city, courtesy of expert opinion and the Delphi technique, which will bring together the strong features of Eskişehir. The study also differs from the literature in terms of using different scientific methods and creating themes.

RELATED LITERATURE

Adapting to the changing understanding of consumption is of great importance in the tourism sector, as in every sector. Especially the interest in alternative tourism areas, such as gastronomy tourism, is increasing daily (Barros et al., 2008; Harrington & Ottenbacher, 2010). Gastronomy tourism is a relatively new concept for tourism. Countries that want to increase their tourism revenues should make good use of the potential of this new and popular concept, such as gastronomy tourism (Sarıışık & Özbay, 2015). Gastronomy tourism has emerged as eating and drinking have gone beyond satisfying physiological needs and have become a search for different, new, or better flavors (Scarpato, 2002). In short, gastronomy tourism is the realization of tourism activities by tourists for eating and drinking.

Gastronomy tourism can be carried out to a single destination or in the form of gastronomy tours that include many destinations through gastronomy routes. For this reason, the interest in gastronomy routes has increased along with the interest in gastronomy tourism. An example is the growing interest in wine routes (Bruwer, 2003; Ergüven, 2015). In order to realize gastronomy tours, gastronomy routes are needed. Although gastronomy routes have been studied in the literature for many years, the interest in the tourism market is increasing rapidly. Arts and

gastronomy constitute one of the four important reasons for European tourism movements (Gheorghe et al., 2014). Developments in the consumption consciousness of travelers can explain this trend. Today, while some tourists are still oriented towards the former type of tourism activities, a significant portion have different expectations and searches.

Creating routes is one of the most important factors in ensuring sustainability in the tourism sector (Lourens, 2007). Gastronomy routes also contribute to sustainability. Gastronomy heritage tourism routes have started to be used in tourism models. In this context, routes can be organized according to various areas of gastronomy, such as gastronomy festivals, products, traditional techniques, and business routes. (Espinosa et al., 2022).

The concept of gastronomy routes created to highlight the gastronomic elements of a destination is realized through gastronomy tours to that region. In this context, gastronomy tours can be defined as 'tours where destinations provide tourists with an experience in all aspects of gastronomy.' This experience can be product-based or in every area where local cuisine culture is introduced. For example, the way of service, the ambiance and decor of the environment, etc., are among the experiences that gastronomy tours aim to offer tourists. Gastronomy tours contribute to cultural sustainability, generate economic development, and are usually organized through travel agencies (Başoda et al., 2018). Gastronomy routes may be designed as tour programs according to location and time intervals (Vorasiha, 2018), or they may be designed according to digital environments such as android applications with the development of today's technological possibilities and changing consumer expectations (Turgarini et al., 2021).

Routes are predetermined routes that enable tourists to engage in tourism activities on foot, by horse, or by various motorized vehicles in destinations with natural or cultural attractions (Silbergh et al., 1994). Routes in tourism are divided into two categories: themed and product-based (Rogerson, 2007). Gastronomy routes fall within the scope of themed routes together with cultural routes, nature routes, etc. Product-based routes focus on individual products at the destination. Wine routes or cheese routes are examples of product-based routes (Lourens, 2007). It is seen that gastronomy falls within the scope of both themed and product-based routes.

By linking independent destinations with each other, routes help to attract attention to destinations that have not attracted attention or have received little attention before. In this way, gastronomy routes also enable the discovery of hidden gastronomic elements. Routes become a guide for tourists to choose various activities (Kervankıran & Çuhadar, 2014). They benefit from destination marketing, destination image, and destination promotion. Durlu Özkaya and Kaya (2021) mentioned the importance of creating routes for gastronomy tours for the tourism sector in their study. They mentioned that these routes create easy access to regions rich in gastronomic elements. In addition, gastronomy routes allow tourists to carry out their individual or group tourism activities independently without needing tours. In this way, tourists can discover an unfamiliar region on their own.

Many different routes are discussed when the literature on gastronomy routes is examined. Gastronomy routes are generally created for gastronomic products. The most common routes are wine routes, yet cheese, beer, olive, and olive oil routes are also common. Among the most successful gastronomy routes are wine routes in North America, Europe, and Australia (Telfer, 2001). Another example of a successful route is the Bregenzerwald cheese route in Austria (Bregenzerwald, 2020).

Looking at how gastronomy routes are applied, it is seen that they are applied within the scope of gastronomy tours. An example of a gastronomy tour using gastronomy routes worldwide is the Barcelona gastronomy tour, where local foods are tasted (Devour Barcelona Food Tours, 2020). Other examples include the Berlin gastronomy tour (Berlin Food Stories, 2020), where local food is tasted; the Porto gastronomy tour (Taste Port, 2020), where tour guides accompany tourists; and the Naples gastronomy tour (Culinary Backstreets, 2020), where local products are sold and alcohol is tasted. The duration of these tours varies between 3-6 hours on average, depending on the length of the route and the number of establishments on the route. Gastronomy tours in Turkey, on the other hand, usually last for a few days with accommodation facilities. An example of a gastronomy tour in Turkey is the Western Black Sea gastronomy tour. Compared to

gastronomy tours in Europe, the Western Black Sea gastronomy tour takes three days as it covers several cities instead of being within walking distance (Jolly Tour, 2020).

While scientific studies on the subject gain importance, it is noteworthy that there are some inadequacies in the sector. It is seen that travel agencies organizing gastronomy tours in Turkey do not have sufficient knowledge about gastronomy tours (Yücel Güngör et al., 2021). For this reason, it can be said that it is of great importance to create gastronomy routes and provide these routes with the opportunity to be used in gastronomy tours. A well-established gastronomy route has the potential to provide significant benefits to people and institutions, such as tourist guides, travel agencies, etc., that carry out gastronomy tours. In addition, gastronomy routes have the potential to provide significant benefits to the selected destinations and, thus, to the local economy.

METHOD

The study adopted a mixed research approach. Accordingly, it plans to use different research designs that include philosophical assumptions and theoretical frameworks. Since the subject may include regional differences, it is planned to examine the case of Eskişehir.

Research Area

Eskişehir is one of the interesting destinations in the new vacation concept. Many tourists visit Eskişehir for a day trip or with accommodation, as it evokes the concept of "modern city" and "urbanism." Gastronomy, a part of culture, is one of the issues that should be emphasized in the city where more culture-oriented trips are made.

There are numerous food and beverage establishments that are important representatives of gastronomy in Eskişehir. These businesses serve in various areas, such as artisan restaurants, a la carte restaurants offering world cuisine, ready-to-eat caterers, taverns, and local caterers. In the touristic sense, a few businesses stand out with various advertising and promotional activities. However, the ability of these businesses to represent Eskişehir's gastronomic identity is debatable.

The food and beverage business in Eskişehir dates back quite a few years. Eskisehir, frequently brought to the agenda, especially with city tourism, became an important destination in 2000 and after. Historical Odunpazarı Houses, Porsuk Stream, City Park, Sazova Science, Art and Culture Park, and museums such as Yılmaz Büyükerşen Wax Sculptures Museum, Kurtuluş Museum, Meerschaum Museum, Contemporary Glass Arts Museum, Eskişehir Eti Archeology Museum, Yunus Emre Museum have been effective in positioning the city's image in a very good place (Aydın, 2016). In addition, transportation facilities in the city have also contributed to the development of tourism activities. The fact that Eskişehir was selected as the Cultural Capital of the Turkish World in 2013 was another factor that positively affected tourism (Eskişehir Provincial Directorate of Culture and Tourism, 2019).

The gastronomy establishments of Eskişehir province are the subject of the study. The habit of eating out in Eskişehir dates back to the first years of the Republic. Eskişehir's gastronomic culture, shaped by the influence of historical civilizations and migrations, shows richness, especially regarding social life. In addition, while the universities developed in the last 50 years have increased the need for eating out, it has also led to the development of food and beverage establishments in Eskişehir and increased their diversity. In this study, food and beverage establishments, which have an important place in the gastronomic values of a destination, are included. Food and beverage establishments are classified according to their themes and characteristics, and routes are planned to connect them, especially within walking distance.

Research Questions and Data Collection Techniques to be Used

The research questions were used to decide on the design. The study has three main questions.

Question 1: According to which themes should the walking routes of gastronomy establishments in Eskişehir be based?

Question 2: Which criteria should be used to evaluate gastronomy establishments in creating a route in Eskişehir province?

Question 3: Which businesses in Eskişehir province should be included in the gastronomy route?

In line with these fundamental questions, using more than one technique in the research was found appropriate. In the realization of the research, the following method steps were applied respectively:

- Delphi study
- Focus group interview
- Evaluation and compile a list
- Interviews with business officials
- Mapping

Since the Delphi technique is based on the principle of creating new question forms according to the steps within itself, the researchers deemed it appropriate to explain the research method used in the findings section. Since the focus group interview, which constituted the second part of the study, and the expert interviews, which constituted the third part, were also structured based on the Delphi results, explanations regarding these methods are also given below.

FINDINGS

A complex structure emerges since more than one data collection and analysis technique was used in the research. For this reason, the findings are presented in the same flow with the method steps used to better comprehend the research process and results in this part of the study.

Delphi Study: Rand developed and used the Delphi technique to collect expert opinions (Dalkey & Helmer, 1963). The aim of developing the Delphi study was to obtain the consensus of a group of experts in the most reliable way. The technique is based on confidentiality, repetition, controlled feedback, and statistical analysis (Nevo & Chan, 2007). It is a technique used in many fields, such as articles, economic research, technology forecasting, new trend research, etc. (Lindstone & Turoff, 2002). According to Linstone and Turoff (2002), the Delphi technique is used when there is a problem that is difficult to solve with analytical techniques but can be solved by collecting subjective judgments when individuals who do not have sufficient communication history need to contribute to the examination of a large or complex problem according to their expertise and experience when a large number of people who are thought to be more effective than face-to-face communication are needed when it is not possible to hold frequent group meetings in terms of time and cost. It is a method frequently used when the effectiveness of face-to-face interviews is desired to be increased with an additional group communication process when it is desired to protect the confidentiality of the participating experts and the communication process from being through a referee due to serious disagreements between individuals or political contradictions, and when it is desired to protect the heterogeneity of the participating experts by eliminating the effects such as majority and personal powers to ensure the validity of the results (Şengür, 2010). In this study, the Delphi technique was preferred, considering the necessity to scientifically evaluate subjective judgments in Eskişehir and the possibility that face-to-face interviews may interrupt the process due to the nature of the stakeholders. In the research, data was collected from the managers and owners of restaurants, artisan restaurants, taverns, bars, entertainment venues, patisseries, and coffee shops, as well as from the Chamber of Tradesmen and Craftsmen, Chamber of Restaurateurs, relevant officials from Eskişehir Metropolitan Municipality, Tepebaşı Municipality, Odunpazarı Municipality, and academicians. Thus, in Delphi, the need for experts to represent different groups of participants was ensured. In practice, 20 to 30 participants are considered sufficient (Aydın, 1999). Within the scope of the research, at least one representative was selected from each stakeholder group, and individuals who could represent the views of these groups were selected as participants. In the research, Delfi was planned to be divided into three rounds. The Delphi rounds were conducted face-to-face, through online services (zoom), and via e-mail (third round). Data were collected from 20 experts from the beginning to the end of the Delphi. In the first round, the first two main questions of the research were communicated to the participants in open-ended form. Two topics

(themes and criteria) were evaluated separately in the rounds. At the end of the first round, transcriptions were made. Content analysis was applied to the data obtained in the first round. Analyses were reported, and a new questionnaire was created for the second round. The third-round questionnaire form was created by applying simple statistics (frequency, percentage, 1st quartile, 3rd quartile, mean, and standard deviation) to the data obtained at the end of the second round. The same statistics were applied to the data obtained at the end of the third round, and theme and criteria lists were created. The theme list is given in Table 1, and the criteria list is in Table 2. These lists were then used in the focus group interview, which was the next stage of the research.

Table 1
Route Alternatives in Different Themes

Theme	1st Q	Med.	3rd Q
Breakfast route	3	5,5	7
Lunch route	5,25	7	7
Dinner route	4,25	5,5	7
Domestic product route	3,25	5,5	6,75
Local food route	4	7	7
Eskisehir cuisine	1,25	7	7
World cuisine	3	4	5
Regional cuisine	1	3,5	5
Healthy nutrition in local dishes	1,25	3,5	4,75
Light calories for young people	1	2,5	4,75
Historic restaurants	1,25	5	7
Geographically marked products	3,5	6	7
Çibörek	5	7	7
Migration cuisine (Crimean-Tatar, Balkan, Caucasian)	5	7	7
Soup	1,25	3	3,75
Fast food	1,25	4	6
Dessert establishments	2,5	6	7
Phrygian cuisine	1,5	5	7
Tavern	4	5	6
University (dishes made by gastronomy students)	1	3	4,75
Balaban	4,25	5,5	7
Third-generation coffee shop	4	5	6
Artisan shops (e.g., met halva, boza)	6	7	7
Forgotten products	2	5,5	7
Drinking places	2,25	5	5,75
Nostalgic places	3,5	6	6,75
40 years of business	4,5	6,5	7
From appetizer to dessert (e.g., soup in one restaurant, main course in another)	1	3	6

Table 2

Criteria to be Considered in Route Determination

Criteria	1st Q	Med.	3rd Q
Suitable for the social structure of the region	5,25	7	7
A service for everyone	4	5,5	7
Offering dishes that highlight the agricultural criteria of the region	4,5	6	7
Serving forgotten dishes	5	6	7
Serving dishes made in home kitchens	1,75	5	6,75
Using local seeds	3,25	5	7
Highly rated	5	6	7
Big	4	5	6,75
Sterile	6	7	7
Decent	6	7	7
Easy to reach	6	6	7
High level of staff training	6	7	7
Reflecting Eskişehir culture with its atmosphere	6	7	7
History	5,25	6,5	7
Good customer reviews	5	6,5	7
Affordable	1,75	5,5	7
What the locals like	5	6	7
Using traditional products and methods	5	6,5	7
Will meet tourists' expectations	6	7	7
With a story	6	7	7
Serving local dishes	5,25	7	7
Staff who can tell the stories of the dishes	6,25	7	7
According to the distance of businesses (the route should not be too long)	1,75	6	7
Quality service	6	7	7
Caring and knowledgeable staff (who can describe the dishes)	6	7	7
Knowledge of foreign languages in the business (staff or menu items written in a foreign language)	6	6,5	7
Price/quality balance	6	7	7
Authentic	4,25	6	6,75
Boutique	4	5	6,75
Peaceful and comfortable physical space	6	7	7
The behavior of the staff is decent	4,25	7	7
Serving delicious food	6,25	7	7
Ethnic	4	6	6
A la carte/fine dining (in response to fast food)	3,25	5	6
Famous (old, known)	5,25	6	7
Permanent/likely to be permanent (less likely to close)	3,75	6	7
Clean	7	7	7
Using healthy products	7	7	7
Trained staff	6,25	7	7
With friendly staff	6,25	7	7
Stylish	2,25	6	7
Sufficient number of staff	6	7	7
Short service time	2,75	6	6,75
Early service	1,75	5,5	6,75
Non-industrial (must rely on human labor)	1,5	4,5	6
Focusing on only one product (specialization)	1,5	5	6,75
Local food presentations	2,25	7	7

Focus Group Interview: In addition to the Delphi technique, focus group interviews were conducted to answer the first and second questions of the research. In focus group interviews, a group of people with certain characteristics on a specific topic are brought together, and a one-to-one mutual discussion environment is provided to reach a common conclusion on the subject (Kozak, 2015). Researchers use different numbers to express the ideal group size for a healthy interview. In their study evaluating focus groups, Çokluk et al. (2011) stated that researchers generally define groups of 4 to 10 people as ideal. In interviews with more than 10 participants, it is thought that group dynamics may be negatively affected. Voluntary representatives of the participants of the Delphi study and researchers were preferred for the focus group interviews. At this stage, the focus group interview was conducted with the participation of four people. The interviews were conducted on 05.10.2023 at the Faculty of Tourism and lasted 92 minutes in total. Six themes and 17 criteria were identified as a result of the interviews. The finalized themes and criteria are given in Table 3.

Table 3
Themes and Criteria Determined for Eskişehir Gastronomy Routes

Themes	Criteria
Old (nostalgic/historical) restaurants	Sterile
Artisan restaurant	Decent
Immigrant cuisine	Reflecting Eskişehir culture with its atmosphere
Dessert (as a business)	Will meet tourists' expectations
Gastronomic product	With a story
Student /for young people	Staff who can tell the stories of the dishes
	Quality service
	Caring and knowledgeable staff (who can describe the dishes)
	Price/quality balance
	Peaceful and comfortable physical space
	Serving delicious food
	Clean
	Using healthy products
	Trained staff
	With friendly staff
	Sufficient number of staff
	Close to tourist attractions

Evaluation and List Formation: At this stage, the expertise of sector representatives was consulted. First, an enterprise expert opinion form was created using the themes and criteria finalized in the focus group interview. Then, in-depth interviews were conducted with six experts between 01.11.2023 and 30.12.2023. As a result of the interviews, 25 businesses were listed on the historical-nostalgic route, 21 on the artisan restaurant route, 13 on the immigrant cuisine route, 12 on the dessert route, 15 on the gastronomic product route, and 19 on the student (young) route.

Interviews with Business Officials: To avoid the inability to reach the enterprises in the draft list decided as a result of the interviews, professional chambers and people with a good command of the sector were selected for the interviews. Thus, if there were businesses that were closed or suspended their activities, they were not included in the list even if they met the criteria. Considering the intensity of the sector and working hours, interviews with the authorities should be conducted following the interviewee's schedule. For this reason, appointments were made with the enterprises, and interviews were conducted with each enterprise official individually. Enterprise interviews could be completed on 25.03.2024 due to sectoral intensity. The number of businesses that could be reached, whose approval was obtained and included in the map is as follows: 6 businesses on the historical-nostalgic route, 7 on the artisan restaurant route, 4 on the

immigrant cuisine route, 4 on the dessert route, 7 on the gastronomic product route, 8 on the student (young) route.

Mapping: A preliminary feasibility study was conducted to create the routes. Thus, the applicability, walkability, or accessibility of each route, the problems that may be experienced on the route, the density of the route, etc., were clarified. In the mapping phase, the location information of the businesses that want to participate in the gastronomy route to be created was obtained during the interviews. Thematic routes were created with geographical information systems (GIS) in line with the business's location information. Thematic routes were obtained using the ArcMap interface of the ArcGIS 10.8 program. For this purpose, first of all, location information was categorized according to the determined themes and digitized. Databases were created for processing in GIS through MS Office Package Program Excel. Then, thematic routes were obtained by extracting the data suitable for the routes to be created with the ArcMap interface of the ArcGIS program from the database.

Location information of the establishments wishing to participate in the gastronomy route within the scope of the study was obtained during the interviews. The thematic routes created using Geographical Information Systems (GIS) in line with the location information of the businesses are presented below.
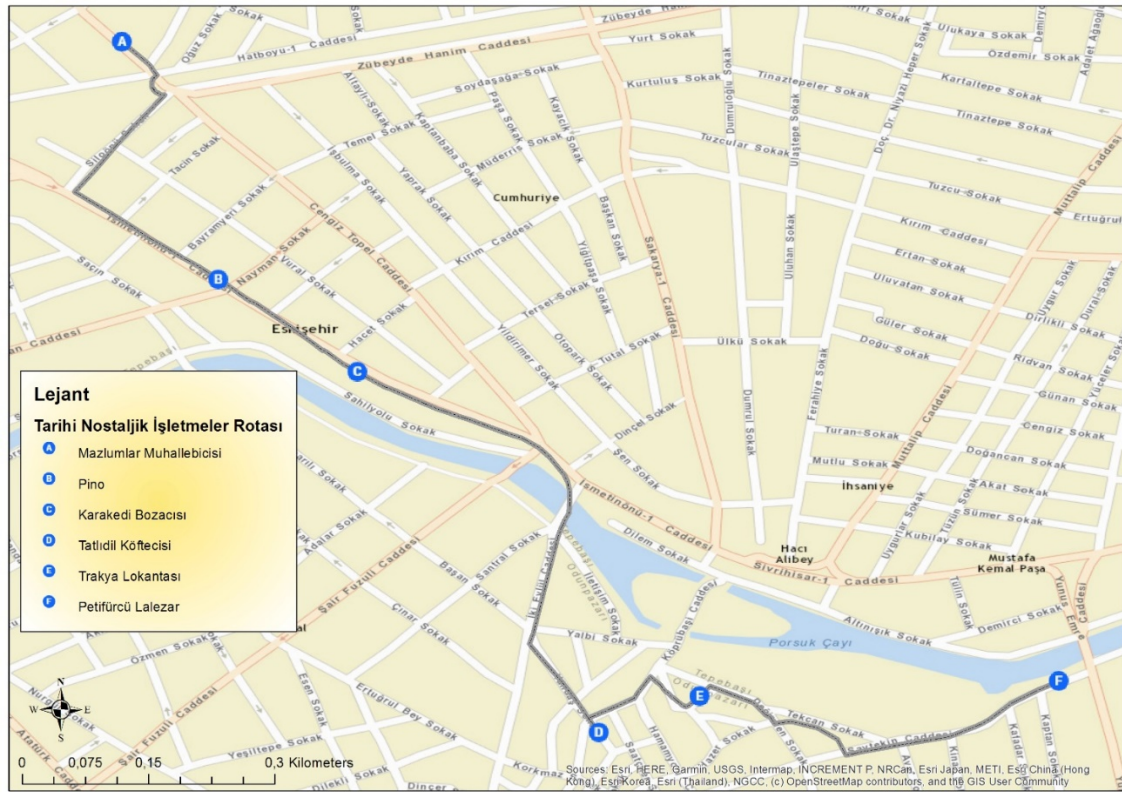

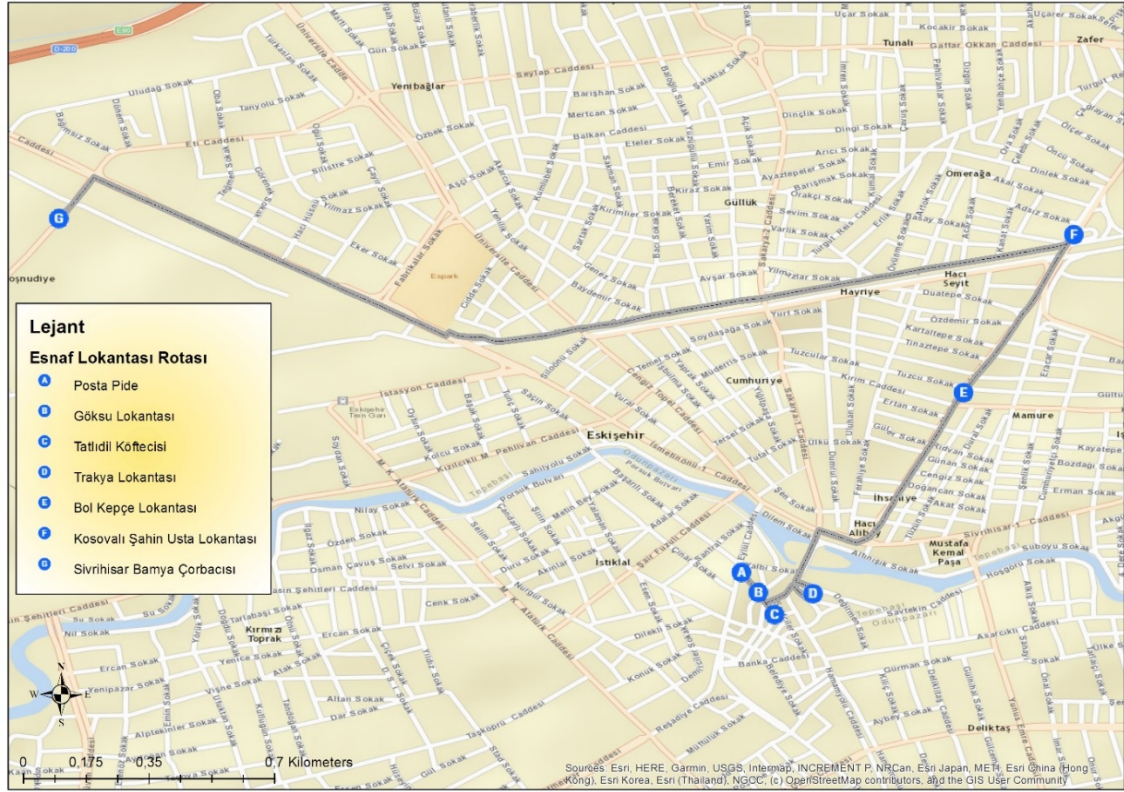*Figure 1.* Historical and Nostalgic Business Route
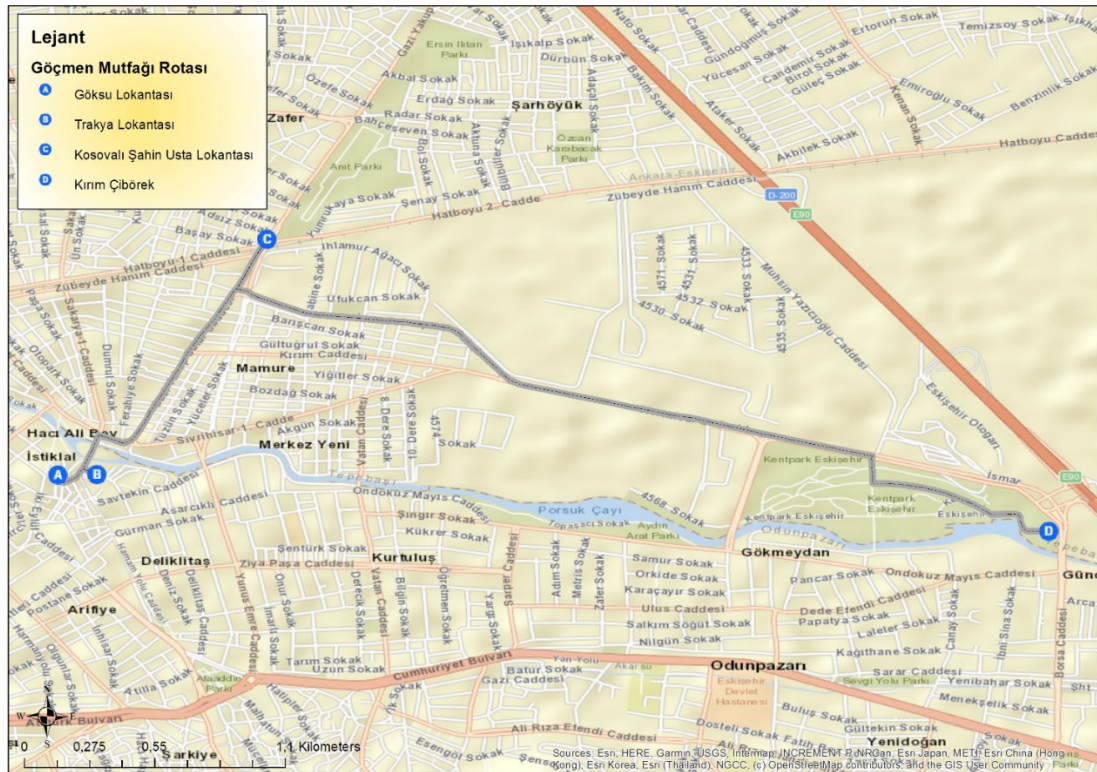
Lejant

Esnaf Lokantası Rotası

- A. Posta Pide
- B. Göksu Lokantası
- C. Tatlıdil Köftecisi
- D. Trakya Lokantası
- E. Bol Kepçe Lokantası
- F. Kosovalı Şahin Usta Lokantası
- G. Sivrihisar Bamya Çorbacısı

Figure 2. Artisan Restaurant Route

Lejant

Göçmen Mutfağı Rotası

- A. Göksu Lokantası
- B. Trakya Lokantası
- C. Kosovalı Şahin Usta Lokantası
- D. Kırım Çibörek
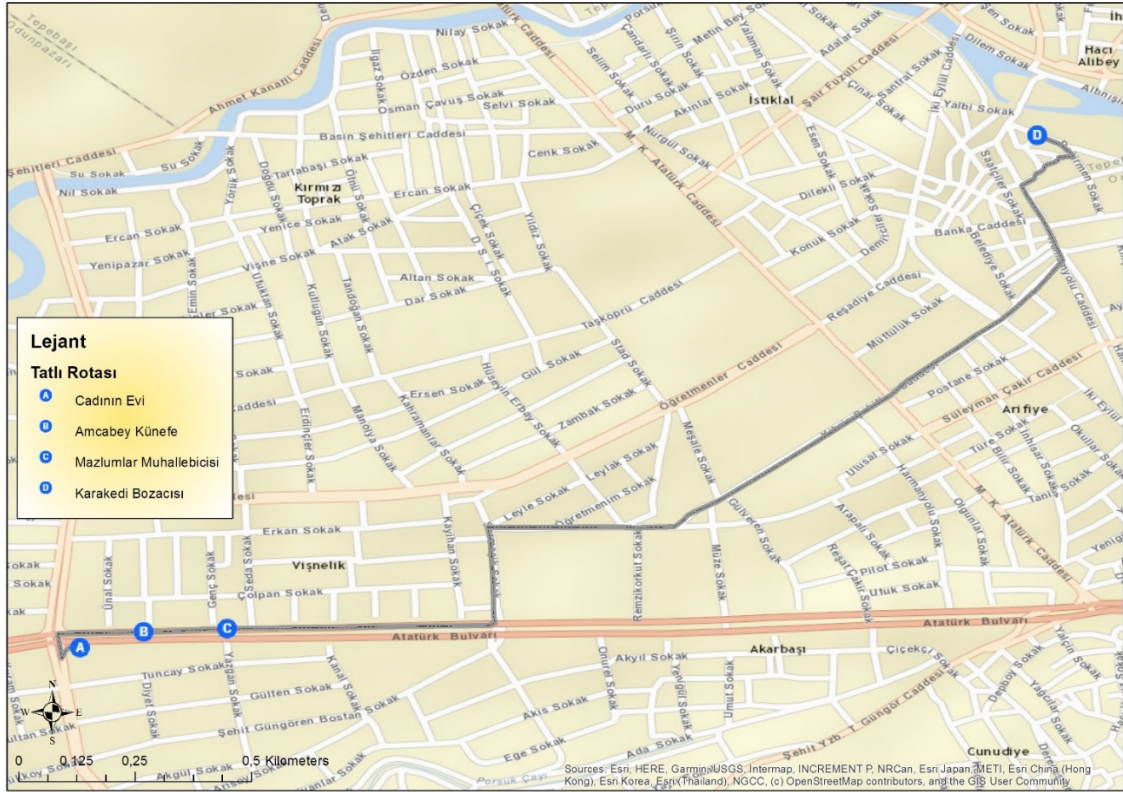
Figure 3. Immigrant Cuisine Route

Figure 4. Dessert Route

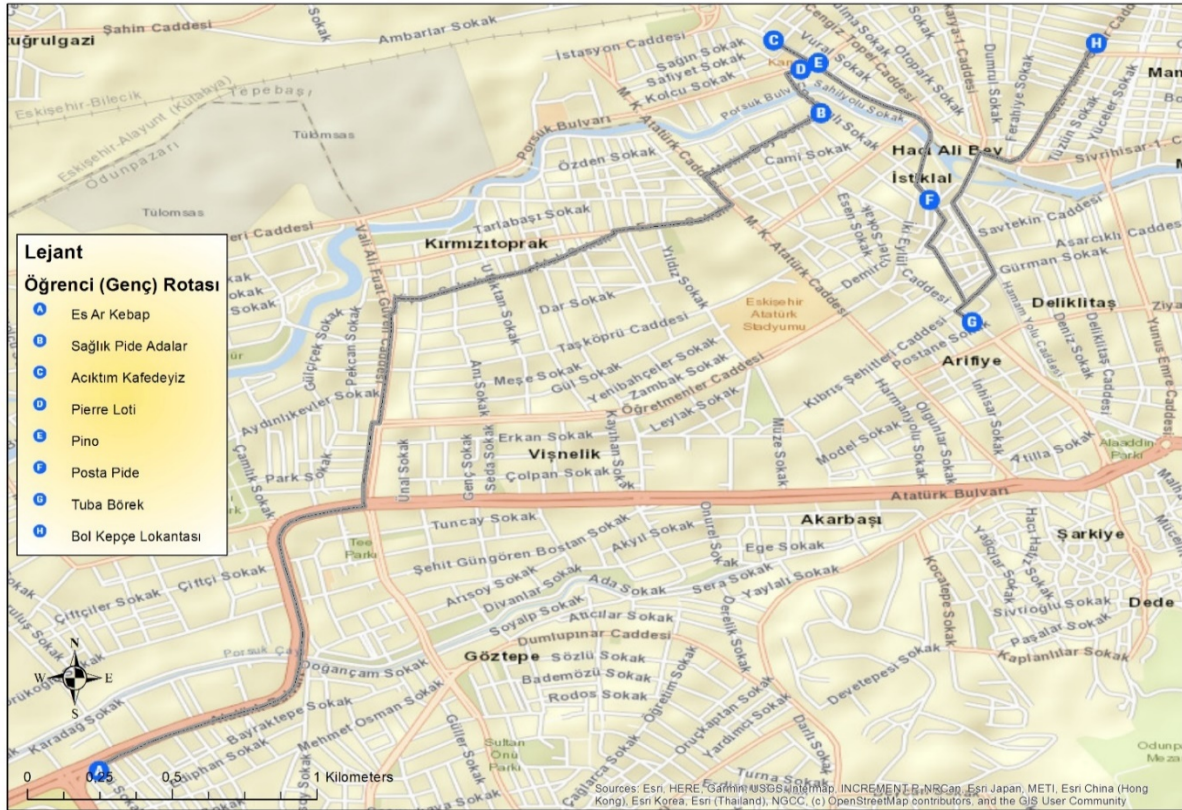*Figure 5.* Gastronomic Product Route

Figure 6. Student (Youth) Route

CONCLUSIONS AND RECOMMENDATIONS

Urban identity contains important cultural elements. The larger the city, the more extensive and more diversified the cultural sphere it encompasses. In addition to being a metropolitan city with an urban identity, Eskişehir has a multicultural structure. In the last two decades, the developments in Eskişehir's urbanism have reached such a level that it has ceased to be a classical Anatolian city and has begun to be known by different labels such as "Modern city," "Student city," "City to live in." These developments have given Eskişehir an incredible tourism potential. While the number of hotels in the center was around 10 in the early 2000s, it exceeded 100 in 2024, according to official data from the Turkish Tourism Promotion and Development Agency. Tourism, which creates an attraction factor for such an image, shows a culture-based demand. In this context, it would be appropriate to present Eskişehir tourism within a plan that reflects the city's identity and culture. One of the starting points of this study is to contribute to Eskişehir in this direction.

This research was carried out to create walking routes according to the themes of gastronomy establishments in Eskişehir. It is concerned with creating a specific systematic for this purpose; it tried to determine the criteria to be sought in the businesses to be included in the route and the themes. In this way, it was aimed to ensure better representativeness with businesses above certain standards. Determining the criteria is important in terms of guiding the businesses that want to enter the routes. Preparing routes with different themes offers alternatives for destinations with a large tourism volume and hosting groups with different characteristics.

As a result of the study, it was seen that Eskişehir's potential for gastronomy tourism is important, and many opportunities can contribute to tourism activities in this field. In particular, creating routes that emphasize the gastronomic characteristics of Eskişehir and bring together food and beverage establishments according to themes can increase the city's tourism potential. These routes can offer visitors the opportunity to experience the city's rich gastronomic culture while at the same time increasing the awareness and touristic attractiveness of local businesses (Seyitoğlu & Ivanov, 2020). From this point on, an effective communication strategy should be

defined for the promotion and orientation of the routes. This strategy can include various channels such as digital platforms, brochures, guides, and events, as in Turgarini's study (2021). However, making these routes attractive to tourists and locals is important. Local people's interest and contribution to these routes is one of the issues to be considered for the sustainability of gastronomy tourism (Sorcaru, 2019). With the implementation of these recommendations, Eskişehir's gastronomy tourism potential will be further strengthened, and the city can increase its potential to offer a notable gastronomic experience to tourists.

Finally, this study is noteworthy as a model for Eskişehir and other destinations with similar characteristics. Many studies on the routes of cities have been conducted before. There are also different route studies in Eskişehir in the literature. Differently in this study, gastronomy routes were created within the framework of different themes reflecting the culture of the city. A scientific method was followed while creating the routes. Thus, it is an answer to the deception and inconsistency of social sciences, which is one of the controversial issues of the scientific world.

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Ebru Zencir Çiftçi

ORCID: 0000-0001-6668-9961

CONTACT DETAILS

ezencir@anadolu.edu.tr
Anadolu University, Faculty of Tourism,
Department of Gastronomy and Culinary Arts,
Tepebaşı/ Eskişehir, 26470 Türkiye

BIOGRAPHY

Ebru ZENCİR ÇİFTÇİ received her PhD degree from Anadolu University's Tourism Management Programme (2013). Her research focuses on gastronomy and tourism.