



The Impact of Gastronomic Tourism on the Miraflores District in Lima, Peru

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Abstract

The complex geography of South America's central-western region required the development of advanced architecture and engineering to meet the needs of its first inhabitants. Over time, these groups integrated and formed the Inca Empire, which spanned from present-day Colombia in the north to Argentina in the south. Peru, located within this territory, is also known for its stunning natural beauty and diverse landscapes. Its diverse climate, with 28 of the 32 climates on Earth, allowed for the cultivation of various crops. Along with the richness of the surrounding sea and contributions from Asian and European migrants, this produced a rich and varied gastronomy that is internationally recognized. Although most tourists visit Peru to explore its vast pre-Columbian archaeological heritage and especially the citadel of Machu Picchu in Cusco, declared a World Heritage Site, they usually arrive through the country's capital, Lima, and stay in the Miraflores district. This district offers a wide range of accommodation, dining, culture, and recreation options. The high demand for gastronomy in Miraflores has led to a constant increase in dining options, which has impacted the lifestyles of local residents. Through a quantitative, non-experimental, cross-sectional and correlational research, it has been identified that half of the residents of central Miraflores are tenants and the various impacts that gastronomic establishments have on their daily lives have been identified. From this, some actions are proposed to mitigate them and promote sustainable tourism that does not affect them.

Keywords: South American tourism, sustainable tourism, tourism demand, tourist influx, urban tourism impact