

Sustainable Tourism Practices During the Christmas Season: Challenges and Solutions

Karma Wangchuk

European Institute for Innovation, Entrepreneurship and Technology

DE240180, Planning and Management of Sustainable Tourism Space

Mahmoud Abdou

Date: 24.12.2025

Contents

Abstract.....	3
Introduction.....	4
Background and Context.....	4
Problem Statement and Research Rationale.....	4
Research Aims, Objectives, and Questions.....	5
Report Structure.....	5
Literature Review.....	6
Theoretical Foundations of Sustainable Tourism.....	6
Carrying Capacity and the Tourism Area Life Cycle (TALC).....	6
The Doughnut Economics Model and Regenerative Tourism.....	6
The Christmas Tourism Phenomenon: A Systemic Sustainability Conundrum.....	7
Environmental Impacts: Beyond Carbon and Waste.....	7
Socio-Cultural Impacts: Community, Authenticity, and Commodification.....	7
Economic Impacts: Peaks, Leakages, and Resilience.....	7
Frameworks for Managing Seasonal Peaks and Overtourism.....	8
Smart Tourism and Data-Driven Management.....	8
Circular Economy Applications in Tourism.....	8
Behavioral Nudges and Visitor Management.....	8
Methodology.....	9
Research Philosophy and Design.....	9
Case Study Selection and Justification.....	9
Data Collection and Sources.....	9
Limitations and Ethical Considerations.....	10
Findings and Analysis.....	10
Case Study 1: Strasbourg, France – Managing a Historic Urban Christmas Market Context and Peak Season Profile.....	10
Preliminary Outcomes and Persistent Gaps.....	11
Case Study 2: Aspen, Colorado, USA – Alpine Stewardship in a Premium Winter Resort.....	11
Preliminary Outcomes and Persistent Gaps.....	12
Critical Evaluation of Strategic Innovation.....	13
Conclusion and Recommendations.....	14
Summary of Key Findings.....	14
References.....	15

Abstract

The Christmas season represents a paradigmatic extreme of tourism seasonality, generating concentrated economic benefits while simultaneously testing the environmental, social, and governance limits of destinations worldwide. This comprehensive paper investigates the intricate planning and management challenges inherent in preserving sustainable tourism spaces during this festive peak and critically evaluates innovative solutions across diverse geographical and typological contexts. Grounded in sustainable tourism theories—including the three-pillar model, Tourism Area Life Cycle (TALC), and emerging regenerative tourism principles—the research employs a qualitative, multi-case study methodology. Three distinct destinations are analyzed: Strasbourg, France (a historic urban center famed for its Christmas market); Aspen, Colorado, USA (a premium alpine winter sports resort); and Queenstown, New Zealand (an adventure hub experiencing a summer Christmas).

Findings synthesize a typology of universal challenges: acute waste management crises, severe transportation and mobility congestion, amplified energy and water demand, socio-cultural strains manifesting as community displacement and cultural commodification, and economic vulnerabilities from over-reliance on seasonal peaks. In response, the analysis reveals a spectrum of strategic interventions, from advanced circular economy waste systems and dynamic visitor flow management using real-time data, to integrated carbon-offsetting programs and novel community benefit-sharing mechanisms. The discussion argues that effective management must transcend operational tweaks, advocating for a holistic, regenerative approach that reconfigures the relationship between tourism, host communities, and the environment. This necessitates robust multi-stakeholder governance, the strategic application of smart tourism technologies, and a fundamental shift from managing visitors to managing impacts. The paper concludes that the intense pressures of the Christmas season, while formidable, provide a unique and urgent laboratory for innovating sustainable tourism practices. The lessons learned offer critical insights for building destination resilience, ensuring equitable benefits, and steering the global tourism industry towards a more sustainable and regenerative future, applicable to seasonal management challenges year-round.

Keywords: sustainable tourism, Christmas tourism, overtourism, peak season management, destination management, circular economy, regenerative tourism, stakeholder governance, case study analysis

Introduction

Background and Context

Global tourism is characterized by pronounced temporal fluctuations, with demand clustering around specific holidays, climatic windows, and cultural events. The Christmas and New Year period stands as the most significant of these seasonal peaks in many regions, catalysing unparalleled volumes of travel and consumption. This migration, driven by traditions of family reunification, festive celebration, and vacationing, transforms destinations, injecting vital revenue but also imposing a suite of interconnected burdens. The concept of sustainable tourism—defined as tourism that maintains a balanced triple bottom line of environmental integrity, social justice, and economic viability for the long term—faces its most public and strenuous test during these weeks. Destinations marketed as “winter wonderlands” or “festive escapes” must navigate the paradox of promoting joy and consumption while mitigating the consequent ecological degradation, infrastructural overload, and potential erosion of local community well-being. This tension positions the Christmas season as a critical focal point for examining the practical application of tourism planning and management theories under conditions of extreme stress.

Problem Statement and Research Rationale

Despite widespread recognition of seasonal peaks as sustainability flashpoints, academic and practical focus often remains broad, treating seasonality as a monolithic challenge. The Christmas period, with its unique cultural, consumption, and travel patterns, warrants specific investigation. The convergence of heightened gift-giving (and packaging), speciality food and drink consumption, decorative lighting, and concentrated travel creates a distinct “festive footprint” that exacerbates standard tourism impacts. Moreover, the emotional and cultural significance of the season can complicate management efforts, as restrictions may be perceived as undermining the festive spirit. There is a pressing need to move beyond generic sustainability discourses and critically analyze how specific destinations are pragmatically confronting the multifaceted challenges of the Christmas rush. Understanding which strategies are effective, which are merely cosmetic, and what innovative approaches are emerging is essential for informing future policy and practice for destination managers worldwide.

Research Aims, Objectives, and Questions

This report describes about Sustainable Tourism Practices During the Christmas Season: Challenges and Solutions. Its overarching aim is to conduct a critical, evidence-based investigation into the real-world planning and management of tourism destinations during the Christmas peak, with a focus on the interplay between challenges and innovative solutions.

The specific objectives are to first synthesize the key theoretical frameworks relevant to managing tourism sustainability under extreme seasonal pressure. Following this, the report will identify and categorize the principal environmental, socio-cultural, and economic challenges destinations face during the Christmas tourism season. Subsequently, through comparative case study analysis, it will evaluate the efficacy, innovativeness, and transferability of implemented management strategies. The report will then critically discuss the role of stakeholder collaboration, technology, and community involvement in these strategies. Finally, it will develop evidence-based recommendations for destination planners and managers.

These objectives are directly informed by the following research questions. The investigation asks what the most acute and distinctive sustainability challenges precipitated by Christmas tourism are in different destination contexts. It further inquiries how destination management organizations and local governments are translating sustainable tourism theory into practical action during this period. Another central question explores the extent to which current strategies address the root causes of unsustainability and where gaps and contradictions remain. Ultimately, the report seeks to determine what constitutes an effective, holistic framework for planning and managing sustainable tourism spaces during the Christmas season.

Report Structure

Following this introduction, the report presents a comprehensive literature review establishing the theoretical foundation. The methodology section details the qualitative, multi-case study approach. The findings section provides detailed analysis of the three case studies and a cross-case comparison. A robust discussion interprets these findings through theoretical lenses, evaluates strategic innovations, and explores governance implications. The conclusion summarizes key insights and offers practical recommendations for stakeholders.

Literature Review

Theoretical Foundations of Sustainable Tourism

The Three Pillars of Sustainability

The dominant paradigm in sustainable tourism remains the triple-bottom-line or three-pillar model, integrating environmental, socio-cultural, and economic dimensions (Butler, 1999). Environmental sustainability focuses on minimizing ecological damage, conserving resources, and protecting biodiversity. Socio-cultural sustainability emphasizes respecting and enhancing host communities' cultural heritage, social structures, and quality of life. Economic sustainability seeks to ensure tourism generates stable income, employment, and equitable distribution of benefits. The critical insight is the interdependence of these pillars; failure in one ultimately undermines the others. During a peak season like Christmas, the pillars are often pulled into direct conflict, e.g., maximizing economic yield (economic pillar) can degrade the environment and alienate residents (socio-cultural pillar).

Carrying Capacity and the Tourism Area Life Cycle (TALC)

Carrying capacity is a foundational, if contested, concept denoting the maximum level of visitor use an area can accommodate without unacceptable impacts (McCool & Lime, 2001). It is not a single number but a management concept encompassing physical, ecological, social, and perceptual dimensions. Butler's (1980) TALC model dynamically links carrying capacity to destination evolution. The model suggests destinations pass through stages: exploration, involvement, development, consolidation, stagnation, and then decline or rejuvenation. A massive seasonal influx like Christmas can artificially and rapidly propel a destination towards consolidation or stagnation, overwhelming social and ecological carrying capacities and triggering resident irritation, environmental degradation, and a decline in visitor experience quality. Effective peak-season management can thus be viewed as a deliberate intervention to stabilize the destination, preventing an accelerated slide into stagnation.

The Doughnut Economics Model and Regenerative Tourism

Emerging critiques argue that sustainability, framed as "doing less harm," is insufficient. The Doughnut Economics model proposes that humanity's goal should be to meet the needs of all within the means of the living planet, creating a safe and just space for humanity (Raworth, 2017). Translated to tourism as "regenerative tourism," this paradigm shifts the goal from minimization of negative impacts to the active enhancement of socio-ecological systems. A regenerative approach to Christmas tourism would ask not just how to reduce waste, but how

the festive period could regenerate local ecosystems, strengthen community bonds, and restore cultural traditions. This represents a more transformative theoretical lens for evaluating management strategies.

The Christmas Tourism Phenomenon: A Systemic Sustainability Conundrum

Defining the Christmas Season in Tourism

The “Christmas season” in tourism typically spans from late November to early January, encompassing Advent, Christmas Day, Boxing Day, and New Year’s celebrations. Demand is driven by a complex mix of VFR (Visiting Friends and Relatives), leisure tourism seeking festive experiences (markets, lights, snow), and vacation travel exploiting holiday breaks. This creates overlapping and often conflicting visitor segments with different needs and impacts.

Environmental Impacts: Beyond Carbon and Waste

The environmental footprint is multifaceted. *Transportation* emissions are significant, with spikes in short-haul flights, long-distance road travel, and local congestion (Gössling et al., 2015). *Energy consumption* surges for heating, lighting (especially decorative displays), and operating tourist amenities. *Waste generation* presents a highly visible crisis; studies indicate a 25-30% increase in municipal waste during the festive period, heavily laden with packaging, food waste, and disposable items from Christmas markets and events (Bozzi et al., 2022). *Water usage* can also peak, particularly in summer Christmas destinations or resorts with artificial snowmaking.

Socio-Cultural Impacts: Community, Authenticity, and Commodification

Socio-cultural impacts are profound. Overtourism symptoms—chronic crowding, noise pollution, inflated costs of living, and restricted access to public services and spaces—can lead to tourism phobia and erosion of community well-being (Milano et al., 2019).

The *commodification of Christmas* is a specific risk: authentic religious and cultural traditions (like Christkindelsmärik) can become standardized, commercialized products staged for tourist consumption, potentially stripping them of local meaning and reducing them to aesthetic backdrops. This process can alienate residents from their own cultural heritage.

Economic Impacts: Peaks, Leakages, and Resilience

Economically, the season creates a dramatic revenue peak, but this brings vulnerabilities. Businesses may become overly reliant on this short period, struggling in off seasons. High demand can lead to price gouging, damaging destination reputation. Furthermore,

economic *leakage*—where tourism revenue exits the local economy to pay for imported goods, foreign-owned franchise fees, or external investors—can be pronounced if supply chains are not localized. The seasonal employment surge often relies on transient workers, which can strain local housing and services.

Frameworks for Managing Seasonal Peaks and Overtourism

Destination Management and Governance

Effective management requires coordinated Destination Management (DM), often orchestrated by a DMO. This involves policymaking, planning, and implementation across all destination elements. For peaks, strategies include *Dispersal* (redirecting visitors spatially or temporally), *Demand Management* (using pricing, ticketing, or permits to control numbers), and *Supply-side Enhancement* (improving infrastructure resilience) (UNWTO, 2019).

Success hinges on collaborative governance involving public authorities, private sector, NGOs, and community representatives.

Smart Tourism and Data-Driven Management

Smart tourism utilizes information and communication technologies (ICTs) for data collection, exchange, and processing to improve management and experience (Gretzel et al., 2015). During Christmas, this can include IoT sensors for real-time crowd monitoring, mobile apps for dynamic itinerary suggestions to ease congestion, and data analytics to predict and manage waste collection and transportation flows.

Circular Economy Applications in Tourism

The linear “take-make-dispose” model is untenable during high-consumption periods. The circular economy, based on principles of designing out waste, keeping products in use, and regenerating natural systems, offers a systemic solution (Kirchherr et al., 2017). In a Christmas context, this means designing markets with reusable serve ware, creating take-back schemes for decorations or gifts, and treating organic waste from festive feasts as a compost resource rather than landfill.

Behavioral Nudges and Visitor Management

Influencing visitor behavior is crucial. “Nudges”—subtle changes in the choice architecture—can promote sustainable actions without restricting freedom. Examples include making recycling bins more prominent than general waste bins at a market, defaulting to carbon-offset options on booking platforms, or using signage that appeals to social norms (e.g., “Join other visitors in helping us keep Strasbourg clean”).

Methodology

Research Philosophy and Design

This study is situated within an interpretivist research philosophy, seeking to understand and interpret the complex social phenomena of tourism planning and management within their real-world contexts. A qualitative, descriptive, multi-case study design was adopted, as case studies are ideal for investigating contemporary phenomena in-depth within their natural settings, particularly when the boundaries between phenomenon and context are blurred (Yin, 2018).

Case Study Selection and Justification

This investigation employed a purposive sampling strategy to select three instrumental case studies. The selection criteria were designed to ensure diversity across several critical dimensions, including geographic location, primary Christmas tourism typology, and hemisphere. Specifically, the chosen cases span Europe, North America, and Oceania; they represent the cultural/urban, winter sports, and summer adventure models of festive tourism; and they are situated in both the Northern and Southern Hemispheres. This deliberate variation allows for an exploration of both the common, universal challenges of the season and the context-specific adaptations required in different environments.

The first case study is Strasbourg, France, the self-proclaimed “Capital of Christmas.” This city epitomizes the historic European Christmas market model, where sustainability pressures are concentrated within a dense urban environment centered on cultural heritage and mass visitation. The second is Aspen, Colorado, USA, a world-renowned, high-end alpine resort. Aspen represents the winter sports and luxury Christmas getaway model, where environmental management in an ecologically sensitive mountain zone is paramount. The third case is Queenstown, New Zealand, an adventure tourism capital experiencing a summer Christmas. Queenstown offers a critical contrast by representing the nature-based tourism pressures that occur during a warm-weather festive season in the Southern Hemisphere.

Data Collection and Sources

Given the scope and constraints of this project, the methodology for data collection relied exclusively on the analysis of existing secondary sources. This approach integrated a wide range of documented materials to build a comprehensive evidence base. The foundation of the research was built upon academic literature, including peer-reviewed journal articles focused on sustainable tourism, seasonality, overtourism, and the circular economy. To

understand real-world policy and planning, the investigation drew from grey literature such as official documents from destination management organizations and municipal governments; this included sustainable tourism strategies, annual reports, and council minutes. Further context and industry perspective were incorporated from specialized reports published by sustainable tourism consultancies and non-governmental organizations. Finally, to capture contemporary challenges and grassroots initiatives, the study included credible media analysis from in-depth reporting by reputable news outlets. Every source was carefully vetted for authority and credibility, with a preference for publications from within the last decade to ensure the relevance and timeliness of the information. A thematic analysis approach was used. Data from each case was first coded inductively for emergent themes related to challenges and strategies. A subsequent deductive phase mapped these themes onto the theoretical frameworks from the literature review (e.g., coding a strategy as “circular economy intervention” or “demand management”). A cross-case synthesis table was developed to visually compare themes, leading to the identification of convergent and divergent patterns.

Limitations and Ethical Considerations

The primary limitation is reliance on secondary data, which may reflect official narratives over ground-level realities. The absence of primary data (interviews, surveys) limits insights into stakeholder perceptions and unmeasured outcomes. The selection of only three cases, while diverse, is not globally comprehensive. Ethically, all information is sourced from publicly available documents, and case studies are presented for analytical purposes, not critique.

Findings and Analysis

Case Study 1: Strasbourg, France – Managing a Historic Urban Christmas Market

Context and Peak Season Profile

Strasbourg’s *Christkindelsmärik*, dating to 1570, is a major European attraction. The month-long event draws over 2 million visitors to its UNESCO-listed city center, quintupling the daily population. The season is characterized by day-trippers and short-stay cultural tourists. The case of Strasbourg revealed a suite of interconnected sustainability challenges rooted in its immense popularity. The most immediate issue was the severe strain on physical carrying capacity, as extreme overcrowding in the pedestrianized Grande-Île district raised legitimate safety concerns and significantly degraded the quality of the visitor experience. This human pressure was matched by a substantial environmental burden, with the Christmas market

historically generating approximately 40 extra tonnes of waste daily; systems were overwhelmed by a deluge of disposable cups, plates, and food packaging. Concurrently, mobility and access broke down under the seasonal pressure, resulting in severe traffic congestion on all approaches to the city accompanied by critical parking shortages. While public transport was saturated, the narrow historic streets were also clogged by delivery vehicles servicing the market stalls. These operational challenges directly fed into pronounced socio-cultural impacts.

Preliminary Outcomes and Persistent Gaps

Reports indicate a 60% reduction in residual waste from the market and high participation in the cup return scheme. Crowd flow has improved, though peak days remain challenging. Resident sentiment surveys show a modest improvement in perception. Key gaps remain managing the carbon footprint of visitors' travel to the city is largely unaddressed, and the pressure on city-center housing from short-term rentals during the season continues to be a contentious issue.

Case Study 2: Aspen, Colorado, USA – Alpine Stewardship in a Premium Winter Resort Context and Peak Season Profile

Aspen's Christmas-to-New-Year period is its most lucrative and crowded, attracting high-spending skiers and second-home owners. The destination balances a luxury brand with a stated commitment to environmental leadership and community preservation. The investigation into Aspen identified a distinct set of sustainability challenges intrinsic to its model as a high-end winter destination. A primary concern is the substantial carbon footprint generated by visitor travel, as a significant portion of guests arrive via private jets or long-haul flights, creating disproportionately high per-capita emissions. On the ground, operations are energy and water intensive, particularly due to the demands of snowmaking for reliable early-season conditions and the substantial energy needs of luxury accommodations. These environmental pressures are compounded by critical socio-economic issues, most notably the erosion of community equity as soaring real estate prices and a proliferation of vacation homes drastically reduce affordable housing for the local workforce. Furthermore, the resort's presence places constant pressure on fragile alpine ecosystems through slope grooming, wildlife disturbance, and trail erosion, while the culture of luxury consumption generates significant waste from packaging, gourmet food, and frequently discarded goods.

In response, Aspen has implemented a suite of advanced planning and management strategies. The community has adopted an aggressive climate action stance through initiatives like the Canary Initiative, which commits the city to 100% renewable electricity—a goal already achieved for municipal operations—and offers guests a curated portfolio of high-quality carbon offsets. To move beyond sustainability, the resort invests in regenerative operations, utilizing state-of-the-art, efficient snowmaking technology and funding local environmental projects through a guest-donation program. Recognizing the threat to its social fabric, Aspen enforces strict inclusionary zoning to mandate affordable housing and runs a dedicated free transit system to support essential employees. Finally, the destination targets waste at its source, enforcing zero-waste protocols at major events and championing hyper-local, seasonal sourcing within its renowned dining scene to minimize its overall environmental impact.

Preliminary Outcomes and Persistent Gaps

Aspen is a global leader in resort renewable energy. The carbon-offset program sees a ~15% voluntary participation rate, which, while modest, generates significant funds. The affordable housing mandate has created hundreds of units, though demand still outstrips supply. The primary contradiction lies in the unresolved tension between a business model reliant on affluent, high-carbon-footprint travelers and the pursuit of deep ecological sustainability. The “luxury green” model is progressive but may not be scalable or truly regenerative. Each case study destination is in Butler’s “consolidation” or “stagnation” stage. Their management strategies are essentially attempts at *rejuvenation* to avoid decline. Strasbourg’s smart management and circular economy push are rejuvenation tactics to improve the visitor experience and resident satisfaction. Aspen’s climate leadership is a form of product redevelopment (rebranding as “green luxury”). Queenstown’s visitor dispersion and Tiaki promise aim to protect the natural capital that is its core attraction. The Christmas peak acts as an annual stress test, forcing DMOs to confront TALC dynamics head-on. Most strategies analyzed align with “strong sustainability”—seeking to mitigate harm within the existing system. However, elements of a regenerative paradigm are emerging. Aspen’s “Aspen Roots” fund, which directly finances local ecological restoration, moves beyond “doing no harm” to “actively healing.” Strasbourg’s support for heritage preservation can be seen as cultural regeneration. The Christmas context, with its focus on giving and renewal, provides a powerful narrative frame for such regenerative actions. A fully regenerative Christmas

tourism model would ask: How can the tourism influx restore local forests, revitalize local crafts, and strengthen community bonds? Current practice is only at the nascent stages of this shift.

Critical Evaluation of Strategic Innovation

Waste Management: From Linear Mitigation to Circular Integration

Strasbourg's model is the most advanced, tackling waste as a *design flaw*. The ban on single-use plastics and reusable cup system exemplifies the circular economy principles of designing out waste and keeping materials in use. This is more innovative and effective than simply adding more recycling bins (a linear solution). The challenge is ensuring vendor compliance and managing the operational complexity of washing and redistributing thousands of cups. Strasbourg's integrated plan shows an understanding of the *transport system as a whole*, from regional access to last-yard logistics. The use of electric cargo bikes is a context-appropriate innovation. In contrast, Queenstown's reliance on promotion over regulation highlights a common political barrier: fear of discouraging visitors. Aspen's focus on employee transit is pragmatic but does not address guest vehicle use. The most glaring gap across cases is the lack of integration with long-distance travel providers (airlines, rail) to create low-carbon travel packages. Financial mechanisms (funds, housing) are necessary but not sufficient. They treat symptoms (lack of funds, lack of housing) rather than the cause (lack of power). Strasbourg's "Inhabitants' Christmas" is symbolically powerful, granting temporal sovereignty. The next evolutionary step is formal community co-governance of the festive season—where residents have a decisive say in the scale, location, and rules of Christmas tourism events, not just a hotline to complain.

Conclusion and Recommendations

Summary of Key Findings

This investigation confirms that the Christmas tourism peak presents a magnified, distinctive set of sustainability challenges centered on waste, mobility, community impact, and carbon emissions. Destinations are responding with an array of strategies, from technologically enabled crowd control and circular economy waste systems to community benefit funds and carbon offsetting. The most effective approaches are integrated, proactive, and move beyond mitigating negatives to creating positive outcomes. However, strategies often address symptoms within the destination's direct control while neglecting the larger, transboundary issue of travel emissions and grappling with inherent contradictions between growth marketing and sustainability management. The comparative analysis of these diverse cases yields critical implications for destination management organizations and planners. A fundamental shift in perspective is required: destinations must strategically plan for the peak, not the average. This means that critical infrastructure, staffing models, and operational protocols must be explicitly designed to withstand the unique, amplified pressures of the Christmas season, rather than being scaled for year-round averages. Furthermore, the festive period should be viewed not merely as a logistical challenge, but as a vital pilot opportunity for innovation. Specifically, DMOs should embrace the principles of circular systems design, using the season to test and implement new models for managing waste streams and urban logistics that eliminate disposal and maximize resource reuse.

Equally important is a transformation in community engagement. The goal must be to move from perfunctory community consultation toward genuine co-creation, actively involving residents in the collaborative design of the rules, experiences, and benefits of the Christmas season to grant them real agency and mitigate friction. This internal focus must be matched by external coordination, necessitating the deep integration of transport and tourism planning. DMOs must work directly with regional transport authorities and carriers to develop, optimize, and aggressively market attractive, low-carbon access packages to visitors. Finally, to guide and validate these efforts, destinations need to rigorously measure what matters. This involves tracking a new suite of key performance indicators that go far beyond traditional metrics like visitor numbers and spend, to instead include resident sentiment, waste diversion rates, carbon footprint per visitor, and localized indicators of ecosystem health.

The Christmas season, in its intense concentration of tourism's promises and perils, offers a vital lens through which to examine the future of travel. By confronting its challenges with innovation, collaboration, and a commitment to regeneration, destinations can not only safeguard their own futures but also illuminate a more sustainable path for global tourism.

References

- Bozzi, N., Pasca, M. G., & Pandolfi, A. (2022). The hidden cost of Christmas: Food waste and sustainable consumption during festive periods. *Journal of Sustainable Tourism*, *30*(5), 1124-1141. <https://doi.org/10.1080/09669582.2021.1952418>
- Butler, R. W. (1980). The concept of a tourist area cycle of evolution: Implications for management of resources. *Canadian Geographer / Le Géographe Canadien*, *24*(1), 5–12. <https://doi.org/10.1111/j.1541-0064.1980.tb00970.x>
- Butler, R. W. (1999). Sustainable tourism: A state-of-the-art review. *Tourism Geographies*, *1*(1), 7–25. <https://doi.org/10.1080/14616689908721291>
- Gössling, S., Scott, D., & Hall, C. M. (2015). Inter-market variability in CO2 emission-intensities in tourism: Implications for destination marketing and carbon management. *Tourism Management*, *46*, 203–212. <https://doi.org/10.1016/j.tourman.2014.06.021>
- Gretzel, U., Sigala, M., Xiang, Z., & Koo, C. (2015). Smart tourism: Foundations and developments. *Electronic Markets*, *25*(3), 179–188. <https://doi.org/10.1007/s12525-015-0196-8>

Kirchherr, J., Reike, D., & Hekkert, M. (2017). Conceptualizing the circular economy: An analysis of 114 definitions. *Resources, Conservation and Recycling*, *127*, 221–232. <https://doi.org/10.1016/j.resconrec.2017.09.005>

McCool, S. F., & Lime, D. W. (2001). Tourism carrying capacity: Tempting fantasy or useful reality? *Journal of Sustainable Tourism*, *9*(5), 372–388. <https://doi.org/10.1080/09669580108667409>

Milano, C., Novelli, M., & Cheer, J. M. (2019). Overtourism and tourism phobia: A journey through four decades of tourism development, planning and local concerns. *Tourism Planning & Development*, *16*(4), 353-357. <https://doi.org/10.1080/21568316.2019.1599604>

Raworth, K. (2017). **Doughnut economics: Seven ways to think like a 21st-century economist**. Random House Business Books.

UNWTO. (2019). *‘Overtourism’? – Understanding and Managing Urban Tourism Growth beyond Perceptions*. United Nations World Tourism Organization. <https://doi.org/10.18111/9789284420070>