



ANALYSIS OF THE POTENTIAL OF RECREATIONAL SPORTS TREKKING IN 7-LEVEL WATERFALL TOURIST ATTRACTIONS

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Abstract

This research originated from the researcher's curiosity about the potential of recreational trekking sports at the Waterfall 7 Tingkek Tourist Attraction, Solok Regency. The purpose of this study is to see if recreational trekking has the potential to be developed in the Waterfall 7 Tingkek Tourist Attraction, Solok Regency. The type of research used is qualitative research, this is to see the situation and natural conditions found in the Waterfall 7 Tingkek Tourist Attraction, Solok Regency. The informants in this study were 16 people, namely Wali Nagari Saniangbaka, the manager of the 7 Tingkek waterfall tourist attraction in Solok Regency, Pokdarwis, residents/communities, and tourists. The data collection method used in this study was through interviews, documentation, and observation. The results of this study reveal that: Waterfall 7 Tingkek Tourist Attraction Solok Regency has the potential for the development of recreational trekking sports, Therefore, conclusions can be drawn based on a SWOT analysis for tourism development in Nagari Aia Angek, Strengths: Natural beauty, supporting infrastructure, active role of local communities, Weaknesses: Maintenance of trekking trails, visitor safety, Opportunities: Policy changes tourism, Threats: Changes in tourism policies that are not well managed.

1. Introduction

Sport encompasses all human activities aimed at carrying out his life mission and life ideals, national political, social, economic, cultural ideals and so on. Sport is currently showing good growth, with more and more people involved in physical activity, both for achievement, health, and recreational purposes. Community involvement is very important in supporting the development of tourism that can increase global competitiveness and state revenue and improve the image of Indonesian tourism by paying attention to aspects of community-based tourism (Wulandari dkk, 2022).

One of the efforts to advance the tourism sector is to introduce and develop recreational sports. According to Law of the Republic of Indonesia Number 11 of 2022 concerning the National Sports System, sports include all aspects related to physical activity that require regulation, education, training, coaching, development, and supervision. In this context, the development of the sports field is very important for the progress of the nation.



Every country is currently trying to optimize its potential in attracting tourists. Tourism has a role in meeting the physical, mental, and intellectual needs of tourists through recreational activities and travel, and aims to increase state revenue to achieve the welfare of the people (Law of the Republic of Indonesia Number 10 of 2009 Article 3).

According to Tomik et al. (2014), recreational sports are a form of activity that involves traveling with the aim of participating in sports activities, both to compete and simply to participate. Developing recreational sports activities has the potential to have a significant impact on economic growth, efforts to preserve natural resources and the environment, and affect the socio-cultural life of the community. Recreational sports include all experiences gained from doing or practicing sports activities or simply enjoying sports activities as a spectacle or entertainment, which require travel from residence and work (Nopiyanto dkk, 2021).

In general, there are 3 (three) things that tourists want, namely, in the form of something to see, which is usually related to tourist attractions with 5 beauty and cultural attractions with their uniqueness; Something to do, which is usually related to the use or involvement of tourists in various tourism activities that are available to complement tourism in the form of: arts and cultural party activities, sports activities such as paragliding, outbound, tracking, cycling, jogging, climbing, horse riding, parasailing, hunting and so on. In general, someone goes on a tour because they want to do something like: Something to buy, which is usually related to the provision of tourism support facilities in the form of galleries, artshops, and art stalls in an art market container that will offer tourism products (Suratmin, 2018).

Trekking is a long and difficult journey and will usually be covered by one on foot. Meanwhile, this activity aims to explore nature on foot. This trekking sport is also an adventure sport in the outdoors that is fun and full of challenges for those who do it (Fitria, 2018). This trekking sport is also useful for yourself and others if it produces something that is beneficial to many people. However, it would be better if adventure in the outdoors could be used as a means of development in the world of tourism and get to know nature better.

Solok Regency is one of the districts in West Sumatra that has potential in the field of tourism. Based on data from the Central Statistics Agency of Solok Regency, there are 201 tourist attractions in Solok Regency, these tourist attractions are spread across all sub-districts in Solok Regency. The focus of this research is the tourist attraction of Waterfall 7 Tingkek. This 7-storey waterfall is located in Jorong Aia Angek Nagari Saniangbaka, X Koto Singkarak District. The journey to the location can be done using a four-wheeled vehicle to reach Jorong Aia Angek. The natural potential and available tourism opportunities are key factors in the development of this destination. The trail offers a challenging adventure experience with its characteristics that involve a climb to the top. Explorers will find it challenging to explore the walking paths that cross the rice fields and follow the flow of the river. The existence of seven levels of waterfalls, which are the seventh highest, adds to the appeal of this route. However, its uniqueness also comes with difficulties, especially since the trail is unpaved and involves uneven terrain. Crossing rivers and tracing paths in the middle of rice fields can be a task that requires vigilance and physical preparation. Although difficult to access, the unique natural attractions and breathtaking scenery can be a reward for adventurers.

2. Materials and Methods

The type of research conducted in this study is descriptive research with a qualitative approach. According to Sugiyono (2019), "Descriptive research is data that is collected in the form of words or pictures so that it does not emphasize numbers. The data collected after analysis is then described so that it is easy to understand by others". The researcher uses interview and documentation techniques, the data obtained will later be used as the main material for the preparation of data and research results. Analyzing the tourism potential of the 7 Tingkek waterfall, the researcher conducted a SWOT (strengths, weakness, opportunities and threats) analysis. So that through this SWOT analysis, it is able to describe the potential that can be developed in accordance with the character and

tourism market. Suarto (2017) stated that to find out the tourism potential of a destination, a SWOT analysis can be carried out because through this analysis it is able to identify internal and external factors that are the strengths, shortcomings, opportunities and challenges of a tourist destination. This research was carried out at this 7-storey waterfall located in Jorong Aia Angek Nagari Saniangbaka District X Koto Singkarak. The time of this research is March 27 - April 4, 2024.

In qualitative research, research informants are used. The sample to be interviewed is called an informant. The informant determination technique in this study uses the purposive sampling technique, as stated by Sugiyono (2012) purposive sampling is a sampling technique of data sources with certain considerations. The criteria for selecting informants are, (1) people who are considered to know the most about what we expect, (2) local officials so that it will make it easier for researchers to explore the social object/situation being studied. In this study, the researcher has compiled a list of interview research informants and interview guidelines, which include questions that will later be asked to the informants to obtain accurate information.

3. Results

This study aims to explore the potential of recreational trekking sports at the 7 Tingkek Waterfall Tourist Attraction, located in Solok Regency. In the context of nature tourism, trekking or climbing is an activity that is increasingly in demand by tourists who are looking for a direct experience with nature. By combining the adventurous aspects and natural beauty, trekking around the falls offers a unique and satisfying experience for visitors. This research will discuss in detail the conditions of trekking at the tourist site, including the available facilities, the condition of the track route, as well as the reception and needs of tourists related to trekking activities.

This research is based on direct observation of trekking conditions at the 7 Tingkek Waterfall Tourist Attraction, and involves interviews with various related parties, ranging from tour managers, visitors, to local communities involved in the development and maintenance of the destination. The data obtained from observations and interviews will be analyzed comprehensively to understand the potential and challenges in developing recreational trekking sports in these tourist attractions. Through this research, it is hoped that the potential that has not been fully worked on from trekking activities at the 7 Tingkek Waterfall Tourist Attraction will be revealed. The findings of this study are expected to provide valuable input for tourism managers and related parties in infrastructure development, promotion, and sustainable management of natural tourism destinations.

a. Interview Results

This study aims to explore the perceptions, experiences, and expectations of respondents related to tourism potential in Nagari Aia Angek, especially in the context of recreational sports trekking. Through interviews, various points of view from various related parties were revealed, ranging from tour managers, local communities, to visitors who have interacted with the tourist destination.

b. Observation Results

The results of observations on tourism in X Koto Saniangbaka District, especially in Nagari Aia Angek, show several significant findings. First, the dominant type of tourism is natural tourism, especially those related to natural beauty such as waterfalls and trekking in the mountains. This is reflected in the interest of tourists who tend to seek authentic natural experiences and challenging adventures. Furthermore, the potential of natural resources, especially Waterfall 7 Tingkek, is the main attraction for visitors with its spectacular natural beauty. However, it also found some shortcomings in tourism facilities and infrastructure, such as the lack of adequate public toilets and limited parking facilities, which may affect the comfort of visitors. Tourist visitor activities tend to be diverse, ranging from swimming in waterfalls to taking a walk enjoying the natural scenery, showing the diverse interest of tourists in the tourism experience.

4. Discussion

This study aims to explore the perceptions, experiences, and expectations of respondents related to tourism potential in Nagari Aia Angek, especially in the context of recreational sports trekking. Through interviews conducted with various parties, such as tour managers, local communities, and visitors, we can get a more in-depth picture of the condition of tourism in Nagari Aia Angek. This research aims to explore the perceptions, experiences, and expectations of various parties related to the tourism potential in Nagari Aia Angek, especially in the context of recreational sports trekking. We talked to various respondents, ranging from tour managers, local communities, to tourists. From this interview, we compiled a SWOT analysis that includes strengths, weaknesses, opportunities, and threats in developing tourism in Nagari Aia Angek.

When we talked to various parties, it was clear that Nagari Aia Angek has charming natural beauty, especially the 7 Tingkek Waterfall. The waterfall is surrounded by a natural green environment, making it a major attraction. Supporting infrastructure such as trekking trails and rest facilities is also quite good, thanks to the active role of local communities in maintenance and promotion. However, like the story is not complete, there are shortcomings in the maintenance of trekking trails that are sometimes not well maintained. The safety of visitors, especially related to the condition of the trekking trail, requires more attention. Changes in tourism policy can be an opportunity for improvement, but they can also be a threat if not managed properly.

Overall SWOT Analysis:

- a. Strengths: Natural beauty, supporting infrastructure, active role of local communities.
- b. Weaknesses: Maintenance of trekking trails, safety of visitors.
- c. Opportunities: Tourism policy changes.
- d. Threats: Changes in tourism policies that are not well managed.

In conversations with Nagari Wali and government officials, we heard stories of optimism about the tourism potential in Nagari Aia Angek. They proudly mention the natural beauty and diverse tourist attractions. Tourism facilities, such as lodging, dining, and local transportation, have evolved to meet the needs of tourists. However, their stories also include existing challenges. Tourism facilities still need to be improved to provide a better experience. Local governments are active in tourism development programs, but evaluation and improvement are constantly needed. Collaboration between the Tourism Office, the community, entrepreneurs, and local governments has paid off, but the majority of community work still depends on other sectors such as local agriculture and handicrafts.

SWOT Analysis of Wali Nagari/ Government Officials:

- a. Strengths: Natural potential and tourist attractions, adequate tourism facilities, tourism development programs.
- b. Weaknesses: The quality of the facilities that still needs to be improved.
- c. Opportunities: Collaboration between parties, training and coaching programs.
- d. Threats: Dependence on other sectors.

Members of the tourism awareness group (Podarwis) shared passionate stories about their efforts in managing tourism in Nagari Aia Angek. They highlighted the feasibility of the tourism facilities they manage, such as waterfalls and homestays, as well as strong cooperation with the Tourism Office and local governments. However, they also acknowledge that there is still a need to improve facilities and optimize collaboration between stakeholders. The potential for sports tourism such as trekking, hiking, and cycling is huge and attracts tourists. They recorded an increase in the number of tourists every month, which is a positive sign. Podarwis SWOT Analysis:

- a. Strengths: Feasibility of facilities, strong collaboration, understanding of the potential of sports tourism.
- b. Weaknesses: Need for facility improvement, collaboration optimization.
- c. Opportunities: Increase in the number of tourists, diversify tourism activities.
- d. Threats: Competition from other tourist destinations.

Local communities provide a perspective on daily life and how they see tourism as an opportunity to improve well-being. They tell about the potential of natural and cultural tourism, such as spectacular waterfalls, hiking trails, and cultural experiences in traditional houses. However, they also expressed concerns about the lack of tourism promotion and maintenance of adequate facilities. They emphasized the importance of developing sports tourism such as hiking and mountain biking, as well as efforts to maintain safety and preservation of the environment. SWOT Analysis of Society:

- a. Strengths: Potential for natural and cultural tourism, community involvement.
- b. Weaknesses: Lack of tourism promotion, maintenance of facilities.
- c. Opportunities: Sports tourism development, environmental education programs.
- d. Threats: Maintenance and promotion challenges.

Tourists who visit Nagari Aia Angek share their positive experiences. They describe this destination as a place that offers an alluring natural and cultural richness. Stunning waterfalls and challenging hiking trails are the main attractions. They also appreciated the diversity of cultural attractions such as traditional houses. However, tourists also provide important input. They highlight the need to improve tourism promotion, facility maintenance, and the provision of more complete information. Tourists have diverse interests, ranging from nature tourism to culture and adventure, as well as aspirations to develop sports tourism such as hiking, diving, and rafting. SWOT Analysis of Travelers:

- a. Strengths: Positive views of tourists, diversity of attractions.
- b. Weaknesses: Less than optimal tourism promotion, maintenance of facilities.
- c. Opportunities: Sports tourism development.
- d. Threats: Inadequate comfort of public facilities.

Table 1. Analysis of the Interview Results

Strengths	Weakness
Natural beauty, supporting infrastructure, the active role of local communities	Trekking trail maintenance, visitor safety.
Natural potential and tourist attractions, adequate tourism facilities, tourism development programs.	The quality of facilities that still needs to be improved.
Feasibility of facilities, strong collaboration, understanding of the potential of sports tourism.	Need for facility improvement, collaboration optimization.
The potential of natural and cultural tourism, community involvement.	Lack of tourism promotion, maintenance of facilities.
Positive views of tourists, diversity of attractions.	Less than optimal tourism promotion, maintenance of facilities.
Opportunities	Threats
Changes in tourism policy.	Changes in tourism policies that are not managed properly.
Collaboration between parties, training and coaching programs.	Dependence on other sectors
Peningkatan jumlah wisatawan, diversifikasi aktivitas wisata.	Competition from other tourist destinations
Increase in the number of tourists, diversification of tourist activities.	Maintenance and promotion challenges
Sports tourism development.	The comfort of public facilities is inadequate.

5. Conclusion

Based on the SWOT analysis for tourism development in Nagari Aia Angek, it can be concluded that several important things can be concluded as follows: Strengths: Natural beauty, supporting infrastructure, and the active role of local communities. Weaknesses: Maintenance of trekking trails, safety of visitors. Opportunities: Changes in tourism policy. Threats: Changes in tourism policies that are not well managed.

Declaration of Competing Interest

There is no conflict of interest in the implementation of this research

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