

## **BANDUNG-PANGANDARAN CYCLING TRAVEL: A MOUNTAIN, RURAL & COASTAL TOUR POINT OF VIEW**

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### **Abstract**

Bandung-Pangandaran Cycling Tour: A Mountain, Rural & Coastal Tour Point of View is a field research conducted to identify various potential tourist attractions along the route and to answer the following research questions: 1) how is the overview of a cycling tour from Bandung to Rancabuaya beach via Pangalengan?; 2) how is the overview of a cycling tour from Rancabuaya beach to Cipatujah beach?; 3) how is the overview of a cycling tour from Cipatujah beach to Pangandaran beach? This research was conducted using a qualitative research method. Data collection techniques were carried out by 1) literature study, 2) observation, and 3) interviews. Data analysis and discussion were carried out descriptively based on the cycling trip timeline. The results of the study show that the Bandung, Rancabuaya beach, Cipatujah beach and Pangandaran beach cycling tour is very feasible to do, especially in the current post-pandemic era, because in addition to being healthy, there are also many beautiful tourist attractions that will be found along the way.

**Keywords:** Bandung; Pangandaran; Cycling; Travel

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## INTRODUCTION

Traveling is an activity for sightseeing and having fun. Gowes is another term for cycling, which is a type of sport that is done by pedaling a bicycle using energy and a steady pedaling rhythm. Currently, gowes is quite popular with the public in Indonesia. Many people like this quite enjoyable sport, especially people in urban areas, ranging from men, women, old, young, lower class, middle class, to upper class. Cycling can be a sport to maintain health and can be done while recreating and traveling. There are many reasons and motivations why people cycle, including: 1) exercise; 2) take a walk; 3) reduce pollution; 4) save fossil fuels; 5) avoid traffic jams; 6) seek new experiences and challenges; 7) a place to find friends; to 8) can be a place for self-actualization (Fahmi, 2019; Laksmana, 2020; KBBI, 2016).

There are many benefits that can be obtained from cycling activities, including: 1) reducing the risk of cancer; 2) improving blood circulation; 3) can reduce stress; 4) can make the heart strong and healthy; and so on. Casual cycling is a type of aerobic exercise, where aerobic exercise itself is a form of exercise that is done with low intensity so that the heart rate remains normal and does not beat fast, but is done for a longer duration of time so that calories and fat are burned, so that in addition to the body becoming healthier and fitter, the heart also becomes healthier (Ministry of Health of the Republic of Indonesia, 2017; Palar et al., 2015).

Adventure in the form of Sports tourism or sports tourism has now become one of the fastest growing sectors in the tourism sector. More and more tourists are interested in doing sports activities while adventuring while they are on vacation, whether the sport is the main goal or not. The organization of various types of sports events, both small and large scale, can be a factor that attracts tourists to visit to become participants or spectators. Major sporting events such as the Olympics and the World Cup can even be a catalyst in accelerating the development of the tourism sector which will also have a positive impact on the image of tourist destinations, infrastructure development, and various other economic and social benefits (UNWTO).

When the world and Indonesia are affected by the Covid-19 pandemic, cycling can be an alternative form of tourism activity in the new normal era. In addition to exercising, cycling can also be a means of recreation and tourism to enjoy various tourist attractions. It is hoped that later with this cycling sports tourism, it will be able to help restore tourism after being affected by the pandemic. Moreover, currently the cycling phenomenon has shifted from being just a means of transportation. Now it has become a tool for having fun while exercising and adventuring (Oentoro & Wiyatiningsih, 2021; Al Anshori, 2017).

Bandung-Pangandaran Cycling Tour: Mountain, Rural & Coastal Tour is a field research conducted to map various potential tourist attractions and to answer the following research questions: 1) What is the description of a cycling tour from Bandung to Rancabuaya beach via Pangalengan?; 2) What is the description of a cycling tour from Rancabuaya beach to Cipatujah beach?; 3)

What is the description of a cycling tour from Cipatujah beach to Pangandaran beach?

## **METHOD**

This research was conducted using qualitative research methods. Qualitative research is a naturalistic and inductive research with a focus on covering constructive and interpretive aspects based on analysis of the process of meaning and interpretation of real phenomena in the field. Data analysis and interpretation are carried out directly in the field along with the acquisition of qualitative research data. The data that has been obtained is then analyzed continuously until saturated. In qualitative research, a researcher becomes the main instrument in his research. Data collection techniques are carried out by means of literature/library studies, observation, and interviews (Trumbull & Watson, 2010; Yin, 2011; Azmi et al., 2018).

The following are the steps of data collection techniques carried out in this qualitative research:

1. Literature study: this data collection technique is used by studying various writings on cycling trips from Bandung to Pangandaran beach via Ranca Buaya and also writings related to Rancabuaya beach, Cipatujah beach and Pangandaran beach available in print media or on the internet to get an initial picture of the condition of the track and route along with the challenges that will be faced. As well as studying data on the condition of the track and route of the cycling trip from Bandung to Rancabuaya, then from Rancabuaya to Cipatujah beach and also from Cipatujah beach to Pangandaran beach using the Google Maps application and the Komoot application. With the help of the Google Maps and Komoot applications, data will be obtained regarding the elevation gain that will be faced during the trip and also the estimated distance and travel time.
2. Observation: this data collection technique is used by experiencing and directly observing empirically the cycling tour event starting from Bandung to Rancabuaya beach (via Pangalengan), then from Rancabuaya beach to Cipatujah beach (via Santolo & Leuweung Sancang beaches), and also from Cipatujah beach to Pangandaran beach (via Ciparanti beach and Cukang Taneuh/Green Canyon).
3. Interview: interview data collection technique is used by interviewing informants who are participants in the Bandung-Pangandaran cycling tour via Rancabuaya beach. The interview data will become valuable research information as comparative data with data in the field.

The data that has been obtained will be analyzed and presented descriptively in a story telling style based on the timeline of the results of the

cycling trip that has been experienced empirically in the field using textual narratives in the form of writings and numbers.

## **RESULTS & DISCUSSION**

### **Overview of Cycling Tour from Bandung to Rancabuaya Beach Via Pangalengan**

At around 05.00 the cycling tour started from Ancol Village, Bandung City. The cycling trip went straight to the south of Java Island via Mochamad Toha street towards Banjaran & Pangalengan. The trip to Banjaran is a trip out of town to the suburban area on the outskirts of Bandung. The route taken to Banjaran is a busy traffic road with private motorized vehicles and public transportation, two-wheeled or four-wheeled. To cross this route, alertness and caution are needed to avoid accidents due to the heavy traffic.

At around 06.30, the cycling trip stopped for a moment to have breakfast to recharge energy in the town of Banjaran District, precisely in front of Kiangroke Elementary School. Banjaran is one of the Districts in Bandung Regency which is located at an altitude of 653 meters above sea level and is in the south of Bandung city (Bandungkab.go.id). After breakfast, at around 07.00 the cycling trip continued to cross and conquer the contours of the long and winding uphill road to Pangalengan District, a District located in the highlands with a landscape of hills, mountain slopes and valleys and rivers. Pangalengan is in the south of Bandung city. Pedaling a bicycle on an uphill road requires a calm, unhurried and relaxed pedaling rhythm. Leisurely cycling is a type of aerobic exercise, where aerobic exercise itself is a form of exercise that is done with low intensity so that the heart rate remains normal and does not beat fast, but is done for a longer duration of time so that calories and fat are burned, so that in addition to the body becoming healthier and fitter, the heart also becomes healthier (Pangalengan District, 2017; Palar et al., 2015).

At 09.00 after pedaling for two hours non-stop on a road contour that continues to climb, with a panorama of rice fields, fields, valleys & tea plantations, finally the journey arrived at Pangalengan, a sub-district in the south of Bandung city which has a topographic contour and geological conditions in the form of steep slopes and is flanked by two shear faults (Amukti et al., 2017). From the roundabout in front of the Pangalengan Sub-district office, the cycling trip continued towards the road to Situ Cileunca, Cisewu & Rancabuaya, starting with a descending road contour and then returning to passing a steep incline before Situ Cileunca.

Due to being tired from pedaling the bicycle to conquer the relatively long uphill road from Banjaran District to Pangalengan, as well as the steep climb that had just been passed, at 09.30-10.00, the journey stopped to rest first & rehydrate by drinking 1.5 liters of mineral water that had been bought at a franchise shop before the Situ Cileunca water gate.

Finally at 10.15 the cycling trip arrived at Situ Cileunca, a 180ha artificial lake tourist destination built during the Dutch colonial period from 1919 to 1926. Situ Cileunca is about 45 km south of Bandung and is at an altitude of 1400 meters

above sea level, this artificial lake has a depth of between 6 meters and 10 meters and holds about 11,500,000 cubic meters of water and is in the Pangalengan District, Bandung Regency (Tjahjo & Purnamaningtyas, 2011). From Situ Cileunca, the cycling trip continued towards the Cukul tea plantation, one of the tea plantations in West Java and has a long history in terms of the development of tea plantations in Indonesia. The Cukul tea plantation has changed ownership several times, starting from being owned by a British company, the Netherlands to being owned by an Indonesian company. This plantation provides many benefits to the surrounding community by absorbing a lot of labor in the plantation sector (Setiabudi, 2017). After passing the Cukul tea plantation, the next destination is Talegong.

At around 11.30, the cycling trip arrived in Talegong, a sub-district with an area of around 19,896.94 hectares in a mountainous and steep hilly area that is prone to landslides and is administratively located in Garut Regency, West Java. Talegong, which is in this mountainous area, borders Pangalengan District to the north; borders Nyalindung Village to the south; borders Girimukti Village to the east; and borders Cianjur Regency to the west (Aspiranti & Amaliah, 2018). The cycling trip arrived in Talegong after passing a route that was quite draining on energy, mental & adrenaline, this was because after several kilometers the road contour descended from the direction of Situ Cileunca, suddenly the road changed back to climbing quite long through a tea plantation area with cool & fresh air until arriving at the Cukul tea plantation & factory area, then suddenly the road changed back to steep & long descents that made the bicycle brake system work harder, plus there were also quite steep and deep ravines on the side of the road. So, focus, concentration & alertness when cycling is very much needed.

In order not to be left out at night, from Talegong the cycling tour continued towards Cisewu. The road contour was still steep and long, but suddenly the road changed into a steep and long climb. The road track after Talegong was contoured like "crocodile teeth", each climb had a steep slope that tortured the bicycle chain & sprocket when pedaled, even occasionally pushing the bicycle could be a rational choice for energy efficiency. Similarly, the downhill road was quite steep & tested the courage and made the bicycle brake system work harder. This kind of road contour will often be found up to several kilometers before Rancabuaya beach. Perhaps the challenge of a track with a sharp up and down contour like crocodile teeth is the "price to pay" for the beautiful panorama of the natural landscape along the Pangalengan route to Rancabuaya.

At 12.30, the cycling trip was stopped for a moment to rest and have lunch to fill the calories that had been drained by the many uphill road terrains. After lunch, the cycling trip was continued with a road track that immediately dived down steeply from the height of Gembong Peak, then went up steeply again, and so on repeatedly.

At around 14.30, the cycling trip finally arrived in Cisewu, a village with a hilly topography contour originating from old volcanic material and geologically has a fractured and fault structure and is prone to landslides and landslides. Administratively, Cisewu is in the southern part of Garut Regency, its position is

very strategic because it connects central West Java with southern West Java (Sukiyah et al., 2018). From Cisewu, the journey continues to conquer the next steep climb, which is combined with another steep descent, rolling up and down steeply repeatedly.

Around 15.20-15.40, the journey took a short break and drank 1.5 liters of bottled mineral water on the terrace of a grocery store on the side of the road. And around 16.00, the journey arrived at a T-junction, turning left is the direction to Bungbulang & turning right is the direction to Rancabuaya beach. From this T-junction, the distance to Rancabuaya beach is about 14 km left with a road that tends to continue to decline and is long so that the speed of the bicycle can be driven more than 40 km / hour, although occasionally there is still a road that is a bit uphill.

Finally, around 17:00, the journey arrived at the Rancabuaya beach area, a beach located on the southern coast of West Java and in terms of natural resources is very potential to attract tourist visits because it has a beautiful panorama and has a variety of water tourism (Haryadi, 2015). The author immediately checked in at the Villa Jaya Sakti 1 inn.

**Table 1. Identification Results of Bandung-Pangandaran Cycling Tour Day 1**

Day 1 Route: Bandung, Pangalengan, Ranca Buaya Beach	
Mileage	101 km (google maps)
Tourist Attractions Along the Route	<ol style="list-style-type: none"> <li>1) The beauty of the panorama &amp; the freshness of the mountain air in the south of Bandung city;</li> <li>2) the expanse of tea plantations;</li> <li>3) Situ Cileunca lake;</li> <li>4) the panorama of hills &amp; valleys;</li> <li>5) waterfalls;</li> <li>6) clear rapids;</li> <li>7) tropical forest vegetation;</li> <li>8) coastal panorama</li> </ol>
Culinary Along the Route	<ol style="list-style-type: none"> <li>1) Preanger Malabar ground coffee;</li> <li>2) Pia Kawitan Pangalengan;</li> <li>3) KPBS Pangalengan pure milk;</li> <li>4) Pangalengan caramel milk candy;</li> <li>5) Pangalengan milk crackers;</li> <li>6) Puncak Gembong rice stall;</li> <li>7) Rancabuaya beach seafood</li> </ol>
Accommodation Along the Route	<ol style="list-style-type: none"> <li>1) Wisma Cinyumput, Pamalayan, Cisewu District.</li> <li>2) Villa Jaya Sakti Rancabuaya Beach.</li> <li>3) Villa Jaya Sakti 1 Rancabuaya Beach.</li> <li>4) Villa Jaya Sakti 4 Rancabuaya Beach</li> </ol>

Source: Field Observation Data

### Overview of the Cycling Tour from Rancabuaya Beach to Cipatujah Beach

On the second day, at around 05.50 the journey immediately starts from the Villa Jaya Sakti 1 inn in the Rancabuaya beach tourist area. From the Rancabuaya beach area, the road track immediately goes uphill for several kilometers towards the main road across the southern coast of West Java. From this main road, the trip immediately headed east towards Cikelet & Santolo beach. The National Route across the southern coast was good and smooth, but the road contour rolled up and down extremely, almost resembling a "normal statistical curve". Steep descents & steep climbs will often be encountered, especially when crossing bridges over rivers that flow directly into the Indian Ocean.



**Figure 1.** Panorama of Rice Fields & Rivers That Meet Directly with the Indian Ocean on the South Coast of West Java  
(Source: Research Documentation)

Around 07.30, Sepia Restaurant was seen on the side of the road with a neat building design with a panoramic view of rice fields and the Indian Ocean coast behind it. The restaurant sell various food item such as rice, fresh sea fish soup from the south coast of West Java, balado round eggs, bala-bala, shrimp paste chili sauce and warm plain tea. The sea fish soup served at this restaurant is quite delicious and fresh, the blend of spices and fresh sea fish from the Indian Ocean used make the soup broth savory and does not smell fishy. Plus, all the food is cooked using *hawu* (wood-fired stove).



**Figure 2.** Culinary Fresh Sea Fish Soup Typical of the South Coast of West Java  
(Source: Research Documentation)

After finishing breakfast at around 08.00, the cycling tour continued towards Cikelet and Pameungpeuk, the road contour continued to go up and down with a sometimes quite steep slope. The distinctive aroma of the sea combined with the freshness of the morning air and the warmth of the sunlight, complementing the beautiful panorama of the rolls and crashing waves of the Indian Ocean that broke and turned white with foam along the southern coastline of Java Island which was still visible throughout the journey. The Indian Ocean is an ocean of 74 million km<sup>2</sup> that stretches from north to south for 9600 kilometers from Antarctica to the Bay of Bengal and stretches from east to west for 7800 km from southern Africa to the western part of Australia (Tomzak & Godfrey in Al Ayubi, 2013).

At 09.30, the journey arrived at the Pameungpeuk, a sub-district located in the southern part of Garut Regency. The sub-district has a beach with characteristics of sand sediment or sand dunes with a height of about 3 to 6 meters and a moderate to high slope (Setiady, 2017). The journey stopped and rested for a while, then at 10.00 the cycling trip continued a flat road track on the coast towards Karang Paranje beach, and not long after, the journey had entered the Miramareu & Leuweung Sancang plantation area which has a road contour in the form of a long climb that is quite draining on stamina. Cycling on a long climb under the scorching sun that is increasingly perpendicular above the crown of the head is quite a challenge.

At noon, around 12.30, the journey arrived at the Leuweung Sancang area, a forest nature reserve which is administratively located in Sancang Village, Cibalong District, Garut Regency. Leuweung Sancang has various characteristics of forest types, namely: 1) coastal forest; 2) lowland forest; and 3) mangrove forest. This forest, which has an area of around 2,127 hectares, apart from having a variety of unique flora and fauna, is also quite famous for its legendary story among the people of West Java about the story of the disappearance of Prabu Siliwangi (Mustari, 2019; Rohyani, 2019). After crossing the Leuweung Sancang nature reserve forest area, it is not far from the track that will change into steep descents across the Garut-Tasikmalaya border with the landmark of the Cikaengan river bridge. After entering Tasikmalaya Regency, the road track will tend to be flat along the coast until reach Cipatujah beach.



**Figure 3.** Leuweung Sancang Nature Reserve which is full of nuances of the legendary story of Prabu Siliwangi  
(Source: Research Documentation)



Finally at 14.00, the journey arrived at the Cipatujah beach tourism area, a beach that is included in the administrative area of the southern part of Tasikmalaya Regency and is one of the widest and longest beaches on the southern coast with the characteristics of an iron sand beach and has a variety of tourist attractions, ranging from natural tourism (beaches & estuaries) to cultural tourism in the form of various festivals and folk festivals. The Cipatujah beach area also has creative economic potential in the form of an abundance of natural products, namely pandan leaves that grow wild in large quantities that have the potential to be developed into a variety of handicrafts (Mulyadin, 2014).

In the Cipatujah beach tourism area, the author decided to check in and stay at the Pantai Indah Hotel, an inn with relatively good facilities and quality such as air conditioning, television, wardrobe, comfortable and clean bed and there is also a bathroom in the room. The total distance of cycling tour from the Rancabuaya beach tourism area to the inn in the Cipatujah beach area was around 78 km (google maps).

**Table 2. Identification Results of Bandung-Pangandaran Cycling Tour Day 2**

Day 2 Route: Rancabuaya Beach, Pameungpeuk, Leuweung Sancang, Cipatujah Beach	
Mileage	78 km (google maps)
Tourist Attractions Along the Route	<ol style="list-style-type: none"> <li>1) Fresh air and beautiful panorama of the southern coast of West Java almost along the route;</li> <li>2) Panorama of river estuaries that meet directly with the Indian Ocean in the south of Java;</li> <li>3) Expanse of industrial forests;</li> <li>4) Tropical forest vegetation on the coast;</li> <li>5) Santolo Beach;</li> <li>6) Sayang Heulang Beach;</li> <li>7) Pameungpeuk Beach;</li> <li>8) Karang Paranje Beach;</li> <li>9) Cijeruk Beach;</li> <li>10) Leuweung Sancang;</li> <li>11) Cipatujah Beach</li> </ol>
Culinary Along the Route	<ol style="list-style-type: none"> <li>1) Fresh seafood soup dish at sepia restaurant.</li> <li>2) Fresh seafood dish at santolo beach</li> <li>3) Fresh seafood dish at Cipatujah beach</li> </ol>
Accommodation Along the Route	<ol style="list-style-type: none"> <li>1) Antasari Santolo Beach Inn;</li> <li>2) Karang Asri Santolo Beach Inn;</li> <li>3) Nuansa Bahari Pameungpeuk Hotel;</li> <li>4) Villagio Pameungpeuk Hotel;</li> <li>5) Cipatujah Indah Beach Hotel</li> </ol>

Source: Field Observation Data

### **Overview of the Cycling Tour from Cipatujah Beach to Pangandaran Beach**

The next day at around 05.40, the journey immediately starts from Pantai Indah Cipatujah Hotel and went riding east to Sindang Kerta beach, a beach which is also located in the Cipatujah District area and has relatively large marine tourism potential such as coral reefs and turtle breeding. (Suryani et al, 2013).

At 06.30, in front of the route, a panoramic view of the towering viewing monument, rows of fishing boats anchored, the Indian Ocean wave break embankment & lighthouse on the coastline, this indicates that the journey's cycling tour has arrived at the beach & fishing port. Pamayangsari, right when dawn is just breaking from the eastern horizon, emits orange light. Apart from its natural tourism potential, Pamayangsari beach and fishing port is a tourist area which is also known for its cultural tourism potential in the form of sea thanksgiving parties which are regularly held by the surrounding community (Latifah et al, 2020).



**Figure 4.** Panorama of Pamayangsari Beach, Tasikmalaya Regency  
(Source: Research Documentation)

At around 10.30, after cycling along the southern coastline of West Java passing Cikalong, Kalapa Genep, Ciparanti Beach, Legok Jawa and the incline to Cijulang, we finally arrived at the Cukang Taneuh / Green Canyon tourism area which looked deserted due to the Covid-19 pandemic. Then the journey continues to Cijulang & Parigi. At 11.00, the trip arrived in Paris. And finally, around 12.00, the cycling tour arrived at the Pangandaran beach area, a national strategic area and also a leading tourist area which has a variety of potential in the form of natural, cultural riches and various tourist attractions which have great potential to be developed with the concept of ecotourism. Administratively, Pangandaran Beach is located in Pangandaran Regency and is located in two villages, namely Pananjung village and Pangandaran village (Nugroho, 2013). The total distance of the cycling tour on the 3rd day from the Cipatujah beach tourist area to arriving at the Pangandaran beach tourist area is 92 km (Google Maps).

**Table.3. Identification Results  
Bandung-Pangandaran Cycling Tour Day 3**

Day 3 Route: Cipatujah Beach, Pamayangsari Beach, Cijulang, Pangandaran Beach	
Mileage	92 km (google maps)
Tourist Attractions Along The Route	<ol style="list-style-type: none"> <li>1) Fresh air &amp; beautiful panorama of the southern coastline almost along the route;</li> <li>2) Sindang Kerta Beach;</li> <li>3) Pamayangsari Beach;</li> <li>4) Ciparanti Beach;</li> <li>5) Batu Karas Beach;</li> <li>6) Green Canyon/Cukang Taneuh;</li> <li>7) Citumang body rafting;</li> <li>8) Batu Hiu Beach;</li> <li>9) Pangandaran Beach</li> </ol>
Culinary Along The Route	<ol style="list-style-type: none"> <li>1) fresh seafood dishes at Pamayangsari beach &amp; fishing harbor;</li> <li>2) fresh seafood dishes on Pangandaran beach;</li> <li>3) Pangandaran palm sugar;</li> <li>4) various processed Pangandaran salted fish</li> </ol>
Accommodation Along the Route	<ol style="list-style-type: none"> <li>1) Sunrise Resort Batu Karas Hotel</li> <li>2) The Batu Karas beach house</li> <li>3) Pangandaran palm horizon</li> <li>4) Krisna Beach Hotel Pangandaran</li> </ol>

Source: Field Observation Data.

**CONCLUSION**

Based on the results of the field research that has been carried out, several conclusions can be drawn as follows:

1. A cycling tour from Bandung to Rancabuaya beach via Pangalengan is very worth doing. There are various tourist attractions that can be enjoyed along the way, such as: a) the beautiful panoramic view of the mountains south of the city of Bandung; b) tourist destination Situ Cileunca; c) beautiful stretches of tea plantations and fresh air; d) beautiful panoramic views of valleys, waterfalls & rapids; e) beautiful panoramic views of tropical forest vegetation in hilly areas; f) the beauty of the beaches on the south coast of West Java. Apart from that, mountain, rural & coastal sports tourism is beneficial for physical and spiritual health and can strengthen our body's immunity during the pandemic.
2. A cycling tour from Rancabuaya beach to Cipatujah beach is very worth doing. There are various tourist attractions that can be enjoyed along the way, such as: a) the beautiful panorama of rivers that flow directly into the

Indian Ocean; b) culinary tourism for fresh seafood caught from the Indian Ocean; c) beautiful stretches of industrial plantation forest and fresh air; d) the panoramic beauty of the waves crashing along the southern coast of West Java; e) the beautiful panorama of tropical forest vegetation in coastal areas and also the legendary Leuweung Sancang nature reserve; and f) the beauty of several beach tourist destinations (Santolo beach, Pameungpeuk beach, Cibalong beach, & Cipatujah beach) on the southern coast of West Java. Apart from that, mountain, rural & coastal sports tourism is beneficial for physical and spiritual health and can strengthen our body's immunity during the pandemic.

3. A cycling tour from Cipatujah beach to Pangandaran beach is very worth doing. There are a variety of tourist attractions that can be enjoyed along the way, such as: a) the beautiful panorama of crashing waves which can be seen almost the entire way along the southern coast of West Java; b) the beauty of several river tourist destinations (Green Canyon/Cukang Taneuh & Citumang) on the southern coast of West Java; c) the beauty of several beach tourist destinations (Sindang Kerta beach, Pamayangsari beach, Ciparanti beach, Batu Karas beach, Batu Hiu beach & Pangandaran beach) which are on the southern coast of West Java; and d) culinary tourism for fresh seafood caught from the Indian Ocean. Apart from that, mountain, rural & coastal tour & sport tourism is beneficial for physical and spiritual health and can strengthen our body's immunity during the pandemic.

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