

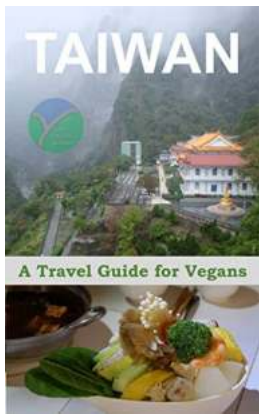
# Taiwan Travel Guide For Vegans: Delight in Plant-Based Paradise!

Are you a vegan looking to explore new destinations that cater to your dietary choices? Look no further than Taiwan - a hidden gem for plant-based travelers seeking a foodie adventure. With its rich cultural heritage and vibrant culinary scene, Taiwan offers an abundance of vegan-friendly options that will leave you amazed and satisfied. In this comprehensive guide, we will navigate through the best vegan spots, iconic attractions, and practical tips for your ultimate vegan travel experience in Taiwan.

## Exploring vegan-friendly cities in Taiwan:

Taipei, the capital city of Taiwan, is a haven for vegan food enthusiasts. It is home to numerous vegan and vegetarian restaurants that serve mouthwatering dishes from various cuisines. From traditional Taiwanese flavors to international fusion, Taipei will spoil you with its wide array of delectable vegan options. Don't miss out on the famous night markets like Shilin Night Market or Raohe Street Night Market, where you can savor delicious street food, including vegan versions of popular snacks like bubble tea and stinky tofu!

Taichung, located in central Taiwan, is another city worth exploring for vegan travelers. It boasts an emerging vegan scene, with charming cafes and restaurants offering plant-based delights. Take a stroll down the picturesque Wufeng Lin Family Mansion and Garden or visit the National Museum of Natural Science before treating yourself to a satisfying vegan meal at one of Taichung's hidden culinary gems.



## Taiwan: A Travel Guide for Vegans

by Atsons (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 129184 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 422 pages

Lending : Enabled



### Must-visit vegan restaurants:

While Taiwan is a food paradise for vegans, a few standout restaurants deserve special mention. One such place is Ooh Cha Cha, located in Taipei. This trendy vegan eatery offers a wide range of western-inspired dishes, including vegan burgers, pizzas, and desserts. The cafe's cozy and stylish ambiance adds to its appeal, making it a popular spot for locals and tourists alike.

If you're craving some Asian flavors, visit Mianto in Taichung. This vegan-friendly restaurant serves authentic Taiwanese classics made with plant-based ingredients. From flavorful dumplings to aromatic noodle soups, Mianto will take your taste buds on a delightful journey through Taiwan's traditional cuisine.

### Indulging in vegan street food:

One of the joys of traveling to Taiwan as a vegan is getting to experience the vibrant street food culture. While certain snacks may seem off-limits due to their typical non-vegan ingredients, fear not! Many street food vendors now offer vegan-friendly alternatives without compromising on taste. Sate your cravings

with a steaming bowl of vegetarian noodles or enjoy freshly made fruit juices and smoothies to cool off on hot days.

The world-famous Taipei night markets are a treasure trove for vegan foodies. Sink your teeth into crispy and succulent vegan popcorn chicken or fill your belly with delectable vegan dumplings. With so much variety on offer, exploring the night market scene in Taiwan will undoubtedly be an unforgettable experience for any vegan traveler.

### **Immersing yourself in nature:**

Beyond its culinary delights, Taiwan boasts stunning natural landscapes that will leave you in awe. Explore the majestic Taroko Gorge, hike along the beautiful Alishan mountain range, or relax at the picturesque Sun Moon Lake. Taiwan's breathtaking scenery offers numerous opportunities for outdoor activities, providing a perfect balance between indulging in vegan cuisine and connecting with nature.

### **Practical tips for vegan travel in Taiwan:**

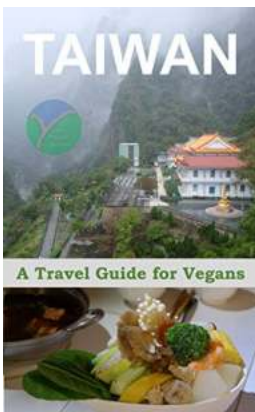
Before embarking on your vegan adventure in Taiwan, here are a few useful tips to ensure a smooth experience:

- Learn basic Mandarin phrases related to veganism to communicate your dietary requirements effectively.
- Carry a vegan passport or restaurant card that clearly explains your dietary preferences in multiple languages.
- Research local vegan blogs or mobile apps to discover hidden vegan gems and stay updated about the latest vegan-friendly offerings.

- Don't be afraid to venture beyond major cities. Even smaller towns and rural areas in Taiwan have hidden vegan surprises waiting to be explored.
- Be mindful of local customs and try to familiarize yourself with traditional dishes that are typically vegan-friendly, such as Buddha's Delight (Jai).

:

Taiwan is a paradise for vegan travelers seeking a unique and satisfying food adventure. With its abundant vegan-friendly options, vibrant cities, stunning natural landscapes, and welcoming culture, Taiwan has everything you need for an unforgettable trip. So, pack your bags, indulge in plant-based delights, and immerse yourself in the wonders of Taiwan - the ultimate destination for vegan exploration!



## Taiwan: A Travel Guide for Vegans

by Atsons (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 129184 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 422 pages

Lending : Enabled



Updated in March 2020, with the addition of Veganism (a restaurant in Taipei), a warning about “vegan” pizza which contains cheese in Jinguashi, and updates to the opening hours of many restaurants and attractions.

-----  
Unlike traditional vegan guides, which focus on food and restaurants, Vegan Travel Guides include both vegan restaurants and cruelty-free tourist attractions. Taiwan, the vegan heart of Asia, is the perfect country for the first guide.

Like most other guidebooks, Vegan Travel Guides also cover public transport, accommodation, addresses, postal services, languages, WiFi and safety. The guidebook also discusses the history, politics and religions of Taiwan from a vegan perspective.

Restaurant and attraction listings all include a photograph, their address and opening hours, walking and public transport directions, and links to websites, Facebook pages and HappyCow (for restaurants). I also provide links which bring up directions in Google Maps from the reader's location.

Taipei is divided up into three efficient itineraries which are especially tailored towards vegan and vegetarian travellers. These itineraries follow the MRT (subway) lines, and include both popular tourist attractions and the best or most convenient vegan-friendly restaurants. Preparation, timing and weather considerations discussed for each, to help readers avoid crowds and finding attractions unexpectedly closed.

## SIGHTS & ITINERARIES

### CENTRAL TAIPEI

2-28 Peace Park & Memorial Museum, National Taiwan Museum, Daan Forest Park, Ximen Ding, Longshan Temple, Presidential Palace, Chiang Kai Shek Memorial Hall, Botanical Gardens.

## EASTERN TAIPEI

Taipei 101, Elephant Mountain, Sun Yat Sen Memorial Hall, Maokong Gondola, Raohe Street Night Market, Maokong Gondola

## NORTHERN TAIPEI

National Palace Museum, Baoan Temple, Confucious Temple, Taipei Expo Park, Taipei Story House, Fine Arts Museum, Guandu Temple, Guandu Nature Park, Beitou, Yangmingshan, Tamsui, Bali.

## SOUTHERN TAIPEI

National Taiwan University, iVegan supermarket, Bitan, Wulai

## NORTH-EAST TAIWAN

Jiufen, Jinguashi, Houtong, Pingxi Railway Line (Shifen, Pingxi, Jingtong).

## HUALIEN & TAROKO GORGE

The only vegan B&B on the Taiwanese mainland and all necessary information to safely explore and stay in Taroko Gorge.

## LION HEAD MOUNTAIN

This centuries-old Buddhist retreat is a little off the path of these itineraries, but is easily reached by public transport and makes a good final destination before flying out.

## NOT IN THIS EDITION

Taichung, Tainan, Kaohsiung, Sun Moon lake or the Central Mountain Range.

## WHO FOR?

This book is recommended for first-time travellers to Taiwan who will be here for up to around ten days, however it could easily entertain travellers for up to two

weeks. If you will have longer than this I recommend using alternative resources and travelling around Taiwan, stopping at least at Kaohsiung, Tainan and Taichung (which are not covered in this edition). New residents will probably find the book useful, however long-term residents who speak some Chinese will not learn much new.

## VEGETARIANS

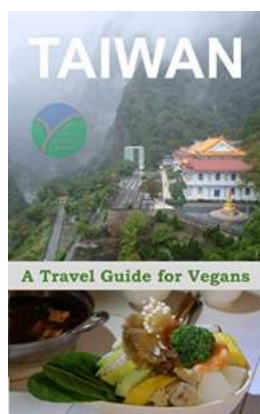
Most of Taipei's vegan restaurants are among the most popular for vegetarians and vegans alike, as they serve a more international cuisine than most traditional vegetarian noodle stalls. Vegetarians may find this book preferable to a conventional guidebook and many of my readers are vegetarians (especially from India); however, this book is written from a vegan perspective.

## Places for Omnivores Too?

As a vegan travel guide, this book does not recommend anywhere to find animal products. It does recommend restaurants which omnivores are likely to enjoy.

## AUTHENTICITY

I have personally visited all destinations and eaten at all restaurants in this guide, and I took all photographs myself. This book contains no advertisements. I always pay for meals in full and never accept any payments or incentives.



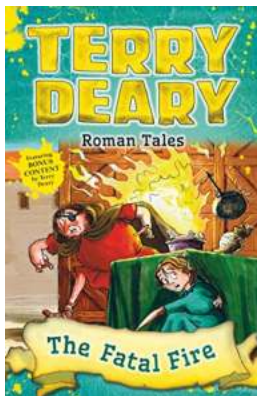
## **Taiwan Travel Guide For Vegans: Delight in Plant-Based Paradise!**

Are you a vegan looking to explore new destinations that cater to your dietary choices? Look no further than Taiwan - a hidden gem for plant-based travelers seeking a foodie...



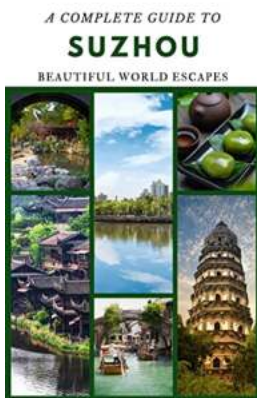
## The Spine-Chilling Saga of The Hallowed Ones: A Must-Read Supernatural Adventure by Laura Bickle

In the realm of supernatural fiction, few authors have managed to captivate readers with their bone-chilling narratives as effectively as Laura Bickle. Her acclaimed novel,...



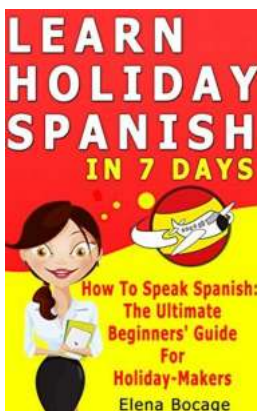
## The Fatal Fire: A Gripping Tale from Terry Deary's Historical Collection

Are you a fan of captivating historical tales that transport you to different eras? Look no further than Terry Deary's Historical Tales, where the past comes alive...



## The Ultimate Complete Guide To Suzhou

Welcome to Suzhou, a city known for its rich history, stunning gardens, and vibrant culture. In this ultimate guide, we will take you through everything you need to...



## Unlock the Secrets: How to Speak Spanish Like a Native!

Greetings, language enthusiasts! Are you eager to embark on an exciting journey to learn one of the most widely spoken languages in the world? Then you've come...





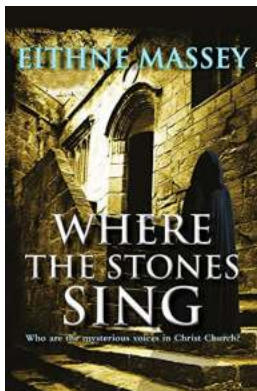
## Concise Guide On How To Fly Drone Pre Flight Checklist Mastering Flight

Are you ready to take flight and explore the thrilling world of drone flying? Flying a drone can be an exhilarating experience, offering panoramic views and allowing...



## Discover the Mind-Bending World of Free To Fall by Lauren Miller

In the world of young adult fiction, Lauren Miller's Free To Fall stands out as a thought-provoking techno-thriller that hooks readers from the first page and...



## Where The Stones Sing: Unveiling the Enigmatic World of Eithne Massey

Welcome to a magical journey where stones come to life and sing enchanting melodies. In the realm of children's literature, few authors have captivated readers with such...

[taiwan travel guide reddit](#)

[taiwan monocle travel guide](#)

[taiwan travel guide](#)

[taiwan travel guide 2022](#)

[taiwan travel guide 2023](#)

[taiwan travel guidelines](#)

[taiwan travel guide pdf](#)

[taiwan travel guide covid](#)

[taiwan travel guidelines 2023](#)

[taiwan travel guidelines 2022](#)