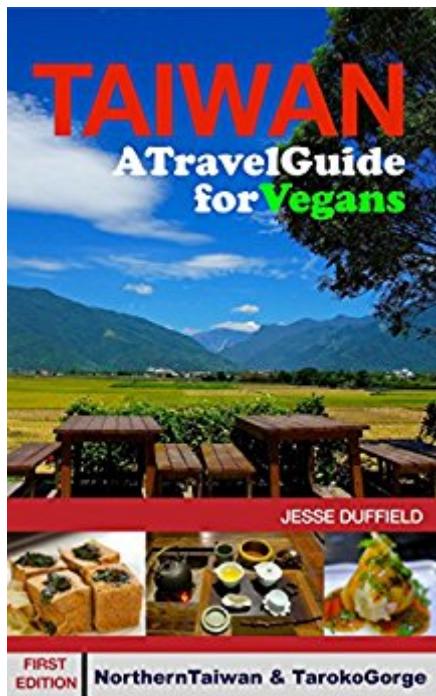


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Taiwan: A Travel Guide For Vegans



Synopsis

Last Update: March, 2017 for the new Airport MRT and changes to Jinguashi Gold Ecological Park

Vegans need and deserve our own travel guides, which only recommend vegan or vegan-friendly restaurants, and sites and activities which don't exploit animals. And Taiwan, the vegan heart of Asia, is the perfect country for the first guidebook. This edition covers all of Taipei's vegan and best vegetarian restaurants, listed as part of itineraries for the most popular attractions. Restaurant reviews all include a photograph, cuisine styles, price ranges, opening hours etc, and have clickable links to their websites and Happycow. Attraction listings include prices, hours etc like any other guidebook. This is the world's first complete travel guide for vegans (as opposed to vegan business directories intended to supplement conventional travel guides). Taipei is divided up into three main 'outings' (based on the subway lines) with preparation, timing, weather and other considerations discussed for each. Like most travel guides, this book includes all necessary travel information, including transport, hotels, addresses, postal services, wifi, mobile phones, electricity and safety. It also discusses the history, politics and religions of Taiwan, and their promotion of vegetarianism or veganism. MAPS

Maps are made using Google's MyMaps, and reproduced in accordance with their Terms and Conditions. They show sights, restaurants and facilities. They link to Google Maps, which can be opened using MyMaps on iOS and Android.

SIGHTS & ITINERARIES

CENTRAL TAIPEI

- 2-28 Peace Park, 2-28 Peace 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, Tamsui, Bali.

SOUTHERN TAIPEI

- National Taiwan University, iVegan supermarket, Bitan (lake), 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 COVERED IN THIS EDITION

- Taichung, Tainan, or Kaohsiung, 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 purchasing another guidebook or using online resources, buying a rail pass and travelling around

Taiwan. 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, especially foreigners, since they serve a more international cuisine than most traditional vegetarian restaurants and noodle stalls. Vegetarians may find this book preferable to a conventional guidebook (most of whose recommended restaurants serve little if anything vegetarian) perhaps in combination with HappyCow, however this book is written from a vegan perspective. **AUTHENTICITY** I have personally visited all destinations and eaten at all restaurants in this guide. This book contains no advertisements. I always pay for meals in full and never accept payment or incentives.

Book Information

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Customer Reviews

Lots of useful, specific and relatively up-to-date (as of this review in January 2016) advice on where to go, and what to avoid, in the northern third or so of the island. I especially appreciated notes like "Google maps has the location wrong; here's the right one." I bought this in preparation for my first trip to Taiwan, so I can't testify to the accuracy, but feel like I got a lot more practical information out of this book than from the Lonely Planet and Rough Guide ones. For instance, knowing to avoid Shilin night market ("There are no longer any vegetarian food stalls") in favor of

the Raohe Street one probably saved me an evening of my vacation, and that alone is worth more than the price of the book. I'm certainly a lot less stressed out over being able to go around and find agreeable meals with a very limited command of conversational Mandarin. There's also a fairly thorough but not overly long history of the politics of Taiwan that will help to keep me from saying the wrong thing to people I meet and am hoping to impress. If you like to hike or bike-ride, there's a lot of stuff in here related to that too. I read it all even though that's not really my thing, so at least I know what I'm skipping out on. A few side notes: Being a egg-and-milk vegetarian, not a vegan, this book is helpful in the sense that if a meal is "safe" for a vegan diner, then it's safe for me. On the other hand, when the author says of a given location, "there are no restaurants here," there might still be a place where I could get meatless food that might contain egg or some dairy. It would be helpful to people like me if those were indicated alongside, but I get the vegan ethos enough to understand how that might feel to some readers -- and probably to the author as well -- like a compromise of ethical principles, and that this book isn't the place for that. I'm happy to go hunting elsewhere for that information, e.g. Happy Cow. (Oh that someone would write a travel guide inclusive of both vegan and lacto-ovo-vegetarian practices with the same rigor and clarity that this author has!) And couple minor quibbles with the way the pages layout on the Windows 8 (Metro) version of the Kindle App. Tables in grids seem to be a particular problem, and I wish the photos could be zoomed into, but these things might be unavoidable on the platform. I read somewhere that the author is intending to reformat this book to match his newer offering, *Taipei in Four Days: A Travel Guide for Vegans*, and look forward to a forthcoming edition perhaps addressing some of these issues, which didn't impede at all my ability to read the book. (Also, as I've not bought "Four Days," I can't speak to how much the two overlap, or whether you'd still need to buy that after reading this.) The language is quite clear, and it seems to have been carefully proofread, as I spotted only a couple minor typos. This was also my first Kindle purchase. The experience of reading it more than once reminded me of *The Hitchhiker's Guide To The Galaxy*, and in my head I heard that deep voice from the radio version intoning lines like "The path is famous for its monkeys."

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