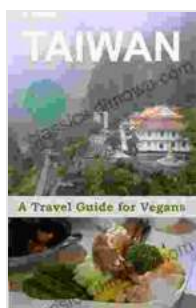


# The Ultimate Taiwan Travel Guide for Vegans: Discover a Culinary Paradise

As a vegan traveler, embarking on a culinary adventure in Taiwan can be a delightful and rewarding experience. This vibrant nation boasts a diverse and thriving vegan scene, offering an array of tantalizing flavors and hidden gems waiting to be discovered.

## Taipei: A Vegan Haven

Taipei, the bustling capital city, is a culinary melting pot where vegan delights abound. Explore the vibrant streets of Dadaocheng Wharf, home to numerous vegan restaurants. Indulge in mouthwatering vegan sushi at Sushi Tei, savor authentic Taiwanese flavors at Vegan Kafe, or delight in the hearty vegan buffet at Iloha Vegan.



### Taiwan: A Travel Guide for Vegans by Atsons

★★★★☆ 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

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## **Kaohsiung: A Vegan Oasis**

In the southern city of Kaohsiung, the vegan community thrives. Make your way to Surpassing Vegan Shop for a wide selection of plant-based groceries, snacks, and ready-made meals. Explore the bustling night market near Liuhe Tourist Night Market, where you'll find an array of vegan street food stalls. Don't miss the delicious vegan dumplings at Uncle Dumpling, or the hearty vegan rice dishes at Vegbite.



## **Tainan: A Culinary Tapestry**

Tainan, the ancient capital of Taiwan, offers a rich blend of vegan culinary traditions. Embark on a walking tour of the historic Anping District, where you'll encounter charming vegan eateries nestled amidst the old temples and colonial architecture. Visit [MiLove Vegan](#) for a delightful vegan

afternoon tea experience, or indulge in the traditional Taiwanese flavors at Vegan 831.



### **Hualien: A Natural Paradise**

The eastern coastal city of Hualien offers a breathtaking backdrop for vegan dining. Explore the vibrant market near Hualien Night Market, where you'll find a variety of vegan street food options. Don't miss the crispy vegan fried chicken at Sunfull Veggie, or the refreshing vegan fruit smoothies at 1 號果汁站.



## **Vegan-Friendly Attractions: Beyond the Plate**

Taiwan's vegan-friendly offerings extend beyond its culinary scene. Immerse yourself in the culture by visiting Taipei Museum of Contemporary Art, which hosts exhibitions that often explore veganism and sustainability. Explore the scenic trails of Taroko National Park, where you can marvel at the breathtaking natural beauty while enjoying vegan picnic meals.





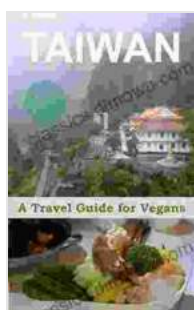
## **Planning Your Vegan Adventure**

To make the most of your vegan journey in Taiwan, consider the following tips:

- Learn some basic Mandarin phrases related to veganism, such as "jiu cai" (vegetables).
- Download a translation app to assist with communication.
- Research vegan restaurants and street food stalls in advance using resources like HappyCow.
- Pack essential vegan snacks and supplies, as some convenience stores may have limited vegan options.

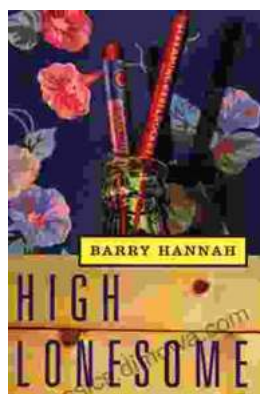
- Consider joining a vegan tour group to explore the country with like-minded travelers.

Taiwan is a culinary paradise for vegans, offering a wide range of tantalizing flavors, hidden gems, and vibrant vegan communities. Whether you're a seasoned vegan traveler or a curious adventurer, this guide will empower you to create an unforgettable and fulfilling vegan experience in the heart of Asia.



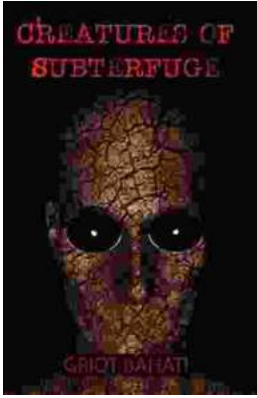
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