

TAIPEI

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A Cornucopia of Flavors
at Taipei's Traditional
Markets



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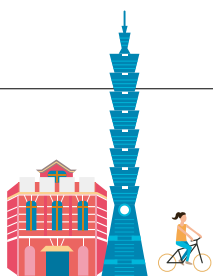
A Cornucopia of Flavors at Taipei's Traditional Markets



The many traditional vendors and their market shops represent a microcosm of life in Taipei. The food emporia featured in this issue of *TAIPEI* show the vital energy of the different districts. We've invited Titan (Zhang Qiuyong), Chef Ah Chi, David Bagherzadeh (Chef at Lao Wai Yi Pin Beef Noodles) and Tatsuya Ono (Chef at Taiwanippon) to talk about the local mercantile scene in Taipei. Xinfu Market in Wanhua District glows with the spirit of rebirth, Beitou is like a slice of life, Binjiang is packed with all kinds of flavors, and the Taipei Expo Farmers Market offers a glimpse of rural life. With all the sounds of vendors hawking their wares and people chatting and laughing, and the vibrant scenes of people coming and going, and so much produce and authentic snacks for sale, these local emporia present a metropolis in miniature. Come experience the hospitality and life force of Taipei City!

In addition to all the fun sites downtown, Mother Nature is also within reach. Ringed by mountains, Taipei City has many verdant sites. You can take the bus or MRT and easily explore nature over many hiking trails. From Xiangshan Hiking Trail, you will see the most amazing night views of this capital city, while Shuicheliao Trail offers the observer the colorful blossoms of Zhuzihu. Jiantanshan Hiking Trail tells a tale of human activity within its historical ambiance, and the Camphor Tree and Zhanghu Trails Loop provides views of the local farm scene. Finally, the Yuanjue Temple and Liyushan Trails Loop seems like a route a pilgrim might follow! You can even plan big and take a grand hike over several trails.

With Taipei's convenient transportation network, you'll find that nature is within reach. You'll get to enjoy local delicacies at traditional markets and breathe in the fresh air of forests all in one day. A variety of fun and foody tours are waiting for you! In this issue, we'll help you to discover traditional markets and hike some trails. Let's go!



Thanks for taking a look at *TAIPEI* magazine. In order to bring *TAIPEI* closer to its readers, the Department of Information and Tourism invites you to fill out this questionnaire and return it to us. For each subsequent issue of *TAIPEI*, 10 completed questionnaires will be drawn at random, and each of those lucky people will receive a free copy.



E-book

TAIPEI

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Chefs Visit Markets Seeking the Taste of Happiness

Article

—
Mirror Media

Photos

—
Lin Weikai

To learn about a city's culture, you first need to check out its local markets. The many vendors and shops there create a microcosm of local people's lives.

For example, Xinfu Market (新富市場), next to Lungshan Temple (艋舺龍山寺), sells deli products and cakes that worshippers can use to affirm their devotion to the gods. Beitou Market (北投市場), located in the hot spring district, offers authentic local dishes and grocery items from all over, and thus presents an image in miniature of Taipei, the capital of gourmet food.



Taipei is a fast developing city with prospering businesses; each local market asserts its own style and atmosphere, but you'll find the same friendliness and hospitality inside each one.

But where can we find and taste these nurturing Taiwanese market dishes? Two chefs, from different generations, Chef Ah Chi (阿基師) and Titan (Zhang Qiuyong; 張秋永) are here to take us on a tour.



Early one morning, Chef Ah Chi went shopping at Beitou Market. He tried to keep a low profile, but many people still recognized him. He smiled and said “Hi” to them, and when he started to worry that the crowd around him was getting so big it might affect the vendor’s business, he thoughtfully picked up produce and helped to sell it. Gestures such as this, and his cooking skills, of course, have made him one of the most popular chefs in Taiwan!

Beitou Market’s main building is a two-story structure that was built back in the day, and small wooden stools are still a significant feature here. As with Xinfu Market, this public emporium was established in the Japanese era. It has a large sales area, plenty of vending stands, all sorts of vegetables and fruits, and many other low-priced groceries. It’s most famous for its fresh oysters, rice pudding, braised pork on rice, and other local dishes. Tea culture is featured here. Beitou is the biggest public market in Taipei City, and also the center of life for the good denizens of Beitou.



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CHEF AH CHI

BEITOU MARKET IS A TRAINING GROUND FOR CHEFS

Article

Shi Ruide

Photos

Lin Weikai

Despite some minor renovations, this old-fashioned market has maintained its atmosphere of friendliness and hospitality. It's like a miniature of the world outside, with life stories of vendors and people from all over being told every day. Even an experienced cook like Chef Ah Chi has deep feelings about this microcosm – Beitou Market.

Using Ingredients From Local Markets to Exhibit Excellent Culinary Skills

All great chefs start with the basics. Chef Ah Chi likes Beitou Market for what it can offer – so

many options for ingredients that it's the perfect training ground for chefs. "My first impression of local markets was all about eating. When I was a kid, the adults often brought me there, and while they shopped for groceries, I devoured Taiwanese snacks. After a time, I learned to tell good taste from bad, and then traced those tastes back to the ingredients. The first thing you need to know about cooking is what each ingredient's special features are. Next, you need to train your brain and eyes to be able to properly select them. Moreover, instead of memorizing recipes and sticking to them, you need to learn how to match different elements," says Chef Ah Chi.



Beitou Market offers many of the delicacies favored by local people.



When it comes to cooking, Chef Ah Chi says the first thing you need to know is what each ingredient's special features are.



Tea culture is a unique feature of Beitou Market; authentic Taiwanese black tea is popular among tourists.

After all these years, does he still have a passion for cooking? Chef Ah Chi raises his voice, “Oh, yes, of course. I love cooking for people.” Whether at the hotel where he works, or in his kitchen at home, Chef Ah Chi sets up a “lab base” and designs all his unique dishes personally.

He states forthrightly, “My number one entertainment is watching foreign cooking shows on TV; and, as you can see, every chef there asserts the

importance of local markets. By visiting such a place, whether it’s in his own country or abroad, a chef gets to know the particular culture of a region, and then can apply the skills he has learned to make delicious dishes.”

“I appreciate their spontaneity and creativity, although for me, I like to combine my creativity with local features, and never skip the basics. If you just cook with any ideas that pop up in your head



Chef Ah Chi believes that cooking involves lives; you get to savor a sense of personal relationship.

and goof around with it, I don't consider that creative." Accordingly, Chef Ah Chi draws on Beitou Market's friendliness and hospitality, adds some flavors from the Japanese era, and thus creates his unique Taiwanese delicacies.

He gives an example, "Japanese *Dorayaki* (a dessert with a sweet filling sandwiched between pancakes) usually is stuffed with adzuki bean paste. One time, I tried to make it the Hakka way and used preserved mustard greens as stuffing instead. This vegetable must be simmered with colloid-rich pork skin until it becomes mushy, otherwise it will fall apart and lose its texture.

Then you drain the extra oil out of the cooked vegetable and leave it to cool. As to the pancake part, you need to add sugar and soy sauce to bring out the flavor, then broil it. This creates a new flavor combining Japanese dessert and traditional Hakka style.

Satisfying Both Host and Guests; Caring for Taste and Relationship

Chef Ah Chi believes that the best Taiwanese cuisine should be simple but tasty. Sautéed Salted Mustard Greens With Tofu Skin (雪菜

炒腐包) seems basic enough, but there's some life philosophy accompanying the rich texture of this dish. Salted mustard greens are a common ingredient in Taiwanese cuisine, but there's also a little Hakka in its background. Its saltier taste goes very well with plain rice. In the bygone days when life was difficult for Taiwanese people, this was considered a gourmet dish on the dining table.

Chef Ah Chi stresses the importance of being a person who takes care of everything. "Besides the menu, a chef needs to be aware of the personal relationships at the dining table. For example: What's the purpose of this gathering? Who are the guests? Furthermore, you need to take course preparation and order into consideration. There's



Many varieties of fish are sold at Beitou Market.



In addition to fresh produce and a variety of tea drinks, Beitou Market also features local dishes, such as braised pork on rice.

more to think about than just whether the food on the stove is well cooked or not," says Chef Ah Chi.

Chef Ah Chi believes that being a good chef also involves bonding with people. You are sharing "the taste of happiness with your customers," and passing on a fulfilling warmth and hospitality. "On special Chinese holidays, after I finish cooking, I always go to each table to say hi. People are so happy to see me and want to take pictures with me. I make fun by saying that my photo is as good as a credit card with a very high limit. Take as many as you want and put it to good use!"

That day at Beitou Market, Chef Ah Chi helped vendors sell products, and filled the place with the warmth of humanity.



Recipe

Sautéed Salted
Mustard Greens With
Tofu Skin




Sautéed Salted Mustard Greens With Tofu Skin looks like a simple dish, but it offers a rich flavor with the essence of life stories.



Ingredients

- 4 fresh tofu skin sheets
- 300 grams of salted mustard greens
- 1 green onion
- 1 piece of ginger (chopped)
- 2 tablespoons of minced garlic
- 1 red chili
- 3 tablespoons of sesame oil

Preparation

- 1 Wash tofu skin thoroughly, sauté and then cut into small pieces.
- 2 Fry salted mustard greens and set aside.
- 3 Add the following ingredients to the frying pan in this order: three tablespoons of sesame oil, tofu skin, salted mustard greens, green onions, ginger, garlic and red chili, and stir fry them.
- 4 Add water and simmer until the liquid is fully reduced. Stir thoroughly and serve. 



\TIP/

Mustard greens are salted, so wash them first before using, but save the salt water. You can add it to the frying pan while cooking, so there's no need for extra salt.

TITAN

VISITS XINFU MARKET SEEKING AUTHENTIC TAIWANESE FLAVORS

Article

Shi Ruide

Photos

Lin Weikai



Instead of a typical chef's apron, Titan wears a colorful T shirt and a pair of sneakers, and with his swarthy complexion, he is the picture of a young man bursting with energy. If you didn't know him from TV, you'd never think that this thirty-something man has over 10 years of culinary experience, including working for famous hotels, teaching cooking courses, and publishing several books.

Recognizing Fresh Ingredients in Front of You

The moment Titan steps into Xinfu Market on Dongsanshui Street (東三水街) in Wanhua District, the "chef radar" he was born with clicks on right away. He surveys the area, picks up a vegetable, has a quick sniff, then touches the fish and squeezes the meat. "When I shop at local markets, there are two things I look for most: low prices and freshness. The advantage of traditional markets is you can assess freshness yourself. At the supermarket, where the produce is sealed in plastic wrap, you can't really touch or feel the item, and it's just not fun!" says Titan.



Titan thinks that Xinfu Market is small but well-equipped with just about everything.



The salty clam stand in Xinfu Market is not a commonly-seen business in traditional markets, but is popular among foreign tourists.



Located near Lungshan Temple, Xinfu Market was built in the year *Showa 10 nen* of the Japanese era (1935) and was the first public market to meet Taipei City's new standards of hygiene. Connected to Dongshanshui Street Market, this horseshoe-shaped building occupies a rather small site with narrow passages. The vending stands are right next to each other but pretty well organized. There are no funny smells in the air, the floor is nice and clean and the whole complex seems to glow with the light of rebirth.

Titan notes that, "This market is small but well-equipped; you can find whatever you want there. Every stand has its produce arranged neatly. Take the chicken stand as an example: the vendor cuts up the bird so that bones, giblets and meat all have their own display areas, which makes for a pretty picture. At the fish stand I bought a

greater amberjack. It has a solid body and clear scales – you can tell that it's good stuff! This is the thing to go for.”

“I chatted with a lady who runs a vegetable stand and sells meat on the side. I asked her why and she said, ‘Well, I just like to eat meat!’ What a cute answer!” When Titan sees an ingredient he's not familiar with, he asks the vendor about the secrets of cooking it. In this way he bonds with the vendor as they chat, and thus gets a better price, and helps with sales, too. This is a win-win situation – what could be better!

Customers at Xinfu Market are mostly neighborhood locals of the older generation. “I've noticed there are many deli stands there providing take-out food. Most deli items contain ingredients from the market itself. There are plenty of options and the vendors' cooking skills have withstood the

test of time, which is a great guarantee of taste! These are comfort foods filling the stomachs and hearts of countless people living nearby.”

Owing to the demands of his work, Titan also visits Binjiang Market (濱江市場) frequently. “In that market, there are vegetables, fruit, chicken, ducks, fish and meat from all over. This is a place restaurant chefs *must* visit, so I like to shop there, too. My specialty is Western cuisine, and there are so many tomatoes to choose from at Binjiang. You don't need to buy a whole bunch – all at once, you can get just enough for what you are cooking. I buy a bit of this, a bit of that, then take them home and study each ingredient in order to do something creative with my next new dish.”

While shooting his TV show on location overseas, Titan often visits regional markets, but



Titan says Taiwanese cuisine has a “homemade” taste; you need to make it yourself to bring out the flavor of happiness.



Situated next to Lungshan Temple, Xinfu Market sells many snacks, such as traditional herbal rice cakes, for worship ceremonies.

he still considers the traditional Taiwanese market his top choice. “Making a living at a food market isn’t easy. Observing certain details will tell you if a vendor cares for his or her produce. How does a proprietor run a business all day long and still keep produce fresh? How does he or she keep the food’s texture the same, even after a customer brings it home? One of the key things is whether there’s a big refrigerator at the back of the stand or not. At overseas markets, the food all tastes the same – there’s no mingling of flavors or special twists.”

Simple Dish With Dazzling Skills

Titan recalls his path to becoming a chef and says, “Before I joined the Department of Food and Beverage Management in high school, I’d never done any kitchen chores, never cooked, and never thought I might be a chef one day! I chose that department simply because my elder sister thought



Built in the Japanese era, Xinfu Market is a historical building that sells a variety of Taiwanese deli items.



Titan says that Xinfu Market offers good options for fresh produce.

it was a good choice of profession.” Whether he was cooking at a restaurant, hotel, or for the army, he had to make do with low-priced ingredients with few options to choose from; yet he always tried to create dishes that were special. He learned to pay extra attention to his seasonings, and his work soon won over people’s hearts.

At work, he specializes in dishes with a meat or fish entrée with side dishes, desserts and spaghetti. For family gatherings, Titan says Taiwanese cuisine is a better choice. He notes that, “Western cuisine accentuates the original flavor of the main course; whereas Taiwanese cuisine typically combines many different flavors. I will take the nature of the event into consideration and add key elements to create a

very simple dish that will still have a dazzling effect on guests’ palates, eyes and hearts.”

After work, when Titan goes home, the kitchen is under his wife’s control and Titan can only play an assisting role and give advice wherever needed. His wife is also a great cook!

Titan says, “Cooking for the family is not about culinary skill. Even if the taste or presentation isn’t as delicate as at a restaurant, the meal is full of love, and this cannot be topped by any five-star restaurant or chef’s cuisine. Especially after a long day, when you come home and enjoy a hot dish – it’s something no delicacy or gourmet food can compare with!”



Recipe

Braised Chinese
Cabbage
With Egg Floss



After a long day, a simple dish of Braised Chinese Cabbage With Egg Floss is appetizing in color, smell and taste. It will revitalize you!

Ingredients

70 grams of pork belly (stripped)	Half a Chinese cabbage (cut into pieces)
2 dried mushrooms (soaked in water and julienned)	100 c.c. of water
10 grams of dried shrimp (soaked in water)	2 eggs
15 grams of shallots (sliced)	10 grams of garlic (chopped)
5 grams of ginger (chopped)	5 grams of green onion (chopped)
30 grams of carrots (sliced)	Some salt
40 c.c. of rice wine	Some white pepper
	Some sesame oil



\TIP/

To make a good-looking egg floss, the oil must be hot enough (heat for about 3 minutes). After it's done, put a paper towel under the egg floss to soak up extra oil.

Preparation

- 1 First, stir fry the pork belly in sesame oil, then add dried mushroom, dried shrimp and shallots.
- 2 Add ginger and carrots and stir fry a little more, then add rice wine, Chinese cabbage, and water to simmer for about 10 minutes.
- 3 Mix in one whole egg and one extra egg yolk.
- 4 Bring the oil temperature up to 190, then pour the egg mix through a filter into the oil to deep fry it into egg floss.
- 5 Add half the egg floss into the frying pan mentioned in 2, then add more water or broth and bring to a simmer, then season with some white pepper and salt.
- 6 Mix in minced garlic and serve with chopped green onion and the rest of the egg floss on top.

Sumiki Hikari's City Wanderings

A Traditional Market Tells Its Tales

I'm fond of many of Taipei's traditional markets, but Xinfu Market, also known as East Sanshui Street Market, situated next to Lungshan Temple, is the one that holds the most special memories for me.

Xinfu Market was founded in 1935, during the Japanese era. If you look at an aerial photo, you'll see that the building is shaped like a horseshoe. It's said that the design was copied from an ancient Chinese coin (probably shaped that way to bring the bearer good luck in business.) When it rains at Xinfu, the water flows off the roof, down into the center of the horseshoe, then out through drainage. Using water flow to direct air circulation is a much valued concept of *Feng Shui*. The building has double the number of windows normally found in a structure this size, and thus, there is sufficient light and air, even in Taiwan's humid and hot climate. Along the perimeter of the U, you'll find stands selling meat and fish. It's said that in the early days, one could find anything in this market. Combining Chinese culture with local Taipei-style design, Xinfu Market teaches us that even back in the days of Japanese rule, people lived a very multicultural existence.

After World War II, the business community outside this emporium grew prosperous and Xinfu was forgotten and its building left to rot. It wasn't until 2013 that a private developer transformed

it into the cultural and creative hall it is now. The space includes facilities such as coffee shops, office space and kitchens, and events related to traditional markets and culture, such as speeches and exhibits, are held here from time to time.

One time, I was invited to participate in an activity and assigned a stand right outside the entrance of Xinfu Market. I was there promoting a few of my newly-released books and it was intriguing to see them displayed alongside colorful and diverse food stands! And when I spoke up to introduce my book to people, amazingly quite a few of them stopped to listen. Some even bought copies! I was so grateful for that. But when I sat down to take a break, I turned into a regular shopper looking around, and thus discovered a different side of the market. A little girl at a pork stand was holding her Mom's hand and rocking gently with an adorable expression on her face; and A-Jin (阿靜), the owner of Monga Super Curry Bakery (艋舺唐記鹹光餅咖哩酥), the stand next to the pork, gave me a Taiwanese curry bagel. These are the wonderful memories I'll never forget.



Hanging in front of this religious character is a traditional Taiwanese bagel.

Fresh Air and Forest Trails Amid the Bustling City

Article

Zhong Wenping

Photos

Li Zhiwei

In the mountains of Taipei, there are many hiking trails where one can easily embrace Mother Nature. Enjoy the many gorgeous views of the city; hike at a leisurely pace; and breathe in happiness with every lung-full of fresh forest air!

Enjoy the Cool Fall Air Along Mountain Paths

Taipei Hiking Trails

Article

Howard Chen

Photos

Li Zhiwei,
Taipei City Geotechnical Engineering Office



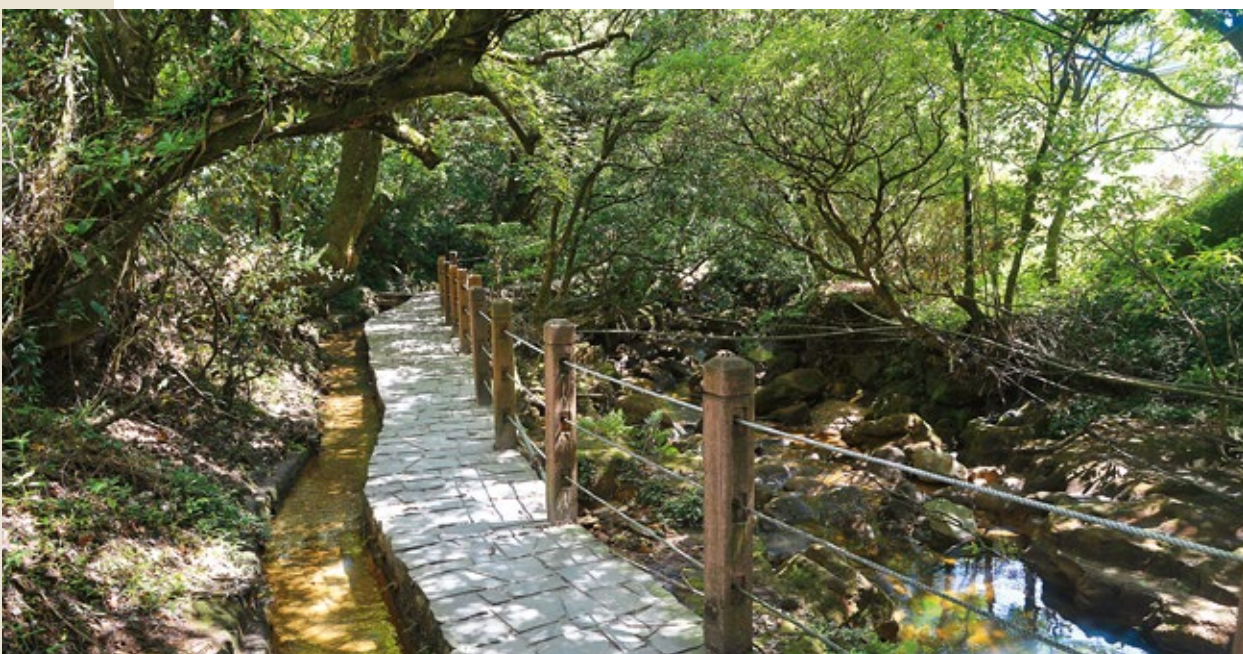
Living in the urban jungle and working hard everyday? Why not take a walk into nature and relax body and soul now that Fall is coming? Visit a hiking trail in suburban Taipei! The metropolitan area has an abundance of mountain ranges with endless trails. Taipei's convenient transportation network will get you anywhere, and "Come enjoy a peaceful corner of our city, away from the hustle and bustle" will not just seem like a real estate pitch, but more like a dream come true.

Hike a Trail Into Nature!



Being situated in a former military stronghold, Jiantanshan Hiking Trail lets you see abandoned military posts like this one. (Photo: Taipei City Geotechnical Engineering Office)

People nowadays care about their leisure activities, and hiking is one that is definitely trending. The Taipei City Geotechnical Engineering Office (台北市大地工程處) has analyzed local geographical features and improved hiking trails along many mountain ranges. The hope is to get people uphill and enjoying nature in general while observing the features of each trail in particular. Lu Lichun (呂理昌), who graduated from National Taiwan University's School of Forestry and Resource Conservation, has contributed many years to Yangmingshan National Park (陽明山國家公園) as the Director of the Qingtiangang (擎天崗), Xiaoyoukeng (小油坑), and Yangmingshuwu (陽明書屋) Service Stations. You can call him "a man who dances with nature." He notes that on the many hiking trails and ancient paths in Yangmingshan, one can find rich ecological resources, such as plants, ferns, butterflies and birds, and also study the local history of human activity. Lu says, "A simple hiking trail is the best starting point for walking into the



Shuicheliao Trail was used to transport japonica rice in the early days of Taiwan.



Located in the Xinyi District, Xiangshan Hiking Trail is easy to get to and perfect for a visit day or night.

outdoors.” The trails provide an entrance into nature, while allowing the hiker to know the mountains and this land better.

The Magnificence of Taipei Catches the Eye of Visitors

Unlike some places that are more bounded geographically, the environment of Taipei City has many natural advantages. You can easily take a bus or the MRT and reach mountains in less than an hour. For many, hiking a mountain right in their home city is beyond imagination. In Taipei, however, you get to breathe fresh air in the morning and devour delicious night market food in the evening. It's a day trip with diverse activities – eating and hiking – without any geographical obstacle! That is what many a tourist would describe as “amazingly crazy.” Hiking along the Xiangshan Hiking Trail (象山親山步道), you see the most beautiful night view of this capital city, while wandering along Shuicheliao Trail (水車寮步道) one gets to enjoy the blooming flowers at Zhuzihu (竹子湖). Jiantanshan Hiking Trail (劍潭山親山步

道) tells a tale of human activity and has an historical ambiance, whereas Camphor Tree Trail (樟樹步道) and Zhanghu Trail (樟湖步道) provide views of the local farm scene. Liyushan Hiking Trail (鯉魚山親山步道) and the Yuanjue Temple Trail (圓覺寺步道) both seem like pilgrimage routes. Each of these offers a unique mountain experience. There are bilingual guides and direction signs along these trails, so tourists can enjoy nature easily. Craving more adventure? Why not plan big and have a grand hiking trip that connects several trails? Tackling this challenge, you will experience the sense of achievement that comes with conquering the mountains of Taipei!

When one hikes into the mountains, he or she goes back to the embrace of Mother Nature, where one's only responsibility is to respect and love the land. Be sure to wear proper clothes (a light long-sleeved shirt, jacket and long pants), and bring sufficient food (bread and dry goods are best) and rain gear. Control your time and keep an eye on the weather. A mountain visit is the fastest way for city dwellers to engage nature in the waning days of autumn.

A Peaceful Heaven Hidden Behind Six Boulders

Xiangshan Hiking Trail



Article

Howard Chen

Photos

Li Zhiwei



When one mentions Taipei 101, the landmark of the city, the nearby Xiangshan Hiking Trail is often the next thing that comes to mind. With an advantageous location, gorgeous night views, and a reputation rapidly being spread by word-of-mouth, *this* is the Hollywood Star of hiking trails!

Many people climb up Xiangshan to gaze upon the gorgeous night view.



Stepping Out of the Hustle and Bustle but Staying in the City

This “superstar” trail is actually very accessible. The trail ends in Xinyi District’s Zhongqiang Park (中強公園), which locals will tell you is the perfect back yard. It takes less than 10 minutes to walk from there to MRT Xiangshan Station and the YouBike rental station. Such convenience attracts foreign tourists and local visitors alike to come and explore.

The entrance to Xiangshan Hiking Trail is next to Lingyun Temple (靈雲宮) on Lane 150, Section 5, Xinyi Road (信義路). It is easy to recognize day or night. Each of the first flight of steps is just 7 or 8 centimeters in height, making this stage quite easy to climb. When you reach the first fork in the trail, it’s time to choose your “destiny.” The left branch is a flat and easy route leading to the Fireworks Platform

(煙火平台) at Yongchun Pavilion (永春亭). The right leads to Six Boulders (六巨石), a popular social media check-in spot. You’ll notice that the height of each step keeps increasing – to more than 25 cm – which makes it seem as demanding as the path into Heaven!

Most evening visitors and people who want a more-challenging hike will choose the path on the right, but those who are just out for a pleasant stroll enjoying nature will take the left one. Both routes offer facilities to meet everyone’s needs. The Camera Platform (攝影平台), the Photographer’s Platform (攝手平台) and the Fireworks Platform offer different angles for taking pictures, but Taipei 101 will always be the star attraction in the viewfinder. You will find a plethora of ecological resources on Xiangshan – especially along the gravel path towards the Fireworks Platform, where you might spot butterflies, such as skippers or swallowtails. With its benches, drinking fountains



The steps up Xiangshan can easily be over 25 cm in height and therefore quite challenging.

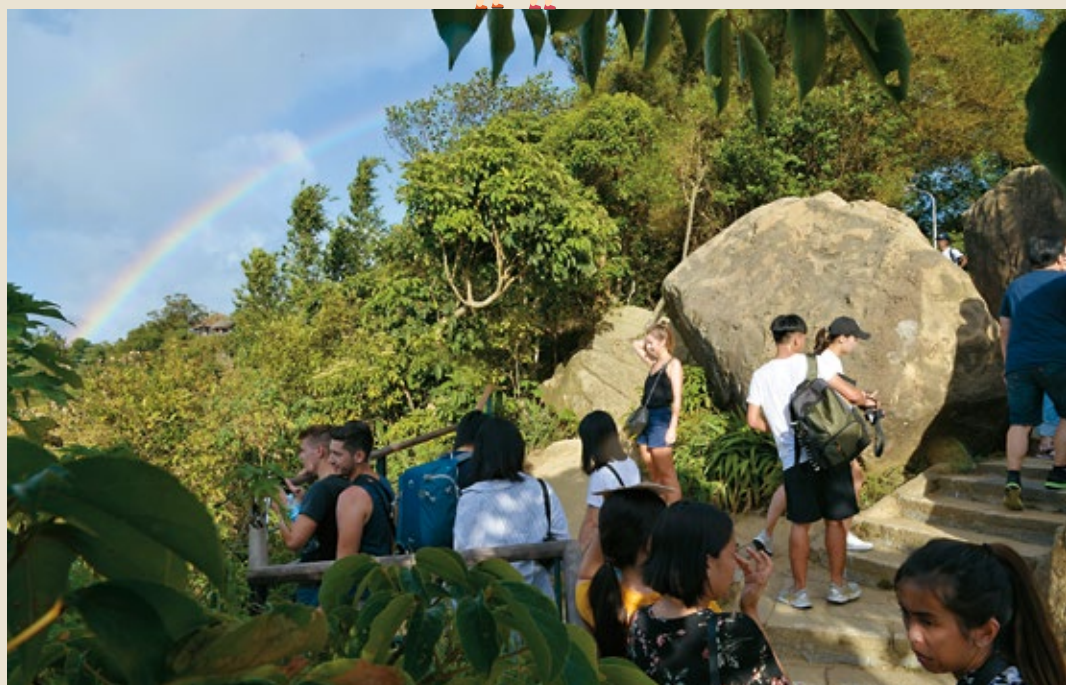
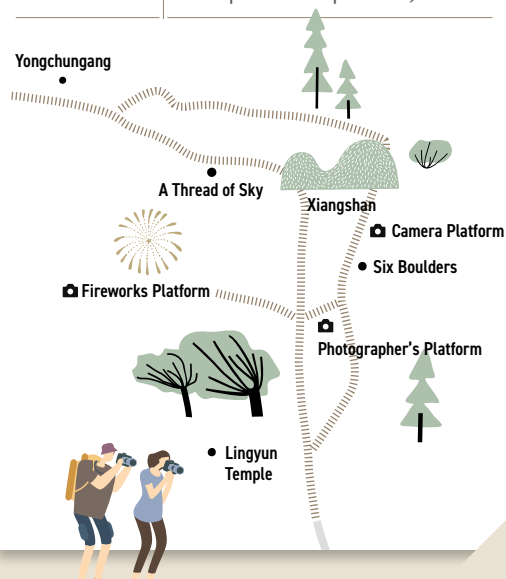
and sheltering roof – this is the ideal spot for refreshing body and soul.

Check-in Hotspot Gets Prettier by Night

Six Boulders is THE destination for many young people who climb Xiangshan. But to reach it, you'll need to conquer those steps with their radical increase in height, and your legs might just barely make it! According to the Taiwan Nature Trail Society (中華民國自然步道協會), Six Boulders was formed when a piece of massive sandstone split into six due to thermal expansion and contraction over millions of years of sun and rain. These boulders are not situated on the mountain top, but are blessed with a wide-open vista and few trees to block it. You can look out on the twinkling night lights of downtown Taipei and on the flashing neon of Taipei 101. No wonder it's a check-in social media hotspot for young people, and a hiking trail with urban charm!

Xiangshan Hiking Trail

Location	The entrance is next to Lingyun Temple on Ln. 150, Sec. 5, Xinyi Rd.
Total length	1,450 meters
Walking time	About 50 minutes (It varies from person to person.)



With easy access and beautiful scenery, Xiangshan attracts many local and foreign visitors.

A Green Path With Echoes of History



Jiantanshan Hiking Trail

Article

Zhong Wenping

Photos

Li Zhiwei, Taipei City Government Department of Information and Tourism



Situated on the west range of Wuzhi Mountain System (五指山系), Jiantanshan Hiking Trail's highest point is 206 meters above sea level. Whether you take the MRT Tamsui-Xinyi Line (捷運淡水信義線) or drive via Zhongshan Highway, you will see the abundant woods surrounding the Grand Hotel Taipei. In its early days, the Yuanshan-Jiantan neighborhood was a conservation zone under military control, and the common people weren't allowed to hang around. Radio Taiwan International, Navy headquarters, National Revolutionary Martyrs' Shrine of R.O.C. (忠烈祠) and National Defense University were all in this neighborhood. After martial law was lifted, the access to this mountain area was loosened too. People could then hike the 15-kilometer Jinmianshan

Jiantanshan Hiking Trail is well-developed and suitable for people of all ages. (Photo: Department of Information and Tourism, Taipei City Government)



No need to climb to the mountain top, you can enjoy a beautiful view and fulfill your soul while hiking Jiantanshan Hiking Trail.

Hiking Trail (金面山親山步道), from Jiantanshan ridge, over Wenjianshan (文間山), Jiandaoshishan (剪刀石山), and Jinmianshan to the Jinlong Tunnel Entrance (金龍隧道口). With its easy access via local transportation, and the stable condition of the path, Jiantanshan Hiking Trail became the most popular of all Taipei trails.

A Hidden Gem With Green Woods, Chirping Birds and Easy Access

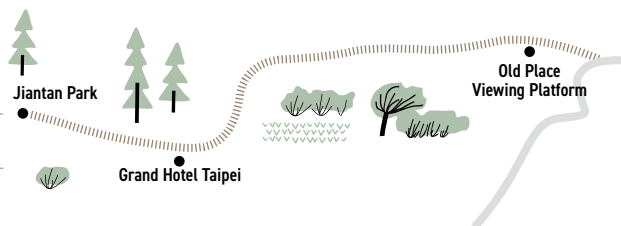
The entrance to this hiking trail is right next to Jiantan Park (劍潭公園). After you leave MRT Jiantan Station (捷運劍潭站) Exit 2, simply walk through the archway of Yuanshan Scenic Area (圓山風景區) kitty corner from the station, and follow the stone steps up. Not long after, you'll walk past

a couple of houses and find yourself on a high hill shaded by many trees. The MRT commercial circle and the tall buildings you passed just a few minutes ago are now far beneath you.

Once a woodland under security control, Jiantanshan has preserved a complete forest ecosystem. According to the Taiwan Nature Trail Society, there are mainly examples of herb and secondary forest growth. The highest tree layer is composed of incense nanmu and red nanmu. Growing under the trees are shade-tolerant plants, such as lady palm and wild coffee. If you look up, you might see squirrels jumping from branch to branch. You may also hear the happy chirping of the Japanese white-eye, the barbet and the blue magpie. This trail has become a natural foraging and hunting path for animals, and helps create this rich ecological environment.

Jiantanshan Hiking Trail

Location	Next to MRT Jiantan Station Bus Stop, Sec. 4, Zhongshan N. Rd., Shilin District
Total length	About 3.3 km.
Walking time	About 1.5 hours (It varies from person to person.)



The Old Place Viewing Platform is a must-visit on Jiantanshan Hiking Trail.

Let's Go Hiking and Meet at the Old Place!

Walking the trail, you can hear the song of the cicada, and often people singing too! For some reason, this former military area is now a prime destination for morning exercise groups, badminton clubs and Karaoke enthusiasts, making it a kind of “outdoor living room/gym.” This area has the greatest concentration of such groups anywhere in the mountains of suburban Taipei. Strolling along the trail is like entering a mountain cabaret – a rare experience you won’t find on any other mountain.

Walk for another 30 minutes or so and you’ll reach the belvedere where you can gaze at downtown Taipei from the highest point of the trail – a spot many hikers call “the old place.” From your 180-degree vantage point, you can watch planes taking off and landing at Taipei Songshan Airport (台北松山機場). The boats idling along Keelung River (基隆河), the brightly-colored MacArthur Bridge (麥帥橋), Dajia Riverside Park (大佳河濱公園), Taipei 101, Four Beasts Mountains (四獸山) – it’s like a 3D map of the city right in front of you! With such a view and with its formidable strategic position, it’s no wonder Jiantanshan was once a politically-sensitive area, and has now morphed into a hiking trail with such unique history and humanity!

Hydrangea Blossoms on the Old Rice Paddy

Shuicheliao and Other Trails of Zhuzihu

Article

Zhong Wenping

Photos

Li Zhiwei, Taipei City Government Department of Information and Tourism



With its abundant plant life, Zhuzihu is a must-see for experiencing Nature in Taipei.

One never thinks of Taipei as a “rice paddy,” so naturally very few people will know that Taiwan’s japonica rice did not originate in Chiayi (嘉義), nor Tainan (台南), nor Hualien (花蓮), nor Taitung (台東), but did, in fact, begin on Yangmingshan in Taipei. In 1923, two Japanese, Hirasawa Kiichirou and Eikichi Iso chose a location where the weather was moist and cool. The soil there was fertile and there was a lake rimmed with lava, so they set up a base for the purpose of cultivating a new variety of rice. At that time, Zhuzihu was renowned for its fields of green rice plants and not for the calla lilies or hydrangeas, as it is today.





On Yangmingshan, you might spot a bird that's unique to Taiwan, the blue magpie.



When you walk along Shuicheliao Trail, you'll see the rustic side of Caoshan represented by the remaining waterwheel – once used for rice milling.

A Former Rice Trade Route is Transformed Into a Floral Hiking Trail

Nowadays, hardly anyone still grows rice at Zhuzihu, and this important part of Taipei's industrial history has almost disappeared. Luckily the remains of the iconic rice mill known as "Shuicheliao" are still there. Taipei City Geotechnical Engineering Office has restored this former facility, as well as the route used to ship rice, and built a waterway hiking trail into the bargain. They have thus preserved the most important remnants of Zhuzihu's rice cultivation era.

Take the bus and get off at the Zhuzihu stop, then follow the sign pointing towards Shuicheliao. Then, walk upstream along Southern Sulfur Creek (南磺溪) till you reach the trailhead. This trail, with the creek on one side and farmland on the other, was built by local people for the production and shipping of rice, and is less than 500 meters in length. After walking for

about 5 minutes, you'll see the only rice mill left from Zhuzihu's early days: Shuicheliao. In addition to the well-preserved stone walls of this mill, you will also find many small wooden, bamboo and iron bridges along the trail. These bridges were built to meet the farmers' needs, and are now key features of the trail.

Among the many trails of Yangmingshan, Shuicheliao is one of the very few to be built for industrial use. The old rice paddies have been transformed to fields of calla lily, hydrangea and all-season vegetables. This former rice route has now become a popular floral trail in spring and summer.

A Secret Trail in a Mysterious Land

Once you finish Shuicheliao Trail, there's one more mysterious stroll for you to enjoy in Yangmingshan, that wedding photo hotspot: "The Black Forest." If you follow Calla Lily Boulevard and walk for about six minutes, you'll arrive at this atmospheric place.

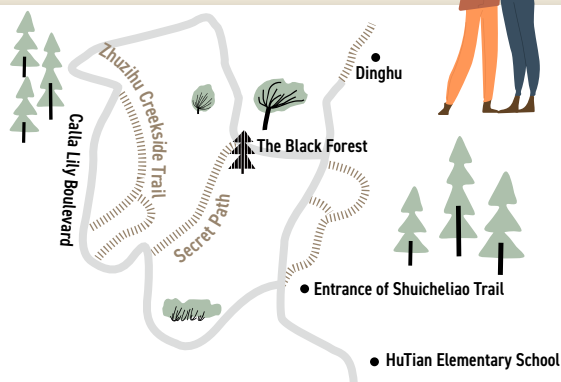
The forest here is mainly composed of Japanese cedars, and when the sun shines through their branches, these tall, slender trees cast shadows on the ground, in shapes that have given it the name: “The Black Forest.”

In addition to this weird arbor, there’s another secret path connecting with Calla Lily Boulevard, one which developed almost accidentally as a short cut. With those Japanese cedars lining the route on both sides, this area is narrower and much darker than the Black Forest, and the misty fog lingering in the air adds a surreal element, reminiscent of the cave inhabited by Totoro, the Japanese animation character.

After experiencing the blossoms of Shuicheliao Trail, the romance of the Black Forest and the misty ambience of the secret path, hikers will leave shrouded in an air of mystery, and will want to visit again some time soon.

The Colors of the Rainbow Over Yangmingshan

Last November 30th, a rainbow lasting nine hours appeared over Chinese Culture University. It broke the Guinness World’s Record for longevity and has put “looking for the rainbow” on any Yangmingshan must-do list! According to Chou Kun-Hsuan (周昆炫), associate professor at Chinese Culture University’s Department of Atmospheric Sciences, there’s always a good chance that a rainbow will appear in the fall or winter. On Yangmingshan, the sun rises in the Southeast, so in the morning, you would only be able to see the rainbow on the northwest side. The sun sets in the Southwest, so in the afternoon, the rainbow would naturally appear on the Northeast side. Lower mountains with good vistas, such as Shamaoshan (紗帽山), provide an even better angle for rainbow watching than the higher peaks.



Shuicheliao Trail

Location	Zhuzihu, Yangmingshan
Total length	470 meters
Walking time	About 30 minutes (It varies from person to person.)

This secret path, between the Black Forest and Calla Lily Boulevard, has a surreal ambience. (Photo: Department of Information and Tourism, Taipei City Government)

Appreciating Camphor Trees and a Tea Plantation on a Misty Mountain

Camphor Tree and Zhanghu Trails Loop

Article

Howard Chen

Photos

Li Zhiwei

There's nothing unusual about "Having tea at Maokong (貓空)" for Taipeiers. In addition to this relatively quiet activity tea culture provides, Maokong also features two hiking trails starting at the Gondola Maokong Station (貓空纜車站). These are Zhanghu Trail that heads along the ridgeline, and Camphor Tree Trail that goes around the mountainside. Camphor Tree is flat and easy to hike, while Zhanghu is full of so much fun you'll feel like a kid again! The two trails interconnect, forming a loop that anyone, even children and elders, can finish easily.



You can take the Maokong Gondola and head up to Camphor Tree and Zhanghu Trails Loop.



The flat Zhanghu Trail leads to different featured spots.

Presenting the Rustic Farming Life of Bygone Days

Camphor Tree is a simple trail of around 1.5 kilometers' length. One can easily finish the whole route in half an hour. Following the trail, you'll see an old-time farmers' village with all the facilities of bygone days, such as charcoal kilns, pigsties and barns. You'll get a real taste of the rustic lives lived long ago. Wandering toward the junction with Zhanghu Trail, you'll first be enveloped in the enchanting aroma of tea. Then, as the trail steps take you higher and higher, a vast tea plantation will appear as you look down the hill. The sight is sure to give you a sense of achievement similar to conquering a mountain top. And, if you come here in March, there's a good chance you might

see yellow lupines in bloom, whereas if you arrive around Mid-Autumn Festival, you might find yourself adrift in an orange and pink sea of cosmos flowers!

After you leave Camphor Tree Trail with its wide-open vistas and scent of tea, the shady Zhanghu Trail will make you feel like you're walking right up a woody mountainside. In its early days, Zhanghu Trail was used as an access road and served the important purpose of delivering tea and other traded goods to and from local people. This trail is 3.2 kilometers long and reaches such destinations as Yinghedong (銀河洞), Dailaokeng (待老坑) and Mt. Ejiaoge (鵝角格山) in the south, and Zhinan Elementary School (指南國小) and the mountain behind National Chengchi University (政治大學) in the north.



Visit Camphor Tree Trail in the daytime and you might see tea growers working on the plantation.

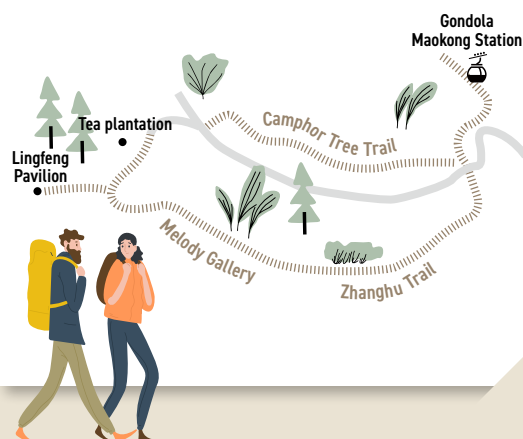
Listen to the Music of Rain Drops on the Misty Mountain

Taking advantage of Maokong's tall trees, dense forest and abundant rainfall, the planners of Zhanghu Trail have set up Melody Gallery (音律廊道), installing interactive stops along the way. These include leaf-shaped rain dishes, large wooden wind chimes, and benches that double as pianos! You can't help but wonder, as you stroll by here on a rainy day, what melody the rain drops will play for you on these instruments? But the area tends to be a little slippery, so while you're having fun playing like a kid, don't forget to take care and pay attention.

Once you leave the trail, you'll see the sunbaked Lingfeng Pavilion (聆風亭), where you can take a break. It's at a high point with an open view, and looking down, you'll see why this trail is named Zhanghu (Camphor Tree Lake). It winds through country that looks very much like a lake, but is, in fact, a lowland area covered with camphor trees.

Camphor Tree and Zhanghu Trails Loop

Location	Exit Gondola Maokong Station, head in the direction of Sanxuan Temple (三玄宮) and look for the sign indicating the trail.
Total length	About 3.2 kilometers
Walking time	About 2.5 hours (It varies from person to person.)



A Waterfall, Birdsong and Mountain Greenery

Yuanjue Temple and Liyushan Trails Loop

Article

Zhong Wenping

Photos

Li Zhiwei, Taipei City Geotechnical Engineering Office



Zhongyangjian (中央尖山), Dabajian (大霸尖山) and Dafenjian Mountains (達芬尖山) are well-known pyramid-like, sharp and pointy peaks in Taiwan. There's even a mini version of these three in the Neihu District of Taipei City: Yuanjuejian (圓覺尖山), Liyu (鯉魚山) and Zhongyong Mountains (忠勇山). The height of this second group barely exceeds 200-300 meters, and when you look from downtown, it's hard to identify individual peaks from their smooth outlines; although they do, in fact, have steep, sharp ridges hidden behind the broad-leafed forest. These mountains aren't tall but have more features than their bigger brothers with smooth ridge lines.

Yuanjue Temple lives up to its name – you can enjoy the coolness and have a taste of the pilgrimage experience too.

Adventure in a Sparkling Creek

A combination of the Yuanjue Temple and Liyushan Hiking Trails, this looping path in Neihu is 2.8 kilometers long and suitable for everyone. Take the MRT and get off at MRT Dahu Park Station (捷運大湖公園站), then walk along Dahu Villa Street (大湖山莊街), and follow the outer edge of Dagou Riverside Park (大溝溪親水公園) until it ends at Ye's Ancestral Temple (葉氏祖廟). This is the trailhead of Yuanjue Temple Trail.

The first stretch of the trail winds smoothly along Dagou Creek (大溝溪). The waterway babbles along forming plunge pools of different depths and creating a misty atmosphere. You'll find yourself cooled even before you jump into the water! Dagou Creek is a

tributary of Keelung River (基隆河), and its water is clear and teeming with fish, shrimp and aquatic insects. In the fall, you can easily spot dragonflies and damselflies hovering above the water. On the creek's banks you might find such unusual bird species as the Taiwan whistling thrush and that expert angler: the Kingfisher. If you are very lucky, you might spot Mr. Kingfisher diving down and grabbing a fish with its beak! Such amazing scenes can only be found at such a clean, wild stretch of water.

A Rough Pilgrimage Road Through the Forest Past a Waterfall

After you pass Yuanjue Waterfall (圓覺瀑布), the real challenge begins. Climbing the 500-plus




Liyushan Hiking Trail, 223 meters above sea level, makes you feel as if you're about to reach the sky, when compared with Yuanjue Temple Trail and its borders of giant trees. (Photo: Taipei City Geotechnical Engineering Office)



By the side of Liyushan Hiking Trail head, you will see Mr. Liu's 15-year creation: the Miniature World.

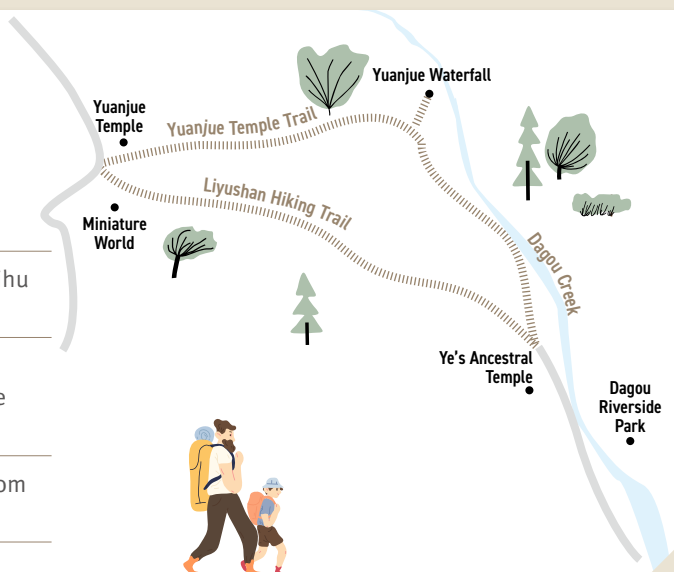
stone steps, hikers will often find themselves in a state of awe. A good way to distract oneself is try to identify plants along the trail, such as the large-leafed nanmu, the Morris persimmon, and the camphor tree. You might also spot a Taiwan tallow tree, whose beautiful red leaves arrive only in old age, a Japanese elaeocarpus, or the common elaeocarpus. A part

of the mountainside for hundreds or thousands of years, these forest giants are a sight to behold. After about 20 minutes of ambulatory struggle, you arrive at Yuanjue Temple midway along the trail and take a break. You can listen to worshippers chanting in Sanskrit while you catch your breath. After the exertion of hiking, this relaxing moment will give you a great sense of satisfaction.

After resting at Yangjue Temple, it's time to hit the trail again. Taking the driveway to the left, you'll soon connect with the head of Liyushan Hiking Trail, along both sides of which you'll see a "miniature world" featuring mini versions of the Great Wall of China and other world-famous attractions. All of these took Old Mr. Liu 15 years to build, single-handed. The clay-sculptured Great Wall forms a natural dividing line between the lush forest of Liyushan on the outside and the level, man-made slab path on the inside. Some sculptures are scattered along the trail, and some hidden in the bushes. This is not something you normally see on a mountain hike, but it adds a kind of "treasure hunting in the maze" fun to this one-kilometer downhill trail. 

Liyushan and Yuanjue Temple Trails Loop

Location	Ln. 131, Dahu Villa St., Neihs District
Total length	About 2.8 km. for the trail part; about 4.8 km. for the whole route.
Walking time	About 2 hours (It varies from person to person.)






Moving Mountains: An Australian Hiker Moves in Taipei

Article

Taiwan Scene

Photos

April Chen



We met up with Nathan Ray in a small park on Heping West Road (和平西路), just across the street from the MRT Guting Station (捷運古亭站). It's the sort of public green space you'll find in nearly any Taipei neighborhood if you know where to look, and it seemed an appropriate spot to chat about movement and the myriad outdoor activities offered by Taipei City.

Hailing from a small coastal town on the east coast of New South Wales, Australia, Ray relocated

to Taiwan two and a half years ago to work on developing what he calls "movement education and physical culture."

Moving to Taipei

Naturally, our first question was "What do you mean by movement education and physical culture?" "It goes beyond a specific modality or sport," Ray told us. "It's really more of a lifestyle, or a perspective on life. I believe that the better



Xiangshan is one of Nathan's favorite hiking trails in Taipei.

you move, the more you improve physically, the better a person you'll be."

Ray relocated to Taipei two and a half years ago with his wife, a Taiwanese citizen who he'd met in Australia. "I'd moved around Australia for the first half of my twenties, but you know, wherever you go in Australia, *it's still Australia*. But in Taiwan, everything is different."

Earlier visits to Taipei didn't quite prepare Ray for the intensity of life in the city, which is

understandable for a man who claims to be "not a city person by nature." According to Ray, he continues to find life in Taipei life-challenging. But it's a struggle for which he came prepared.

"I arrived with an open mind, and I knew that I'd struggle with things like differences in language and culture, adjusting to a different climate and different types of food. So much is different in Taipei compared to where I come from, and I've realized that I've had to change who I am to survive."

Favorite Taipei Day Hikes

Key to Ray's being able to stay balanced in Taipei is the taking advantage of the city's unique connection with nature. Indeed, it's safe to say that next to his wife and family, "nature" is what keeps Ray grounded in Taipei. And one of the things Ray appreciates most about living in Taipei is how easy it is to get out of Taipei without *technically* having to even leave the city.

"I live pretty much in the center of town, the Xinyi District, not far from Taipei City Hall and Taipei 101. From where I live I can pretty much be hiking up Xiangshan (象山) and in the jungle within ten minutes. And that's just scratching the surface. There are tons of other great hiking spots within walking distance of an MRT station. Muzhishan (拇指山), Zhongyongshan (忠勇山) and Jinmianshan (金面山)."

The latter hiking trail Ray mentioned has become popular with Taipei's urban hiking crowd over the last few years with good reason.

Located in Neihu, close to both the MRT Xihu Station (捷運西湖站) and the popular Miramar Entertainment Park (美麗華百樂園) (known for its rooftop ferris wheel), Jinmianshan offers opportunities for bouldering close to the top.

“That’s one of my favorite hikes in Taipei. Once you’ve crossed over and you’re on the downside towards the National Palace Museum (國立故宮博物院), you’d really have no idea that you were still technically inside of Taipei City.”

If it weren’t for Taipei’s amazing access to hiking, Ray says, he’d have a difficult time living in the city. Though he doesn’t necessarily subscribe to the whole “forest bathing” trend, Ray says there’s both a physical and spiritual benefit to getting out of the city regularly.

“I need to be outside, we all do. Having easy access out of this crazy huge city and into the jungle is key to my well-being. I go hiking fairly regularly,



Nathan Ray gives movement training classes in a neighborhood park.

whether planned with friends or just on a moment’s notice. Back home I’d head to the beach, but that’s not quite as easy to do from Taipei city. But the mountains are close by, and a great option. You can see mountains from pretty much everywhere in the city. There’s nowhere in Australia that you can see such a landscape and it always strikes me when I see them in the distance.”

Movement Training in Taipei

Though getting out into the jungle is important to Ray, he says he’s also impressed with what the city’s parks have to offer for the physical fitness enthusiast.

“There are parks everywhere in Taipei, and most of them have really good, beautifully maintained exercise equipment. Chin-up bars everywhere! In Australia, the equipment would probably be vandalized, in disrepair, or more likely nonexistent. You can also find small parks on top of many of the mountains. There are plenty of 70-year-olds stretching, lifting weights or doing *Taichi*. This is very impressive. The elderly people here are *badass*. They clearly know something the rest of us do not.”

With a baby on the way, Ray plans to stick it out in Taipei, to continue building his reputation as a movement teacher. “I teach physicality from a movement perspective. Meaning, our aim is to improve our movement capacity. Not muscles, not “fitness” – movement. My teachings are greatly influenced by the world-renowned movement coach, Ido Portal, from who I studied under in Melbourne. I found no one in Taipei thinking or ‘moving’ in this way, so I decided to get the ball rolling.”



interview video

Nathan Ray enjoys hiking up to the top of Xiangshan for breathtaking views of the city.


With his local partner, XiaoXien Chen (陳孝賢), Ray hosts the monthly Taipei Movement Meeting where they share different concepts and tools people can add to their movement practice. Calling themselves “Human: Movement Project,” they intend on teaching the people of Taipei how moving better can change their lives.

To readers who may consider taking advantage of Taipei’s growing reputation as one of the most consistently livable cities for expats in Asia, Ray offers a few suggestions on choosing neighborhoods for those who may be “reluctant” city dwellers.

“Even from the center of the city it’s just a short MRT ride to the edge, so you’ve got many options. But if I had to move from where I’m currently at, I’d chose Neihu. The district itself feels a bit different than some of the older parts of town. The buildings aren’t as high, the

mountains are closer. It’s newer, it’s greener. But there are plenty of other good neighborhoods as well. Basically if you live anywhere near a mountain you can just walk out of your front door and be hiking ten minutes later.”

Ray is also a big fan of Taipei’s YouBike system, which he says is key to making Taipei such an amazing place both to get around in and in which to live in general. “I use the YouBike system often, and if you combine YouBikes with buses and the MRT, you can get pretty much anywhere. You don’t need a car to live in Taipei, which is another big change from where I’m from.”

So while life in Taipei may be a challenge for a self-described small-town boy, moving around inside the city is anything but. And, perhaps even more importantly, being able to move outside of it whenever the mood strikes. 

6 Things to Do in Taipei That Should be on Every Visitor's Bucket List

Article

Taiwan Scene

Photos

Taiwan Scene, iStock, SHE-YI-LU



(Photo: iStock)

There's no shortage of things to do in Taipei's dynamic capital city, but if you're only here for a short time and need to winnow it down to six must-have experiences, these are our picks:

1 Looking Out Over the City From Taipei 101

It's impressive, iconic, and represents the spirit of Taiwan in more ways than one. Visiting Taipei without checking out the view from the top of Taipei 101 would be like visiting NYC and not heading to the top of the Empire State Building.

The green tinted glass exterior recalls a stalk of bamboo, uniting the island's agrarian past with its high tech present (while simultaneously paying homage to both). Though the structural design, which mixes elements of flexibility and rigidity is a practical necessity, the design also symbolizes the resiliency of the Taiwanese people to bend without breaking, to adapt to all circumstances, and to grow and thrive come what may.



(Photo: Taiwan Scene)

Insider tip

Line at Din Tai Fung (鼎泰豐) too long? Taipei 101 Mall's (台北101購物中心) basement food court has some excellent choices for dining on the fly!

2 Eating Your Way Through a Taipei Night Market

Taipei's night markets are famous. These large, noisy maze-like streets serve an insane variety of delectable dishes. Night markets are where you'll be able to taste the latest in Taiwanese culinary trends, so don't be afraid to experiment. From standard Taiwanese dishes like meat on a stick and stinky tofu to distinctly more esoteric fare, if Taiwanese people are eating it, you'll find it at a Taipei night market.

Insider tip

Taipei's three most popular tourist night markets are Raohe (饒河), Shilin (士林) and Ningxia (寧夏), but if you're looking for a less touristy experience



(Photo: iStock)

Take the Green line to MRT Jingmei Station (捷運景美站) and check out the way more local Jingmei night market.

3 Talking to the Daoist Gods in Lungshan Temple

Home to flower selling monks, a tranquil flowing waterfall, fish swimming in the lotus pond, smoke from the incense lazily rising through the air, this 350-year-old temple can arguably be called Taipei's spiritual heart. It's where locals come to seek advice from the spirits by throwing crescent wood blocks on the ground. Stick around long enough and someone will teach you how to make a divination on your own.

Insider tip

After you leave the temple, be sure to stroll around the “old village” nearby to see what Taipei looked like a century ago.



(Photo: iStock)

4 Basking in History at the Grand Hotel

After Chiang Kai-shek fled to Taiwan in 1949, he felt the need to build a large and extravagant monument to Chinese culture in which to entertain visiting dignitaries. This hotel, among the largest classical Chinese building ever built, remains an unrivaled icon of Chinese architecture. Even if you don't spend the night here, it's worth visiting just to stroll among the ornate pillars inside the lobby. There's an excellent HK style restaurant here as well.

Insider tip

The Grand Hotel Taipei's (台北圓山大飯店) two 180m air raid tunnels were kept secret for decades. Though still not technically open, members of the press and public are occasionally invited inside.



(Photo: iStock)

5 Seeing the Treasures at the National Palace Museum

Chiang Kai-shek didn't come to Taiwan empty handed, bringing with him on his retreat much of the treasures of China for safekeeping. Much of these treasures are now located at the National Palace Museum, an impressively large and majestic building flanked by huge stone lions. Despite the enormity of the collection, items on display represent only a small fraction of items brought over from China.

Insider tip

After checking out the crowded National Palace Museum, head across the street to the Shung Ye Museum of Formosan Aborigines (順益台灣原住民博物館) for a completely different side of the Taiwan story.



(Photo: SHE-YI-LU)

6 Experiencing the Changing Face of Taiwan at Liberty Square, Chiang Kai-shek Memorial Hall and 228 Peace Park

The blue and white facade of Chiang Kai-shek Memorial Hall (中正紀念堂) is iconic, and inside you can snap a selfie in front of a two-story high statue of the man himself. But the fact that the lovely park surrounding the shrine is now called Liberty Square (自由廣場) tells a great deal about the evolution of Taiwanese society in the 21st century. Should you wish to gain an even fuller picture of Taiwan's history in the tumultuous 20th century, head over to nearby 228 Peace Park (二二八和平公園) and visit Taipei 228 Memorial Museum (台北二二八紀念館), which lead to 38 years of martial law in Taiwan. 



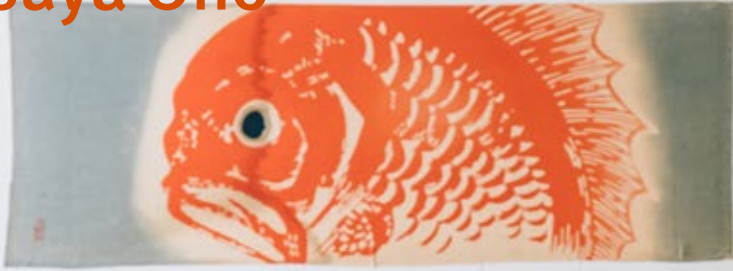
(Photo: SHE-YI-LU)

Insider tip

Feet sore from all the walking? Both Liberty Square and 228 Peace Park have excellent stone foot massage paths. Take off your shoes and have a stroll!

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A Dialogue Between Ingredients and Cuisine – Interview With Taiwanippon Chef, Tatsuya Ono



Article

Chiang Hsinying

Photos

Yang Jiaying



Dining at the same table with others is an intimate thing. If you have Taiwanese friends or if you have ever visited a Taiwanese family, you will have heard the expression “Come eat with us!” in Taiwanese. Dining together indicates being acceptance and close association between people, over one of the most important aspects of life: food. And all such human encounters begin right at the moment the cook chooses ingredients at market. In the restaurant where Tatsuya Ono (小野竜哉) cooks, Taiwanippon (赤縁), it's a cinch that there'll be customers there from at least two countries: Taiwan and Japan, and, indeed, the cuisine here has helped build a friendship that transcends national boundaries.

At six o'clock in the morning, the streets are coming to life with but few people moving around. But at Binjiang Market, it's been busy for a few hours already. Tatsuya Ono is very familiar with the complex concoction of aromas here. He was born in Hokkaido, Japan, and started learning to cook in senior high school. At 22, he graduated from college and went to work at a restaurant in the Nakameguro area of Tokyo, officially entering the world of Japanese cuisine. His excellent culinary skills were all learned doing real work in a real kitchen. “My dream back then was to open my own restaurant by age 30. I knew that if I opened one in Japan, I would have a rough picture of how it would turn out. But about opening a restaurant in another country – I had no idea. But I'm a curious person and was eager to give it a try.” So at 26, he packed his bags and left for Italy and France, where he took a closer look at the cuisine, culture and markets of continental Europe. And, on this journey, Tatsuya met four Taiwanese, who turned his life around.



At Taiwanippon, they use mostly seasonal ingredients from Taiwan.

Market Early Bird in Searching of Taiwanese Taste

“I didn't have much money back then, and these new Taiwanese friends invited me to stay with them in southern France; I ended up staying there for over a week. It was the first time I'd ever met any Taiwanese, and I found them very hospitable.” A year after this trip, he came to Taiwan, stayed a month and decided to open a restaurant here. As a music lover, he sought work and found it at a jazz club in Taipei. Before long, he was also running a small fried chicken wing stand at Raohe Street Tourist Night Market where he got to know Taiwan better, an essential step in preparing to open his own establishment. So, in 2013, he finally opened Taiwanippon and his dream was realized.

In the early days of his business, his day began at six a.m. with him grabbing his notebook and heading



Music fan, Tatsuya Ono is also a DJ, spinning disks at various arty spaces from time to time. His favorite Taiwanese dishes are Pork and Pickled Cabbage Hot Pot, and Spicy Duck's Blood. Also, Taiwan's abundance of summer fruit fills him with a sense of satisfaction.

for Binjiang Market. He didn't go there to shop for the new restaurant, but merely to "check out seasonal ingredients." Such "checking out" visits continued for three years. "It's important for a good chef to visit the market every day for a whole year," he says. Since each ingredients has its own harvest season, it will taste better at certain times of the year. This applies even to some vegetables that grow all year round. He recalls, "If I encountered an ingredient that I'd never seen before, I'd buy some and take it home, where I'd experiment, using it in different methods of cooking, such grilling, frying, boiling or steaming. I'd memorize the flavor that resulted from each test.

I don't look for ingredients just to meet my needs; I want to know each ingredient's strength. It's like communication between people – they need time to get to know each other."

Comparing traditional markets in Taiwan with those in Japan, Ono notes that the wholesale places in Tsukiji, Japan are very similar to what he finds in Taiwan. The main difference is that, at the former, the buyers are mainly shopping for restaurants. The average Japanese consumer still shops for groceries at a supermarket, or along commercial streets. According to Chef Ono's observation,



“The cultural meaning inherent in a Taiwanese traditional market is that it’s all about human relationships. When I see those moms at local markets, it’s apparent that they’ve come to visit and chat, as well as shop. They always look happy.” These markets are a professional chef’s catalogue of ingredients; they allow a cook to have a better idea where his culinary components are coming from, and help him or her in choosing the ideal ingredients. On weekends and holidays, Ono often visits the Taipei Expo Farmers Market at the exit of MRT Yuanshan Station. This emporium sells some of the freshest produce in Taiwan, and it stages different vegetable/fruit-themed activities weekly. The goods here are delivered from place of origin to consumer directly. This reduces food waste and keeps cost-to-farmer down. It also allows consumers to interact with these farmers one-on-one.

Invisible Forces Behind a Perfect Dish

Taiwanippon’s meat and vegetables are mostly produced in Taiwan. There are organic veggies from Tainan, black pork and chicken from Pingtung, and Cherry Valley ducks from Hualien. The seafood comes from Taiwan and Japan, both, but the whole fish are mostly from Japan, and prepared using the Ike Jime technique, a method of killing which preserves the quality of the flesh. Ono believes that: “The production, sale, cooking and consumption of the product should all be considered as one. In other words, one aspect cannot be thought of without also thinking of the others too.” When people on the production and sales end of the business pay attention

to the quality and freshness of the food they are selling, it makes it easier for chefs to create dishes with the highest possible value. In the end, the consumer, who gets to enjoy this delicious food will appreciate the farmers and their land. This cycle of positive reinforcement is something Chef Ono is keen to promote.

“Taiwanese and Japanese cooks pursue different objectives in striving for perfection,” Ono says. In Taiwanese cuisine, a good variety of ingredients and a sense of abundance are stressed, whereas Japanese cuisine tries to be light and elegant, focusing on the original flavor of each ingredient. Ono gives an example of this: “Take grilled fish. It seems like an easy enough dish, but first the chef has to study the species, figure out the best way and exactly how long to grill it, select the right kinds of charcoal and salt, etc. These are the invisible forces behind a perfect dish.” Chef Ono’s philosophy of life is surely imbued with the same spirit.

When it comes to future plans, Ono will only say, “I have many ideas in my head, but I don’t like to rush into anything until I’m ready to go at it full bore. Now, I just try to focus on the everyday basics, such as building up my abilities, making good dishes and respecting every customer.” Ono has lived in Taiwan for nine years, but he still has the same feelings about cuisine as when he started. Taiwanippon’s signage is not flashy, and its interior design is quite simple. But its chef still puts all his heart into cooking, and consistently delivers gourmet food with sincerity. It’s taken ten years for him to realize the dream he first had in his twenties. And now, we look forward to seeing what the next ten years will bring! 🍱

A Favorite Recipe

Dragon fruit and green bamboo shoots are two tropical ingredients grown in Taiwan. Chef Ono's recipe is unusual in that it employs the little-used dragon fruit flower, which has a unique aroma and a smooth texture. These attributes mean that it goes beautifully with the crunchy, fresh bamboo shoots and pale yellow blanched chives. The combo is a nice cold dish you can easily make at home.



Green Bamboo Shoot, Dragon Fruit Flower, Pale Yellow Blanched Chive, *Umeboshi* and Mustard Salad

Tip / For getting rid of the astringency of bamboo shoot

Ingredients:

- 100 grams of rice bran
- 3 dried chilies
- some ginger
- some kelp
- some dried bonito

- ① Cut the ends off the bamboo shoots without removing the husks. Score each bamboo once, and put them into a pot of cold water with some rice bran, seedless dried chili and ginger slices. Bring the water to a boil, then let it simmer for 1.5 hours.
- ② Place a few pieces of kelp in a pot of water and bring it to a temperature of 60 degrees. Maintain this temperature for 2 hours, then remove the kelp and bring the broth to a boil. Turn off the heat and stir some dried bonito flakes into the water. Let this sit for 3 minutes and then filter out the dried bonito flakes. The result is kelp and dried bonito *dashi*.
- ③ Peel the bamboo shoots, cut in half, soak them in the *dashi*, and store overnight in the fridge.



Ingredients:

- 4 dragon fruit flower bulbs
- 3 green bamboo shoots
- 1 small bunch of pale yellow blanched chives
- some *Umeboshi* (Japanese salty plums)
- some salt
- some mustard

Preparation



1 Cut off the four dragon fruit flowers' receptacles and cut the flowers in half vertically. Then, chop the chives into small segments.



2 Bring a pot of water to a boil. Add the flowers in first, then, after 1 minute, add the chives. Once they've cooked thoroughly, scoop them out and soak them in ice water.



3 Remove the pits from the *Umeboshi* and chop finely until a paste is created. Take dragon fruit flowers and blanched chives out of the ice water, and use paper kitchen towels to dry them as much as possible.



4 Chop the flavored bamboo shoots and dragon fruit flowers into fine pieces and mix them with the chives, *Umeboshi* paste, salt and mustard. The result is a delicious appetizer full of flavor and aroma.

Taiwanippon

📍 B1, 15, Aly. 5, Ln. 107, Sec. 1, Fuxing S. Rd., Daan Dist.

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Beef Noodles Expert Talks Traditional Markets – Chef David Bagherzadeh

Article

Cheryl Robbins

Photos

You Juhuang, 4Point Design

David Bagherzadeh, who is from Tehran, Iran, runs Lao Wai Yi Pin Beef Noodles (老外一品牛肉麵) on Jilin Road (吉林路). The first two Chinese characters in its name, *lao wai*, refer to foreigner. As he dons his chef's jacket for the interview, he looks down at the embroidered Chinese characters *lao wai* and the letters that spell out his first name David. He smiles as he says, "I am *lao wai*. We are all *lao wai*."

Traditional Markets: Taiwan vs Iran

Bagherzadeh shops for many ingredients at the nearby Binjiang Market (濱江市場), also known as the Taipei Second Fruits & Vegetables Wholesale Market (台北市第二果菜批發市場). This is an outdoor traditional market that operates from early in the morning and from



Bagherzadeh often buys vegetables at Binjiang Market, both for his restaurant and for his own meals at home. (Photo: 4Point Design)

where he buys vegetables both for his restaurant and for cooking at home. Across from it is the Taipei Fish Market (台北魚市), where there is plenty of fresh seafood available. At these markets, in addition to picking up fresh ingredients, he enjoys eating fast fried foods and sashimi.

He notes that this market is well organized. Similar items are placed together, such as meats with meats and vegetables with vegetables. This differs from traditional markets in Iran where household goods can be in the same area as produce and meats. He says, “This means that you spend a lot more time walking around looking for what you need.”

One of the things that he has had to get used to in traditional markets in Taiwan is the use of

catties, rather than kilograms to weigh meats and produce. Moreover, in Iran it is not possible to ask for discounts on any foodstuffs in markets as prices are fixed, while in Taiwan bargaining is allowed. What he considers the largest difference is that in Taiwan’s traditional markets, you can choose which fruits and vegetables you want to buy. “In Iran, you cannot touch the fruits and vegetables. Fruit that is bruised or overripe has already been removed by the vendor, so you don’t have to worry about that.” Bagherzadeh says that he does appreciate being able to select the fruits and vegetables he considers best, even when buying a lot.

As there is much difference in terms of the types of produce sold in traditional markets in Taiwan and Iran, it is difficult for Bagherzadeh

to fully compare them. However, he does like the shopping experiences in both.

Traditional markets are good places to see many different ingredients and foods of a place when traveling. Bagherzadeh adds his own personal tip when visiting markets in other countries. “I first go to a convenience store to buy a bottle of cola to understand the local prices before shopping at the market.”

Road to Glory

Bagherzadeh has led an interesting life. At the age of seven, he began training in martial arts, specifically judo. Later, he dabbled in cooking and shoemaking, skills that he applied to earn money to travel. However, his passion for martial arts has not waned. He is now involved in *kurash*, a term that refers to the folk wrestling styles of central Asia. In his free time, he referees the sport and helps to organize competitions. In August, he accompanied a *kurash* team from Taipei to the Asian Games.

But, how did he become a beef noodles chef and restaurant owner? Bagherzadeh arrived in Taipei in 1995 after hearing about Taiwan from other backpackers during his travels through Turkey, Greece and Cyprus. When asked why he chose Taipei, he says, “That was the only place in Taiwan I knew.” It wasn’t until several months after his arrival that he tried beef noodles. He says, “There weren’t many signs or menus in English then. So, I would go to the supermarket and look for ingredients and foods that I knew.” As his

adventurous spirit kicked in, he began to sample some of the city’s street foods.

It was not a straight shot from his first bowl of beef noodles to opening a beef noodles restaurant, however. Bagherzadeh says that although he was intrigued by the dish, he wasn’t sure about selling it. He decided it would be better to rely on his experience and he opened a Persian restaurant, selling kabobs and other dishes. “It was really difficult to keep staff,” he says. “They would stay for only a few months, because they didn’t see how being trained in Persian cooking would serve them in the future.” After two years, Bagherzadeh threw in the towel on his Persian restaurant idea and decided to focus on beef noodles instead. That was 2007.

After spending the latter half of 2007 and all of 2008 refining his culinary skills, Bagherzadeh joined his first Taipei International New Row Mian Festival





(台北國際牛肉麵節) cooking competition in 2009. He recalls, “When I arrived at the competition, people just stared at me.” In the preliminary round there were 60 chefs, with five selected for the final round. Bagherzadeh was among them, ultimately coming in third. Since then, Bagherzadeh has participated in various competitions and among his numerous honors is the title of best-selling beef noodles earned in 2012.

Bagherzadeh uses an imported combination of Persian spices that includes ginger powder, cumin, cinnamon, black pepper and turmeric. This is what gives the broth of his beef noodles its distinctive flavor. Its richness comes from slow simmering of beef bones.

Ingredients are Key

Lao Wai attracts diners from China, Korea, Japan and Western countries. Most come via word of mouth, such as concierge recommendations from nearby hotels, including The Landis Taipei

(台北亞都麗緻大飯店). Bagherzadeh adds that, “There are many customers who bring friends or family members who are visiting to try the beef noodles here.” Among Westerners and Japanese, the most popular item on the menu is Braised Beef Noodles (紅燒牛肉麵). For those from China, Korea and Hong Kong, the favorite is Three Treasures Beef Noodle Soup (三寶麵). In addition to braised beef, this dish includes beef tendon and beef tripe.

Bagherzadeh notes that there are large differences in the cooking methods of Taiwanese foods and the foods he grew up eating. He says that, “For Taiwanese foods, you prepare all of the ingredients and then cook them quickly. In Iran, one ingredient is added, then a while later another and so on. It is a much longer cooking process.” He adds that, “For people from Iran, beef noodles would be thought of as a snack, not a full meal.” But, no matter the place or the cooking method, ingredients are key. “If you know how to drive, you can get behind the wheel of almost any car,” he says. He adds that it is the same with cooking.

It seems that Bagherzadeh’s love affair with beef noodles, Taiwanese cuisine and Taipei City will not end anytime soon. He says that Taipei has become very familiar to him. “Anytime I travel in Taiwan, I start to miss Taipei.” To experience this passion and to taste his unique take on beef noodles, head to Lao Wai! 📍

Lao Wai Yi Pin Beef Noodles

📍 403, Jilin Road, Zhongshan Dist.

☎ 02-2585-3303



A Favorite Recipe

Bagherzadeh not only prepares beef noodles for his restaurant, but also side dishes such as Golden Kimchi (黃金泡菜) and even beverages such as Smoked Plum Juice (酸梅湯). One of his favorite dishes to make, and also a best-seller, is Pickled Cucumber Salad (涼拌黃瓜) (recipe below). He researches each new dish online and often finds several versions. He experiments with the recipes and adds his own touch. He encourages those interested in learning how to make Taiwanese dishes to do the same.

Pickled Cucumber Salad

Ingredients

- fresh cucumbers: 2,400g
- salt: 10g
- sugar: 200g
- sesame oil: 30cc
- white vinegar: 600cc
- chopped garlic: 15-20 cloves of garlic
- chopped chili peppers: 3g

\ Tip /

For Pickled Cucumber Salad, it is necessary to cut the cucumbers into sections at least 8 hours before using them to ensure that they are dry enough. If too wet, the color of the cucumbers will fade and the dish will not stay fresh long.



Preparation



At least 8 hours before preparing this dish, cut the cucumbers into pieces and allow to air dry.



Into a large bowl or container add the salt, sugar, sesame oil and white vinegar. Stir to allow the sugar to dissolve.



Then, add the chopped garlic and chili peppers and, finally, the cucumber pieces.



Mix all ingredients thoroughly. Store overnight in the refrigerator. If kept refrigerated, this dish can last for about one week.



Yu-Feng Cheongsam's Chen Zhongxin – Sewing Needle Master of Yarn Graphics

Article

Wu Jingwen

Photos

Lin Weikai

When you walk into an alley across from Taipei Xia-Hai City God Temple (台北霞海城隍廟) in Dadaocheng (大稻埕), you will feel the hustle and bustle start to fade away. If you keep going for fewer than 100 meters, you'll see a simple, tiny store on your right. Who would think such a shop could bring to life legends of the Tang dynasty (唐朝)? The man behind the scenes is Chen Zhongxin (陳忠信), second generation owner of Yu-Feng Cheongsam (玉鳳旗袍).

Before the clothing industry boom, women used to wear customized *cheongsam*, or *qipao*, to important events. A woman from a rich family might even wear her *cheongsam* to go shopping at a local market. In the early days of Taipei City, *cheongsam* tailors along Boai Road (博愛路)



Director Hou Hsiao-Hsien admires the delicate work put into Chen's *cheongsam*.

mostly made their dresses Shanghai-style, and their customer base was mainly politicians' wives. Along Yangping North Road, among the pubs and taverns, *cheongsam* tailors mainly employed the Fuzhou style. But after Dadaocheng lost its glory, those pubs and taverns moved their field of operations to Beitou. Chen was a kid back then, but he soon started helping with the family

business, assisting his father making *cheongsam* and delivering finished products to customers. He learned to judge a particular client's level of prosperity by the fabric they chose.

Tailoring Carefully to Accentuate Body Shape

In the 1980s, President Chiang Ching-kuo (蔣經國) ordered a crackdown on the sex trade, which led to the end of the bustling nightlife of Beitou. This affected Yufeng's business seriously, and moreover, the garment industry had kicked off around the same time, and so fashions changed. With fewer and fewer customers, Chen had to take in some cloth-altering work in order to support his family.

Although the idea of changing profession crossed Chen's mind, he decided to stay in front of his work table and sewing machine, and hold on to his small shop using only the threads, needles, tailor's chalk and wooden rulers that had always been the tools of his trade. It wasn't until art director, Huang Wenying (黃文英) came to ask him to make costumes for the movie *Flowers of Shanghai* (海上花), directed by Hou Hsiao-Hsien (侯孝賢), that he got involved in film and theater. Quite often he stayed up late to meet a deadline. After helping make the movie *The Assassin* (刺客聶隱娘) in 2015, Yu-Feng Cheongsam shot to fame; and even joined the costume team for *Silence* (沉默), directed by Hollywood legend, Martin Scorsese. Such fame

has attracted many people to come and ask Chen to design *cheongsam* for them.

In customizing a *cheongsam*, a tailor needs to pay attention to three areas of the body: the bust line, the belly and the hips. Chen has seen all kinds of bodies and he states proudly, "You can always find a way to cover up a not-so-perfect body shape." The way people nowadays constantly use their computers and cell phones often results in poor posture or a stiffened body, and thus affects the way they look when they stand up or dress. But Chen's magic tailoring skills triumph over every challenge. Through cutting, sewing and positioning a fabric pattern at just the right spot, he is able to hide the less-flattering aspects of body shape and accentuate a woman's best attributes. "My *cheongsam* can cover up all flaws of a woman's body and dress every curve perfectly. You can't tell if any part of the wearer needs a little improving or not!"

Upgrading Strategy to Keep up With the Times

Chen employs modern technology in the making of his traditional *cheongsam*, in particular, a tablet on which he displays a portfolio of his work. He uses an iPad to show customers how he fitted previous customers, enabling them to choose exactly the style and fabric they want. He can then adjust the chosen cloth's pattern to the right position and then add piping color to the image. Despite his long experience, Chen

doesn't stick to old routines, but instead applies a "keeping up with the times" attitude. "Back in the old days, women wore belly bands and cotton wraps, but modern women wear bras. I put my father's methods away, and tailor to meet modern customers' needs. I keep adjusting and testing. If an apprentice asks you a question, you can't just dig out something from the past to brush him or her off. After all, trends keep changing, and skills are always improving," Chen says.

Back in the day, you needed old customers to bring in the new ones; now, an entrepreneur must rely on the Internet to promote business. Chen says that if *The Assassin* hadn't won the Golden Horse Award, he might have ended up pursuing another career. "Before this store became famous, some customers didn't trust us and would give us

trouble. We'd have to keep explaining everything to them. But after the movie won the award, everybody had confidence in us, and some customers even asked me to autograph their *cheongsam*!" This award-winning experience has led many production companies to come work with Chen. "No matter how difficult a case is, I continue to take up the challenge and keep working."

Chen is sixty-something now and describes his own life by comparing it to Taiwanese opera. "When I watch Taiwanese opera, and see how those experienced actors express the characteristics of their roles so effortlessly, whether singing or reading lines, I feel I can do the same in my work. This is what I call a real life achievement." 🏠



Chen makes beautiful *cheongsam* using fabric, threads and needles, and his own life is composed of these colorful tools, too.

Travel Information

For traveling between Taipei and Taiwan Taoyuan International Airport, whether by inexpensive, high-quality shuttle, safe and fast taxi, high-grade professional airport limo service, or the brand new Taoyuan Airport MRT, you're spoiled for choice in satisfying your particular time and budget.

Taxi

Service locations:

North of the Arrivals Hall of Terminal I and South of the Arrivals Hall of Terminal II

One-way fare:

Meter count plus 15%, with freeway tolls extra; average fare to Taipei around NT\$1,100.

Terminal I Arrivals Hall taxi-service counter

Tel:(03)398-2832

Terminal II Arrivals Hall taxi-service counter

Tel:(03)398-3599

Taoyuan Airport MRT

Service locations:

A12 Airport Terminal 1 Station &
A13 Airport Terminal 2 Station

One-way fare: NT\$160



Passenger Shuttle Bus

Service locations:

Southwest of the Arrivals Hall of Terminal I (exterior vehicle pickup corridor) and northeast of the Arrivals Hall of Terminal II (exterior vehicle pickup corridor)

Shuttle-service companies:

Kuo-Kuang Motor Transportation, Evergreen Bus, Free Go Express, Citi Air Bus

One-way fare: NT\$85~145

Travel time:

40~60 minutes depending on routes (60~90 minutes for Citi Air Bus, which has more stops)

Schedule: Every 15~20 minutes

Metro Taipei

Service Hours: 06:00~24:00; 24-Hour Customer Service Hotline: (02)218-12345



One-Way Trip

NT\$20-65



Day Pass

NT\$150



Taipei Metro Pass

24hr: NT\$180

48hr: NT\$280

72hr: NT\$380

Easy Card and iPASS are available at MRT stations and convenience stores. Just add value before entering the system; the fare for each journey will be deducted appropriately. These cards also have an e-purse function for use at convenience stores and other authorized businesses, and for YouBike rentals.



Easy Card



iPASS

There are two types of Taipei Fun Pass available: the Unlimited version (attractions + transportation) and the Transportation version (transportation only). You can visit Taipei City, New Taipei City and Keelung City within the validity of the pass.



Taipei Fun Pass I Unlimited

1-Day Pass/2-Day Pass/3-Day Pass

NT\$1200/1600/1900



Taipei Fun Pass I Transportation

1-Day Pass/2-Day Pass/3-Day Pass/5-Day Pass/Maokong Gondola 1-Day Pass

NT\$180/310/440/700/350

NOTICE

In order to facilitate inquiries by the public, the city government has set up the 1999 Taipei Citizen Hotline. Whether by telephone, cell phone, or Voice over IP (payphone excluded), dial 1999 for free access. There is a time limit, with service personnel restricted to 10-minute service availability, and a 10-minute limit on call transfers. Callers are asked to make the most efficient use of this resource, making all calls as brief as possible. For more information, call 1999 or visit <http://english.rdec.gov.taipei/>



TAIPEI

TAIWAN EMERGENCY TELEPHONE NUMBERS

Police / 110

Crimes, traffic accidents, and other incidents for which police assistance is needed

Fire and Emergency / 119

Fire, injury or accident, or other urgent matters for which emergency relief is needed

Women and Children Protection Hotline / 113 ext.1

24-hour emergency, legal information, and psychological services for victims of domestic violence and/or sexual abuse. Foreigner 24-hour General Inquiry Hotline: 0800-024-111

NON-EMERGENCY TELEPHONE NUMBERS

Unit	Tel
Taipei City Govt. Citizen Hotline	1999 (02-2720-8889 outside Taipei City)
English Directory Service	106
IDD Telephone Service Hotline	0800-080-100 ext.9
Time-of-Day Service	117
Weather Service	166
Traffic Reports	168
Tourism Bureau (MOTC) 24-Hour Toll-Free Travel Information Hotline	0800-011-765
Tourism Bureau (MOTC) Toll-Free Traveler Complaints Hotline	0800-211-734
International Community Service Hotline	0800-024-111
Tourism Bureau Information Counter, Taiwan Taoyuan International Airport	Terminal 1: (03)398-2194 Terminal 2: (03)398-3341
Bureau of Foreign Trade	(02)2351-0271
Taiwan External Trade Development Council (TAITRA)	(02)2725-5200
Taiwan Visitors Association	(02)2594-3261
The Japanese Chamber of Commerce & Industry, Taipei	(02)2522-2163
Ministry of Foreign Affairs	(02)2348-2999
Ministry of Foreign Affairs Citizens Hotline	(02)2380-5678
Police Broadcasting Station	(02)2388-8099
English Hotline for Taxi Service	0800-055-850 ext.2
Consumer Service Center Hotline	1950
Bureau of National Health Insurance Information Hotline	0500-030-598
AIDS Information Hotline	0800-888-995

Source for Above Information:
Information For Foreigners Service / Tel: 0800-024-111
Tourism Bureau, Ministry of Transportation and Communications
Tel: (02)2349-1500

※ Entries in brown columns indicate service in English provided.

LIST OF TAIPEI VISITOR INFORMATION CENTERS

Taipei Main Station

(02)2312-3256
1F, 3, Beiping W. Rd.

Songshan Airport

(02)2546-4741
340-10, Dunhua N. Rd.

MRT Ximen Station

(02)2375-3096
B1, 32-1, Baoqing Rd.

MRT Jiantan Station

(02)2883-0313 65
65, Sec. 5, Zhongshan N. Rd.

MRT Beitou Station

(02)2894-6923
1, Guangming Rd.

MRT Taipei 101/World Trade Center Station

(02)2758-6593
B1, 20, Sec. 5, Xinyi Rd.

Plum Garden Visitor Center

(02)2897-2647
6, Zhongshan Rd.

Miramar Entertainment Park Visitor Center

(02)8501-2762
20, Jingye 3rd Rd

Gondola Maokong Station

(02)2937-8563
35, Ln. 38, Sec. 3, Zhinan Rd.
(Exit area, Maokong Station)

URS44 Dadaocheng Visitor Center

(02)2559-6802
44, Sec. 1, Dihua St.

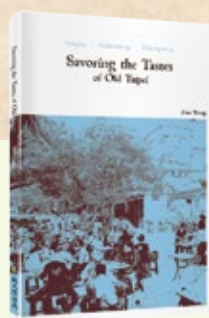
MRT Longshan Temple Station Visitor Information Center

(02)2302-5903
B1, 153, Sec.1, Xiyuan Rd.

Bangka x Dadaocheng x Dalongdong

Savoring the Tastes of Old Taipei

Based on over 10 years of in-depth culinary research, writer Jiao Tong spent almost half a year walking the Bangka, Dadaocheng, and Dalongdong areas, trying the food and drink at countless shops, finally deciding on the best 118 for presentation, taking armchair travelers on an exploration of Taipei's old-time flavors.



Savoring the Tastes of Old Taipei

written by Jiao Tong / NT\$250

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