

## Taiwan Real Food Adventure



Turkode  
CJZT

Turen destinasjon  
Taipei

Destinasjoner  
Taiwan

Reisen er levert av



Turen starter  
Taipei

9 dager  
Fra : NOK

**19 413**

### Oversikt

Journey to the heart of one of the most exciting culinary scenes in Asia on this Real Food Adventure in Taiwan. From the fresh oyster omelette, mouth-watering sesame chicken and golden-brown fried taro balls served up in the night markets, to the many delicious incarnations of beloved beef noodle soup found all over the island, the Taiwanese approach to food is one of both modern flair and deep tradition. Join in street-level social enterprise in Taipei, roll your own xiao long bao (steamed soup dumplings), and sample a great spread of local produce straight from the source in Yilan – from spring onion to organic tea to boutique whisky. With must-see sights such as Sun Moon Lake, Tainan and Taipei 101 included along the way, this Intrepid Real Food Adventure delivers the perfect balance of flavours in an often overlooked foodie paradise.



## Reiseroute

### Taipei

Welcome to Taipei! Upbeat, profoundly liveable and superbly located, Taiwan's capital is a thrill to explore on foot. If you arrive early, be sure to get out and about. Your adventure begins with a welcome meeting at 6 pm in the hotel lobby where you'll meet your tour leader and fellow travellers. Afterwards, it's off to the Ningxia Night Market for dinner. Here you can eat like a local, sampling world-class street food – perhaps some fried yam, an oyster omelette or Hakka-style mochi balls. Bitter tea (not for the faint hearted) and papaya milk are also known to be available here. Whatever's on the menu, the market is great way to kick off your food adventure, allowing you to sample a multitude of dishes. This excursion is also a chance to experience the city's impeccable metro system, which could give Tokyo a run for its money in efficiency and cleanliness.

### Tainan

Travel by high-speed rail to Tainan. It's a 2-hour journey to the island's oldest city, widely regarded as the food capital of the South. Begin your day with a tasting walk along the ancient and famed Anping Old Street. This narrow and winding adventure will lead you to food vendors serving up a variety of street-side delicacies, from fresh fruit and Taiwanese meatballs to the ubiquitous sweet or savory 'coffin bread' (fried toast). From there, get a dose of history and culture at Anping Fort. Built in 1624 by the Dutch, the edifice – which was originally called Fort Zeelandia – served as a Dutch trading hub. After the Dutch were ousted in 1661, the sprawling grounds were renamed Anping Fort. Afterwards, discover the unusual Anping Tree House, once an old storage warehouse, the structure has since been taken over by a far-reaching Banyan tree, whose branches and roots now completely engulfed it – the result is a strange marriage of history, architecture and power of nature. Dinner tonight is a truly special experience – a menu-less meal served at a 100-year-old house built during the Qing dynasty. The current owner is an antique-lover who has filled the home with

fascinating pieces that surround you as you enjoy whatever Taiwanese delicacies are on offer that night, which could include braised pork belly, homemade sausages, steamed milkfish and all manner of seasonal vegetables, not to mention a host of fried snacks accompanied by endless pots of tea.

### Nantou

Your day begins with a visit to Chikan Lou, also known as Chikan Tower or Fort Provintia, one of the most important historic sites in Taiwan. Chinese-style towers sit atop a foundation initially built by Dutch colonials, creating a unique hybrid structure surrounded by elegant lawns and the koi ponds. After this peaceful and contemplative visit, change gears as you enter the Hayashi Department Store – a beloved multi-story shopping centre. Opened in 1932 during Japanese rule, it was bombed by the U.S. in World War II. Beautifully restored and reopened in 2013, it now features museum-style exhibitions on local farming and handicrafts, as well as cutting-edge fashion, tech, a traditional tea shop, food court and observation deck. Having accomplished some sightseeing, head out to Cigu Lagoon for an opportunity to stand on a bamboo raft and sample some of the fisherman's freshly harvested grilled oysters' lagoon-side, you might even get the chance to harvest some yourself! After lunch, hit the road and travel about 1.5 hours north to Taichung. Here, you'll pay a visit to the Confucian Temple complex to gain some insight into Confucian philosophy. In the evening, enjoy a delicious meal at a local Nantou fresh fish restaurant.

### Sun Moon Lake & Taichung

After breakfast at the guesthouse, make tracks for Sun Moon Lake, Taiwan's only natural lagoon. It's an excellent backdrop for some cycling, so today you'll set out on a 1.5-hour bike ride around Sun Moon Lake, taking in the full beauty of the lake and its surrounding green hills, followed by a picnic lunch made with quality, local produce. After lunch, continue to Taichung and the Wufeng Lin Family Mansion and Garden, Taiwan's finest traditional compound (approximately 2 hours). Enjoy plenty of time to explore the stately mansion and gardens, before a free evening to explore on your own. Be sure to ask your leader for dinner recommendations at Fengchia night market!

### Yilan

Head out of town this morning to a restaurant in Taoyuan. Here, you'll learn to make xiao long bao (steam soup dumplings) in a DIY class. Originating in the Jiangnan region of China, these little flavour bombs can be tricky to create but are well-worth the effort. Under the guidance an expert cook, create the filling (usually gelatinised ground pork) and learn the delicate art of shaping their thin shells, before steaming these small morsels in bamboo baskets. Then sit down and enjoy your creations for a satisfying lunch. After lunch, head to Yilan, where you'll get the chance to try the renowned jar-roasted chicken for dinner. In a legendary but unassuming eatery, 130 to 150-day-old free range hens are marinated in herbs, garlic, cumin and a medley of other spices, and then cooked in earthen jar ovens until smoky and beautifully tender. Depending on when you arrive at your hotel in Yilan, there may also be time to enjoy a relaxing soak in the attached hot springs.

### Yilan & Taipei

Get ready for a full day of behind-the-scenes food experiences in and around Yilan and Taipei. Begin in Yilan with a tea picking and tasting experience. Head to a nearby restaurant for a seasonal lunch, then continue to a spring onion farm. Here, you'll learn the important role this ingredient plays in Taiwanese cuisine as you do some picking and help to make spring onion cake. Finally, wrap up an illuminating day with a tour and taste at a local whisky distillery. Though Taiwan may not be the first place you associate with whisky, it's actually among the world's top up-and-coming whisky producers alongside Tasmania (Australia), Japan and Sweden. In fact, it made a single malt that was rated as the world's best a couple of years back.

## Viktig Informasjon

### Trip Style

Original

### Group Size

Minimum: 1 Maximum: 12

## Meals Included

8 Breakfasts, 4 Dinners

## Theme

Food

## Highlights

Dine at some legendary Taipei institutions, including the Din Tai Fung Restaurant and long-running Shin Yeh.

Spend a couple of hours helping local 'Sweet Potato Mamas' ply their daily yam trade, a unique experience which also benefits single mothers through the Genesis Social Welfare Foundation.

Take in the beauty of Sun Moon Lake from two wheels on an unforgettable bike ride around Taiwan's stunning lagoon circuit.

Enjoy several hands-on, behind-the-scenes food experiences in Yilan – visits to tea fields, a spring onion farm and a whisky distillery.

Join a cooking class with the experts behind Make My Day Cooking Lab, with a local market tour included.

## Priser / Datoer

Ved skriftlig aksept av vårt tilbud bekrefter du/dere at våre betingelser er både lest og forstått og at evt kansellerings gebyrer kan tilkomme ved en evt. avbestilling av reisen

Tilgjengelige datoer	Pris (1 voksen)	Pris (1 barn)	Status reise
Mon, 09 Nov 20 / Tue, 17 Nov 20	NOK 19 413	På forespørsel	Garantert

Vi vil komme tilbake til deg med et tilbud på den forespurte reisen/pakken i løpet av 48 timer. Alle tilbud er uforpliktende og er vanligvis gyldige i 7 dager. Vi gjør oppmerksom på at reserverte tjenester kan bli kansellert innenfor disse 7 dagene og at pris kan endres inntil en endelig bestilling er mottatt.



VIRKE



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