

# Travel in

2024  
MAR & APR

# TAIWAN

No. 122

## EXPERT TALK

TRADITIONAL MEDICINE FOR  
THE MODERN AGE

## GOOD FOOD

THE MEATY SIDE OF TAIPEI

## URBAN WALKS

OLD YANCHENG DISTRICT  
ON FOOT

# Tainan City

Rural and Coastal Districts  
Festivals and Sightseeing  
Three Themed Tours

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# Publisher's Note

Dear Traveler,

Spring is on the doorstep, and at this time Taiwan travel is especially comfortable, temperatures set just right between the cool of winter and summer's sultry heat. In each *Travel in Taiwan* issue we concentrate on one individual region on Taiwan's main island or among our many offshore islands in our feature articles, providing a more in-depth window into its distinctive character and tourism appeal. This issue it's the deep south, most of our time spent in the old city of Tainan, with a side foray to the nearby urban core of Kaohsiung.

In our main feature article you'll be roaming three Tainan rural districts, on the windswept coast, in the "pineapple belt" close to the central-mountain foothills, and in the sprawling municipality's bucolic northern third. It's then off to three other rural districts in a second Tainan piece; Tainan is a bastion of tradition with some of the country's most exciting festivals, and we introduce you to districts where a number of these are held, including Yanshui and Longqi.

Completing our Tainan mini-buffet is a "coast, nostalgia, food" theme tour that stays right in and very close to the city's urban core. We visit lagoons, mangrove swamps, and other littoral attractions, and in the city's old section drop in

at heritage shops, cafés, and eateries serving classic Tainan culinary treats – and provide info on the best non-self-drive means of getting about. We then jump a short distance south to Kaohsiung's core in our popular regular *Urban Walks* department, exploring the old renaissance Yancheng District by bustling Kaohsiung Harbor, where an armada of heritage facilities have been renovated and relaunched with appealing tourism missions.

Leaving the south, we swing up to the far north for both our *Good Food* and *Expert Talk* explorations. In the former we savor "The Meaty Side of Taipei," dining on some of its best of the best meat-centered culinary options at seven different Taipei eateries, from fresh beef hot pot to barbecue skewers to pork rib soup. In the latter we learn how traditional herbal-medicine practitioners are injecting new vitality into an aging industry with a visit to a fragrantly innovative New Taipei City enterprise, incubator of a small growing chain.

Sound interesting? There's no better time to visit Taiwan than now!

**TAIWAN TOURISM ADMINISTRATION**  
MOTC, R.O.C.



*Welcome to  
Taiwan!*

# Travel in TAIWAN



Qigu Salt Mountain  
(photo by Vision)

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and other organizations.

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Taoyuan Int'l Airport and Kaohsiung Int'l Airport;  
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VIP lounges of international airlines; major  
tourist spots in Taipei; visitor centers of cities  
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issuu (PDF)



Website



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# CONTENTS

| Travel in Taiwan No.122 MARCH/APRIL, 2024 |



**01**

**PUBLISHER'S NOTE**

**04**

**TAIWAN TOURISM  
EVENTS**

**06**

**TRAVEL NEWS**

Happening In Taiwan Now

**08**

**CULTURE & ART**

Concerts, Theater,  
Exhibitions, Festivals, Shows

**10**

**TAINAN / REGIONAL  
REVITALIZATION**

**FLAT AS A SCALLION PANCAKE**

Visiting Some of Tainan City's Rural and  
Coastal Districts

**22**

**TAINAN / FESTIVALS &  
SIGHTSEEING**

**YANSHUI, LONGQI, AND GUANMIAO**

Festival Fun and Sightseeing in Rural  
Tainan Districts

**28**

**TAINAN / THEMED TOURS**

**HOW TO READ THE CITY OF TAINAN**

Our Themes: Coast, Nostalgia, Food

**32**

**URBAN WALKS / KAOHSIUNG**

**OLD YANCHENG DISTRICT ON FOOT**

The Renascent Heart of Kaohsiung City's History

**38**

**GOOD FOOD /  
MEAT RESTAURANTS**

**THE MEATY SIDE OF TAIPEI**

Exploring Taipei's Meat-Focused  
Culinary Secrets

**44**

**LITTLE THINGS /  
PARKS**

**TAIPEI PARKS**

Busy from Dawn to Dusk

**46**

**EXPERT TALK /  
CHINESE MEDICINE**

**TRADITIONAL MEDICINE FOR THE MODERN AGE**

Meet Herbalists Hoping to Inject  
Vitality into an Aging Industry



1 ©Dapeng Bay NSA Admin.

3 ©Lan-Yang Agr. Dev. Found.

# Spring Is in the Air!

## Exciting Springtime Happenings and Events

### 1 PINGTUNG COUNTY April 1~30

#### DAPENG BAY MARINE FESTIVAL 大鵬灣帆船生活節

During this festival a variety of water-related activities and events are organized in Pingtung County's Dapeng Bay area, including a sailing competition on the waters of the bay. Other fun activities involve canoeing, dragon-boat racing, standup paddleboarding (SUP), jet-skiing, and yachting. The event also features exhibitions promoting local industries such as agriculture, food, and tourism.

[www.dbnsa.gov.tw](http://www.dbnsa.gov.tw)

### 2 TAIPEI CITY March 14 ~ June 23

#### ZHUZIHU CALLA LILY & HYDRANGEA FESTIVAL

竹子湖海芋季及繡球花季

The residents of Taipei are blessed with a magnificent national park right on their north-side doorstep. In less than an hour you can get from the city center to the breezy mountains and deep forests of Yangmingshan by public transport and find yourself embraced by pristine nature. Part of the park is an agricultural area named Zhuzihu, sitting in the shadows of towering Mt. Datun. During spring and early summer two types of flowers, in succession, draw droves of visitors up to the fields of the area. First to bloom is the pure-white calla lily, and later comes the hydrangea, sporting shades of purple, blue, and pink. Part of the Zhuzihu experience is picking calla lilies yourself and sitting down in one of the rustic restaurants to enjoy healthful meals made with local produce.

[www.travel.tapei](http://www.travel.tapei)

### 3 YILAN COUNTY March 30 ~ May 12

#### YILAN GREEN EXPO 宜蘭綠色博覽會

Yilan County, situated in the northeast corner of Taiwan, is known for its agriculture – mostly on the triangular-shaped Lanyang Plain – and its forest-covered mountain areas – encompassing most of its western and southern parts. It's the perfect location for an exposition that highlights green tourism and protection of the natural environment. This expo, first held in the year 2000, is both an educational and fun affair, ideal for families with children, who will revel in adventurous activities such as ziplining, encounters with farm animals, and nature-themed DIY classes and games.

[www.facebook.com/yilangreenexpo](https://www.facebook.com/yilangreenexpo)

**4 AROUND TAIWAN** March ~ May

**HAKKA TUNG BLOSSOM FESTIVAL**  
客家桐花祭

The Hakka people in Taiwan, a Han Chinese minority group that immigrated to the island starting in the mid-17<sup>th</sup> century and often settled in hilly regions, especially those of northwest Taiwan, planted a large number of tung trees for commercial purposes during the Japanese colonial era (1895~1945). Today, the trees grow in the wild and, to the delight of hikers, bloom profusively in April and May, their snow-white blossoms covering tree branches and carpeting hiking trails. During the tung blossom season, numerous cultural events are held in celebration by Hakka communities in locations close to the forests.

[www.facebook.com/tung.blossom.festival](http://www.facebook.com/tung.blossom.festival)

**5 TAOYUAN CITY** March 16~23

**LONGGANG RICE NOODLE FESTIVAL**  
桃園龍岡米干節

This is a lesser-known festival held in the Longgang neighborhood of Taoyuan City's Zhongli District. Venues are the Zhongzhen New Village Cultural Park and Yunnan Cultural Park, both locations of significant historic and cultural meaning. The parks are located in an area with a sizable population of immigrants from the Golden Triangle (Myanmar/Thailand/Laos), to which Nationalist soldiers fled at the close of the Chinese Civil War after defeat by the Communists. A large contingent of these soldiers and their dependents later came to Taiwan and settled in Taoyuan's Zhongzhen New Village. The two-week festival features cultural highlights of the Golden Triangle, including a Buddha bathing ceremony and a fire dance event. Regional delicacies (Yunnan cuisine) can be enjoyed during a "long-street banquet" and at a Muslim food court (Halal cuisine).

[travel.tycg.gov.tw](http://travel.tycg.gov.tw)

**6 PENGHU COUNTY** May 2 ~ July 30

**PENGHU INTERNATIONAL FIREWORKS FESTIVAL**  
澎湖國際海上花火節

Each year in spring and early summer, the Penghu International Fireworks Festival gives travelers an additional incentive to visit the beautiful Penghu archipelago before the hot high-summer months begin. The venue is the small harbor before the famed Guanyin Temple in Magong, Penghu's only city. The reflections of the colorful fireworks on the waters of the harbor and the picturesque pedestrian Xiyang Rainbow Bridge leaping over it, plus live musical performances, make this evening extravaganza a highly memorable and romantic event. This year, 27 shows (each lasting about 20 min) will be presented, taking place on Mondays, Tuesdays, and Thursdays. In addition, there will be one-off shows (10 min each) on Qimei Island (June 1), Wang'an Island (June 15), and Jibei Island (July 28).

[www.facebook.com/phfireworks](http://www.facebook.com/phfireworks)



# Happening in TAIWAN Now

Sustainability and modernization are key components of Taiwan's tourism development efforts. The aim is to make traveling convenient for visitors while at the same time preserving the land's natural treasures. Taiwan's rich history is another tourism asset worth exploring by visitors from abroad.



Heping Island (©North Coast and Guanyinshan NSA)

## Top 100 Green Destinations in 2023

Taiwan's efforts in creating green destinations are being recognized internationally. Six national scenic areas were included in the list of Green Destinations Top Stories for 2023 compiled by the Green Destinations organization. The North Coast and Guanyinshan NSA was included for rebuilding a trail on Heping Island using environment-friendly methods; the Northeast and Yilan Coast NSA for transforming an abandoned military camp into a tourist site; the Sun Moon Lake NSA for increasing income from tourism for the indigenous Thao people; the Southwest Coast NSA for creating an ecological flood detention pond; the East Coast NSA for organizing the Moonlight Sea Concert; and the Penghu NSA for preserving Jibei Island's fish weirs.

[www.greendestinations.org](http://www.greendestinations.org)



©Tainan City Govt.

## New Tainan City Museum

This year, Tainan City celebrates its 4<sup>th</sup> centennial. If you want to find out more about how the city developed over those 400 years, there might be no better place than the new Tainan City Museum (formerly the Koxinga Museum; reopened under a new name in December 2023 after nearly three years of renovations). The museum houses around 5,500 artifacts spanning from prehistoric to modern times. Also part of creating the Tainan City Museum has been the integration of three other cultural sites, the Tainan City Zuojhen Fossil Park in Zuozhen District, Tainan Shan-Shang Garden in Shanshang District, and Tapani Incident Memorial Park in Yujing District.

[tcm.tainan.gov.tw](http://tcm.tainan.gov.tw) (Chinese)



Yehliu Geopark Visitor Center

## New AI Translation Service at Visitor Centers

Artificial Intelligence (AI) is being implemented in all facets of life these days, including tourism. The Taiwan Tourism Administration recently unveiled a new service for foreign tourists. First installed on a trial basis at visitor centers inside Taipei Songshan Airport and at the Yehliu Geopark on the North Coast, the system facilitates communication between tourists and info center staff. Both sides simply need to talk into a microphone using their own language and then see the translation in the respective other language appear on a screen. Initially available for English, Japanese, and Korean, translating into and from Chinese, the system is said to be comparable to a seasoned interpreter with three years of experience.



©Taiwan High Speed Rail

## New Park at Tainan's High-Speed Rail Station

This year marks the 60<sup>th</sup> anniversary of Japan's Shinkansen, aka bullet train, system. When the Tokaido Shinkansen Line was put into operation in October 1964, its streamlined 0 Series trains became an instant hit, impressing people around the world. Today there are only 27 of these trains left, and one front car of those is now on display in the small 0 Series Oiran Train Scenic Park at THSR Tainan Station. The train car was imported to Taiwan in 2004 to serve as a testing vehicle for Taiwan's new high-speed rail system (opened for service in 2007), and used until 2008.

[thsrc.com.tw](http://thsrc.com.tw)

# Taoyuan Travel

Home to Taiwan's main airport, Taoyuan International, Taoyuan City is the most important gateway to this island. Foreign tourists arriving through this portal are most likely to head straight to the capital, Taipei, or to other major tourist destinations, but Taoyuan has quite a number of attractions that make spending time there worthwhile, including the following recently opened museums.

## Hengshan Calligraphy Art Center

Just five stops from the airport on the Taoyuan Airport MRT line (Zhongli District direction) you come to an area – centered on the Taiwan High Speed Rail Taoyuan Station – that has seen rapid development in recent years. While shopping dominates (Gloria Outlets), there is also a state-of-the-art aquarium (Xpark), and a fashionable hotel (COZZI Blu Taoyuan). To contrast this commercial side, in the northern part of this newly developed area (close to MRT Linghang Station), you'll find a more tranquil and cultural corner in the form of the Hengshan Calligraphy Art Park. The park has an artificial lake ("ink pond") at its center, and in its northeast corner the Hengshan Calligraphy Art Center. Part of the Taoyuan Museum of Fine Arts (TMoFA), the center is a small museum with a focus on the art of calligraphy, the only such museum in Taiwan. Its five buildings were designed to resemble carved seals sitting on an ink stone (the park) by a pool of ink (the lake).

[tmofa.tycg.gov.tw](http://tmofa.tycg.gov.tw)

## Taiwan Hakka Tea Culture Museum

Another interesting museum in Taoyuan is the Taiwan Hakka Tea Culture Museum. It's located just a short walk from the long-established and still popular Window on World Theme Park in the city's Longtan District, and also not far from the Leofoo Village Theme Park in neighboring Hsinchu County. The spacious and appealing museum's focus is on Hakka culture and tea production. It's a fine place to learn about local history, have fun with hands-on exhibits, take a ton of selfies with props and cool backdrops, and sit down to enjoy tea, tea drinks, and tea-flavored ice cream. The museum's restaurant also serves delicious Hakka-style set meals.

[www.facebook.com/hakka.tea.tw](http://www.facebook.com/hakka.tea.tw)

### ENGLISH AND CHINESE

Daxi Cultural and Art Festival 大溪大禧 - 大溪文藝季  
Hakka Tung Blossom Festival 客家桐花祭  
Hengshan Calligraphy Art Center 橫山書法藝術館  
Hengshan Calligraphy Art Park 橫山書法藝術公園  
Leofoo Village Theme Park 六福村主題遊樂園  
Longgang Rice Noodle Festival 龍岡米干節  
Taiwan Hakka Tea Culture Museum 臺灣客家茶文化館  
Taoyuan Flower Festival 桃園花彩節  
Taoyuan Hakka Tung Blossom Festival 桃園客家桐花祭  
Taoyuan Land Art Festival 桃園地景藝術節  
Taoyuan Lantern Festival 桃園燈會  
Taoyuan Museum of Fine Arts 桃園市立美術館  
Window on World Theme Park 小人國主題樂園  
Yong'an Fishing Harbor Carnival 永安漁港星鑽樂狂歡嘉年華  
Zhuwei Fishing Festival 竹圍魚鱸節

## Taoyuan Festivals

|                |  |
|----------------|--|
| February~March | Taoyuan Lantern Festival   |
| April~May      | Longgang Rice Noodle Festival<br>Taoyuan Hakka Tung Blossom Festival |
| July~August    | Daxi Cultural and Art Festival                                       |
| July~September | Yong'an Fishing Harbor Carnival                                      |
| August         | Zhuwei Fishing Festival<br>Taoyuan Land Art Festival                 |
| November       | Taoyuan Flower Festival  |

For more Taoyuan travel information, visit [travel.tycg.gov.tw/en](http://travel.tycg.gov.tw/en).



©Hengshan Calligraphy Art Center



©Taiwan Hakka Tea Culture Museum

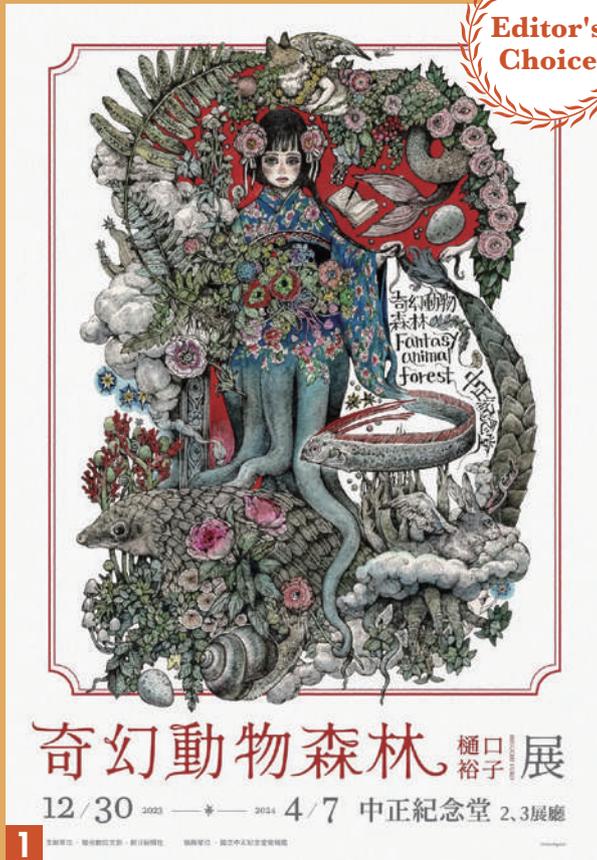


Taoyuan Lantern Festival  
©Taoyuan City Govt.)



# Culture & Art

Concerts, Theater, Exhibitions,  
Festivals, Shows



## 1 Exhibition

### FANTASY ANIMAL FOREST: YUKO HIGUCHI EXHIBITION 奇幻動物森林 樋口裕子展

Until April 7  
National Chiang Kai-shek Memorial Hall  
(Taipei City)

Renowned and tremendously popular Japanese artist Yuko Higuchi's first large-scale exhibition is coming to Taiwan. After touring ten cities in Japan, Higuchi brings a brand-new exhibition theme to Taiwan, Fantasy Animal Forest. This exhibition showcases hundreds of carefully selected artworks from over twenty years of the artist's painting career, offering Taiwanese audiences a visual feast of fantasy!

[www.cksmh.gov.tw](http://www.cksmh.gov.tw)

## 2 Festival

### MEGAPORT FESTIVAL 大港開唱

March 30-31  
(Kaohsiung City)

This year marks the 15<sup>th</sup> anniversary of Megaport, a two-day mega music event that takes place each year at Kaohsiung Port. Together with the Formoz Festival (1995-2013), this festival is regarded as one of the two pioneer events that started Taiwan's current music festival scene. Featuring mostly domestic groups, but also some from abroad, the event presents indie music, rock, pop, hip hop, and other genres on its many indoor and outdoor stages. In addition to listening to live music, visitors can also have fun in the Kids Zone, Megafun Zone, Cyber Mosh-Pit, and other areas.

[megaportfest.com](http://megaportfest.com)  
[www.facebook.com/megaportfest](https://www.facebook.com/megaportfest)

## 3 Exhibition

### INFINITE PERSPECTIVES 無限視界

Until August 14  
New Taipei City Arts Center  
(New Taipei City)

If you want to get a good overview of contemporary art in northern Taiwan, this exhibition will serve as an excellent starting point. It presents works by 16 artists from eight cities and counties in the north of the island (Taipei City, New Taipei City, Keelung City, Taoyuan City, Hsinchu City and County, Miaoli County, and Yilan County). The showcase includes paintings, sculptures, photographs, and woodblock prints, depicting scenery and nature, human and animal life, as well as fantasy and abstract scenes.

[www.artcenter.ntpc.gov.tw](http://www.artcenter.ntpc.gov.tw)



#### 4 Performing Arts

### TAIWAN INTERNATIONAL FESTIVAL OF ARTS

TIFA 台灣國際藝術節

February 23 ~ May 11  
National Theater ( Taipei City )  
National Taichung Theater ( Taichung City )  
National Kaohsiung Center for the Arts  
( Weiwuying ) ( Kaohsiung City )

Held each spring since 2009, this is Taiwan's most important and one of Asia's most iconic arts festivals. Over the years, the festival has presented more than 200 acts, including music, theater, and dance, enjoyed by more than a million spectators. Venues are the National Theater and Concert Hall in Taipei, the National Taichung Theater in Taichung, and the National Kaohsiung Center for the Arts – Weiwuying in Kaohsiung. As in previous years, the 2024 program features a wide range of performances by artists from both Taiwan and abroad.

[npac-ntch.org/programs/series/tifa/2024](http://npac-ntch.org/programs/series/tifa/2024)

#### 5 Performance

### MINGCHI WATER THEATER – THE SWORD IN THE INK STONE III | THE GATE OF HEAVEN AND HELL

明池水劇場 - 池中劍 III - 神魔之界

April 26-28; May 3-5  
( Yilan County )

One of the places you certainly want to check out when traversing Taiwan via the Northern Cross-Island Highway (Prov. Hwy 7) is the Mingchi Forest Recreation Area in Yilan County. Close to the highest point of the highway, this small recreation area has at its center a tranquil lake, often mist-shrouded, surrounded by verdant coniferous-forest mountains. For a long time, individual musicians have been attracted to this picturesque lake, coming to serenade visitors (and the resident swans) with violin, cello, clarinet, and other instruments. Mingchi Water Theater goes a step further. A co-production by the Ten Drum Art Percussion Group, Resident Island Dance Theatre, and Li Shin Martial Arts, this is a riveting drum and dance show that takes place on a stage partly submerged under the lake's surface, allowing for dramatic water-splashing effects created by the performers.

[makauy.lealeahotel.com](http://makauy.lealeahotel.com)

#### 6 Exhibition

### HOT FLUX: MODERN AND CONTEMPORARY PHOTOGRAPHY IN TAIWAN AND AFRICA

臺非現當代攝影

Until April 28  
Tainan Art Museum  
( Tainan City )

This exhibition is divided into three sections. The first, A Modern Photo Studio, primarily showcases contemporary photographic works, including staged portraits from early portrait studios and candid shots depicting social and everyday scenes. The second section, Across Oceans, takes a more theoretical approach, using the works of three contemporary artists to depict the intricacies and complications involved in intercontinental population migration and exchange. The third part, South by South, facilitates a dialogue between contemporary artists from Taiwan and Africa, demonstrating how their works resonate with each other, and highlighting the significant issues they confront in their creative processes.

[www.tnam.museum](http://www.tnam.museum)

# FLAT AS A SCALLION PANCAKE

Visiting Some of Tainan City's Rural and Coastal Districts

TEXT | STEVEN CROOK    PHOTOS | ALAN WEN, VISION



Following the 2010 city-county merger, Tainan became one of Taiwan's six special municipalities. Divided into 37 districts, its population now stands at 1.86 million. Most residents and the bulk of tourists stay in and around the urban core, an agglomeration of busy yet charming neighborhoods cherished for their rich architecture and character.

Far fewer people live along Tainan's windswept coast, in the "pineapple belt" close to the central-mountain foothills, or in the bucolic northern third of the sprawling municipality. Because young people prefer bright lights, and agriculture has taken a back seat to modern industries, these areas have been slowly depopulating since the 1980s. This is a trend community activists, entrepreneurs, and local officials are now trying to reverse via a range

of imaginative projects that leverage local culture and produce to attract domestic and international visitors.

To draw the discerning traveler's attention to Tainan's less-visited corners, *Travel in Taiwan* recently explored some of these places and met with shopkeepers, chefs, and farmers committed to making a difference at the grassroots.

Old houses on Xinhua Old Street



# XINHUA DISTRICT/XINHUA OLD STREET

Thanks to a cluster of interesting attractions and its proximity to central Tainan, Xinhua District is an ideal destination for half-day or full-day excursions. Green Line buses from Tainan Railway Station (GR12, GR16, GR17, and Green Main Line; 2384.tainan.gov.tw/newtnbusweb) take around 45 minutes, and run at least twice an hour.

It's a three-minute walk from Xinhua's bus station to the stretch of Zhongzheng Road better known as **Xinhua Old Street**. The ornate and highly photogenic two-story shophouses, built for local merchants in the 1920s and 1930s, reflect that era's infatuation with Art Deco, Baroque, and pseudo-Western styles. No two buildings are

the same, so do take some time to appreciate the balustrades, parapets, pebble-dash façades, plaster laurel wreaths, and expressions of classical motifs. Several houses still bear the surname of the families that commissioned their construction almost a century ago.

If you're approaching from the bus station, you may want to first drop in at **Safety Sewing Shop**. This shop sells items for needlework enthusiasts such as thread and patterns, as well as hand-sewn bags and baby shoes. In the rear of the store is a small Chinese-language exhibition sharing a bit of history about the Old Street and some information about how the shophouses have been repaired.



Safety Sewing Shop



Hand-sewn bags



Old Japanese sewing machine



Liho set meal

Also on the eastern side of the street, and just a few doors to the south, the former **Chang Tai Pharmacy** now houses two businesses. The store on the first floor sells dried fruit, handmade soaps, and other cultural-creative products. Upstairs, **Liho** is tasteful in every sense of the word. The name's Chinese characters render a common Taiwanese-language greeting, while the kitchen prepares a range of healthy meals and beverages that varies from day to day. While you're here – expect to linger – head to the balcony for a pigeon's perspective of the Old Street.

Diagonally across Old Street from Safety Sewing Shop is **Jinfa Rice Shop**. In business since 1872, it has in recent years shifted from simply selling various types of rice in bulk to a more tourist-oriented mix of packaged grains, rice-based snacks, and processed items such as fermented and flavored glutinous rice. The decommissioned husking machine, which occupies a quarter of the floor space, is a marvelous vintage contraption. (The grains vendor at No. 425 has a similar machine.)

**SAFETY SEWING SHOP (安全針車店)**

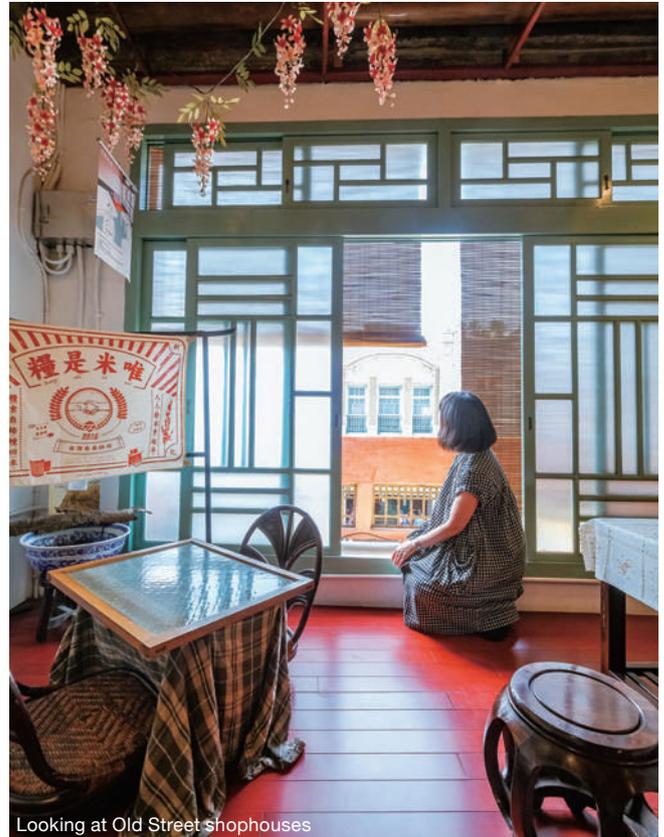
- ☎ (06) 590-0883
- 📍 No. 394, Zhongzheng Rd., Xinhua District, Tainan City (台南市新化區中正路 394 號)
- 🌐 [www.facebook.com/safetysewingshop](https://www.facebook.com/safetysewingshop)
- 🕒 10am–6pm (Wednesday–Sunday)

**LIHO (立賢佇遮)**

- ☎ (06) 590-3409
- 📍 2F, No. 364, Zhongzheng Rd., Xinhua District, Tainan City (台南市新化區中正路 364 號 2 樓)
- 🌐 [www.facebook.com/lihofood2021](https://www.facebook.com/lihofood2021) (Chinese)
- 🕒 11:30am–7pm (Thursday–Sunday)

**JINFA RICE SHOP (晉發米穀商店)**

- ☎ (06) 590-7232
- 📍 No. 439, Zhongzheng Rd., Xinhua District, Tainan City (台南市新化區中正路 439 號)
- 🕒 9am–1pm, 3pm–7pm (Thursday–Monday)



Looking at Old Street shophouses



Husking machine inside Jinfa Rice Shop



Old items of the rice shop on display

# XINHUA DISTRICT/XINHUA OLD STREET

The next stop on your Old Street tour should be **Taixiang Cake Shop**, which sells traditional baked goods. Both hollow, brittle puffed cakes and circular pastries less than 1cm thick are available in a range of flavors, including plum and brown sugar.

If you're looking for food gifts that travel well, consider the fruit cake, but bear in mind that the recipe doesn't include preservatives, so it's best eaten within a few days. These are bland-looking disks quite unlike cakes made with dried or candied fruits in Western countries, yet the citrusy paste inside makes for a highly satisfying snacking experience.

Long regarded as one of the "seven kitchen necessities" in Han Chinese tradition – the others being rice, oil, salt, vinegar, tea, and firewood – soy sauce remains both a key condiment and a crucial flavoring ingredient in Taiwan. For anyone who cares about the soy sauce they use, **Dongcheng Douyou Store** is worth a close look.

In addition to sauces for vegetarians and vegans (some soy-sauce manufacturers use flavor enhancers derived from fish or meat), sauces optimized for braising pork, and sauces made from non-GMO beans, this shop sells vinegars and spicy and non-spicy bean paste (*doubanjiang*, commonly added to beef noodle soup). The parent company has been making soy sauce in the Xinhua area for more than 65 years.



Old wooden molds inside Taixiang Cake Shop



Fruit cakes



Old bicycle inside Dongcheng Douyou Store



Soy sauces sold at the store

Just west of Xinhua Old Street, a busy morning market operates between dawn and midday. It can be accessed by either Xinyi Road or Lane 369 on Zhongzheng Road. As in traditional markets throughout Taiwan, you can be sure that some of the vegetables sold here were harvested mere hours earlier from fields just a few kilometers away.

Built during the 1895~1945 period of Japanese rule, to serve as a venue for cultural performances and other public gatherings that would uplift local society and inculcate a sense of loyalty and gratitude toward the colonial authorities, the Former Xinhua District Public Hall was in 2018 restored and repurposed as the **Youth Library at Xinhua Public Hall**. It is east of the Old Street, along Zhongshan Road.

Save for a few necessary modernizations, its renovation was so careful and thorough that it now looks just as its designer must have intended – a landmark of eye-pleasing elegance and symmetry. The Youth Library is open from Wednesday to Friday, midday to 4pm; access is via the main library building next door. There's no need to plan your visit around these limited opening hours, however; the building's exterior is far more alluring than what you'll find inside.



Xinhua Public Hall

If you're the kind of person who can't get enough of Japanese-era relics, walk a short distance along nearby Minsheng Road (No. 73) to see the **Xinhua Elementary School Ho-an-den**. Until 1945, every school campus on the island featured one of these tiny shrine-like structures. Following Japan's defeat, all but three were demolished.

Each Ho-an-den contained a photograph of the reigning emperor and a copy of a short text titled Imperial Rescript on Education. The Rescript urged the emperor's subjects to respect the principles of filial piety, social harmony, and loyalty to the state. On the emperor's birthday and other important dates, the Ho-an-den was unlocked and the text read aloud to students and teachers.

A more conventional attraction, also from the Japanese period, is the **1934 Historic Restaurant at Xinhua District Council House**. Visitors might be surprised to learn that this dignified Russian green-façade landmark was paid for by a private donor. Even more unusual is that, prior to it being repurposed as a restaurant, the former government office was temporarily moved to an adjacent plot of land so an underground parking lot could be built here.

The restaurant, which serves a range of hotpots, steaks, and other hearty main dishes, sometimes hosts live music. If you do step inside, remember to look up. You'll be astonished to see just how much wood was used to build a structure that, from the street, looks as if it's 100-percent concrete. For this writer, this exemplifies the appeal of small-town Taiwan: With a little effort, there's so much to see.



Xinhua District Council House



Icy drink and strawberry ice

**TAIXIANG CAKE SHOP (泰香餅舖)**

- ☎ (06) 590-6688
- 📍 No. 431, Zhongzheng Rd., Xinhua District, Tainan City (台南市新化區中正路 431 號)
- 🕒 8am-8pm daily

**DOUCHENG DOUYOU STORE (東成遊藝商店)**

- ☎ (06) 590-8175
- 📍 No. 423, Zhongzheng Rd., Xinhua District, Tainan City (台南市新化區中正路 423 號)
- 🕒 8am-6pm daily
- 🌐 [www.facebook.com/damujiang.douyou](http://www.facebook.com/damujiang.douyou)

**YOUTH LIBRARY AT XINHUA PUBLIC HALL (FORMER XINHUA DISTRICT PUBLIC HALL)  
(新化公會堂青少年圖書館 / 原新化郡公會堂)**

- ☎ (06) 590-2658
- 📍 No. 134, Zhongshan Rd., Xinhua District, Tainan City (台南市新化區中山路 134 號)
- 🌐 [www.twtainan.net/en/attractions/detail/5769](http://www.twtainan.net/en/attractions/detail/5769)

**1934 HISTORIC RESTAURANT AT XINHUA DISTRICT COUNCIL HOUSE  
(新化街役場 1934 街役場古蹟餐坊)**

- ☎ (06) 590-5599
- 📍 No. 500, Zhongzheng Rd., Xinhua District, Tainan City (台南市新化區中正路 500 號)
- 🕒 11am-9:30pm (closed on Monday)
- 🌐 [www.twtainan.net/en/attractions/detail/4530](http://www.twtainan.net/en/attractions/detail/4530)



Houbi Goods Shop on Jingliao Old Street

## HOUBI DISTRICT/JINGLIAO OLD STREET

Houbi District in the northernmost part of Tainan offers classic rice-growing scenery, yet few people elsewhere in Taiwan knew much about the area until 2004, when an award-winning documentary called *Let It Be* gave urbanites a better understanding of local farmers' lives. The film's Chinese title translates as "happiness without rice," a reference to the government paying farmers to leave their fields fallow as the rural economy adjusted to Taiwan joining the World Trade Organization (WTO) in 2002.

In addition to getting people to think about issues like food security and rural decline, the documentary put Houbi's **Jingliao** community very much on the tourist map. Coming here has also gotten easier, thanks to the Yellow Line's No. 6 bus to/from Houbi Railway Station and Xinying

Bus Station. There are six services each weekday, and ten per day on weekends.

Previously, if outsiders did visit Jingliao, often it was to see the **Holy Cross Church** and its distinctive alloy-covered spire, designed by Gottfried Böhm, a German architect who won the 1986 Pritzker Prize. This Catholic place of worship is on the south side of Tainan Road 82, a ten-minute walk east of the point where you might want to begin your tour: **Wumile Tourist Information Center**. The volunteers at the information center can provide maps and answer questions.

**Jingliao Old Street** runs north-south, and boasts several alluring century-old buildings. If you've already seen Xinhua Old Street, you'll immediately notice a couple of differences. There's much more

wood in these structures, and many of them have just one floor.

If you're starting from the northern end of the Old Street, which is a little over 200m in length, the first business likely to catch your eye is **Houbi Goods Shop**. Even if you're not in the mood for shopping, do take a look inside. It's a nicely-preserved building. The shop sells a range of tasteful souvenirs, including postcards.

As you saunter southward – Jingliao shouldn't be rushed – you'll see other antique structures, as well as one where the roof is long gone but the timber frame remains standing. A couple of doors down, at No. 191, stands the exquisite **Jin De Xing Chinese Medicine Clinic**.

Built circa 1935, this one-and-a-half story tiled-roof structure (the low-ceilinged



upper floor almost certainly served as sleeping quarters) used to be a traditional herbal apothecary. These days a mini-museum, it's the very image of quaint grandeur.

When *Travel in Taiwan* explored Jingliao for this article, the former apothecary was closed to the public, but we were told it's due to reopen in April 2024. This is something to look forward to, as Jin De Xing is a gorgeously timeworn and characterful structure. While it's been many years since anybody came here seeking treatment, the tools of an herbalist's trade have been preserved in situ: mortars and pestles, jars and vials, and drawers that bear such exotic labels as "dried land dragon" (eviscerated earthworms, used to reduce pain and treat arthritis).

**Jiazhi Gongfang**, a stone's throw from the Old Street and right beside the visitor information center, occupies a mundane modern building. Come here if you're hoping to snag some lightweight gifts for the folks back home. Using a kind of multicolored plastic material that every Taiwanese associates with old-school shopping bags, the owners create pencil cases, smartphone pouches, and other items that are both eye-catching and useful.

If you're curious to see how Taiwanese farmers enhance their competitiveness by adding value to local produce, step inside **Houbi Bugu Farmers' Association Sales Center**. In addition to locally produced snacks, instant foods, and alcoholic and non-alcoholic bottled and canned drinks, the center sells ice cream. There's a second-floor terrace where you can relax between sightseeing sessions.

Almost 2 km south of the Old Street, but close to a stop served by Yellow Line No. 6 buses, **Houbi Chang Duan Shu Park** owes its attractive appearance to an award-winning community development project that brought together scholars, students, and local residents. Formerly a cluster of derelict buildings and overgrown shacks that people avoided, it has been transformed into a venue for cultural activities.

What makes this enclave especially worth visiting is a 217m-long series of mosaic-type images which depict elements of a distinctive local religious tradition, the **Pomian Songjiang Battle Array**. Imagine an exhibition of engaging artworks, but with a bucolic village backdrop instead of inside a museum!



Mosaic-style murals

## TAINAN Regional Revitalization



Houbi Bugu Farmers' Association Sales Center



Jiazhi Gongfang

### WUMILE TOURIST INFORMATION CENTER

(無米樂旅遊服務中心)

☎ (06) 662-2231

📍 No. 75, Jingliao Borough, Houbi District, Tainan City  
(台南市後壁區菁寮里 75 號)

🕒 9am~5:30pm (closed on Monday)

### HOUBI GOODS SHOP (後壁好物直販所)

☎ 0979-169-012

📍 No. 140, Jingliao Borough, Houbi District, Tainan City  
(台南市後壁區菁寮里 140 號)

🌐 [www.facebook.com/houbishop](http://www.facebook.com/houbishop)

### JIN DE XING CHINESE MEDICINE CLINIC

(金德興中藥行)

☎ (06) 662-1261

📍 No. 191, Molin Borough, Jingliao, Houbi District, Tainan City  
(台南市後壁區菁寮墨林里 191 號)

### JIAZHI GONGFANG (茄苳工坊)

☎ (06) 662-3703

📍 No. 73, Jingliao Borough, Houbi District, Tainan City  
(台南市後壁區菁寮里 73 號)

🕒 9am~6pm daily

### HOUBI BUGU FARMERS' ASSOCIATION SALES CENTER

(步穀農創館)

☎ (06) 662-2088

📍 No. 346, Jingliao Borough, Houbi District, Tainan City  
(台南市後壁區菁寮里 346 號)

🕒 9am~5:30pm daily

### HOUBI CHANG DUAN SHU PARK

(後壁長短樹公園)

☎ 0928-328-952

📍 No. 47, Chang Duan Shu, Houbi District, Tainan City  
(台南市後壁區長短樹 47 號)

🌐 [www.facebook.com/tngtetree](http://www.facebook.com/tngtetree)



Learning about shrimp at CoFishland



Learning about mullet roe

## QIGU DISTRICT

As flat as the scallion pancakes sold in Tainan's night markets, Qigu is synonymous with seafood and migrating waterbirds, in particular the rare and endearing black-faced spoonbill. Much of the district has been converted into fish farms, but there are also lagoons, mangrove swamps, tidal mudflats, and other ecologically rich habitats.

Aquaculture and birdwatching aren't good reasons for young people to stay, however. Since the late 1980s, a quarter of Qigu's population has moved away. Recognizing the need to balance environmental conservation with economic reality, a local social enterprise has been working with both consumers and producers to create demand for sustainably farmed seafood. **CoFishland** now cooperates with four aquaculture enterprises, as well as the administration of the area's Taijiang National Park ([www.tjnp.gov.tw](http://www.tjnp.gov.tw)), while offering educational activities to visiting school parties and other groups.

*Travel in Taiwan* was invited to sit in at a CoFishland introductory talk, during which we learned a great deal about how shrimp is farmed (they're hatched in one location, but raised in another), and about the differences in size and color between the various types of shrimp one might find in a seafood market. It was pointed out that the room in which we were sitting used

to be a pigsty; in the past, many fish farmers fed tilapia and other species with pig or goose feces, as it was cheaper than buying feed. (Nowadays, the authorities are keen to emphasize, tilapia are raised mainly on manufactured feed; some farms use livestock waste to nourish planktonic creatures, which are then used as fish food, but fish and shellfish bred for human consumption do not come into direct contact with such waste.)

Some of Qigu's fish farmers practice polyculture, meaning that fish are raised in the same ponds as shrimp and crabs. Because one type of creature feeds on another (as in nature in the wild), and any commercial feed left uneaten by one species is likely to be consumed by another, this is both more efficient in economic terms and better for the local ecosystem than intensively raising a single species.

To better understand this style of aquaculture, we were shown a pond where harvesting was in progress. As six men in waders labored to enclose them in a net, milkfish splashed and thrashed violently. Every minute or so, one of them successfully leapt out of the net, perhaps to live another day. Once the contents of the net had been forced into a pen, the men began picking out the shrimp. Meanwhile, a few crabs clung to the mesh.



To experience the life of a fish farmer, visitors can sign up for half-day-long activities. These usually cost around NT\$900 per person (NT\$400 for children under five), and have to be booked ahead. The more advance warning you give, the more likely it is that CoFishland will be able to accommodate visitors who don't speak Chinese.

At the time of our visit, a group of teenagers were about to begin shrimp harvesting, grading, and identification, after which they were going to learn how to gather edible wild greens from riverbanks. Their afternoon would end with cooking the juicy crustaceans and foraged fare for a nutritionally-balanced meal.

During another CoFishland activity, participants are taught how to extract roe from mullet, tie the egg-filled sacs, and prepare them for drying under the sun. The end result, much loved by Taiwanese gourmands, is a mahogany-colored delicacy known as karasumi in Japan and bottarga in Italy. There are also clam-farming sessions, as well as classes during which you can learn how to quickly and skillfully debone milkfish or how to peel and prepare shrimp for processing.

**COFISHLAND ( 股份魚鄉 )**

- ☎ (06) 200-3633
- 📍 No. 26, Shifen, Shifen Borough, Qigu District, Tainan City (台南市七股區十份里十份 26 號)
- 📘 www.facebook.com/cofishland
- 🌐 cofishland.com.tw (Chinese)



Bird-watching in Qigu



Black-faced spoonbill



Fish farmers at work



Hue Thuann Restaurant



Milkfish and mushroom soup

## NEARBY ATTRACTIONS

An excellent place to enjoy some of the food produced by CoFishland's partners is **Hue Thuann Restaurant**, where there's an emphasis on local and seasonal fare. *Travel in Taiwan* set down for a set meal (NT\$550 per person), which included whiteleg shrimp, a milkfish-belly-and-mushroom soup, local clams, fried flathead gray mullet – like an egg side dish, it was flavored with sesame oil – and mullet roe prepared with sugar and orange-derived alcohol.

Carbs came in the form of steamed white rice topped with daikon-like flakes of pickled watermelon; the chef told us this is one way to use up watermelons that can't be sold. To finish the meal, there was a black-sesame wafer served with yogurt, and a deliciously gingery longan-and-goji dessert soup.

The restaurant also sells frozen CoFishland products for cooking at home, the most unusual being milkfish sausages that contain pork as well as fish.

Hue Thuann Restaurant, which occupies part of a traditional three-sided courtyard house, doesn't take any fixed days off, but meals must be booked at least two days in advance. And if you're in the habit of having tea or coffee after lunch, you needn't go far. A stone's throw to the southeast, **Xianren Tea Shop** has outdoor seating and a good range of hot and cold beverages.

Qigu has a conspicuous lack of hills, and what's possibly the tallest landmark within the district is in fact a giant pile of salt. **Qigu Salt Mountain** is a spectacle, an oddity,

Set meal





Qigu Visitor Center



Qigu Salt Mountain

and a family-friendly attraction. It's also a memorial of sorts, to an industry that once loomed large along Taiwan's southwestern coast.

For hundreds of years, men and women endured blistering sunshine and cold winter winds to produce the white commodity by flooding shallow salterns, waiting for the water to evaporate, then raking and scooping the crystals that had accumulated. But after Taiwan joined the WTO, domestic salt production ceased, save for a couple of sites where it's still made the traditional way for educational purposes.

Visitors are welcome to climb the Salt Mountain and learn about the salt industry in the adjacent **Qigu Visitor Center**. A walkway across the lagoon west of the center provides access to **No. 6 Little Island**. It's no bigger than a badminton court, but the Swiss-cheese perforations and soft blue hue of this islet's only structure have made it a big hit with photographers. Inside the visitor center, you can find a bilingual version of the story that inspired No. 6 Little Island creator Chen Yu-liang.

Getting to this corner of Qigu by public transportation isn't difficult, thanks to Blue Line buses (No. 20; from Tainan Railway Station via Jiali), the thrice-daily West Coast Expressway bus (No. 61; from Xinying Railway Station), and the Anping Taijiang Route bus (No. 99; eight times each Saturday, Sunday, and national holiday from Tainan Railway Station). The last two are part of the Taiwan Tourist Shuttle network ([www.taiwantrip.com.tw](http://www.taiwantrip.com.tw)). If you're considering renting a car or hiring a private driver for any part of your Taiwan trip, Qigu is one part of the country where it'll make a real difference to how much you can see in a single day. 📍

## HUE THUANN RESTAURANT

(伙淡廚房)

☎ 0958-381-127

📍 No. 26, Shifen, Shifen Borough, Qigu District, Tainan City (台南市七股區十份里十份 26 號)

## XIANREN TEA SHOP

(仙人指路)

☎ (06) 788-0335

📍 No. 45, Shifen Borough, Qigu District, Tainan City (台南市七股區十份里 45 號)  
🕒 11am-6pm (closed on Monday)

## QIGU SALT MOUNTAIN

(七股鹽山)

☎ (06) 780-1751

📍 No. 66, Yancheng, Yancheng Borough, Qigu District, Tainan City (台南市七股區鹽埕里塩埕 66 號)

🕒 8:30am-5:30pm daily

💰 NT\$50

🌐 [cigu.tybio.com.tw](http://cigu.tybio.com.tw)

## QIGU VISITOR CENTER

(七股遊客中心)

☎ (06) 780-0511

📍 No. 66, Yancheng Borough, Qigu District, Tainan City (台南市七股區鹽埕里 66 號)

🕒 9am-5:30pm daily

🌐 [www.swcoast-nsa.gov.tw](http://www.swcoast-nsa.gov.tw)

## ENGLISH AND CHINESE

Chang Tai Pharmacy 長泰西藥房

Chen Yu-liang 陳昱良

doubanjiang 豆瓣醬

"dried land dragon" 地龍乾

fruit cake 水果餅

Holy Cross Church 菁寮天主堂

Houbi District 後壁區

Jiali 佳里

Jingliao 菁寮

Jingliao Old Street 菁寮老街

Let It Be 無米樂

milkfish sausages 虱目魚香腸

Minsheng Road 民生路

Pomian Songjiang Battle Array 粕面宋江陣

puffed cakes 澎餅

Qigu District 七股區

Qigu Salt Mountain 七股鹽山

Taijiang National Park 台江國家公園

Wumile Tourist Information Center 無米樂旅遊服務中心

Xinhua District 新化區

Xinhua Elementary School Ho-an-den 新化國小奉安殿

Xinhua Old Street 新化老街

Xinyi Road 信義路

Xinying 新營

Zhongshan Road 中山路

Zhongzheng Road 中正路



MAP

# Yanshui, Longqi, and Guanmiao

## Festival Fun and Sightseeing in Rural Tainan Districts

TEXT | STEVEN CROOK    PHOTOS | ALAN WEN, VISION

*Taiwan has a festival culture, and Tainan is a bastion of tradition, so it goes without saying that the region boasts some of the country's most exciting festivals.*

Many of these events, such as deities' birthday celebrations and the spectacular boat-burning rituals that certain temples hold every three or twelve years, are explicitly religious. Others mark historical events or personal milestones. The **Qixi Coming-of-Age Ceremony** (Tainan Chihsi Festival), usually held in August, is an example of the latter. It dates back to the early 1700s, when turning 16 meant a dockhand or craft apprentice would begin to receive full adult wages.

Like the Christmastime season in Western nations, the **Lunar New Year** period is especially joyous in Taiwan. As well as local editions of the **Lantern Festival**, at this time of year Tainan residents can enjoy the **Longqi Light Festival**, a recent addition to the cultural calendar.

Yuejin Lantern Festival light art installation  
(©Tainan City Govt.)



(©Tainan City Govt.)

## Yuejin Lantern Festival in Yanshui

Running parallel to the 2024 Taiwan Lantern Festival, which this year is being held in Tainan's Anping District and around the city's high-speed rail station, the Yuejin Lantern Festival is another reason to visit the sublimely characterful town of Yanshui (part of Tainan's Yanshui District).

Now something of a backwater, Yanshui was one of Taiwan's most important settlements between the mid-18<sup>th</sup> and mid-19<sup>th</sup> centuries. An old Taiwanese idiom expressed this ranking: "First, Tainan; second, Lukang; third, Bangka (the original Taiwanese name for Wanhua in Taipei); fourth, Yuejin (the name of Yanshui's port)." But when a buildup of silt blocked access to the town's docks, trade went elsewhere.

At the site of the old river port, nowadays there's no indication that this spot was once a hive of activity. **Yuejin Harbor Riverside Park** offers pleasing vistas of placid water and shaded pathways which, during the lantern festival, are being enlivened with creative installations. Another current attraction is the **Garden of New Horizons**, co-created with members of the public, who were invited to reflect on their relationship with the body of water.

The 2024 Yuejin Lantern Festival kicked off on January 27 and lasted until March 3. The lanterns and other displays were lit up from 6pm to 10pm each evening. In addition to seeing the attractions at the riverside park, visitors could walk the 900m to **Wu Temple**, where a sound-and-light show that recreated Yanshui's famous **Beehive Fireworks Festival** could be seen. That raucous event – the 2024 edition took place February 23-24 – reenacts a 19<sup>th</sup>-century plague-expulsion rite in which deities are paraded through the town and bombarded with tens of thousands of firecrackers and fireworks.

During festivals in Yanshui, parking can be extremely difficult, so it makes sense to get to the town by bus. Frequent Brown Line buses of the Tainan City Bus network ([2384.tainan.gov.tw/newtnbusweb](http://2384.tainan.gov.tw/newtnbusweb)) connect Yanshui with the town of Xinying, where both express and local trains stop.

## Yanshui Town

Whether you've come to Yanshui for one of the above festivals, or just to enjoy a few hours of sightseeing, a logical place to begin is **Qiaonan Old Street**. The street's name means "south of the bridge," and while the tiny bridge referred to, Xinglong Bridge, isn't particularly old, more than a dozen of the buildings here are more ancient than the town's most wizened resident. In Yanshui's heyday, they housed businesses related to the nearby docks. Several of them are now empty and slowly falling into dilapidation.

The ruins of No. 68 have been turned into a community space. No. 20, also known as the **Liu Family Abode**, has benefited from a government-funded restoration. Do look inside, as there's antique furniture and crockery on display, as well as insurance certificates and other documents from the 1895~1945 period of Japanese colonial rule.

A few doors further along at the northern end of the street, a sixth-generation master craftsman



Octagonal Pavilion



Xiude Worship Pavilion Square

plies his trade at **Quanli Blacksmith's Forge** (No. 8). Mr. Li is well past retirement age, but still beats metal into various sharp tools, and proudly says that Japanese visitors are keen buyers of his sashimi knives.

About 400m north of Xinglong Bridge on Zhongshan Road, there's another structure that dates from Yanshui's most prosperous era, and it's unlike any other in Taiwan. The **Octagonal Pavilion** is a unique two-floor building completed in 1847 for a salt-and-sugar tycoon. As was often the case in 19<sup>th</sup>-century construction projects for the elite, many of the materials and some of the tradesmen were shipped in from mainland China. The first floor is open to the public (8am~5pm daily), but to see upstairs you'll need to make an appointment. Before you step inside, pay careful attention to the carvings of cranes, flowers, and other auspicious symbols around the central entrance. And note that the family had its own freshwater well – a sure sign of wealth in the Taiwan of yore.

About 50m to the west, a different kind of relic stands in a small park. **Xiude Worship Pavilion Square** preserves all that remains of the temple that once stood here. This simple yet dignified remnant, you'll no doubt notice, bears a counterclockwise Buddhist swastika.



Holy Trinity Catholic Church

People don't come to Taiwan expecting dazzling churches, as fewer than one in ten Taiwanese is Christian. But the **Holy Trinity Catholic Church** (open Wednesday~Sunday, 10am~11:30am and 1pm~3:30pm) is quite remarkable. Inside, the walls and ceiling are crammed with images. In addition to The Last Supper – in which the Twelve Apostles are attired like the sages of ancient China – and the Stations of the Cross, there are Eye-of-Providence and skull-and-crossbones motifs. It's almost as if the church's decorators felt compelled to compete with local temples and create an interior that's filled to the gills with colors, symbols, and images.

If it's a warm day or you just want to take the weight off your feet, **Yinfeng Ice Shop** has an unbeatable location next to the Octagonal Pavilion. This landmark dessert shop, replete with an old-school cyan color scheme, serves a range of sweet treats (NT\$30~\$50) that combine shaved ice, pudding, and condensed milk. Topping options include adzuki beans, chocolate syrup, and strawberry syrup. To the dismay of some of its regular customers, Yinfeng no longer sells its signature adzuki bean/milk/raw egg combo, because of the salmonella risk.

A craving for hot food is best answered with a serving of an unpretentious dish that's come to be associated with Yanshui. *Yimian* consists of wheat noodles usually served with some pork gravy and bean sprouts, flavored with a little crushed garlic. Portions at **Ah-Ji Yi Mian Noodle Shop** (open 8am~5pm daily), which is located opposite the Yanshui Sightseeing Delicious Food Hall, tend to be quite small, so consider ordering a side dish or two. It's unlikely you'll spend more than NT\$100 per person. There are several other food options, including *yimian*, inside the food hall building as well.

Yinfeng Ice Shop



A bowl of yimian



Ah-Ji Yi Mian Noodle Shop



Deep-fried dumplings, a side dish at Ah-Ji Yi Mian Noodle Shop



**HOLY TRINITY CATHOLIC CHURCH (鹽水天主堂)**

📍 No. 19, Ximen Rd., Yanshui District, Tainan City  
(台南市鹽水區西門路 19 號) (closed Monday and Tuesday)

**YINFENG ICE SHOP (銀鋒冰果室)**

☎ (06) 652-2202  
📍 No. 1, Zhongshan Rd., Yanshui District, Tainan City  
(台南市鹽水區中山路 1 號) (open 10:30am~10pm)

**AH-JI YI MIAN NOODLE SHOP (阿姬意麵)**

☎ (06) 652-5078  
📍 No. 2-8, Zhongshan Rd., Yanshui District, Tainan City  
(台南市鹽水區中山路 2-8 號)



Stage performance during Longqi Light Festival

### Longqi District

The small town of Longqi (part of Longqi District) is set amidst badlands topography, bamboo forests, and pineapple plantations. Since 2019, it's been the venue for a wintertime cultural extravaganza that makes the most of this charming rural environment, and which last year drew over 100,000 visitors to a district inhabited by fewer than 3,500 people.

The most recent edition of the Longqi Light Festival brightened this corner of Tainan from December 23 to February 18, both serving as a grand finale for 2023 and getting the ball rolling for this year's Tainan 400<sup>th</sup> anniversary celebrations. The opening ceremony included a performance by PiLi International Multimedia, a hand-puppetry (*budaixi*) troupe. PiLi's martial-arts fantasies, broadcast on TV and streamed over the Internet, have won it a worldwide following.

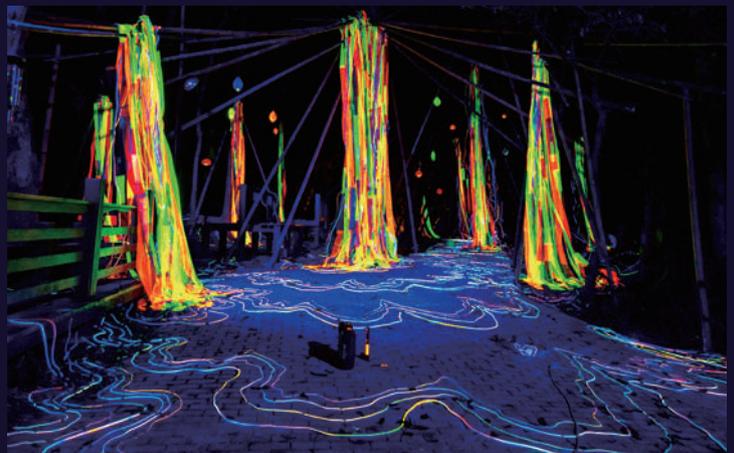
Working within the theme "Void Mountain: Embers of Dragonfire," 15 teams of artists unveiled 17 wonderful works at the principal venue, **Huxingshan Park**. This series of animations, installations, multimedia works, and immersive experiences invited audiences to become participants rather than mere spectators, and to savor a thrilling after-dark, outdoors world of creativity and imagination. For a community that has lost well over half its population since the 1970s, the idea of "rekindling embers" – encouraging people to think about potential resurgence – surely has a strong appeal.

Related activities included bamboo-weaving and candle-making workshops, a local food/slow food promotion, and appreciation of the night skies in conjunction with the **Tainan Astronomical Education Area**.

Readers planning trips to Taiwan should know that the festival's pricing policy and traffic controls are standard practice at events expected to draw big crowds. Admission to the Longqi Light Festival costs NT\$50 on weekdays, but NT\$100 on weekends. Outsiders are not allowed to bring their cars near the venue on weekends and holidays. Instead, they have to park outside the town and board a shuttle bus. Budget-conscious travelers will save some money if they visit popular attractions mid-week, while self-driving visitors will get the most out of their vehicles if they pay attention to traffic-restriction announcements.



Longqi Light Festival light art installations



Photos on this page ©Tainan City Govt.

## Guanmiao District

Like Xinhua (see main article on page 10), Guanmiao town (part of Guanmiao District, which borders Longqi District) has for most of its history been a place where farmers come to sell crops and stock up on essentials. In recent years, its most famous products have been pineapples and noodles.

Many of the former are exported to Japan. While pineapple cakes can be found in every corner of Taiwan, in Guanmiao you'll see diverse other products that make good use of the fruit. In addition to dried pineapple (an excellent snack to carry when hiking), local businesses make pineapple-flavored popsicles, breads, and baby snacks.

Guanmiao-style noodles are made without salt, then air-dried prior to packing. Except when the weather is bad, at the **Ta Cheng Ma Noodle** factory – which has an on-site shop – you'll see scores of flat wicker basins, each holding 20 or more servings of noodles, soaking

up the warm southern sun.

If you're passing through Guanmiao, bound perhaps for Longqi, there are a couple of other sights worth detouring for. The first is **Shanxi Temple**, close to the town's morning market. When cracks appeared in a stairway inside this lively place of worship, the faithful immediately declared them to be a sign from the temple's patron deity, Guan Gong, because they resembled the polearm-type weapon that this god is often depicted as holding.

The other is **Datanpiwanglai Park**, very close to Ta Cheng Ma Noodle on the eastern edge of town. The park's twin mini-lakes were created in the 18<sup>th</sup> century by Han pioneers who needed a reliable water supply for agriculture. For local people, it's a popular place to go jogging or play badminton. For tourists, it's a good spot to have a picnic with some of those pineapple-based treats. Just the thing if frantic sightseeing has left you a bit depleted. 📍



Shanxi Temple



Ta Cheng Ma Noodle factory



Datanpiwanglai Park



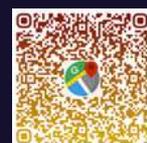
Pineapple cakes



Pineapple bread

### ENGLISH AND CHINESE

- Ah-Ji Yi Mian Noodle Shop 阿姬意麵
- Beehive Fireworks Festival 鹽水蜂炮
- budaixi 布袋戲
- Datanpiwanglai Park 大潭埤旺萊公園
- Garden of New Horizons 新視界的花園
- Guanmiao District 關廟區
- Huxingshan Park 虎形山公園
- Liu Family Abode 劉家古厝
- Longqi Light Festival 龍崎光節
- Longqi District 龍崎區
- Octagonal Pavilion 八角樓
- Qiaonan Old Street 橋南老街
- Qixi Coming-of-Age Ceremony 七夕成年禮
- Quanli Blacksmith's Forge 泉利打鐵老舖
- Shanxi Temple 山西宮
- Ta Cheng Ma Noodle 大正馬家製麵
- Tainan Astronomical Education Area 南瀛天文館
- Tainan Chihsi Festival 臺南七夕嘉年華
- Wu Temple 武廟
- Xinglong Bridge 興隆橋
- Xinying 新營
- Xiude Worship Pavilion Square 修德拜亭廣場
- Yanshui District 鹽水區
- Yanshui Sightseeing Delicious Food Hall 鹽水觀光美食城
- yimian 意麵
- Yuejin Harbor Riverside Park 月津港親水公園
- Yujin Lantern Festival 月津港燈節



MAP

# How to Read the City of Tainan

*Our Themes: Coast, Nostalgia, Food*

TEXT | RICK CHARETTE    PHOTOS | VISION

We're taking you out now on a cultural fact-absorption tour divided into three thematic segments. These themes are key to an accurate understanding of the proud old city of Tainan, in the southwest. Development of this land's oldest city started when the Dutch chose it as base for a 1600s colonial adventure; it was later Taiwan's Qing Dynasty imperial capital for over 200 years.

"Coast" – i.e., the Taiwan Strait littoral – has always been intrinsic to its identity. Tainan's long history has brought an inheritance of fascinating "Nostalgia" attractions unparalleled in Taiwan. And its role as a crossroads of regional and further-flung cultures has brought it renown as a creative "Food" melting pot, especially for "small eats" – i.e., snack foods.

## Tour 1 – Coast

The lands along Taiwan’s southwest coast are extremely flat, barely above sea level. This is a blurred dry/wet world of wide tidal flats, lagoons, wetlands, mangrove swamps, fish farms, salt pans, and just-offshore silt islands.

Without your own wheels? Ply Tainan’s coastal stretch using the hop-on/hop-off bus runs of the convenient **Taiwan Tourist Shuttle** service ([www.taiwantrip.com.tw](http://www.taiwantrip.com.tw)). The **88 Anping**, **99 Anping Taijiang**, and **West Coast Expressway** routes will get you to or very close to most attractions introduced herein.

**Yuguang Island** is Tainan’s sole silt island directly off the city’s old urban core, reached by a short bridge close to the popular **Eternal Golden Castle** attraction (a 99 Route stop). Meander low-rise boardwalks through planted forest, enjoy the outer-side bay, fringed by an oyster-rack flotilla, and discover Tainan’s milkfish-farm industry at the **Saba Milkfish Theme Museum** (128-2, Yuguang Rd.)

Just to the north of Anping District is the seaboard **Taijiang National Park** ([www.tjnp.gov.tw](http://www.tjnp.gov.tw)). Give time to the bold-architecture, very informative visitor center, its gleaming white-walled buildings propped atop pilings simulating an old-time fishing hamlet. At the park’s nearby **Sicao Green Tunnel**, take a motorized raft ride (fee) through Taiwan’s first canal (long used for salt and cane sugar transport), dating to the 1870s. Mangrove forest has been allowed to return here.

Further north is the park’s giant **Qigu Lagoon**, Taiwan’s largest, festooned with oyster-farm racks. Overlooking the lagoon at its southwest edge is **Guosheng Lighthouse**, at Taiwan’s westernmost point.

Inland from the lagoon’s north section is the walkable **Qigu Salt Mountain** (more in our feature article, page 20), on Taiwan’s one-time largest solar salt field. Taiwan’s production ended with WTO entry (2002), no longer economically competitive. Near the park’s north tip is the **Jingzaijiao Tile-paved Salt Fields**, Taiwan’s oldest salt fields, created in 1818, today operated as an industry-history showcase.

North of the park is the monumental **Nankunshen Daitian Temple**, largest and earliest of Taiwan’s many temples dedicated to what are called the “plague gods.”

Sunset seen on Yuguang Island



## Tour 2 – Nostalgia

Tainan's old urban core, attracting tourists with many heritage sites, is in the mainland area that Yuguang Island faces. Another distinctive element in local nostalgia tours – Tainan's denizens, especially the younger entrepreneurial crowd, love opening quirky retro-personality boutiques and cafés in legacy architecture.

The urban center is quite compact and easy to explore on foot, but if a look at a map tells you distances are beyond your ambition and some other transport mode is what you need, your answer might be YouBike public bikes ([www.youbike.com.tw](http://www.youbike.com.tw)). Stations are numerous, rentals are cheap, and motor-vehicle traffic in the city's core is comparatively light.

**Lao Cuo 1933** (lit. "Old Residence 1933"; No. 27, Ln. 51, Sec. 1, Beimen Rd.; [facebook.com/oldhouse1933](https://www.facebook.com/oldhouse1933)) is a short hop from Taiwan Prefectural City God Temple. This is a singular Taiwan take on the bistro concept – a combo traditional Taiwanese-style beerhouse and BBQ joint located in a *sanheyuan* heritage structure (yes, constructed in 1933), with indoor and alfresco courtyard seating.

A quick stroll from Hai'an Road Art Street is **Art 11 Vintage** (No. 8, Ln. 209, Sec. 2, Zhongzheng Rd.; [facebook.com/art11vintage](https://www.facebook.com/art11vintage)). Secreted away in a tight alleyway warren of vintage buildings, this cubbyhole two-story shop (its edifice over 70 years old) is crammed with retro Americana-theme 1950s apparel and adornments. Why this nostalgia theme? US military personnel were stationed in Tainan/Taiwan from the '50s through the '70s.

**Asuka Antique** (No. 62, Ln. 158, Sec. 2, Zhongyi Rd.; [asukaantique.co](http://asukaantique.co); Chinese) is found in close proximity to Chikan Tower and a number of other heritage nostalgia attractions. Along a quiet lane, its home are two old street-level shop spaces that have been gutted and conjoined. It brims with curio rarities and oddities with a "bygone Taiwan" theme.

Right inside the cherished old Yongle Market is **Café Chamber** (No. 30, Ln. 4, Pucheng St.; [facebook.com/cafechamber.tainan](https://www.facebook.com/cafechamber.tainan)). Ensnconed up on the second of the market's two levels, it's most aptly named, consisting of a single tiny room. Step inside and deliver yourself to the décor and music hip in Hong Kong's Kowloon of the 1960s.

Art 11 Vintage

## Tour 3 – Food

For 200-plus years, through the imperial era, Tainan was the main gateway into Taiwan, concomitantly importing culinary influences from throughout the region and places beyond. At the same time, the warm and fertile southwest is an agri-produce powerhouse, delivering the highest-quality ingredients to Tainan cooks and chefs at deliciously reasonable prices. And while in every culture palates change through the generations, Tainan folk have through the eras maintained a love of night-market and small-eatery victualing. The creative range of its savory and sweet snack foods, called *xiaochi* or “small eats,” is revered throughout the island.

On one of the old city core’s busiest food streets, and not far from Blueprint Culture & Creative Park, **A-Ming Pig’s Heart Glass Noodles** (No. 72, Bao’an Rd.; [www.facebook.com/amingzhuxing](http://www.facebook.com/amingzhuxing)) is a family-run eatery over 70 years old. Beyond the signature dish, next-most-coveted is the Garlic Pig’s Feet.

Also nearby the Blueprint complex is

the locals-beloved **A Hsing Congee** (No. 289, Sec. 3, Minzu Rd.), doors first swung open in 1965. The trademark congee here features deboned milkfish, meatily chewy, no fishy taste, hint of sweetness. Seafood being big in the Tainan region, oysters are also added.

**Lo Cheng Migao** (No. 241, Sec. 2, Minzu Rd.) is in close proximity to the abovementioned Asuka Antique. *Migao* is glutinous rice with various savory toppings, notably braised minced pork. Also of special note here is the Four-Herbal Pig’s Intestine Soup.

Just off Shennong Street, thickly lined with heritage commercial buildings, **Kangle Street Beef Soup** (No. 325, Kangle St.) sells a unique Tainan beef dish, prepared with paper-thin slices of hours-old raw beef plunged into scalding clear soup just before presentation.

All of the above establishments have been deified in Michelin’s Taiwan guide. **Chou’s Shrimp Rolls** (est. 1965; No. 408-1, Anping Rd.; [chous.com.tw](http://chous.com.tw); Chinese) has

not yet, but island gastronomes insist the time shall come. It’s located on foodie-heaven Anping Old Street, site of Taiwan’s first Dutch settlement. Shrimp rolls are iconic here, Taiwan’s answer to Japan’s tempura, and this establishment is the recognized Tainan shrimp king. 🍣

### 🗺️ ENGLISH AND CHINESE

A Hsing Congee 阿星鹹粥  
 A-Ming Pig's Heart Glass Noodles 阿明豬心  
 Art 11 Vintage 白木 11 Vintage  
 Asuka Antique 鳥飛古物店  
 Café Chamber 秘氏咖啡  
 Chou's Shrimp Rolls 周氏蝦捲  
 Guosheng Lighthouse 國聖港燈塔  
 Jingzaijiao Tile-paved Salt Fields 井仔腳瓦盤鹽田  
 Kangle Beef Noodle Soup 康樂街牛肉湯  
 Lao Cuo 1933 老厝 1933  
 Lo Cheng Migao 落成米糕  
 migao 米糕  
 Nankunshen Daitianfu Temple 南鯤鯓代天府  
 Qigu Lagoon 七股潟湖  
 Qigu Salt Mountain 七股鹽山  
 Saba Milkfish Theme Museum 虱目魚主題館  
 sanheyuan 三合院  
 Sicao Green Tunnel 四草綠色隧道  
 xiaochi 小吃  
 Yuguang Island 漁光島



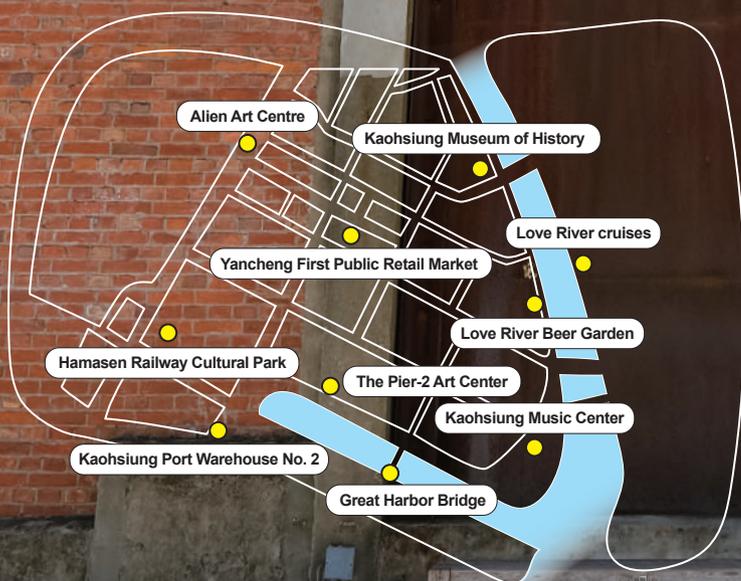
Chou's Shrimp Rolls (*danzai* noodles)

# Old Yancheng District on Foot

## The Renascent Heart of Kaohsiung City's History

TEXT | RICK CHARETTE | PHOTOS | LVISION

The smallest of Kaohsiung's urban-core districts, old Yancheng is located on the north side where the Love River flows into the Port of Kaohsiung. After a long period of decline, the past few decades have brought a magical renaissance and compact, flat, comfortably walkable Yancheng has become perhaps the city's most powerful tourist magnet.



The Pier-2 Art Center

# Morning

First, some very valuable historical nuggets for you to chew on for breakfast before we strike out on a morning walkabout:

Yancheng District is so level and easy to navigate on foot because in the imperial era Han Chinese drained the marshy expanse here to create salt fields. “Yancheng” is, literally, “salt fields.” In the 1895-1945 Japanese colonial era it was transformed into the city’s first *sakariba*, or bustling commercial/entertainment zone. Post-WWII the district became an emporium for the sale of restricted imported goods and a gateway for American cultural influences.

Next, a precious modern-history tidbit: The inexpensive and efficient Kaohsiung Light Rail and Kaohsiung Metro Orange lines provide convenient access to Yancheng.

And now, onward ho!

Take the most edifying of walks through Kaohsiung’s development at the **Kaohsiung Museum of History** ([khm.org.tw](http://khm.org.tw)), its home a stately edifice dating from the Japanese era that served as the Kaohsiung Municipal Hall during that era and later as Kaohsiung City Hall. A sleek new building addition shaped like an arched glass greenhouse houses **Takao Eat** ([www.facebook.com/takaoeat](https://www.facebook.com/takaoeat)), a multifunction space for food dining, reading, exhibits, and classes.

Kaohsiung Museum of History



Takao Eat

Yancheng First Public Retail Market



700m  
10-min walk



**Yancheng First Public Retail Market** is a traditional market, once Kaohsiung’s busiest, that was established in 1949 and refurbished with a hipper new look designed to attract a younger crowd in 2022. Within its alleyway labyrinth, old stands and shops have been given aesthetic makeovers, and nattier enterprises such as a café and beer-on-tap kiosk opened. The last is in the market’s heart, the high-ceilinged middle hall, sporting numerous skylights in its new gabled wood-plank roof with exposed wood trusses.



550m  
8-min walk

The architectural work for today’s **Alien Art Centre** ([alien.com.tw](http://alien.com.tw)), dedicated to the display of contemporary art, was originally a military hostel, built in 1967 to handle navy/army personnel transitioning to and from Taiwan’s Kinmen and Matsu archipelagoes. The art museum, opened in 2018, also has a special display on the unusual history of the premises, with period photos, military vets’ oral histories, etc.

Alien Art Centre

# Noon/Early Afternoon

As noon approaches your tummy will no doubt let you know that attractions where rapid food creations are available should be on the horizon. Your *Travel in Taiwan* itinerary planners have obliged.



Former Kaohsiung Port Station North Signal Box



LRT Hamasen Station



The historic Hamasen area in Gushan District, which adjoins Yancheng's southwest corner, is today home to the **Hamasen Railway Cultural Park**. This broad space was originally open water; Hamasen's flat expanse was created when the Japanese undertook a combined harbor dredging/land reclamation project, completed in 1905.

The key features in today's park are a railway museum, platform area and 38 sets of rail tracks, open-air displays of locomotives, carriages, and other rolling stock, and mini-train rides. The Japanese built a railway system along Taiwan's west side, ending in the south right at this spot. The **Takao Railway Museum** building was originally Kaohsiung's port station and the south's first railway station. Targeted by Allied bombers in WWII, it was rebuilt but, in more recent times, was shut down following port expansion further away and movement of rail transport away from the old city core. Inside the museum are Taiwan railway-history exhibit rooms, model trains and railways, and a railway-document archive.

Hamasen Railway Cultural Park



550m  
8-min walk

The **Kaohsiung Port Warehouse No. 2** ([www.kw2.com.tw](http://www.kw2.com.tw); Chinese), immediately south of the park looking out at the harbor's ship-, ferry-, and tour yacht-busy north end, was reopened for its new tourism mission in 2018. You'll browse iconic Taiwan food-brand and cultural-creative outlets on the first floor, artist-exhibit spaces on the second. The original warehouse here, built in 1914, was severely damaged in WWII Allied bombing and thereafter reconstructed with concrete support pillars and rebar. Informally called the "Banana Warehouse," it was used for banana and sugar export storage.

**Chao Da Food** ([www.chaoda.com.tw](http://www.chaoda.com.tw); Chinese) is a cherished Kaohsiung chain crafting flavorsome Taiwan traditional-style jerky and dried fruits, agri-produce all sourced from the Kaohsiung region. Established in a small shop by a husband-wife team about four decades back on the city's famed Sanfong Central Street, a narrow century-old covered market street that is Kaohsiung's largest grocery goods wholesale center, it's now second-generation-run. Must-buys include the honey-glaze pork jerky, pepper pork jerky, dried mango, and dried pineapple.



Kaohsiung Port Warehouse No. 2



Shops inside the warehouse

550m  
8-min walk



3D murals at The Pier-2 Art Center



Shops at the art center

The wonder-filled enclave that is **The Pier-2 Art Center** ([pier2.org](http://pier2.org)), just northeast of Warehouse No. 2 looking into the waters of one of the port's manmade berthing inlets, was the explosion point for Kaohsiung's recent-decades cultural-creative bloom. The first of its three revived warehouse clusters was transfigured in the 2000s. The original mission of these long-abandoned structures was storage of resources such as granulated sugar and fish meal. Today they're cultural-creative incubators, stages for domestic and international exhibitions and festivals, live indoor and outdoor musical, theatrical, and busker performances, and quirky large-scale outdoor installation artworks and 3D/graffiti-style murals, some created by artists-in-residence. There are also many cultural-creative merchandise shops, cafés/eateries, and other entrepreneurial ventures.

You'll find a hunger-quenching **SunnyHills** ([www.sunnyhills.com.tw](http://www.sunnyhills.com.tw); Chinese) chain outlet in warehouse C11. Designed with a bar-style look, there is a long bar-type service counter across one end and lines of tables before it. SunnyHills' signature treat is pineapple cakes using 100% indigenous Taiwan pineapples grown in central Taiwan's Mt. Bagua area. Visitors sit down here to free product samples and tea. **TOOLS to LIVEBY** ([toolstoliveby.com.tw](http://toolstoliveby.com.tw)), in C6, is a lifestyle store bringing enlightened aesthetics to life's small practical items, importing classic-brand stationeries from Europe, the US, and Japan and offering own-design novelties such as calligraphy practice notebooks, scissor pins, ceramic pins, and typographic postcards.

# Late Afternoon/Evening



As the sun lowers and then disappears in the western sky, the best places to be are by the reflective waters of the harbor area and connecting Love River, where an air of breezy romance rises.



Great Harbor Bridge

450m  
6-min walk

The **Great Harbor Bridge** jumps the aforementioned berthing inlet before The Pier-2 Art Center, landing on its southwest side at the young **Kaohsiung Port Depot 410** complex, four warehouses stuffed with food and shopping ventures. The arched, sleek-lined, pure-white 110m pedestrian passageway is Taiwan's first horizontally rotating landscape bridge, and Asia's longest cross-port rotating bridge (3min tourist-display rotations 3pm daily, 7pm Fri/Sat/Sun). Its dynamically contoured profile is in the image of a dolphin and seashell, odes to the Kaohsiung region's marine culture. The Kaohsiung Light Rail's **Dayi Pier-2 Station** is right off the east end, making public-transport travel a breeze, and large Taiwan coast guard ships berth here in a line with the city's skyscrapered skyline as backdrop, making for quintessential Kaohsiung-theme photo captures.



600m  
8-min walk



Kaohsiung Music Center

The **Kaohsiung Music Center** ([kpmc.com.tw](http://kpmc.com.tw)), a monumental young architectural artwork on the north side of the Love River's mouth, is an incubator for south Taiwan pop-music talent. The bold-design look of the main building is integrated with the surrounding harbor scenery. Honoring the importance of the marine environment for Kaohsiung, its bright-white exterior features towers that resemble crashing sea waves and honeycomb-look facing that symbolizes coral-reef communities. Also part of the complex is the **Dolphin Walk**, structured to resemble a leaping dolphin, which delivers visitors over the Love River mouth to other KMC facilities on the south side. One of the Kaohsiung Light Rail's charming bus-stop-style stations is right along the raised pathway. On the south side is the **Coral Zone**, with a roof looking like coral as seen from the Dolphin Walk, used for exhibits and cultural-creative retail.

One of the Kaohsiung Light Rail's charming bus-stop-style stations is right along the raised pathway. On the south side is the **Coral Zone**, with a roof looking like coral as seen from the Dolphin Walk, used for exhibits and cultural-creative retail.

A **Love River** cruise is a de rigeur Kaohsiung experience for visitors to the city. Rides on quiet electric-powered, open-sided Love Boats and on gondolas are offered. Two launch points are located just upriver and downriver from Zhongzheng Bridge, on the left bank. Commentary in Chinese is provided, and the gondoliers periodically break out in song. The experience is soothingly peaceful, especially in the evenings, with the riverside promenade and bridge lighting reflected on the water and the music of leisure establishments wafting through the air. Outings are provided weekdays 6pm~10pm and weekends/holidays 3pm~10pm. Check details in person at the ticket booths beside the cruise-launch locations, or with the city's Tourism Bureau (*khh.travel*).

Love River in the evening



Love River Beer Garden



One of the abovementioned music-playing leisure establishments, the popular **Love River Beer Garden** is on the right bank downriver from Zhongzheng Bridge. Its forecourt is lined with long beer hall-style tables. Forming a backdrop semi-circle are two service kiosks – cargo containers with faux Bavarian chalet-style façades – and a metal-frame sculpture in the shape of a giant beer keg, lit up with string lights. On the libations side of the menu are German Erdinger and Hofbräuhaus beers, Buckskin (Taiwan) beers, cocktails, soft drinks, and hot drinks (coffee and various teas). On the munchies side are German-style pork knuckle, BBQ German sausage, chicken wings, diverse skewers, etc. (assorted platters available).

## Further Exploration

Looking down over Kaohsiung Port's narrow north mouth is the 1879-built **The British Consulate at Takow**, Britain's first consulate constructed in Taiwan. Just north of the mouth is **Sizihwan Beach**, sporting soft sand, swimming, and tourist-drawing sunsets into a horizon of moored ships and fishing craft. Just inland from here is the south tip of low, trail-webbed **Shoushan** (Longevity Mountain), atop which the **Shoushan LOVE Lookout** is perched. Long, thin, silt-created **Qijin Island**, reached by regular ferry, forms the Kaohsiung port's outer side. Among its varied tourist draws are inexpensive seafood, jaunty rental-bike/e-scooter rides, and the **Kaohsiung Lighthouse**, standing watch on the high port-mouth headland looking directly across at the British Consulate. 📍

### ENGLISH AND CHINESE

- Alien Art Centre 金馬賓館當代美術館
- Chao Da Food 超大食品
- Coral Zone 珊瑚礁群
- Dolphin Walk 海豚步道
- Great Harbor Bridge 大港橋
- Hamasen Railway Cultural Park 哈瑪星鐵道文化園區
- Kaohsiung Lighthouse 高雄燈塔
- Kaohsiung Museum of History 高雄市立歷史博物館
- Kaohsiung Music Center 高雄流行音樂中心
- Kaohsiung Port Depot 410 大港倉 410
- Kaohsiung Port Warehouse No. 2 棧二庫
- Love River 愛河
- Love River Beer Garden 愛河啤酒花園
- Qijin Island 旗津島
- Shoushan LOVE Lookout 壽山情人觀景台
- Sizihwan Beach 西子灣海水浴場
- SunnyHills 微熱山丘
- Takao Eat 打狗喫
- Takao Railway Museum 舊打狗驛故事館
- The British Consulate at Takow 打狗英國領事館文化園區
- The Pier-2 Art Center 駁二藝術特區
- TOOLS to LIVEBY 禮拜文房具
- Yancheng District 鹽埕區
- Yancheng First Public Retail Market 鹽埕第一公有零售市場



MAP

# The Meaty Side of Taipei

Exploring Taipei's Meat-Focused Culinary Secrets

TEXT | ASH BODEN    PHOTOS | RAY CHANG, VISION



ROU by T-Ham

Taipei is a meat lover's paradise. From sizzling stir-fries to steamy hot pots and tender braised dishes, the city's culinary culture revolves around meat at every turn. This article highlights some of the best options for visitors exploring Taipei's diverse and delectable meat-centered options.

Taipei has it all, whether you're seeking a humble mom-and-pop restaurant serving traditional Taiwanese slow-braised pork over rice, a comforting bowl of rich beef noodle soup, or a communal hot-pot experience. Gastronomy is at the heart of this bustling, seemingly always hungry metropolis.

### RÒU by T-HAM

Standing outside and peering into the immaculate and expansive glass-fronted restaurant (2F) and exquisite deli operation (1F) of RÒU by T-HAM, you can tell that something special is happening inside. Upon entering you are greeted by a pristine sharp-lined interior that is minimalist, classy, and yet still feels comfortable. Soft ambient light breaks up the intensity of the spotlights over the dining tables in this modern space, the operation's team prized for its attention to detail and dedication to preparing each plate to the highest of standards, using only the best ingredients.

When you arrive, you will receive an English menu and will be able to marvel at all the mouthwatering cuts of top-quality meat on display. Expect to be amazed by the outstanding selection of artisanal cold cuts, lamb chops, and unbelievable bone-in beef ribs. RÒU by T-HAM sources only the best cuts of meat from all over the world.

An iconic dish you shouldn't miss is the RÒU's **Signature bacon chop with black peppercorns 12 oz.**, which simply melts in your mouth. The pop of fragrant peppercorns blends perfectly with the delicate meat and silky smooth fat to create a flavor explosion sure to impress. With a focus on pork, the **Spicy Taiwanese mini sausages** are bite-sized delicacies best eaten with a chunk of garlic. The pop of deeply rich pork, with a subtly spiced chili kick, is perfectly balanced. If you're a party of 6~8, the **Roasted honey-glazed ham** is an outstanding option and the specialty **T-HAM Artisan Handmade ham platter** containing three artisanal cold cuts will certainly bring a level of decadence to your meal that everyone will be amazed by.

RÒU by T-HAM is located between MRT Xinyi Anhe and Daan stations on Dunhua South Road. For the restaurant, a reservation is required.

#### RÒU BY T-HAM

- ☎ (02) 2755-2608
- 📍 No. 326, Sec. 1, Dunhua S. Rd., Da'an District, Taipei City  
(台北市大安區敦化南路一段 326 號)
- 🕒 11am-9:30pm
- 🌐 [www.roubytham.com.tw](http://www.roubytham.com.tw) (Chinese)
- 📘 [www.facebook.com/roubytham](https://www.facebook.com/roubytham)

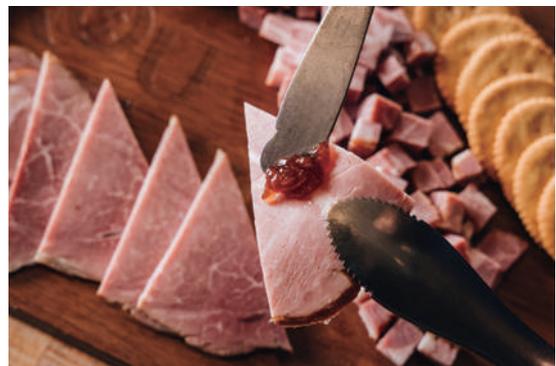
Spicy Taiwanese mini sausages



Braised pork cheek rice



Bacon chop with black peppercorns



Handmade ham platter



Outside RÒU by T-HAM



First-floor deli operation

### *Xuan Beef*

Simmering quietly, amidst a décor setting of exposed wood and understated lighting, is a beef hot pot that will put a smile on your face. Xuan Beef is a modern hot-pot restaurant that promises to impress gourmets and gourmands alike. Expect outstanding service, beautifully presented dishes, and a lively space filled with an excited buzz as you enjoy this restaurant's famed specialty – **Fresh beef hot pot**.

All of the food at Xuan Beef is prepared in an open kitchen, providing you with a full view of the process, especially the skilled chefs cutting fresh pieces of beef. Unlike other hot-pot eateries that use machine-cut frozen beef, Xuan Beef provides the same precision cutting by expert chefs using beef that has never been frozen. This results in beautifully marbled and deeply flavorful pieces of textured meat.



Fresh beef hot pot



Boiled beef with chili oil

Navigating the bilingual menu is a breeze, and as each delicately presented dish of cooking ingredients arrives at your table, you'll be reminded that the beef requires only 3~5 seconds in the hot pot to reach perfection. This short cooking time ensures ultimate freshness, allowing the natural flavors to star while absorbing the delicate flavors of the broth.

In addition to the hot-pot options, other dishes of particular note are the **Sichuan boiled beef with chili oil**, featuring tender beef and Sichuan-style spicy fragrance, and the **Beef tongue with salt and scallion**. If you've never had beef tongue before, rest assured you've been missing out on one of the most underrated beef cuts. Characterized by tenderness and a velvety texture, the beef tongue à la Xuan Beef is a great option.

Xuan Beef has one branch on Guangfu South Road next to MRT Sun Yat-Sen Memorial Hall Station's Exit 2 and one on Fuxing North Road south of MRT Zhongshan Junior High School Station. Both branches are popular, so reservations are recommended.

#### **XUAN BEEF (宣牛溫體牛火鍋)**

- ☎ (02) 2508-2929
- 📍 No. 292, Fuxing N. Rd., Zhongshan District, Taipei City (台北市中山區復興北路 292 號)
- 🕒 Tuesday-Friday 3:30pm-11:30pm; Saturday/Sunday 12pm-2:30pm, 3:30pm-11:30pm
- 🌐 [www.xuanbeef2021.com](http://www.xuanbeef2021.com) (Chinese)



Warm interior of restaurant



Beef tongue with salt and scallion



Old medicine cabinet



Preserved fruit

## Shiyu

Walking into Shiyu is like walking back in time to a friend's house in Taipei 50 years ago. Set inside an old apartment building, you walk up a flight of stairs to the restaurant on the second floor. As you open the door you'll be greeted by traditional Taiwanese elements, including an old medicine cabinet repurposed as the bar and walls adorned with antique clocks and other interesting relics from Taiwan's past.

Choose your dishes from a bilingual menu. **Beef noodle soup** is the famed dish here. It comes in three varieties: spicy, plain, and tomato-flavored. Once you have decided what variant you'd like, also consider ordering the signature plate of braised foods, which includes egg, seaweed, pig's ear, tofu, king oyster mushrooms, broccoli, and slices of cold-cut beef. To wash that all down, Shiyu has an extensive drinks selection, with a wide variety of whiskies from all around the world, some special craft beers worth sampling, as well as fruit wine that is produced on-site. Shiyu is a special slice of old-meets-new in Taipei, and is a great place to visit with friends.

The restaurant is located on Jianguo North Road, an 8min walk from MRT Songjiang Nanjing Station's Exit 5.

### SHIYU (時寓)

☎ (02) 2506-9209

📍 2F, No. 68, Jianguo N. Rd., Zhongshan District, Taipei City  
(台北市中山區建國北路一段 68 號 2 樓)

🕒 Wednesday~Saturday 6pm~9pm

🌐 [www.facebook.com/shiyu.taipei](http://www.facebook.com/shiyu.taipei)



Beef noodle soup and side dishes

### *Taiwan Bistro*

This enterprise's mission is to bring renowned meat cold cuts to a comfortable atmosphere perfect for casual dinners. The braised cuts of meat on offer here are outstanding, starring beef stomach, slices of beef, and beef tendon. Served with a refreshing mixed-leaf salad, the fragrant flavors from the braising liquor come through in each bite. Elsewhere on the menu, in addition to a great bowl of beef noodles and succulent chicken wings, Taiwan Bistro also offers a delicious Taiwanese classic – **Pig blood cake**. This dish is steamed to perfection, topped with peanut powder and cilantro, and lashed with a house-special sauce.

This cozy spot is a place to share humble yet delicious food and drinks with friends in a traditional-style Taiwanese atmosphere. Be sure to order a cold draft beer and a big plate of their chef's combo platter. You won't regret it!

Taiwan Bistro has a number of branches dotted around the city, including near MRT Zhongshan Station, MRT Taipei Arena Station, and MRT Guting Station.

#### **TAIWAN BISTRO (Xinyi branch) (渣男 信義一渣)**

☎ (02) 2720-9820

📍 No. 12, Alley 315, Lane 150, Sec. 5, Xinyi Rd., Xinyi District, Taipei City  
(台北市信義區信義路五段 150 巷 315 弄 12 號)

🕒 5:30pm-1:30am

🌐 [www.facebook.com/zhananbistro](http://www.facebook.com/zhananbistro)

### *Xie Xie Barbecue*

This barbecue eatery is run by the son of a couple that has been operating the **Nanmen Chang BBQ** stall at Yuanlin First Market in Changhua County's Yuanlin City since 1990. Since opening Xie Xie Barbecue, he has carved a name for himself by serving up a hearty variety of barbecue skewers, including Kaoliang liquor-infused sausage, chicken wings, scallion wrapped in bacon, pig blood cake, and chicken skin, to name but a few.

Customers love the barbecue sauce, which is still made in Yuanlin and shipped to Taipei. It's slightly sweet and brings a distinct umami flavor to each bite. The space inside the eatery is modest but tastefully arranged, expressing a modern take on old decor. The food here packs a punch of smoky barbecue flavor that will keep you coming back for more.

You can find Xie Xie Barbecue a short walk from MRT Neihu Station in Neihu District.

#### **XIE XIE BARBECUE (謝謝台味炭烤)**

☎ (02) 2792-5586

📍 No. 7, Alley 25, Lane 61, Sec. 4, Chenggong Rd., Neihu District, Taipei City  
(台北市內湖區成功路 4 段 61 巷 25 弄 7 號)

🕒 4pm-11:30pm (closed on Monday)

🌐 [www.facebook.com/hsiehhsieh](http://www.facebook.com/hsiehhsieh)



Various dishes including beef stomach and pig blood cake



Reminder: Please drink responsibly!



Xie Xie Barbecue



Various barbecue skewers

## Xuzai Pork Trotters

Underneath the branches of a majestic old tree near Dadaocheng Cisheng Temple in Datong District, the Xuzai Pork Trotters stall has been serving up iconic pork trotter rice noodle soup for over 50 years. The continued dedication over five decades to serving pork trotters with a deeply flavorful broth has earned the proprietors a loyal following of elderly regulars who crave this unadulterated and iconic dish.

When you arrive at this simple eatery you will be greeted with a warm smile and served a bowl of rich soup with more than enough chunks of flavorful pork to sate you, whatever your appetite. If rice noodles aren't your thing, you can order a bowl of pork trotters without noodles as well.

Xuzai Pork Trotters is one in a row of several stalls just outside the grounds of Dadaocheng Cisheng Temple, a 10min. walk southwest of MRT Daqiaotou Station's Exit 2.

### XUZAI PORK TROTTERS (許仔豬腳麵線)

☎ 0952-005-739

📍 No. 17, Lane 49, Bao'an St, Datong District, Taipei City  
(台北市大同區保安街 49 巷 17 號)

🕒 11am-6:30pm (closed on Sunday)



"Xuzai Pork Trotters" is one of several stalls outside Cisheng Temple



Pork trotter rice noodles

## Cabbage Rice and Pork Rib Soup

This family-run restaurant, located on Yanping North Road, specializes in pork rib soup and cabbage rice. Although these dishes might be simple, the flavors are anything but. Slowly cooked, the pork falls off the bone easily. The cabbage imparts a fresh sweetness to the fragrant rice that pairs perfectly with the steaming-hot pork rib soup.

You'll only find a handful of main dishes on the menu, of which the cabbage rice and the pork rib soup are the bestsellers. Order one of each, and add the delicately fried tofu and home-cooked peanuts for a classic Taiwanese repast. This restaurant was included in the latest edition of the Michelin Guide Taipei.

Cabbage Rice and Pork Rib Soup is a 5min. walk from MRT Daqiaotou Station's Exit 1. 📍

### CABBAGE RICE AND PORK RIB SOUP

(灶頂 原汁排骨湯 . 高麗菜飯)

☎ (02) 2792-5586

📍 No. 2, Lane 17, Sec. 3, Yanping N. Rd., Datong District, Taipei City  
(台北市大同區延平北路三段 17 巷 2 號)

🕒 10am-8pm (closed Monday-Thursday)



Cabbage rice



Pork rib soup



### ENGLISH AND CHINESE

Beef noodle soup 牛肉麵  
Beef tongue with salt and scallion 蔥鹽牛舌  
Dadaocheng Cisheng Temple 大稻埕慈聖宮  
Fresh beef hot pot 溫體牛肉火鍋  
Nanmen Chang BBQ 南門昌烤肉  
Pig blood cake 豬血糕  
Roasted honey-glazed ham 爐烤蜜汁帶皮火腿  
RÒU's Signature bacon chop with black peppercorns 12 oz.  
RÒU 招牌滿滿黑胡椒粒培根排 12oz.

Sichuan boiled beef with chili oil 川味水煮牛  
Spicy Taiwanese mini sausages 口噴汁辣味珍珠香腸  
T-HAM Artisan Handmade ham platter 台畜職人手作火腿綜合拼盤  
Yuanlin 員林  
Yuanlin First Market 員林第一市場



MAP

# TAIPEI PARKS

BUSY FROM DAWN TO DUSK

TEXT | VISION    ILLUSTRATIONS | IAN TSAI



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*The city of Taipei sits in a basin surrounded by verdant mountains, meaning easy access to nature and fun in the outdoors for many of its residents. For those less mobile or short of time, however, local parks are the best option to get close to trees and birdsong.*

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**G**ood luck if you try to be the first one to arrive at a Taipei park in the early morning hours. Chances are, some elderly folks have started their morning exercise routine way before your arrival and possibly long before sunrise. The people of Taipei – and Taiwan as a whole for that matter – love their urban green spaces, and no matter how big or small or how well or less-well equipped and designed parks might be, the locals surely take advantage of them.

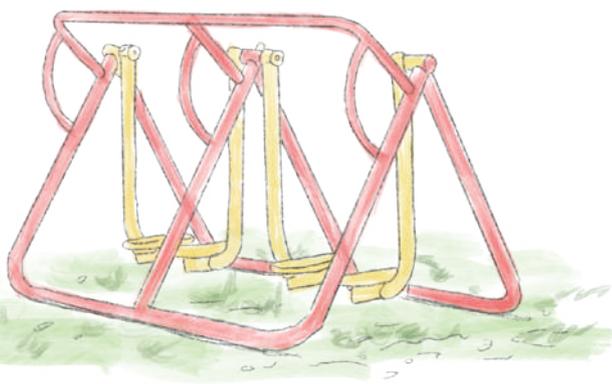
The best-known and easiest-to-access park in Taipei City is Daan Park (大安森林公園; MRT Daan Park Station is right on the park's northern edge). This is also the largest park in the city. It has an amazing number and variety of trees, large grassy areas, and even eco areas, including a pond with an island used by many nesting birds. As with most parks in Taipei, people will come here early to practice martial-arts routines or go for a run (there is a dedicated jogging path).



During the day, you can see families at play and having picnics on the grassy areas (setting up small tents has become popular in recent times). What makes Daan special is the variety of birds you can easily spot, especially around the pond. You will often see groups of elderly people gathered at the edge of the pond or around certain trees with their cameras to shoot birds like the Taiwan barbet, known to nest in easily visible locations.

In Daan Park you will also see some of the equipment and facilities that are common and popular in many parks around Taiwan. Exercise equipment for the elderly, basketball and inline-skating courts for the youth, playground with slides, swings, and a sand pit for kids. You will find pebble paths for foot-sole massage as well as an outdoor amphitheater where cultural events are frequently held during weekends and holidays.

There are also many more interesting parks in the city with unique features and facilities (such as museums). Below is a selection of parks worth visiting:



|  |   |  |
|--|---|--|
| 228 Peace Memorial Park<br>二二八和平紀念公園   | MRT NTU Hospital Station<br>[Tamsui-Xinyi Line]   | Home to National Taiwan Museum and Taipei 228 Memorial Museum  |
| Beitou Park<br>北投公園                    | MRT Xinbeitou Station<br>[Xinbeitou Line]   | Home to Beitou Hot Spring Museum; close to Thermal Valley  |
| Chiang Kai-shek Memorial Hall<br>中正紀念堂 | MRT Chiang Kai-shek Memorial Hall Station<br>[Tamsui-Xinyi Line, Songshan-Xindian Line] | Home to CKS Memorial Hall, National Theater, National Concert Hall   |
| CKS Shilin Residence Park<br>士林官邸公園    | MRT Shilin Station<br>[Tamsui-Xinyi Line]   | Home to Chiang Kai-shek Shilin Residence; venue for annual flower festivals  |
| Fuyang Eco Park<br>富陽自然生態公園            | MRT Linguang Station<br>[Wenhui Line]   | Natural environment with hiking trails   |
| Taipei Botanical Garden<br>臺北植物園       | MRT Xiaonanmen Station<br>[Songshan-Xindian Line]                                       | Home to National Museum of History; more than 2,000 plant species  |
| Taipei Expo Park<br>花博公園               | MRT Yuanshan Station<br>[Tamsui-Xinyi Line]   | Three large park areas, home to Taipei Fine Arts Museum, Taipei Rose Garden, and Lin An Tai Historical House; large weekend market |
| Zhongshan Park<br>中山公園                 | MRT Sun Yat-sen Memorial Hall Station<br>[Bannan Line]                                  | Sun Yat-sen Memorial Hall  |
| Youth Park<br>青年公園                     | MRT Xiaonanmen Station<br>[Songshan-Xindian Line]                                       | Youth Park Swimming Pool, baseball field, golf-driving range, eco pond 📍   |

# Traditional Medicine for

## Meet Herbalists Hoping to Inject Vitality into an Aging Industry

行藥參義登



TEXT | AMI BARNES    PHOTOS | RAY CHANG

*Taiwan's healthcare service ranks among the best in the world, with hospitals offering technologically advanced treatments and affordable medicine to the population. Alongside this, many residents still find value in a range of traditional Chinese-medicine practices. This article brings you into the fragrant interior of one herbal-medicine business that is working on new ways of staying relevant.*

# the Modern Age

In today's Taiwan, it's hard to imagine that when Wu Yingchou founded the **Deng Yi Herbal Medicine Store** just under four decades ago, Taiwan's much-vaunted National Health Insurance (NHI) did not yet exist. While Western medicine had been widely available for many decades already, it was often pricey, and large numbers of residents turned to herbal medicine (one facet of the broader category of traditional Chinese medicine) as an affordable alternative. In fact, the shop in New Taipei City's Xinzhuang District (Deng Yi is now a small chain) opened its doors close to peak herbal-medicine saturation in Taiwan, when it was just one of an estimated 15,000 such stores throughout the island – for context, that's more than the roughly 13,000 convenience stores there are today.

Over the intervening years, a number of factors put pressure on purveyors of herbal remedies. The industry's popularity prompted increased oversight and more exacting regulations. Then, with the NHI rollout in 1995, swift-acting, efficient, and symptom-targeting Western medicines became readily available at prices that put them within the reach of almost everyone. Gradually, herbal medicine became the preserve of older generations – with everyone from those harvesting the ingredients to the experts who prepared them and the regulars who came back for repeat prescriptions rapidly gaining gray hairs. The industry went into decline, and these days you can only find around 8,000 stores still doling out aromatic herbal packets.

Despite this, Wu Lung – the older of the two second-generation brothers at the helm of modern-day Deng Yi – is upbeat. He says recent years have heralded a reversal in this contraction. Indeed, this claim is backed up by official statistics showing that younger people, particularly women, are increasingly coming to view herbal medicine and other branches of traditional Chinese medicine as complementary and preventative tools in their healthcare arsenal.

Lung and his brother Wu Chen didn't grow up expecting to step into their parents' shoes and were never strong-armed into taking on the responsibility of running Deng Yi. Both spent time working outside the industry, and this distance has allowed them to develop their own interests and skill sets. Lung is a self-professed neophile with a counter-curiosity for history and the vagaries of how old and new coexist. Evidence of these passions can be seen in how Deng Yi has gradually reinvented itself since he returned to the fold. Keeping one foot planted in the industry's heritage, he has sought to align the company with modern sensibilities – in terms of the products on offer, methods of customer engagement, and the overall branding and feel of its stores.

**First impressions are all spice-scented air, dark wood, and tightly packed jars of dry produce**

Deng Yi's stores themselves provide illustration of this balancing act between nostalgia and innovation. The business now has a total of five locations spread across greater Taipei and Yilan County, including the original Xinzhuang store, one inside the

Eslite Spectrum Nanxi mall (near MRT Zhongshan Station, Taipei City), one inside the Yes! Life mall (near MRT Qizhang Station, New Taipei City), one inside the National Center for Traditional Arts ([www.ncfta.gov.tw](http://www.ncfta.gov.tw)), and another in the Su'ao Service Area (National Freeway No. 5), the last two in Yilan County – not exactly the kind of places you'd expect to find herbal-medicine stores. Contrastingly, they maintain many of the typical furnishings seen in such places; first impressions are all spice-scented air, dark wood, and tightly packed jars of dry produce. In Xinzhuang, an abacus sits on the shelf behind the counter, and in another branch you can see an eighty-year-old medicine cabinet – each ingredient delicately labeled with fine calligraphy-brush strokes. A peak into the kitchen-cum-laboratory at each location, however, reveals a far more modern operation. Back here, gleaming stainless-steel appliances grind, dry, or decoct ingredients and prescriptions are put into easy-to-use sachets.



Traditional Chinese medicine ingredients



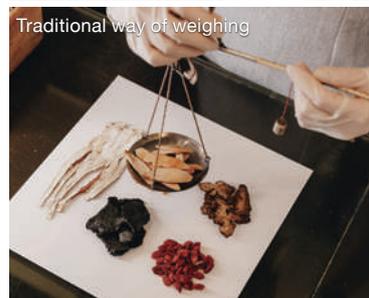
Deng Yi store in Xinzhuang District



Herbal mixes are wrapped in sheets of paper



Various spices



Traditional way of weighing

## EXPERT TALK Chinese Medicine

During a recent *Travel in Taiwan* visit, we saw boxes full of prescription decoctions waiting to be shipped out and watched staff deftly assemble neat piles of dry herbs into pouches to be consumed daily to assist with health goals like weight management or recovering from childbirth. In addition to these prescribed treatments, Deng Yi also offers plenty of off-the-shelf products that are intended to match the current understanding of herbal medicine as preventative aid rather than cure. For example, you could walk into the store and let them know that you're planning a hot-pot dinner or want to braise a particular cut of meat, and the staff can assist you in selecting a suitable herbal base for your meal. Similarly, the store offers different teabag series (both hot brews using exclusively herbs, and cold brews using both herbs and dried fruit) that offer an easy way of bringing traditional culture into present-day lives. The store's quarterly magazine (Chinese) – with its recipes and in-depth features on individual ingredients – also does a good job of showcasing how herbal medicine is very much alive in the seasonal recipes that everyone in Taiwan knows and loves.

Younger brother Chen has also had his part to play in Deng Yi's modernization. For the first eight years of his professional life, he worked in the local tourism industry, and this experience has undoubtedly informed choices like opening their second branch in Yilan's National Center for Traditional Arts – a kind of living-history village that preserves and promotes Taiwan's intangible cultural assets such as traditional performance styles, crafts, and trades.

### One of the activities offered involves creating your own fragrant map of Taiwan fashioned from herbs of your choosing

Chen becomes especially enthused when discussing the experiential activities open to guests who visit the store's second-floor workshop. Visitors can have a go at throwing together their own herbal teabags or medicinal compresses. And if you're not sold on the idea of herbal medicine, you don't need to feel left out. One of the other activities offered involves creating your own fragrant map of Taiwan fashioned from herbs of your choosing. According to Chen, these experiences are equally popular with both locals and foreign tourists, with the only difference being that foreigners from countries without a culture of herbal medicine tend to get a lot more nasally curious, wanting to smell each and every item they encounter. This was an observation I felt rather called out by!

The brothers hope that their reimagining of herbal medicine as a tradition fit for the modern age will enable Deng Yi to persevere. Their father, who listened to our conversation without interruption, had a serene smile on his face – it's clear he is quietly confident they're on the right track. 🍵

#### DENG YI HERBAL MEDICINE STORE

(登義參藥行 新北總行)

☎ (02) 2204-9516

📍 No. 8, Lane 59, Jianfu Rd., Xinzhuang District, New Taipei City  
(新北市新莊區建福路 59 巷 8 號)

🌐 www.dengyi1985.com (Chinese)

#### ENGLISH AND CHINESE

Eslite Spectrum Nanxi 誠品生活南西

National Center for Traditional Arts 國立傳統藝術中心

Su'ao Service Area 蘇澳服務區

Wu Chen 吳孟宸

Wu Lung 吳孟龍

Wu Ying-chou 吳瀛洲

Xinzhuang District 新莊區

Yes! Life 新店裕隆城



MAP



Experiential activities include making a Taiwan map with herbs, herbal teabags, and medicinal compresses.


**FOOD Taipei City**
**Grand Hotel Taipei**  
 圓山大飯店

Enjoy a glass of wine specially made for heads of state and breathe in the air of history and culture at Meet bar. Based on ideas by Madame Soong Meiling, the Grand Hotel Taipei was established in 1952. The first five-star hotel in Taiwan, it became a must-stay hotel for distinguished guests visiting the island and a cultural landmark of historic significance. The Chinese name of Meet bar is a play on words. *Mi Dao* sounds like "To Find" as well as "Secret Passage." The bar combines old and new spaces and thus symbolizes the Grand Hotel's presence and past. From Meet bar walk through the historic Secret

East Passage to find a secret garden and take a look into the Old Residence of Kung Ling-wei (daughter of Nancy Soong Ai-ling). Then return to the bar, order a unique "Red House" cocktail and reminisce about times gone by.

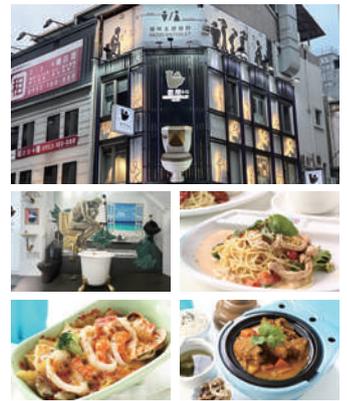
**Meet bar reservation hotline:**  
 9am~4pm Tel: (02) 2886-1818 ext. 1281  
 4pm~1am Tel: (02) 2886-1818 ext. 1998



No. 1, Sec. 4, Zhongshan N. Rd., Zhongshan District, Taipei City  
 (台北市中山區中山北路四段一號)  
 Tel: (02) 2886-8888 Fax: (02) 2885-2885  
[www.grand-hotel.org](http://www.grand-hotel.org)


**FOOD Taipei City**
**MODERN TOILET**  
 便所主題餐飲

A joke that has lasted for almost two decades: the story of eating while sitting on the toilet. Once named the weirdest restaurant in the world by CNN, it is now back with a bang after renovation! One of the must-eat restaurants in Taiwan, Modern Toilet Restaurant was inspired by a poop-loving robot in Japanese comics. We serve our food in feces-looking style in toilet-shaped tableware. Customers enjoy the taste of delicious cuisine while being visually stimulated by a realistic toilet environment.



Taipei Ximending Branch (台北西門町店)  
 2F, No. 7, Ln. 50, Xining S. Rd., Wanhua Dist., Taipei City  
 (台北市萬華區西寧南路50巷7號2F)  
 Tel: (02) 2311-8822


**FOOD Taipei City**
**Jin Din Rou – Xiaolongbao,**  
**Dumplings, Dim Sum**  
 小籠包·餃子·點心 京鼎樓

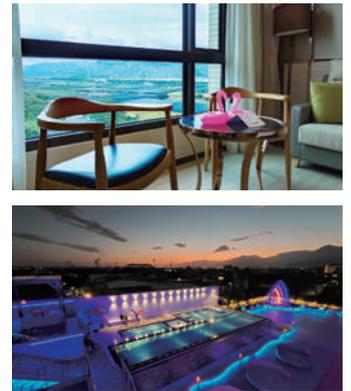
This well-known *xiaolongbao* (a type of small steamed bun) restaurant is located near the intersection of Zhongshan N. Road and Linsen N. Road. It serves traditional *xiaolongbao* crafted by expert chefs. Within the buns' thin skin is a piping-hot juicy filling with a delicious taste. The restaurant has put a lot of effort in creating its rich menu. Particularly popular among the offerings are steamed buns with a skin that is infused with oolong tea flavor. Preserving traditional flavors and techniques, Jin Din Rou is a restaurant where diners can experience the results of excellent craftsmanship and truly unique tastes.



No. 47, Changchun Rd., Zhongshan District, Taipei City  
 (台北市中山區長春路47號)  
 Tel: (02) 2523-6639  
[jin-din-rou.net/taiwan](http://jin-din-rou.net/taiwan)


**STAY Taitung City**
**Rice Resort Hotel**  
 禾風新樓度假飯店

Taitung is well known for its beautiful mountains and rivers. Rice Resort Hotel is like an idyllic rural castle designed with the county's specialty rice as its theme. The hotel has ten floors with a total of 100 guestrooms. Among its facilities are an outdoor swimming pool, a Chubby Choice Star Bar, a children's playground, a gym, and a massage area. It's like a fun paradise for the whole family. In the high-ceiling first-floor lobby of the hotel you will see design elements representative of Taitung, including lights in the shape of rice ears and grains of rice. The marble-textured floor and the beige walls give the space a soft and elegant feel.



No. 29, Xinxing Rd., Taitung City  
 (台東市新興路29號)  
 Room Reservation Hotline: 089-229-968  
 Banquet Reservation Hotline: 089-219-178  
[rice-hotel.com](http://rice-hotel.com)


**STAY Taipei City**
**Hotel Éclat Taipei**  
 台北怡亨酒店

Setting the benchmark in terms of style and inspiration, staying at Hotel Éclat Taipei is no ordinary experience. Situated in the fashionable district of Da'an, this charismatic boutique hotel with its avant-garde design, attentive service and astounding modern art collection is nothing short of leading-edge.



No.370, Sec. 1, Dunhua S. Rd., Da'an District, Taipei City 106, Taiwan  
 (台北市大安區敦化南路一段370號)  
 Tel: (02) 2784-8888 Fax: (02) 2784-7888  
 Reservation: (02) 2784-8888  
<https://www.eclathotels.com/taipei>


**STAY Taipei City**
**Palais de Chine Hotel**  
 君品酒店

**Long-Stay Special Package**  
 Palais de Chine Hotel's Long-Stay Special Package gives business travelers and leisure travelers who plan to explore Taipei in depth an even more enjoyable and comfortable hotel experience. If you book 14 consecutive nights or more you will enjoy a 20% discount on the official website room rate. In addition, you can also take advantage of the following seven exclusive privileges: A complimentary bottle of house wine, a meal voucher worth NT\$3,000 (not incl. room service), a welcome fruit basket, free mini bar beverages, free parking, a 10% discount on airport limousine service, and a 20% discount on laundry service. Feel the warmth of returning home at Palais de Chine Hotel!



No. 3, Sec. 1, Chengde Road, Datong District, Taipei City  
 (台北市大同區承德路一段3號)  
 Tel: (02) 2181-9999  
[www.palaisdechinehotel.com](http://www.palaisdechinehotel.com)



2023~2024

Taiwan

THE HEART OF ASIA



**Spend NT\$500**  
to enter a lucky draw!



# Time of Hot Spring

台灣好湯  
浪漫暖心抽  
Taiwan Hot Spring Draw

**Prizes include an Apple iPhone 15 and  
hotel accommodation vouchers!**

**Event period: From now until March 31, 2024**

**Login period: From now until April 10, 2024**

(until 11:59; time measured by website system)

During the event period, by spending NT\$500 or more at **designated hotels** in any of Taiwan's 19 hot spring areas, you qualify to enter our lucky draw. Simply submit your **proof of purchase** on the event website after successfully logging in. Each eligible purchase grants you one entry into the lucky draw.



台灣好湯

知本

新北投

紗帽山

陽明山

烏來

金山萬里

礁溪

內灣尖石

泰安

**2023.9 - 2024.6**

For more information about this event,  
please visit the official website or fan page.



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Facebook page

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