



Brendan Pang's Foodie Tour of Taiwan

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Original: the classic Intrepid experience

These are the trips we built our reputation on! They're the perfect choice for those after a great mix of included activities and insights from a local leader or guide, as well as free time to explore a destination on their own. Original trips use centrally located, locally run accommodation and include some meals.



Accommodation

Local guesthouses and homestay experiences are featured on many itineraries and you may even camp from time to time. Expect 3-star accommodation on average.

Transport

Uses a mixture of private and local transport like tuk-tuks, camels, private safari vehicles, buses, trains, canoes – whatever is the best and most sustainable way to get around.

Inclusions

With a balance between free time and included activities, your experienced local leader or guide will help you discover things you won't find on your own. There are some meals included, but the rest are up to you!

Brendan Pang's Foodie Tour of Taiwan

10 days / 9 nights

About Your Trip

Start / Finish Location

Taipei, Taiwan

Accommodation

Hotel (9 nights)

Rooming Requirements

Twin Share

Single Supplements available on request at an extra charge

Included Meals

Breakfast (9)

Lunch (2)

Dinner (3)

Transport

Private Bus, Metro, Public Bus, Bike

Leader/Guide

English Speaking Leader throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with included activities

Airport Transfers

Arrival and departure transfers are included on an individual basis

Support

24-hour support from our local office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we operate trips in any destination, our itineraries undergo a comprehensive risk assessment and audit.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people.

Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.

Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.



Brendan Pang's Foodie Tour of Taiwan Itinerary

Day 1 / Friday, 9th October 2026

Taipei

Meals included: No Meals

Ni Hao! Welcome to Taipei. Your adventure begins in the bustling capital of Taiwan with an included airport transfer, before a welcome meeting at 6 pm. If you arrive early, maybe visit the hot springs at Yangmingshan National Park. After the meeting, we'll head to the lively Ningxia Night Market – one of Taipei's most iconic local food destinations, and one of the markets that inspired Brendan Pang's last cookbook, 'This is a Book About Street Food'. This vibrant market offers the perfect introduction to Taiwan's street food culture. You'll have the chance to sample a wide range of local delicacies, from juicy pork buns and scallion pancakes to famous oyster omelettes and sweet peanut ice cream rolls. After enjoying your first taste of Taiwanese food you'll have time to browse the market's small shops or relax with a refreshing drink before we return to the hotel.

Arrival transfer

- Included on an individual basis

Included activities

- Taipei - Welcome meeting
- Taipei - Ningxia Night Market

Accommodation

Just Sleep Taipei NTU



Day 2 / Saturday, 10th October 2026

Taipei

Meals included: Breakfast and lunch

We'll start the day with a guided visit to one of Taipei's bustling traditional markets, where you'll experience the sights, sounds and aromas of daily local life. Your host, celebrated local chef and co-author of 'Made in Taiwan', Ivy Chen - also featured on Netflix's *Somebody Feed Phil* - will introduce you to seasonal ingredients, regional spices, and popular Taiwanese snacks as we walk through the lively stalls. You'll have a chance to interact with local vendors and learn about the key components of Taiwanese cuisine. After gathering fresh ingredients, we'll head to Ivy's nearby cooking school for a hands-on cooking class. Under her guidance, you'll prepare classic Taiwanese dishes, and then sit down to enjoy the delicious meal you've made.

After lunch, we'll continue our cultural journey with a visit to the renowned National Palace Museum. Home to one of the world's largest collections of Chinese imperial artefacts, the museum showcases over 8,000 years of history. Highlights include ancient jade carvings, calligraphy, paintings and intricately crafted bronzeware. Our guide will provide insights into key pieces and the fascinating stories behind them, offering a deeper understanding of Chinese art and history. There will be time to explore the exhibits at your own pace before we return to the hotel in the late afternoon.

The rest of the day is yours to explore. Maybe head to the Shilin Night Market for dinner tonight to try fried fish meatballs or the infamous stinky tofu.

Included activities

- Taipei - Market tour and cooking class
- Taipei - National Palace Museum

Accommodation

Just Sleep Taipei NTU

Important Information

Due to spacing restrictions your group may need to take turns for the guided tours within Ivy and National Palace Museum

Day 3 / Sunday, 11th October 2026

Tainan

Meals included: Breakfast and dinner

For early risers, there's an optional visit to the famous Fuhang Soy Milk eatery, a Taipei institution beloved by locals and visitors alike. Located in the Huashan Market building, this popular breakfast spot is known for its savoury soy milk, crispy youtiao (fried dough sticks), and freshly baked sesame flatbreads. It's a quintessential Taiwanese breakfast experience that's well worth the early start.

After breakfast, we'll head to Taipei Main Station and board the High Speed Rail for a scenic two-hour journey to Tainan, Taiwan's oldest city. Sit back and enjoy the ride as we travel down the western coast, arriving in time to explore the cultural heart of southern Taiwan.

In the evening, enjoy dinner at a well-loved local spot. Depending on the group's preference, we'll either indulge in a rich, flavourful bowl of traditional Taiwanese beef noodle soup or a comforting beef hotpot meal featuring tender cuts of beef simmered in a fragrant broth.

Optional activities

- Taipei - Fuhang Soy Milk

Accommodation

Kindness Hotel Tainan - Chihkan Tower

Day 4 / Monday, 12th October 2026

Tainan

Meals included: Breakfast

We'll begin the day with a relaxed bike ride through the historic Anping area, one of the oldest districts in Taiwan. As we cycle along quiet lanes and waterfront paths, we'll pass by colonial-era buildings, centuries-old temples and traditional courtyard homes. Highlights include the iconic Anping Fort and the charming Anping Tree House, where banyan roots intertwine with the ruins of an old warehouse.

Next, we'll explore the Tainan Confucius Temple, the oldest of its kind in Taiwan. Surrounded by peaceful courtyards and ancient banyan trees, the temple offers a serene contrast to the city's bustling streets. Our guide will share insights into Confucian philosophy and the historical role of this temple as an early centre of learning during the Qing Dynasty.

In the afternoon, we'll visit Tainan Art Museum Building 2, a striking example of contemporary architecture that houses an impressive collection of modern and traditional Taiwanese art. Spread across multiple levels, the museum features rotating exhibitions, interactive installations and quiet spaces to appreciate the creativity of local and international artists.

We'll then head to one of Tainan's vibrant local markets, where we will wander through aisles lined with fresh produce, seafood, handmade snacks and household goods. This is a great chance to interact with local vendors and discover regional ingredients unique to southern Taiwan.

As the sun sets, we'll cap off the day with a visit to Tainan's famous night stalls. Known for their incredible variety and rich flavours, Tainan's night markets are among the best in Taiwan. Sample local favourites such as coffin bread, milkfish soup, shrimp rolls and braised pork rice.

Included activities

- Anping - Bike ride
- Tainan - Confucius Temple
- Tainan - Art Museum Building 2
- Tainan - Local markets and night stalls

Accommodation

Kindness Hotel Tainan - Chihkan Tower



Day 5 / Tuesday, 13th October 2026

Alishan

Meals included: Breakfast and dinner

We'll depart Tainan this morning and travel to the Alishan region, a journey of approximately 2.5 to 3 hours. As we ascend into the mountains, you'll notice the landscape gradually shift from coastal plains to misty forests and terraced tea fields.

Upon arrival, we'll stop at one of the area's stunning lookouts overlooking the Alishan tea plantations. A walk along the Eryanping Trail is highly recommended. This gentle, well-maintained trail offers panoramic views of the rolling hills, tea terraces and distant mountain peaks.

Next, we'll visit a local teahouse to learn about Alishan's world-famous high mountain oolong tea. Enjoy a guided tea tasting session where you'll learn to distinguish flavour notes and brewing methods. For those interested, there's also the option to participate in a hands-on tea rolling experience, where you'll try your hand at shaping and processing tea leaves the traditional way.

The evening is yours to relax and enjoy the serene mountain surroundings. You might choose to take a walk near your accommodation, watch the sunset over the tea fields, or simply unwind with a cup of locally brewed tea. Dinner is included this evening.

Included activities

- Alishan - Lookout and Eryanping Trail
- Alishan - Teahouse and Tea-Rolling Experience

Accommodation

Alishan House

Day 6 / Wednesday, 14th October 2026

Nantou

Meals included: Breakfast

We'll begin the day with a visit to the beautiful Alishan National Scenic Area, one of Taiwan's most iconic natural destinations. Take a stroll through misty cedar forests, walk along peaceful wooden boardwalks, and visit famous sights such as the Sacred Tree, Sisters Ponds, and Shouzhen Temple. If weather permits, you might even catch views of the cloud sea or distant mountain peaks. The area is especially known for its tranquil atmosphere, ancient trees, and rich indigenous culture. You'll have time to enjoy the cool mountain air and take in the natural beauty at your own pace.

This afternoon, we'll depart Alishan and begin our journey to Nantou, which takes approximately 3 hours. Sit back and enjoy the scenic drive through central Taiwan's lush countryside and rolling hills. Upon arrival in Nantou, we'll check in to our accommodation with a free evening.

Included activities

- Alishan - National Scenic Area

Accommodation

LEALEA Garden Hotel-Sun

Day 7 / Thursday, 15th October 2026

Nantou

Meals included: Breakfast

After breakfast, head to the Sun Moon Lake area in Nantou, where we'll begin with a peaceful walk along the Pagoda Trail. This forested path leads up to the Ci'en Pagoda, built by former President Chiang Kai-shek in memory of his mother. The gentle uphill walk rewards you with panoramic views over the lake and surrounding mountains.

Next, we'll enjoy a leisurely bike ride along the scenic lakeside paths. Sun Moon Lake is known for having one of the most beautiful cycling routes in the world. The trail hugs the shoreline, offering stunning views of the water, nearby temples and forested hills.

For those who wish to explore more, there is an optional boat ride across Sun Moon Lake. The short cruise offers a unique perspective of the lake's serene beauty and stops at key points such as Ita Thao Village and Xuanguang Temple Pier. It's a lovely way to take in the surroundings while learning a bit more about the region from onboard commentary.

After the day's activities, you'll have free time back at your hotel.

Included activities

- Nantou - Sun Moon Lake walk and bike ride

Optional activities

- Nantou - Sun Moon Lake boat ride

Accommodation

LEALEA Garden Hotel-Sun

Day 8 / Friday, 16th October 2026

Taipei

Meals included: Breakfast and lunch

We'll depart Nantou in the morning for the return journey to Taipei, with an estimated travel time of 3 hours. Sit back and enjoy the scenic drive through central Taiwan's mountainous landscape as we make our way back to the capital.

Upon arrival in Taipei, we'll head to CookInn Taiwan for a special cooking class led by Brendan. This hands-on experience offers a chance to learn directly from Brendan as you prepare a selection of Taiwanese dishes, blending traditional flavours with his modern and creative techniques.

The rest of the afternoon is free for you to explore Taipei at your own pace- perhaps visiting a museum, shopping in Ximending, or relaxing at a café. For those looking to unwind, there's an optional visit to a local spa or hot spring, such as Beitou Hot Springs, where you can soak in mineral-rich waters surrounded by nature.

Included activities

- Taipei - Cooking class with Brendan Pang

Optional activities

- Taipei - Spa or Hot Springs

Accommodation

Just Sleep Taipei NTU

Day 9 / Saturday, 17th October 2026

Taipei

Meals included: Breakfast and dinner

Today is a free day to enjoy Taipei at your own pace. Some recommended activities include visiting Dihua Street- one of Taipei's oldest neighbourhoods, known for its charming blend of heritage architecture, tea shops, fabric stores, and artisanal boutiques. You could also visit the Beitou Hot Springs area, where you can enjoy a soak in natural thermal waters. Options range from public baths to private spa facilities. Food lovers can spend time exploring Yongkang Street, home to some of Taipei's most beloved eateries. Sample everything from beef noodle soup and scallion pancakes to mango shaved ice and bubble tea.

To celebrate the final night of the trip, we'll gather for a farewell dinner at a local seafood restaurant, featuring a feast of fresh, seasonal dishes from Taiwan's coasts. After dinner, the fun continues with KTV (karaoke), a beloved Taiwanese pastime. Whether you're a singer or a spectator, it's the perfect way to wrap up your journey and share one last memorable evening with the group.

Included activities

- Taipei - Seafood dinner with karaoke

Optional activities

- Taipei - Dihua Street
- Taipei - Beitou Hot Springs
- Taipei - Yongkang Street food crawl

Accommodation

Just Sleep Taipei NTU



Day 10 / Sunday, 18th October 2026

Departure

Meals included: Breakfast

Your trip comes to an end after breakfast. With no activities planned for the day, you're free to leave the hotel any time after checkout. If you want to extend your stay, just speak to your booking agent. An included departure transfer will take you to the airport for your onwards flight.

Departure transfer

- Included on an individual basis

Important Information

- The quote and accommodation will be subject to availability at the time of booking
- We use mainly private transport between destinations on this trip to enable you to pack as many highlights as possible into each day. When in Taipei you can expect plenty of walking and to make use of the efficient metro system.
- There are several opportunities for hiking and cycling on this trip. While these are not strenuous, they do require a good overall level of fitness.

Package Price

Pricing <u>per person</u> (twin share basis)	AUD Price
Brendan Pang's Foodie Tour of Taiwan	\$6,500.00
Additional Services	Price Per product
Single Supplement Single Supplement is compulsory for all single rooms	\$1,500.00

Travel Insurance

Australia Residents:

Travel insurance is mandatory to join this trip. For Australian residents we have partnered with nib to provide you with a travel insurance policy that includes Covid-19 cover. Please contact your Intrepid consultant for a quote.

How to Book

Special Conditions

Deposit

- A non-refundable deposit of \$1000 is required to secure your space on the trip

Final Balance

- Final balance payment is required 90 days prior to travel.

Cancellation by the traveller

- Cancellation prior to 90 days; you will forfeit your deposit
- Cancellation between 90 and 56 days prior to travel will incur 50% cancellation fees
- Cancellation between 56 days and date of travel will incur 100% fees.
- No shows will be treated as a cancellation and will incur 100% cancellation fees.

Cancellation by Intrepid

- Cancellation is in line with those detailed in the standard Intrepid booking conditions in clause 8.

Payment Options

Credit Card:

Please contact the office to make a credit card payment.

Direct Deposit (AUD) in to our bank account:

Citibank, N.A. (Sydney Branch)

Account Name: Intrepid Travel Pty Ltd Trip Funds

BSB No. 242 000

Account No. 235712075

Important: Please enter your surname and quote number 6768209 as your reference.

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.

- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.