



**His Holiness Sri Ganapathy
Sachchidananda Swamiji**

Taipei, Taiwan

28 Dec 2017 – 4 Jan 2018

sgstaiwan2017.com

TRIYOGA INTERNATIONAL

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DAILY PROGRAM

28 December		Sri Swamiji arrives in Taiwan
29 December	6pm	<i>Vaikuṅṭha Ekādaśī</i> Sri Swamiji Darśana
30 December	2pm	National Palace Museum
31 December	7pm	Nāda Gītā Rāga Sāgara Music for Meditation and Healing Concert
1 January <i>Full Moon</i>	10am	Sri Swamiji's New Year Address
2 January	10am	Yangmingshan National Park
3 January	10am	Wan Jing Yi Yuan Bonsai Garden
4 January		Sri Swamiji departs for Singapore

GROUP TOUR INFORMATION & COSTS

Dec 30 National Palace Museum

\$25 US per person

Round-trip transportation in private coach and admission ticket

Dec 31 Nāda Gītā Rāga Sāgara

Concert Tickets may be collected at the performance hall on Dec 31 after 6pm

Jan 2 Yangmingshan National Park

\$35 US per person

Round-trip transportation in private coach, admission ticket, vegan lunch

Jan 3 Wan Jing Yi Yuan Bonsai Garden

\$50 US per person

Round-trip transportation in private coach, admission ticket, vegan lunch

All group tours depart from

ESLITE PERFORMANCE HALL

Taipei New Horizons Building
Songshan Cultural and Creative Park
No. 88, Yanchang Road, Xinyi District, Taipei

*Please arrive 20 minutes prior to departure
Tour tickets may be collected on Dec 30 prior to first tour*

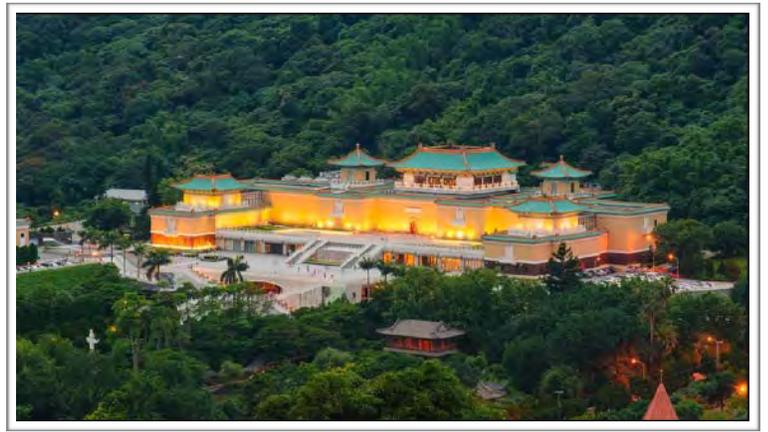
Group Tour Tickets

30 Dec (Saturday) 2:00 pm

National Palace Museum
國立故宮博物院

Website

~25-minute drive from Eslite Performance Hall



The National Palace Museum houses the world's largest collection of priceless Chinese art treasures, and spans China's nearly 5,000-year history. Most of the museum's over 600,000 art objects were part of the Chinese imperial collection, which began over 1,000 years ago in the early Song dynasty.

31 Dec (Sunday) 7:00 pm

A colorful poster for a meditation and healing music concert. The background features a soft, ethereal glow with pink and yellow flowers. On the left, the Taipei 101 skyscraper is visible. In the center, a portrait of a bearded man in a pink robe, identified as Dr. Sri Ganapathy Sachchidananda Swamiji, is shown. Below the portrait, the text reads: 'Taipei, Taiwan / 台灣, 台北', 'Dec. 31, 2017 • 19:00', and '2017.12.31 (日) PM 7:00 Eslite Performance Hall'. At the bottom, the title 'NĀDA GĪTĀ RĀGA SĀGARA' is written in red, followed by 'Meditation and Healing Music Concert' in green, and '冥想療癒音樂會' in black. The names of the performers are listed at the very bottom: 'Ruṣyaketupriya • Kāpi • Bhūpalam • Oṃkāraghoṣini KṚavāṇi • Dhṛasankarābharaṇam • Sāma'.

Website

1 Jan (Monday)



10:00 am

**Sri Ganapathy Sachchidananda Swamiji
New Year Address**

Eslite Performance Hall

2 Jan (Tuesday) 10:00am

**Yangmingshan
National Park
陽明山國家公園**

Website

*~45-minute drive from Eslite
Performance Hall*



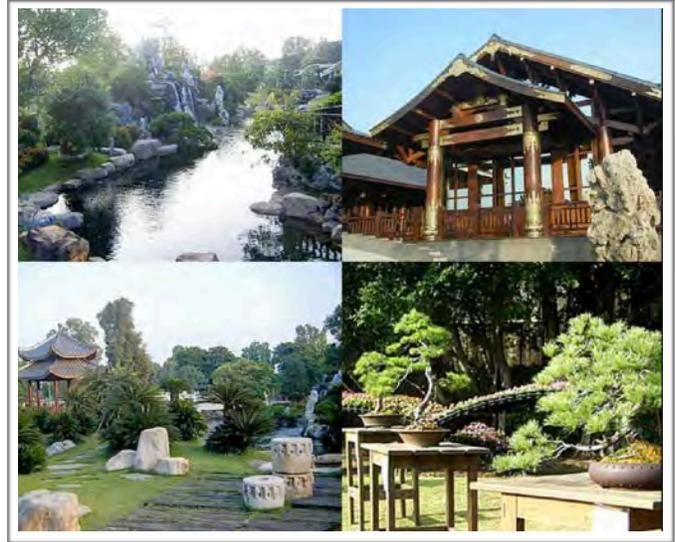
One of Taiwan's premier national parks, Yangmingshan National Park is renowned for its diversity of trees and flowers; its hot springs, waterfalls and rock formations; and includes Taiwan's tallest dormant volcano, Seven Star Mountain.

3 Jan (Wednesday) 10:00am

Wan Jing Yi Yuan
Bonsai Garden
萬景藝苑

Website

Changhua City, Taiwan
~2.5-hour drive from Taipei



Established on the grounds of an old camphor tree orchard, this large garden features a variety of bonsai trees, including specimens up to 100 years old, and Taiwan's native plants and stones, including rare flowers and trees. The park has many waterfalls, pools, paths and pagodas.

ADDITIONAL SIGHTSEEING OPTIONS



Taipei 101 Building & Observation Deck 臺北101

[Website](#)

~7-10-minute drive from Eslite Performance Hall

Among the world's tallest buildings (ranked tallest from its completion in 2004 until the opening of Burj Khalifa in 2010), Taipei 101 is not to be missed. The structure incorporates many shapes of squares and circles to reach a balance between *yin* and *yang* as well as many symbolic features in accordance with *feng shui*, and a 360° viewing area on the observation deck.



Sun-Yat Sen Memorial Temple 國立國父紀念館

[Website](#)

~10-minute walk from Eslite Performance Hall

Memorial to the first president of the Republic of Taiwan, known as "the father of the nation." The hall museum contains displays of Sun's accomplishments before and after the Chinese Revolution and is surrounded by Zhongshan Park which includes gardens, decorative murals and civic artwork, and a small recreational lake.



Songshan Cultural and Creative Park 松山文創園區

The Eslite Performance Hall is located within Songshan Cultural Park.

A lively area with many galleries, shops, performances areas and open spaces: unique gifts and souvenirs from local artisans (many on-site) in a relaxed, outdoor setting around a lake.



Chiang Kai-shek Memorial Hall 中正紀念堂

[Website](#)

*~15-minute drive from Eslite Performance Hall
Metro: Chiang Kai-shek Memorial Station*

Part of Taipei's historical Liberty Square, the memorial hall includes a library and museum documenting Chiang Kai-shek's life and career and exhibits related to Chinese history and to Taiwan's history and development.



Taipei Botanical Gardens 台北植物園

[Website](#)

*~12-minute drive from Eslite Performance Hall;
~5-minute walk from Xiaonanmen Metro Station*

The first botanical garden in Taiwan, home to more than 2,000 plant species including a large display of indigenous plants unique to the island of Taiwan.



Lungshan Temple of Manka 艋舺龍山寺

[Website](#)

*~15-minute drive from Eslite Performance Hall,
7 minutes from Taipei Botanical Garden.*

Buddhist temple built in 1738 and dedicated to the Buddhist Goddess of Mercy (Kuan-in in Chinese; Avalokitesvara in Sanskrit).



Shilin Night Market 士林夜市

~15-minute drive from Eslite Performance Hall, or easily accessible by metro: the market is visible from the platform of Jiantan Station on Tamsui–Xinyi line.

Taiwan's largest night market includes two sections: one for foods with over 500 individual stalls, and a separate area for goods and services, with over 300 stalls. Open daily from mid-afternoon (first shops open around 3pm, all are open by 5 or 6pm) until 1am.



Shifen Waterfalls 十分大瀑布

[Website](#)

~40-minute drive from Eslite Performance Hall

The widest waterfalls in Taiwan, 20 meters high and 40 meters wide; access requires moderate hiking (paved trails and stairs, with moderate elevation changes).

Other sightseeing options at
sgstaiwan2017.com/taipei

GENERAL INFORMATION

Your hotel will have a business card with the hotel name and address in both English and Chinese; it is convenient to keep one of these with you.

Taiwanese are very friendly and happy to help visitors. In general, younger people speak and read English to some extent.

CURRENCY

Taiwan currency is the New Taiwan Dollar (NT\$). Most major stores and taxis accept credit cards; small shops and stalls use cash. ATMs and currency exchange are available at the airport; ATMs and banks are common throughout Taipei.

TRANSPORTATION

Taipei is easily navigable by public transportation:

Taoyuan (Taipei) International Airport is accessible by taxi, Uber, bus or metro ([website](#)).

All taxis use meters: a typical taxi fare from the airport to downtown Taipei is NT\$1000-1500 (\$30-50 US). There is an [express train](#) to Taipei Main Station: 35 minutes/NT\$160 (\$5US).

Uber is available in Taipei and comparably priced (or cheaper) than taxis.

Taipei MRT ([website](#)) operates the metro and bus systems. Ticket machines include instructions in Chinese and English. Announcements and signs throughout the system are also in English.

Taipei EasyCard ([website](#)) is a “touch and go” card that can be used on all public transportation and at many convenience stores. EasyCard can be purchased at any MRT station, 7-11 or Family Mart for NT\$100, and value can be added at any of these locations.

Taxis are plentiful and reasonably priced, and can be easily hailed throughout Taipei and at most sightseeing locations. Not all drivers will speak English.

To arrange pickup, call 55178 (regular taxi) or 55688 (6 passenger minivan).

Most drivers accept credit cards; ask before entering

Uber is available in Taipei and comparably priced (or cheaper) than taxis.

HOLIDAY INFO

New Year's Eve Celebrations in Taipei ([website](#))

The New Year's Eve fireworks display at Taipei 101 is one of the most spectacular in the world. The city government will begin closing roads to vehicle traffic around 6:00 pm on the evening of the 31st, in a widening circle around downtown as crowds grow. All traffic in these areas will be rerouted. The metro system will remain open until 2:00 am; roads will gradually reopen to traffic as crowds disperse.



NEARBY GROCERY STORES & RESTAURANTS



Santa Cruz Health Food 聖德科斯生機食品

Website

No. 260, Section 5, Nanjing East Road,
Songshan District, Taipei

台北市松山區南京東路五段260號

5-minute walk from Eslite Performance Hall.



Carrefour Grocery Store 家乐福 - 東興店

Website

No. 45, Dongxing Road,
Xinyi District, Taipei

110 台北市 信義區東興路45號B1

10-15-minute walk from Eslite Performance Hall



Wellcome Grocery Store 頂好

Website

No. 83, Section 4, Bade Road,
Songshan District, Taipei

台北市松山區八德路4段83

10-15-minute walk from Eslite Performance Hall

Taiwan is known for its vegetarian cuisine. Taipei alone has over 1,000 vegetarian restaurants. HappyCow (mobile app or happycow.net) can be used to locate nearby vegan and vegetarian restaurants. Listings show the restaurant name and address in both English and Chinese, and include a link to directions.



Minder Vegetarian (Xinyi Branch) 明德素食園

Happy Cow

B2, 11 Songgao Rd, Xinyi District, Taipei
台北市松高路11號誠品書局旗艦店B2美食廣場

In the basement of Eslite Mall, near the performance hall. Offers a pay-by-weight vegetarian buffet for eat in or take-out.



Qi Lin Su Shi Guan

Happy Cow

No. 14, Alley 50, Yi Xian Rd. Xinyi District, Taipei
麒麟素食館

信義區逸仙路50巷14號.

Vegetarian restaurant with soups and hot and cold buffet dishes. Pay by weight; cash only.

10-minute walk from Eslite Performance Hall



Mayur Indian Kitchen

Website

No. 350-5, Section 1,
Keelung Rd., Xinyi District, Taipei
台北市信義區基隆路一段350號之5
(vegetarian options available)

15-20-minute walk from Eslite Performance Hall

The following phrase can be shown to the staff at restaurants and food stalls to help with ordering vegetarian meals:

I am vegetarian: no egg, no milk, no fish sauce, no meat, no seafood.

我是素食者: 不要蛋, 不要牛奶, 不要牛奶, 不要有魚成分的醬汁, 不要肉類, 不要海鮮類

These phrases may be seen on restaurant menus or packaged foods:

純素 (pure vegetarian)

全素 (totally vegetarian)

Wi-Fi service is provided free of cost in most hotels and restaurants. Normally registration is not needed—ask reception or staff for the password.

The city also provides free Wi-Fi throughout the central district. You will need to register your mobile number and passport to access the free Wi-Fi.

a) Taipei Free: [Website](#)

Registration for Foreigners: [Website](#)

b) iTaiwan: [Website](#)

Registration for Foreigners: [Website](#)

Vege Creek

Happy Cow

No. 16 Songgao Rd, Xinyi District, Taipei
(at Breeze Shopping Centre B2 foodcourt)
台北市信義區松高路16號

16-minute walk from Eslite Performance Hall

The Green Room

Website

No. 3, Alley 25, Lane 300, Section 4,
Ren'Ai Road, Da'An District Taipei
台北市仁愛路四段300巷25弄3號

*10-minute drive or 25-minute walk from
Eslite Performance Hall*

Miss Green Taipei

Website

No. 28, Lane 63, Section 2, Dunham South Rd,
Da'An District, Taipei
台北市大安區敦化南路二段63巷28號.

*10-minute drive or 35-minute walk from
Eslite Performance Hall*