

Formerly called the Island of 'Formosa' (Portuguese for 'beautiful'), Taiwan is relatively small despite its population of over 23 million people. In April 2012, Taiwan was named 15th in the list of most densely populated nations, but the crowds are a welcoming and charming part of the capital city, Taipei. Taipei has a long established reputation as a gourmet's paradise, boasting cuisine from every region of China. It is also home to new boutique hotels and trendy cafes that have sprung up in a flurry of construction culminating in the opening of the 'world's tallest building', Taipei 101 (now overtaken by Burj Khalifa in Dubai).