

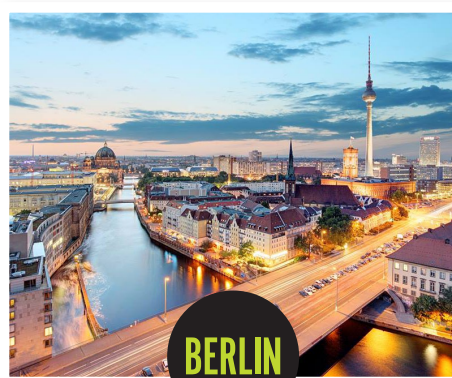


Vegan Tours Berlin

Want to know where to start when it comes to vegan dining in the German capital? Former molecular biologist Maja Ola creates three-hour vegan walking tours in English around popular areas like Kreuzberg, Neukölln and Charlottenberg. 'I love storytelling and showing how the green revolution is creating cool corners in my city,' she says. We go to six of the best vegan eateries, and supermarkets like Dr Pogo and Veganz, to sample regional and healthy food from around the world. I also reveal Berlin's history, alternative culture, street art, and inspiring social and sustainability projects.'

Tours are by donation of at least €5 for the guide and pay for what you eat, or €25-40 including tastings in six venues. Afterwards, Maja can point you towards the fabulous Tuesday and Friday Turkish market and nearby vegan doughnut café Bramibals.

www.facebook.de/vegantoursberlin



Travel journal

Alex Bourke visits the vegan capital of the world, where 18 per cent of all new vegan products are launched.



Q How can I get to know the 'real' Berlin?

A Many Berliners speak English, and you can meet them at vast vegan festivals year round such as Veggie World, Green Market, and the outdoor Vegan Sommerfest in Alexanderplatz on the last weekend in August. From Friday to Sunday, 60,000 visitors enjoy 90 food and other stalls, cooking demos, a fashion show, music, and a children's tent with games, painting and a bouncy castle.

In Germany there are almost a million vegans, and 10 per cent of 16-24-year-olds identify as vegan, driving demand for vegan innovation. At festivals you can enjoy the latest lip-smacking twists on everything from bratwurst 'soysages' to sweet treats, cosmetics and footwear, well before they reach the UK.

www.veggieworld.de

www.greenmarketberlin.com

www.veganes-sommerfest-berlin.de

ESSENTIAL EATING

Berlin boasts a mind-boggling 50 vegan and 100 vegetarian restaurants, cafés, bars, coffee shops and street stalls.

Early start

Germans love brunch, especially at weekends, and Viasko vegan restaurant is their favourite spot with its huge buffet, garden and bar. Try national rustic favourites like meatloaf, goulash and wild garlic dumplings, plus pancakes, waffles, pizza, salads and cakes. It's super-popular so arrive early or book.

www.facebook.com/restaurantviasko



Pizza party

La Stella Nera vegan pizzeria has a wood-fired oven for Neapolitan pizza, pasta and salads. But the biggest attractions here are the stellar desserts like tiramisu, panna cotta and affogato. Great craft beers too.

www.lastellanera.de



Light bites

Let It Be vegan crêperie serves sweet and savoury pancakes, each named after a famous vegan, such as the Woody Harrelson with leeks, vegan ham and creamy white sauce. They also do burgers.

www.letitbevegan.de



TO WHET YOUR APPETITE...

Berlin-Vegan lists upcoming events, highlights local eateries, and has a vegan map of the city. www.berlin-vegan.de/english