contact@himalaya-discovery.com
+977 9761 75 42 78

See & Eat Like a Nepalese

URL: https://himalaya-discovery.com/trip/kathmandu-food-tour/

Trip Code
TW086

Destination
Nepal

Activity
Food Tour

Start / End Point
Kathmandu / Kathmandu

Duration
1

Per Person From
USD 160

Accommodation
Hotel
Hotels in Nepal range from budget-friendly to luxury, offering modern amenities like Wi-Fi, hot water, and comfortable rooms.

Region
Kathmandu

Max. Altitude
1,400m

Best Season
All Year Round

Activity Per Day
4 – 5

Group Size
1 – 10

Transportation
Scooter Ride

LD
Lunch and Dinner

Easy
Easy trekking involves gentle, well-marked trails with minimal climbs, perfect for beginners or those seeking a relaxed adventure in nature.

Highlights of the See & Eat Like a Nepalese

- Visit 4 to 5 top local food spots loved by Kathmandu residents.
- Taste 10 of Nepal’s most representative foods, including street foods and traditional meals.
- Pass by some of the city’s historic local temples tucked away in Kathmandu’s markets.
- Choose any start time between 9:00 am and 7:00 pm to meet your guide, making it easy to fit this tour into your schedule.

Trip Overview

See & Eat Like a Nepalese-Kathmandu Food Tour is designed for culinary travelers who want to taste real Nepali food. Not only will this tour introduce you to the mouthwatering flavors of Nepal's typical meals, but it will also lead you through the narrow alleys of Kathmandu, where culture and tradition still live. From spicy street snacks to rich vegan dishes, we have created a tour sampling only authentic local foods that represent the true identity of Nepal.

Youthful, knowledgeable local guides will take you to secret food spots in Kathmandu and family-run hole-in-the-wall restaurants that epitomize authenticity and are not typically featured in guidebooks or found on TripAdvisor. Our team was raised in these eateries, so they know the best places better than anyone else. During your walk with us, they will tell you stories about the history of our city as well as its traditional cuisine.

The See & Eat Like a Nepalese tour is available any time from 9 AM – 7 PM, so you can easily schedule it around the rest of your plans. In just a couple of hours, you'll get to try some of Kathmandu's boldest and most flavorful foods—maybe dumplings or super local flavored curries—and sample snacks that aren't served in restaurants. If you're vegan, vegetarian, gluten-free or have other dietary restrictions, don't worry. Foods in Kathmandu offer many more options.

Whether foodie, adventurer, or family, this is your perfect tour if you want to step off that thin line and be enveloped by Kathmandu the way locals do. Unique and well away from any tourist hotspots, you will get to dine in vibrant markets and picture-postcard city courtyards on sustainable leaf plates, just as locals have done for centuries.

Trip Itinerary

Day : Itinerary & Experience

Have a look at the itinerary below to learn what you will do with your local host during this immersive scooter ride in Kathmandu. You can adjust the itinerary to suit your interests and choose your start time from 9 am to 7 pm.

Meeting point

Between 9 am and 7 pm, Your English-speaking tour guide will come to pick you up at your hotel or any location of your choice.

Safety First

Before you get going, don't worry as your guide will give a quick and informative tutorial on how to ride a scooter, as well as some practice time so you become familiar with your wheels before starting the tour.

Explore Kathmandu Like a Local

Ride on the back of your guide's scooter and see Kathmandu from the most exhilarating vantage point,

right behind your local leader. We'll ride through hidden backstreets and lively main streets that few visitors ever make it to.

Authentic Street Food Stops

After 10-15 minutes of riding, we'll pull into our first stop, a street food vendor known and favored by Nepali themselves. Here, you'll have the opportunity to taste some of the uniquely Nepali dishes that don't typically make it onto the radar of most tourists. Momo, Nepali-style Chow-mein and Sekuwa, a traditional barbecue, are included, and you can learn how to eat like a local. Each bite is served with stories and insights into the local culture from your guide.

Coffee in a Hidden Gem

Afterward, when you have tasted the food, we will head to one of Kathmandu's hidden coffee shops, which serves unforgettable coffee where you can relax and sip on some of the best brews in town.

Sweet Ending

To finish it off, we will have a traditional Nepalese dessert, a sweet that is so well known amongst the people here and has never failed to leave a memory in their taste buds. And with that, you should get a complete take on what Nepali is.

End of Tour & Return

After having an amazing day full of flavors and experiences, your guide will drop you at your hotel with a final goodbye, hopefully with lots of memories and a good experience. Best wishes for the rest of the adventure in Nepal.

What's Included

- Hotel pick-up and -off.
- Tasting 10 different local dishes.
- Price of tour includes all the food and drinks during the tour.
- An English speaking guide.
- Private transfer.

What's Excluded

- Monuments entry fees.
- Travel and medical insurance.
- Tips and gratitude provided to staff.

Group Discounts Available

No. of Persons	Price per Person
1 – 2	USD 160
2 – 4	USD 140

Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal