

kathmandu food tour

URL: <https://himalayan360.com/trip/kathmandu-food-tour/>

Destination

Nepal Treks & Tours

Activity

Day Tours

Start / End Point

Thamel to Thamel

Trip Type

Food tour

Route

Thamel-Asan-Indra Chowk-Nardevi-Thamel

Duration

1

Destination

Kathmandu

Language

Kathmandu

Per Person From

USD 30

Group Size

1 - 20

Best Season

all season

Activities

Food tour

Transportation

N/A

Meals

7 Diffirents Meal

Choila, Bara, Sekuwa, Yomari, Momo, Samosa,
Lassi

Difficulty

Easy The trip is easy and suitable for everyone, including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

Signature Experiences in Kathmandu Food Tour, Nepal

- Explore the busy streets and markets of Kathmandu Valley.
- Try traditional Chhoila and Bara, which are classic Newari dishes.
- Enjoy Sekuwa, grilled skewered meat marinated in spices, offering smoky and savory flavors.

- Savor the sweet and unique Yomari, a rice flour dumpling filled with molasses and sesame.
- Taste the famous Momos in different styles: steamed, fried, or served in a spicy broth.
- Take a sip of refreshing Nepalese Lassi, a sweet and tangy yogurt-based drink.

Structured Itinerary for the Food Tour In Kathmandu

Day : Arrival in Kathmandu

14:00: Meet the Guide & Introduction

Your guide will greet you warmly at a central meeting spot before you leave on your culinary adventure. They will offer you an overview of the tour and Kathmandu's thriving food scene. The guide will also share all the essential information about the varied culinary traditions. A summary of the tour schedule, including the different specialties you will try along the way, will also be given to you. Additionally, safety advice and suggestions on how to enjoy a street food tour in Kathmandu will be given to you.

14:15: Taste Newari Delights: Chhoila & Bara

During the tour, you will explore around the local restaurants around Kathmandu Durbar Square and Asan market. Your first stop will be at a traditional Newari eatery, where you will eat **Chhoila**. *It is a flavorful, spicy grilled buffalo meat dish served with chiura (beaten rice)*. The other dish you will enjoy here is Bara. It is a savory pancake made from black lentils. Bara is often served plain or topped with egg or minced meat. These two dishes showcase the Newari love for bold flavors. As you enjoy these Newari delights, your guide will provide a brief description of the dishes.

14:45: Savor Smoky Sekuwa (Grilled Meat Skewers)

At your next stop, you will try **Sekuwa**, one of Nepal's most popular grilled meat dishes. This dish consists of skewered meat (chicken, mutton, or buffalo) marinated in a rich blend of Himalayan spices and grilled over an open charcoal fire. The smoky flavors, juicy meat, and spicy seasoning will make your taste buds dance. It is truly an iconic street food that you must try at least once. Served with a side of achar (spicy pickles) and beaten rice, Sekuwa is a must-try for meat lovers.

15:25: Indulge in the Sweetness of Yomari

A visit to a hidden Newari sweet shop will introduce you to Yomari. It is a traditional steamed rice flour dumpling stuffed with sesame seeds and chaku (sweet molasses-like jaggery) or khuwa (milk solids). This dish has cultural significance for Newari people. It is mainly consumed during the Yomari Punhi festival. The dumplings' warm, sweet filling melts in your mouth, and they have a soft, chewy texture. Some stores might even provide a more contemporary twist with chocolate or coconut fillings.

16:00: Experience the Best Momo in Kathmandu

Momo, Nepal's favorite dumpling, is a must-try on any food tour. At this stop, you will visit a famous local momo shop where you can taste different varieties, including steamed momo, fried momo, and jhol

momo (served in a spiced broth). Each variety has a different taste experience. Dip into the spicy chutneys and other sauces to further enhance the taste. The filling options range from **minced buffalo or chicken to vegetables and cheese**. Similarly, you can also watch the preparation process of momo and even try making one yourself.

16:45: Street Snacks: Samosa & Nepalese Lassi

For a crunchy and refreshing experience, you will stop for a samosa. The deep-fried pastry is filled with spiced potatoes, peas, and sometimes with other vegetables. Although it is also a popular Indian snack, the Nepalese version is totally different than that. The samosa is generally served with tangy tamarind chutney. This crispy snack is a local favorite and is a midday treat. Alongside, you will try Nepalese Lassi, a yogurt-based drink blended with honey, cardamom, or seasonal fruits. The refreshing drink perfectly complements samosa.

17:20: Nepali Tea & Tour Wrap-Up

Your culinary journey will conclude with a cup of Nepali milk tea (chiya) at a traditional tea shop. Tea leaves are boiled with milk, sugar, and a blend of flavorings like ginger and cardamom is used to make this tea. While having tea, you can communicate with other fellow trekkers about some of your favorite dishes and offer suggestions for additional local eateries in Kathmandu. You can reflect on your day while sipping the hot tea.

18:00: End of the Tour

Your food tour will end at the starting location or a convenient drop-off point. Feel free to ask for any bonus tips with your guide. You will also have a list of places to revisit for more delicious experiences. Whether you are a food enthusiast or exploring local flavors, the tour will leave your taste bud delighted. If you want to explore more, you can freely extend the tour.

Meals:

Choila, Bara, Sekuwa, Yomari, Momo, Samosa, Lassi

Kathmandu Food Tour Includes/Excludes

Include

- **Guide:** English-speaking guide
- **Food:** only 7 different items (food and drinks) are included.

Exclude

- **Transfer:** No transfer is included if need self-pay
- **Entrance:** No entrance fees are included if you need self-pay
- **Accommodation:** N/A
- **Transfer:** International airfare
- **Expenses:** All personal expenses
- **Food:** All drinks and food except mentioned in the itinerary
- All the services out of the list, including services

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 45
2 - 2	USD 35
3 - 5	USD 32
6+	USD 30

FAQs of Kathmandu food tour

What is the famous food of Kathmandu?

One of the famous foods of Kathmandu is momo. Similarly, other foods that are popular in Kathmandu are chhoila, bara, sekuwa, and yomari. Other famous foods in the capital city include sel roti, chatamari, and gundruk, but they are not included in the Kathmandu Food Tour. If you are visiting Nepal, you should not miss out on these dishes here.

How many days in Kathmandu are enough?

Two days are enough to explore the major tourist attractions of Kathmandu. You can visit UNESCO World Heritage Sites like Swayambhunath, Pashupatinath, and Kathmandu Durbar Square in a day. Similarly, you can also explore local markets, participate in cultural events, and taste authentic Nepali cuisine on the second day. In the evening, you can enjoy Kathmandu’s nightlife in Thamel.

What makes a good food tour?

A good food tour includes delicious local dishes paired with an engaging cultural experience. The tour should offer authentic and diverse traditional and street food selections. It is not just about indulging in food but also about culinary indulgence. Local storytelling or live cooking demonstrations are examples of entertainment that enhance the whole experience.

How long do we walk? Is it a fast-paced tour?

The walking tour duration depends on the specific tour, but most food tours involve moderate walking for about 2 to 4 hours. Some may have a relaxed pace, while others could be fast-paced, covering multiple

locations quickly. It's best to check with the tour provider for exact details on the walking speed.

Can I shop during the tour or during the experience?

Yes, many food tours pass through local markets and shopping streets, allowing you to buy souvenirs. However, the time spent shopping may be limited as the focus is on food experiences. If you wish to shop extensively, consider exploring markets before or after the tour.

Are washrooms available during the tour?

Most food tours make stops at restaurants or cafés where washrooms are available. In busy street food areas, public restrooms may be an option, but their cleanliness can vary. It is advisable to ask the guide about restroom availability before starting the tour.

Do I need a ticket for an infant/very young child?

Many food tours allow infants or very young children to join for free or at a discounted rate. However, some tours may have age restrictions or require a small fee for children. It is best to check with the tour provider in advance to confirm their policy.

Practical Guide to Kathmandu Food Tour

Meeting Point

Once you book the tour, we will send you detailed instructions to make finding us easy. Clear instructions and contact information will be provided if you require assistance. We will ensure you know the exact meeting location, whether you are arriving by taxi, public transport, or on foot. We give you all the information you need in advance because we want your experience to get off to a great start. Please get in touch with us if you need help or have any questions. We will be pleased to direct you to the meeting location.

Dietary Preferences and Allergy Sensitivity

We recognize that every person has unique dietary requirements and preferences, so we are pleased to fulfill special requests whenever feasible. When making a reservation, you should inform us of any dietary requirements or preferences. Make sure you clearly indicate whether you are vegetarian, vegan, gluten-intolerant, or any other. We will ensure that the meal selections meet your dietary preferences and needs.

For those with food allergies, no need to worry! We take extra care to avoid any ingredients that may trigger any kind of reactions. However, please note that while we do our best to ensure safety, as contamination can occur in some cases due to the nature of street food preparation. If you have severe food allergies, please inform us in advance so we can plan accordingly. Our top and utmost priority is your safety as well as satisfaction.

Duration of the tour

The Kathmandu Food Tour lasts approximately 4 hours. This time includes visits to several food stops, travel between locations, and time to enjoy the dishes at each spot. We guarantee a leisurely pace so you can explore the local cuisine culture and thoroughly enjoy Kathmandu's flavors. This itinerary has an

ample amount of time to enjoy each dish, along with travel time between stops. In a relaxed, pleasurable setting, you will sample a range of flavors, from savory street food to sweet treats.

Time	Itinerary	Duration
14:00	Meet the guide & Introduction	15 mins
14:15	Taste Newari Delights: Chhoila & Bara	15 mins
14:45	Savor Smoky Sekuwa (Grilled Meat Skewers)	15 mins
15:25	Indulge in the Sweetness of Yomari	15 mins
16:00	Experience the Best Momo in Kathmandu	15 mins
16:45	Street Snacks: Samosa & Nepalese Lassi	15 mins
17:20	Nepali Tea & Tour Wrap-Up	15 mins
18:00	End of the Tour	-

What To Expect From The Kathmandu Food Tour?

As we mentioned before, the Kathmandu Food Tour is more than a culinary journey. It is also about immersing in the rich culture and diversity of Nepal. Here is what you can expect during the tour:

- Savor rich and authentic **Nepalese cuisine, including the popular Nepalese soul food, momo.**
- *Skip the crowded tourist areas and explore the narrow alleys and local neighborhoods.*
- Expect to find hidden gems and local stalls with years of history and secret family recipes.
- Eat like a local and enjoy the delicacies that you won't find in the guidebooks.
- Do not worry if you have any dietary restrictions or food allergies, as you can expect to find cuisines that will match your needs and preferences.
- While tasting the food, I also got a glimpse at the culture and lifestyle of the locals in Kathmandu.

List of Food Menu During the Kathmandu Food Tour

The Kathmandu Food Tour focuses on the best food items that you need to try while in the capital city. From momo to popular Newari dishes, you will try different cuisines that will satisfy your culinary taste buds. The food items included during the tour are listed below:

- **Chhoila:** It is a popular Newari dish made of grilled or smoked meat. Chhoila is usually made of buffalo meat, but there are also other varieties like chicken, mutton, and even mushrooms. The meat or mushroom is marinated in garlic, ginger, fenugreek, mustard oil, and other spices. The perfect mix of spices makes the dish flavorful, which will awaken your taste buds. Chhoila is traditionally served with chiura.
- **Bara:** It is a savory dish made with ground black lentil batter and seasoned with various spices. These include garlic, ginger, turmeric, and other spices that provide a flavorful kick. The dish is then deep-fried until it is crispy on the outside and soft on the inside. Bara can be eaten plain (a vegetarian option) or topped with egg or minced meat.
- **Sekuwa:** It is the Nepali version of grilled meat (chicken, pork, mutton, or buffalo). The meat is marinated in different spices and grilled over open charcoal or fire. Usually, the meat is marinated in mustard oil, garlic, ginger, chillies, and other Nepalese spices. The meat is cooked to perfection with

smoky and juicy flavor. Sekuwa is often paired with beaten rice and dipped in achar (pickle) for an extra kick.

- **Yomari:** Another Newari dish you will try during the food tour is Yomari. It is a sweet dish of special importance to the Newari people. The dish is especially prepared to celebrate the Yomari Punhi festival. It is prepared from rice flour dough and is shaped like a teardrop. Inside, it has a filling of chaku (molasses) and sesame seed or khuwa (milk solids). Aside from the traditional fillings, there are other versions as well. Yomari is steamed until the outside is soft and the inside is gooey and warm.
- **Momo:** While in Kathmandu, you cannot miss the most beloved and iconic dish, momo or dumpling. From local street stalls to restaurants and fine dining, you will find momo everywhere. Made with minced meat (chicken, pork, or buffalo) or vegetables, the dish is packed with flavorful punch. The filling is wrapped in a thin dough and steamed or fried. Momo is usually served with spicy achar or jhol and is made with tomatoes, sesame, peanuts, or timur. There are also various versions of momos, each unique and tasty.
- **Samosa:** The triangle-shaped savory snack is a popular Indian dish that is also popular in Nepal. It is also known as singada by locals. It is a popular street food that has a crispy outside and savory inside. Inside the samosa, there is filling of potatoes and other vegetables like peas, carrots, onions, etc. You can also find meat versions. The dish is served with sweet, tangy tamarind dipping sauce or spicy achar.
- **Lassi:** You will also get to taste a sweet yogurt-based drink, Lassi, during the tour. Although it originated in the Indian subcontinent, it is also a beloved drink in Nepal made with yogurt, milk, and sugar. Usually, Nepalese Lassi has a cardamom or rose water flavor and is topped with chopped nuts. Lassi is the perfect drink for refreshment and cooling yourself on a hot day.

For Whom Is The Tour Suitable?

This tour may be difficult for people with mobility impairments or wheelchair users as it involves a significant amount of walking. Many food stalls and traditional eateries are located in narrow alleys, bustling markets, or areas with uneven streets, making accessibility a challenge. Some locations may have stairs or require standing for extended periods, which could be tiring for those with mobility issues. Public transport and pedestrian pathways in certain parts of the city may also not be fully equipped for wheelchair access, adding to the difficulty.

Additionally, this tour may not be suitable for individuals with severe food allergies, as many dishes contain common allergens such as nuts, dairy, gluten, or seafood. Cross-contamination is possible in busy street food settings, and some vendors may not have the ability to customize dishes or provide ingredient details. If you have severe allergies, it is essential to inform the tour provider in advance and carry necessary medications, such as an epinephrine injector. A private or customized tour with more control over food choices might be a safer option.

If you have mobility concerns, it is best to check with the tour provider beforehand to see if accommodations can be made. Some walking street food tour tours may offer shorter routes, frequent rest stops, or alternative transportation options to make the experience more comfortable. Private or customized tours might also be available, allowing for a more relaxed pace with accessibility-friendly stops. Planning ahead will ensure a smoother and more enjoyable experience.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal