



Kathmandu sightseeing and Food Tour

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Duration	Per Person Cost	Group Size
1 Days	USD 145	1-8
Maximum Elevation	arrival_on	Departure
1400	Kathmandu	Kathmandu

Trip Route

Kathmandu

Trip Overview

Our Kathmandu food tour day starts at 8 a.m., when a guide will pick us up from our respective hotels. This private tour is a blend of sightseeing with epic food offerings. We visit three prominent destinations, all UNESCO World Heritage Sites. These three places offer a unique view into the street market of the local vendors, the Nepali culture, the ancient temple, and exquisite Nepalese food. This food tour in Kathmandu is a street food tour where we will try different local Nepali foods and dive into the hidden gems around Kathmandu.

Ready to experience the great Kathmandu food tour?

This culinary adventure takes you inside the hustle of the city and takes you to several eateries where you will try different Nepalese dishes. We walk around Kathmandu's streets, visit local markets, and, to sum it up, it is an immersive tour of authentic Nepalese culture. We conclude our tour by having dinner at Thamel or one of the city centers. Our itinerary for the day is as follows:

Patan Durbar Square For Food Tour

We start the day by visiting Patan Durbar Square. Situated at the center of Lalitpur, it is one of the three durbar squares in Kathmandu Valle. One of the Durbar square's main attractions is the ancient palace where the Malla kings resided. The town is a throwback to the ancient cultures of Kathmandu Valley. You will experience the vibrant, authentic Nepali and Newari dishes. After sightseeing, we ventured around the area to have brunch. We visited a local restaurant serving one of the best bars available. Bara is a pancake-like dish made from a paste of black lentils and mixed with various local spices. It is one of the

unique dishes of Newari culture. You will be served with a spicy tomato pickle on the side. You can choose Egg or chicken/buffalo bara if you want more flavor; it is a must-try.

Bhaktapur Durbar Square For Food Tour

We then drive to Bhaktapur Durbar Square, another prominent one in the Bhaktapur district. It used to be the grandest of the three Durbar squares. Still, much of it has been lost to the earthquake in 1934 and 2015. Out of the 99 courtyards that were present in its heyday, only 15 remain. We can explore the city, which dates back centuries, and it's an opportunity to engage with local people and immerse ourselves in its historical and cultural heritage site. We go on a lookout to have lunch in Newari Khaja set (samaya baji), which essentially contains spiced grilled buffalo meat, rice flakes, spiced potato, curry, pickles, shoot curry, boiled beans, black soybeans, and curd. You can also have Ayla (homemade liquor) on the side. As for dessert, we will try Yomari. Sweet fillings in rice flour will surely leave a great feeling in your taste buds.

Boudhanath For Food Tour

We then continue our trip to Boudhanath stupa. It is a massive mandala, one of Nepal's most prominent Buddhist spherical stupas, and one of the busiest local streets in Kathmandu. The stupa is on the ancient trade route from Tibet, which enters the Kathmandu valley by the village of Sankhu in the northeast corner and continues to the ancient and more miniature stupa of Chabahil named Charumati Stupa. After spending some time going around the stupa, we have Mo:mo's, probably Nepalese locals most famous street food. Momos are bite-sized dumplings made with stuffings of seasoned minced meat wrapped in dough. One can have momos steamed, pan-fried, or deep-fried according to personal taste.

Lastly, we conclude the day with Thakali Khana for dinner. Thakali khana originated from the Thak Khola region of the Mustang district. Thakalis are considered to be very organized, with neat kitchens and tidy houses. Well, a plate of the authentic dish certainly justifies the claim. The dish "dal bhat tarkari" is served with more than one ingredient. One can expect lentils, steamed rice, curry, spinach, radish pickles, chicken or goat curry, fried thin bread (papad), and sand spicy potatoes. More often than not, it is concluded with curd, which is believed to help the digestion. After the heavy nature of the meal, one certainly could have a bit of curd.

Book your food tour Kathmandu with our Naata Trek and Tours and taste the ultimate cuisines.

Trip Includes

- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed tour leader
- All meals (breakfast, brunch, lunch and dinner as per the package)

Trip Excludes

- International airfare to and from Kathmandu
- Travel Insurance
- Personal expenses
- Tips for guide(s)
- All other not mentioned in cost includes section

Frequently Asked Questions

What is the most eaten food in Nepal?

The most eaten food in Nepal is lunch momomo's (Dumplings) and Newari (beaten rice with curry, spiced grilled buffalo meat, soybean, and pickles). Dal bhat (rice, lentil, curry) is the most common for dinner.

Which food is only found in Nepal?

Most Newari food is only eaten in Nepal. It consists of beaten rice, spiced grilled buffalo meat, bara, Chatamari (lentil paste mixed with seasonings), and Chatamari (rice crepe), among other things.

What is the national fruit of Nepal?

Nepal has some famous pocket areas of orange production; thus, the orange is Nepal's national fruit.

Is Nepalese food cheap?

Nepalese food is generally cheap. You can find decent dishes for anywhere between 1 and 5 US dollars.

What meat is most consumed in Nepal?

Chicken is the most consumed meat in Nepal, at 46 percent. Buffalo meat makes up 33 percent, goat meat 17 percent, and pork 4 percent.

What street foods are found in Nepal?

The street food in Nepal includes Sha Phaley (bread filled with seasoned meat that is fried momo's dumplings), Aloo Chop (potato croquette), and mushroom soup, among others.

How much is a pint of beer in Kathmandu?

A pint of beer can cost anywhere between 3 to 3 US dollars.

Address

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