



## Tour Name

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In Focus: Cook in Kathmandu

## Tour City

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Kathmandu

## Tour Snapshot

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Participate in a traditional cooking class full of fun and flavour, as you visit with a unique social enterprise (Seven Women) that has changed the lives of more than 1,000 disadvantaged women in Nepal.

### Highlights

- Visit with Seven Women, a social enterprise working to help disadvantaged women in Nepal
- Tour a community greenhouse, discover how the produce is grown, and learn the names of vegetables in Nepali
- Find out how to make traditional Nepalese dishes passed down over generations
- Dig into a meal prepared by you and new friends!
- All net proceeds from this tour will go directly to Seven Women

Inclusions: Local English-speaking guide, taxi ride to and from the Seven Women Centre, lunch, water.

Exclusions: Souvenirs from the shop and items of a personal nature.

### **Schedule details**

- Duration: 4 hours
- Meeting point:  
Hotel Marshyangdi, Chaksibari Marg, Thamel, Kathmandu
- Find the exact meeting point with what3words: [///relieves.warp.gathers](https://www.what3words.com/relieves.warp.gathers)
- Starting time: 9.30 AM
- Ending point:  
Hotel Marshyangdi, Chaksibari Marg, Thamel, Kathmandu

### **Full Itinerary**

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Take a Kathmandu cooking class with heart on a tour that takes you into the office of a local social enterprise helping marginalised women.

The class will be run at the Seven Women headquarters in Kathmandu, where you will meet some of the women of Seven Women and hear the stories of how this social enterprise has made such a massive difference in Nepal through its literacy classes, skills training, and income generation programs. You'll learn how Seven Women began and has grown from seven women operating out of a tin shed to now assisting more than 1,000 women.

First up, you'll be taken on a tour through our local greenhouse, where you'll learn about Nepalese vegetables and other seasonal produce, and the practice of greenhouse farming.

Once you have a grasp on the local ingredients, you'll learn some delicious Nepalese recipes, all of which will be explained by local women who have passed them along through the generations. You will be guided through the recipe preparation and local methods while you learn to cook some of Nepal's most traditional and tasty dishes.

After the meal is made, we'll all sit down to dine together.

**Additional information**

Inclusions: Local English-speaking guide, taxi ride to and from the Seven Women Centre, lunch, water.

Exclusions: Souvenirs from the shop and items of a personal nature.

Dress standard: Please dress modestly, with sleeves and pants or a skirt that comes below the knees.

Your Trip: For your In Focus Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: Travellers under 12 years of age are not permitted to join this tour.

**Local contact**

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