Itinerary 3

Food Tour

Organic Addis Ababa Food Tour Itinerary

Tour Operator:Adimasu Tours
Duration: 8–10 Hours

Morning (9:00 AM) - Market & Spice Exploration
Location: Merkato (largest produce and spice market) or Atikilt Tera.
Activities: Explore local ingredients, including coffee beans, spices, and fresh produce.

Late Morning (11:00 AM) - Injera Baking Experience
- Location: Local home or restaurant.
- Activities: Learn to bake injera, the iconic sour flatbread made from teff flour.

Lunch (1:00 PM) - Traditional Feast
- Location: Historic Taitu Hotel or a local eatery in Bole.
- Dishes:
  - Beyaynetu (vegetarian platter)
  - Doro Wat (chicken stew)
  - Tibs (sautéed meat)

Afternoon (3:00 PM) - Coffee & Snacks
- Activities:
  - Experience a traditional Ethiopian coffee ceremony (from roasting to brewing).
  - Enjoy snacks like samosas or qolo (roasted barley) at a local café.

Late Afternoon (4:30 PM) - Local Drinks & Bites
- Options:
  - Visit a traditional Tej Bet to taste tej (honey wine).
  - Stop at a local bar for fresh avocado or mango juice and local beer.

Evening (7:00 PM) - Cultural Dinner
- Location: Cultural restaurants (e.g., Yod Abyssinia, 2000 Habesha).
- Dishes:
  - Kitfo (minced raw beef)
  - Enjoy live music and dance performances.

Optional Late Evening (8:30 PM) - Nightlife Experience
- Activities: Explore the vibrant nightlife in Bole or Piassa, visiting local bars or cafes for late-night snacks or drinks.

Key Food Stops
- Bole Neighborhood: Known for modern cafes and high-quality kitfo.
- Piassa Area: Historic cafes (like Tomoca) and bakeries.

Tips for the Tour
- Guides: A local guide is recommended for navigating markets and understanding dishes.
- Dietary Options: Abundant vegetarian dishes, especially on Wednesdays and Fridays for fasting.

This comprehensive itinerary offers a rich culinary experience, ensuring you savor the diversity of Ethiopian cuisine throughout Addis Ababa.