

experience abu dhabí



AUTHENTIC EMIRATI
EXPERIENCES
IN ABU DHABI

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Citizens of the UAE are known as ‘Emiratis’ and their heritage and traditions go back centuries. Crafts, recipes, and traditions have been passed down from generation to generation and are a significant part of daily life in the emirate to this day.

Experiencing and learning about Emirati culture is a highlight of any travelers trip to Abu Dhabi. From enjoying a homemade Emirati meal to cheering on a traditional camel race in the desert, your trusted Emirati tour guides will accompany you every step of the way.

Explore six amazing experiences below that will elevate your trip to Abu Dhabi and bring you closer to the people of the UAE.





DISCOVER A LOCAL DATE AND FISH MARKET WITH AN EMIRATI

Dates and seafood are products which have always been important to Abu Dhabi economically and culturally. The date market will introduce you to the wide variety of dates and the many products made from them, while at the Al Mina Fish Market, you'll see the local seafood that's popular in every Emirati home.

Duration: 2 – 3 hours

Cost per person: AED 250 Includes pick-up and drop-off

Language: Arabic or English

Capacity: Up to 4 people

BOOK NOW





VISIT A LOCAL RANCH WITH AN EMIRATI

On a traditional Emirati farm you'll find camels, horses, sheep, falcons and so much more. Join Naser Sabaan to learn how an Emirati farm operates and interact with the animals.

Enjoy performances of traditional Emirati songs and dances and try on traditional Emirati dress.

Duration: : 3 – 4 hours

Cost per person: Adult group: AED 199 – 399

Children (6–12 yrs.): AED 99

Language: Arabic or English

Capacity: Up to 25 people

BOOK NOW





EMIRATI HOMEMADE BREAKFAST EXPERIENCE

Enjoy a traditional Emirati breakfast in an Emirati household. Feast on favourites such as crunchy ragag bread or the fluffy pancake called chebab, and wash it down with Emirati sweet and rich karak. Meanwhile, you can learn about Emirati cultural traditions and activities, sample local incense, and try on traditional clothing.

Duration: 2 – 3 hours

Cost per person: AED 250

Language: Arabic or English

Capacity: Up to 8 people

BOOK NOW





URBAN TREASURES TOUR WITH AN EMIRATI

Abu Dhabi's designated Urban Treasures are longstanding businesses which have contributed to the city's urban culture and economy for decades. On this tour, we will explore some of the city's monuments and architecture as well as some of these Urban Treasures throughout Abu Dhabi's vibrant and lively neighbourhoods.

Duration: 2.5 hours

Cost per person: AED 200

Language: Arabic or English

Capacity: Up to 5 people

BOOK NOW





SAVOUR A TRADITIONAL MEAL WITH AN EMIRATI

A reflection of the UAE's trading heritage, Emirati food is infused with spices and ingredients from throughout the Middle East and Asia. With your Emirati host, you'll learn how Emirati food is made, try traditional dishes, discover the etiquette of an Emirati majlis, and end your experience by indulging in popular local sweets.

Duration: 1.5 hours

Cost per person: AED 249

Language: Arabic or English

Capacity: Up to 10 people

[BOOK NOW](#)





ABU DHABI NIGHT TOUR WITH AN EMIRATI

Abu Dhabi at night offers a completely different experience. On this tour, you'll get to know the city by learning about its skyline and history. Watch the sun set over Abu Dhabi's palaces while learning about the emirate's past and culture, explore the Founder's Memorial, and end the evening at the enchanting Qasr Al Watan lightshow.

Duration: 2 hours

Cost per person: AED 150 (including light show tickets)

Language: Arabic or English

Capacity: Up to 5 people

[BOOK NOW](#)



RECOMMENDED EMIRATI RESTAURANTS



Emirati cuisine has its roots in Bedouin camps that dotted the nation. While staying true to those nomadic flavours, it has developed into the modern fare served across the country today.

Over time, traditional Bedouin cuisine has become infused with spices and ingredients from neighbouring countries like Oman and Saudi Arabia and trading partners from India to Persia to Morocco.





AL DHAFRA RESTAURANT

The popular Al Dhafra Restaurant (formerly Al Arish) invites you to experience its delicious authentic Emirati cuisine. The heritage themed buffet is a popular choice for most diners, but the fish-market style offering is a real treat. A traditional fishing boat, filled with a selection of fresh fish on ice such as sea bream and king prawns, greets you at the entrance. You simply make your selection and then watch as the chefs grill it for you on the spot.

12pm-12am daily
(+971 2 673 2266)
Al Zahiya, Abu Dhabi Corniche

LOCATION



GOLDEN DALLEH MEALS

Best way to experience the emirate's inviting culture and authentic cuisine is to head to where the locals gather. Golden Dallah Meals in Al Dhafra is the perfect spot. The menu offers a variety of delicious Emirati and Kuwaiti cuisine, from famous regag, khameer and chebab starter breads to a selection of flavourful biryani (savoury chicken and rice), machboos (spiced chicken and rice) and saloona (classic Arabian stew) main courses.

8am-12am daily
(+971 2 643 7444)
Hazza Bin Zayed The First St., Al Danah, Abu Dhabi

LOCATION



AL MERZAB RESTAURANT

For mouth-watering Emirati and Kuwaiti cuisine, Al Mrzab Popular Restaurant, along Airport Road in Abu Dhabi, is a top choice for residents and visitors alike. On the menu, you'll find authentic Emirati dishes such as majbous (mixed rice dish with meat or fish), harees (boiled, cracked, or coarsely-ground wheat porridge, mixed with meat and seasoned) and the restaurant's special, mixed mutaban – spicy potato wedges stuffed with spiced meat.

7am-11:30pm daily
(+971 2 666 2333)
Airport St.

LOCATION





AL FANAR RESTAURANT & CAFÉ

The outside may be kitschy, but this place is favoured by Emirati families, who come here for the mutton, seafood and chicken stews, jasheed (minced baby shark with onions and spices) and grilled seafood dishes spiced with tamarind and date syrup.

8:30am-10pm daily
+971 2 448 1144
Yas Mall, Yas Island

LOCATION



MEYLAS

Dive into Emirati flavours whether you're here for a breakfast of chabab (cardamom-spiced pancakes) stuffed with caramelised onions and cheese or getting your fix of machboos (a casserole of meat or fish, rice and onions cooked in a spicy sauce).

9am-10:30pm daily
(+971 02 444 8884)
Al Muneera Island Beach Plaza, Al Raha Beach

LOCATION



YADOOS HOUSE RESTAURANT & CAFÉ

The name translates to 'Grandmother's House' and this restaurant lives up to it. It offers an elegant and museum-like setting to share delicious food with friends and family.

8am-11pm Sat-Thu | 8am-12pm and 1pm-11pm Fri
(+971 2 441 1311)
Al Murror St

LOCATION



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