

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 traveller’s 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 ten amazing experiences below that will elevate your trip to Abu Dhabi and bring you closer to the people of the UAE.

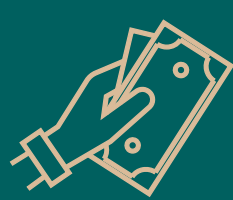


EMIRATI MAJLIS EXPERIENCE

Sit in an authentic Emirati majlis and enjoy local cuisine while dressed in traditional attire. Capture precious moments through photos and, for female guests, experience the art of applying Henna designs. You can also take part in the art of making Arabic coffee (gahwa) and immerse yourself in UAE culture and traditions.



Ahmed Al Jneibi



AED 250 – 350



2 hours



Min. 2 people,
max. 8 people



English &
Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 52 471 0943 / +971 50 761 5555



be.emiratii@gmail.com

FIND OUT MORE

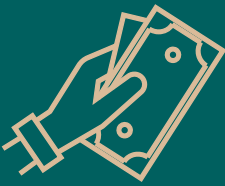


LADIES AFTERNOON TEA EXPERIENCE

Meet and mingle with local Emirati women, while you debunk stereotypes and learn about life as a woman in the UAE. This ladies-only experience welcomes you into a local home to sample warm Emirati hospitality as you savour afternoon tea and traditional dishes, and have the opportunity with local clothing.



Amena Al Marzooqi



AED 250 per person (min. 2 people),
AED 100 for each extra person



Min. 2 people,
max. 10 people



English &
Arabic



2 – 3 hours

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 50 344 4456



Contact@Moon71.com

FIND OUT MORE



FOR THE FOODIES: AN INTRODUCTION TO EMIRATI FOOD

Indulge your taste buds with this introduction to the delicious Emirati cuisine. We believe that the best way to acquaint yourself with a country's culture is through its most beloved dishes, and Emirati food is a hidden gem waiting to be explored. You can also learn about the essence of Emirati hospitality and the cultural significance behind it.



Amena Al Marzooqi



AED 350



2 – 3 hours



Min. 2 people,
max. 5 people



English &
Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 50 344 4456



Contact@Moon71.com

FIND OUT MORE



PHOTOSHOOT WITH TRADITIONAL EMIRATI FASHION

Embrace the beauty of traditional Emirati fashion and capture the moment in style – with pictures to treasure forever. Learn about the intricacies of local dress and discover how to distinguish between Emirati and other Arab garments based on simple elements. Indoor shoots are available year-round with an outdoor shoot available during the winter season.



Amena Al Marzooqi



AED 300



2 – 3 hours



2 people



English & Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 50 344 4456



Contact@Moon71.com

FIND OUT MORE

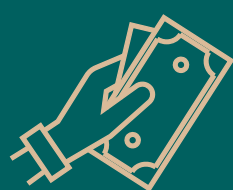


EMIRATI HOSPITALITY BY CARMEN

Experience authentic Emirati culture by being a guest in a local home. Enjoy traditional hospitality with Arabic coffee and dates, and choose from a variety of experiences, including breakfast, lunch, or dinner, personalised for your group. Explore Emirati traditions with displays of spices, perfumes, jewellery, and more.



Carmen Almuni



Price starts at AED 300, and increase based on selected customised offerings



2 people, max.
12 people



English, Spanish
and Catalan



2 – 3 hours

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 58 597 6578 (WhatsApp Only)



almuni.cultural@gmail.com

FIND OUT MORE



SUNSET PAINTING WITH AN EMIRATI ARTIST

This sunset painting experience at Al Kasir (Marina Mall Island) offers a unique and unforgettable activity to cherish during your Abu Dhabi holiday. Get creative while enjoying the backdrop of the majestic flagpole and the breathtaking waterfront views of the Corniche. Guests can also explore the nearby Emirates Heritage Village and its fascinating museum.



Hamda Al Khaja



AED 150



2 – 2.5 hours



2 – 20 participants



English & Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 56 691 1691



alkhaja.hamda@gmail.com

FIND OUT MORE



LEARN THE EMIRATI ARABIC DIALECT

This Emirati dialect experience offers visitors a fun and interactive way to immerse themselves in the local culture and language. Set in the heart of the traditional Old Souq – with local shops and cafés – participants can delve into unique features of the Emirati accent and learn common phrases and expressions used in everyday life.



Hamda Al Khaja



AED 100



1 – 2 hours



No limit



English & Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 56 691 1691



alkhaja.hamda@gmail.com

FIND OUT MORE



ABU DHABI WITH A LOCAL BY EBRAHIM

Experience the story of Abu Dhabi on a full-day tour that blends culture, history, and modern attractions. This journey takes you through time, from the city’s humble beginnings to its impressive present. Explore historic landmarks like Al Hosn Palace, the birthplace of Abu Dhabi, then check out modern icons such as Emirates Palace. Each stop reveals a new chapter, offering a unique perspective on the city’s transformation.



Ebrahim AlHarbi



AED 250



2 – 3 hours



Max. 4 people



English &
Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 50 666 7686



Ebrahimalharbi94@gmail.com

FIND OUT MORE



EXPLORE A LOCAL RANCH

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. You will also experience all things farming, enjoy performances of traditional Emirati songs and dances and try on traditional Emirati dress.



Naser Sabaan



AED 249
(excluding transportation)



1.5 hours



2 – 20
participants



English &
Arabic

BOOK YOUR EXPERIENCE

Please contact guide at:



+971 55 747 1787 / +971 54 755 5774



abudhabitg@gmail.com





DISCOVER THE EZBA

Embark on a cultural journey as we explore a key part of Emirati tradition – the Ezba. This cherished sanctuary is where Abdulazeez and his family retreat from the hustle and bustle of city life to immerse themselves in the calmness of nature and reconnect with their heritage. Set within the backdrop of glorious weather and picturesque landscapes, generations gather to weave the fabric of their shared history, passing down age-old tales and customs to the younger ones.

- 

Abdulazeez & Nasser
- 

AED 250 for adults.
Children under 12 FOC
- 


4 hours
- 


minimum 2
maximum 60
- 

English and Arabic.

BOOK YOUR EXPERIENCE

Please contact guide at:

 +971 56 484 0979 / +971 50 837 7877

 Ezba.experience@gmail.com

FIND OUT MORE

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

The 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 MRZAB RESTAURANT

For mouth-watering Emirati and Kuwaiti cuisine, Al Mrzab Restaurant, on 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 Road

LOCATION

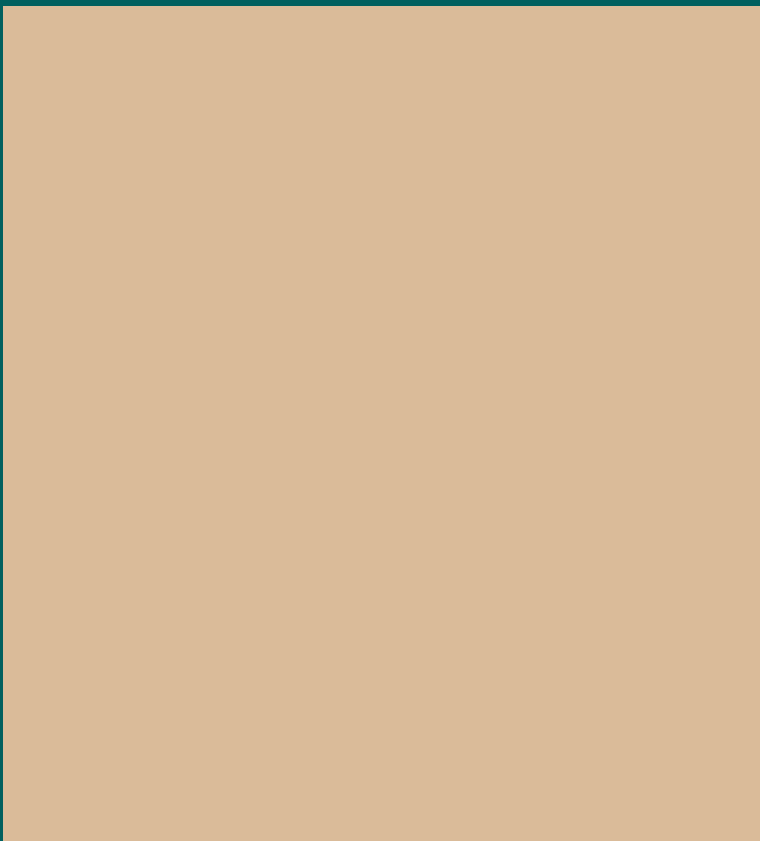


AL FANAR RESTAURANT & CAFÉ

This restaurant is a favourite of 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

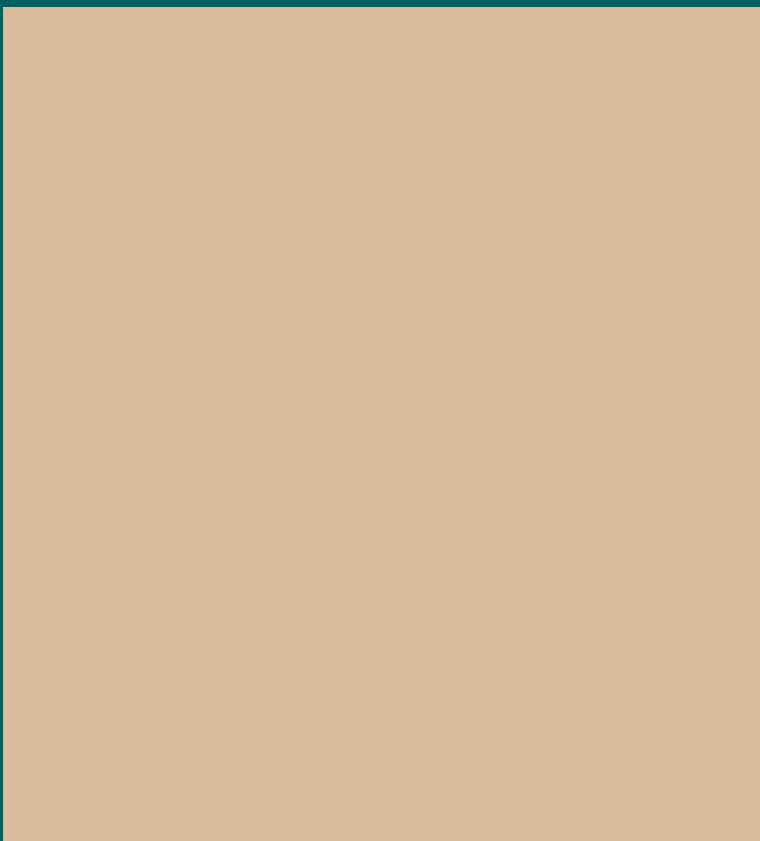


MEYLAS

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



MEZLAI

Enjoy Emirati cuisine in an upmarket and airy Bedouin tent-inspired atmosphere. The food is prepared from organic and locally sourced ingredients, with favourites including medfoun (shoulder of lamb, cooked underground, wrapped in a banana leaf) and slow-cooked camel flavoured with rose water and served with raisins and cashews.

1pm–10:30pm daily
(+971 2 690 7999)
Corniche Rd, Emirates Palace

LOCATION



YADOO’S HOUSE RESTAURANT & CAFÉ

The name translates to ‘Grandmother’s House’ and this restaurant lives up to it. It offers an elegant and homey 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



experience
abu dhabí

AUTHENTIC EMIRATI
EXPERIENCES
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www.visitabudhabi.ae