

Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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Have you already seen our other guides to New York, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

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24 HOURS IN

Tel Aviv

BY ANNA KOPITO

Online Magazine Founder | Explorer | Creative Mind



MY PERFECT 24 HOURS IN TEL AVIV

My perfect 24 hours in Tel Aviv start with an early morning yoga session at the **Studio Naim**, on the Rothschild boulevard. Afterwards I have a sumptuous brunch in the beautiful neighbourhood of Neve Tzedek, at the café and cake shop **Dallal**. Or I head to the seaside and sit down for breakfast at the restaurant **Manta Ray**, which is right by the water. Before meeting up with a friend, I look for a shady spot on the beach to lie down with a book, and read for a little while.

Well-rested and keen to get our hands on some fashionable new pieces, me and my friend start checking out our favourite local designer shops and studios: **Aviva Zilberman**, **Maya Bash**, **Agas and Tamar**, **Boutique 5**, **Hoko**, **Roni Bar**, **Tres**, **Hannah Studio**, **Common Raven**, **Maya Negri**, **Olive Thomas**, **Born From Rock** (jewellery!). Also high up on our list is **Verner**, which has the best selection of international high fashion.

When we're done with our shopping marathon I definitely need a coffee break at **Café Habima** before spoiling myself with a session of Japanese beauty treatment at the spa **Yoko Kitahara**.

On my way home to get ready for an exciting evening in Tel Aviv, I think about what the next hours have in store for me. If there is a new show by the **Batsheva Dance Company** on stage, I'm definitely going to watch it. Or I could go and visit a new art exhibition at one of my favourite galleries: **Alon Segev**, **Rosenfeld**, **CCA** or the **Tel Aviv Museum of Art**.

For dinner I enjoy a baked potato with sour cream and a glass of arak at **Port Said**. Simple but sensational! Other restaurants I love are **Diego San**, **Dalida**, **Bindella**, **Claro**, **Ha'achim**, **A La Rampa** or **The Norman**.

I feel like having a post-dinner drink, so I'm heading to one of these cool bars: **Uganda**, **Jajo Vino**, **Shaffa Bar**, **Kuli Alma** or **Levontin 7**.

If I could have a staycation and have the opportunity to spend a night at one of the many amazing boutique hotels in town, I would have a hard time deciding between the **Mendeli**, the **Brown Beach House** or the **Shenkin Hotel**, for sure.

For more information about amazing Tel Aviv and the lifestyle this city provokes, check out our online magazine Telavivian.

*Enjoy exploring,
Anna*

MAYA BASH

SHOP

Barzilai St 13, Tel Aviv-Jaffa, Israel

<http://il.mayabash.com/>

Simple cuts and cool prints are Maya Bash's trademark.



AGAS AND TAMAR

SHOP

Shabazi St 43, Tel Aviv-Yafo, Israel

<http://www.agasandtamar.com/index.php>

A wonderful jewellery store.



BOUTIQUE 5

SHOP

Lincoln Street 5, Tel Aviv-Jaffa, Israel

A hidden gem, full of extremely hip fashion by local and international designers.



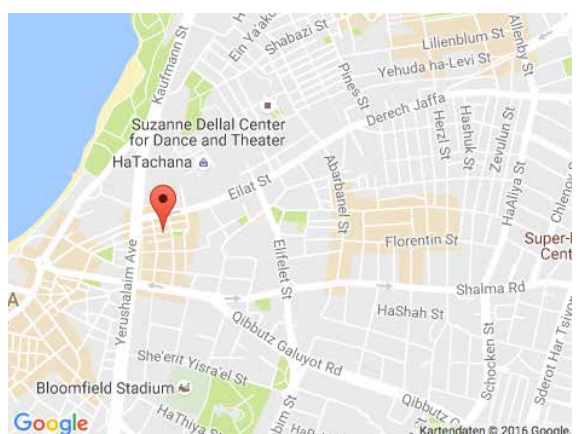
HOKO

SHOP

Sgula 6, Tel Aviv-Jaffa, Israel

<https://www.facebook.com/hokohagithazan/>

Women's fashion by the talented designer Hagit Hazan. Check out another underground label, Juliette, right next door.



RONI BAR

SHOP

HaMiktso'a Street 4, Tel Aviv-Jaffa, Israel
www.ronibar.com

Avant-garde fashion by the renowned designer Roni Bar.

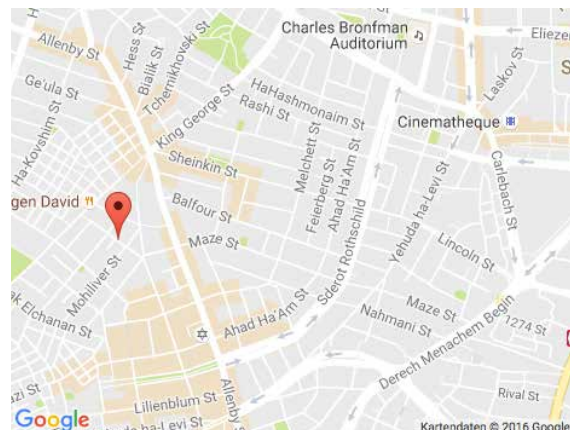


TRES

SHOP

Shefer Street 17, Tel Aviv-Jaffa, Israel
www.trestlv.com

The three designers of the label 'Tres' aim at designing sophisticated fashion for the urban woman, suitable for every day.



COMMON RAVEN

SHOP

Beit Eshel Street 19, Tel Aviv-Jaffa, Israel
www.cmnravn.com

Fashion dreams in black, white and silver. Get yourself a killer party outfit or a sleek leather jacket at the Common Raven store.



MAYA NEGRI

SHOP

Ahad Ha'Am Street 10, Tel Aviv-Jaffa, Israel
www.mayanegri.com

Maya Negri's designs cover everything from casual to elegant to flamboyant.



OLIVE THOMAS

SHOP

Sderot Masaryk 19, Tel Aviv-Jaffa, Israel
www.olive-thomas.com

Shoes, shoes, shoes—canvas or leather, flat or heel, cool or casual. In this store, every is a highlight.



BORN FROM ROCK

SHOP

Yehuda ha-Levi 48, Tel Aviv-Jaffa, Israel
<http://www.bornfromrock.com/>

Several stores in the city carry these wonderful collections of jewellery (e.g. Verner, Boutique 5, Aviva Zilberman). The fine pieces will enhance any look!



VERNER

SHOP

Tiomkin 2, Tel Aviv-Jaffa, Israel
www.verner.co.il
Get your hands on the latest gems of the international high fashion scene here.



CAFÉ HABIMA

CAFÉ

Ben Tsiyon Blvd 31, Tel Aviv-Jaffa, Israel

Tasty sandwiches, pastry and coffee. The perfect spot to take a little break from an intense shopping or sightseeing tour.



YOKO KITAHARA

ESCAPE

HaShahaf St 22, Tel Aviv-Jaffa, Israel
www.yokokitahara.com

This place is not only the ideal place to rest and pamper the soul, mind and body, it's a beautiful temple of design as well.

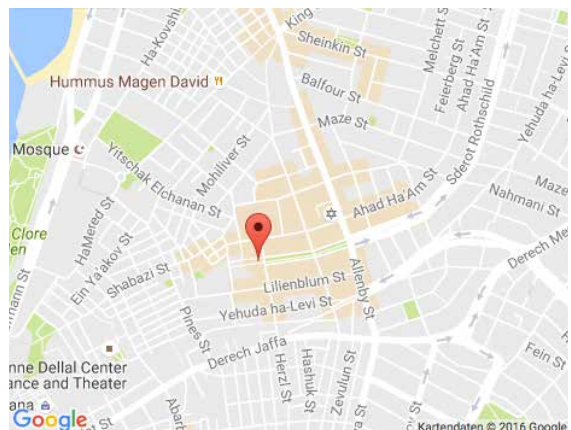


ALON SEGEV GALLERY

ARTS & CULTURE

Rothschild Blvd 6, Tel Aviv-Jaffa, Israel
www.alonsegev.com

Enjoy contemporary art by newcomers as well as established artists.



ROSENFELD GALLERY

ARTS & CULTURE

Ha-Mif'al St 1, Tel Aviv-Jaffa, Israel
www.rg.co.il

The industrial area where the Rosenfeld Gallery is located has established itself as a centre of art over the last few years. Worth checking out if art is your thing.



CCA

ARTS & CULTURE

Tsadok ha-Cohen St 2, Tel Aviv-Jaffa, Israel
www.cca.org.il

The Centre for Contemporary Art shows exhibitions of all kinds and sets up different art projects (artist talks, performances etc.) on a regular basis. This unconventional and experimental art space has much to see on offer.



TEL AVIV MUSEUM OF ART

ARTS & CULTURE

Sderot Sha'ul HaMelech 27, Tel Aviv-Jaffa, Israel
www.tamuseum.org.il

The different departments cover the most important periods and movements of international and Israeli art.

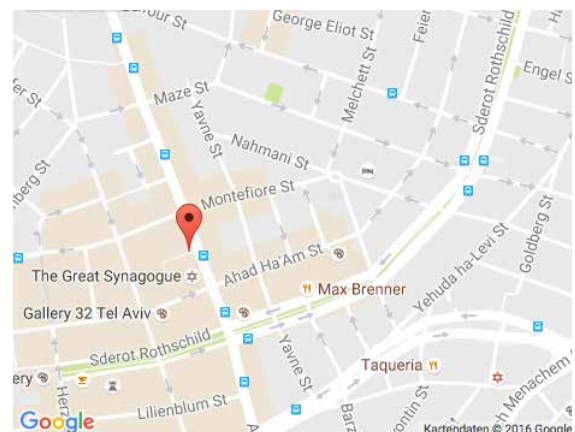


PORT SAID

RESTAURANT

Har Sinai St 5, Tel Aviv-Jaffa, Israel
www.facebook.com/theportsaid

This is currently the place to be in Tel Aviv. Vibrant atmosphere, a vintage interior, delicious food and awesome people. It's always busy here, so come early and stay late!



DIEGO SAN

RESTAURANT

Ha-Mashbir St 2, Tel Aviv-Jaffa, Israel
www.diego-san.co.il

Fantastic soul food.

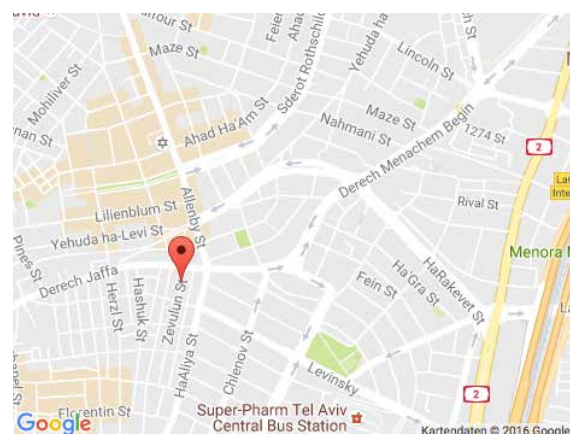


DALIDA

RESTAURANT

Zevulun St 7, Tel Aviv-Jaffa, Israel
www.dalidatlv.co.il

Great food and drinks, and a warm atmosphere.



BINDELLA

RESTAURANT

Montefiore Street 27, Tel Aviv-Jaffa, Israel
www.bindella.co.il

Italian delicacies fused with Israeli style—Bindella has the best of both worlds.



CLARO

RESTAURANT

HaArba'a St 23, Tel Aviv-Yafo, Israel
www.clarotlv.com

Mediterranean farm-to-table cuisine in a beautiful ancient building.



HA'ACHIM

RESTAURANT

Ibn Gabirol Street 12, Tel Aviv-Yafo, Israel
www.facebook.com/haachim

Traditional Israeli cuisine in a modern and stylish setting. Huge windows give the place a friendly and welcoming look from outside (from inside as well!).

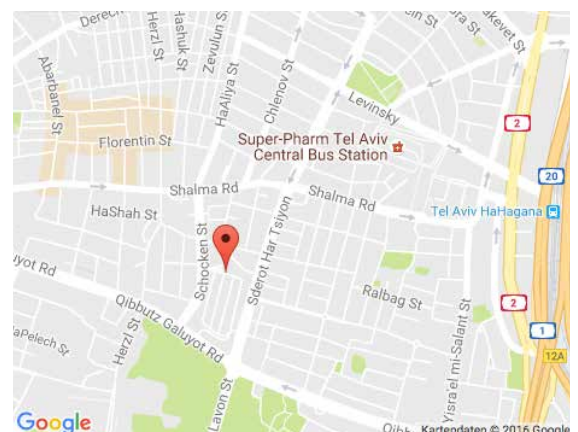


A LA RAMPA

RESTAURANT

Ha'Amal Street 21, Tel Aviv-Jaffa, Israel
www.facebook.com/AllaRampa

Relaxed atmosphere and an awesome vegetarian and vegan menu! If you're lucky, there'll even be a live band playing when you pass by.



THE NORMAN

RESTAURANT

Nakhmani St 25, Tel Aviv-Jaffa, Israel

www.thenorman.com

The Norman is one of the most beautiful hotels in the city and its restaurant is in a league of its own. Have an aperitif on the darling rooftop terrace.



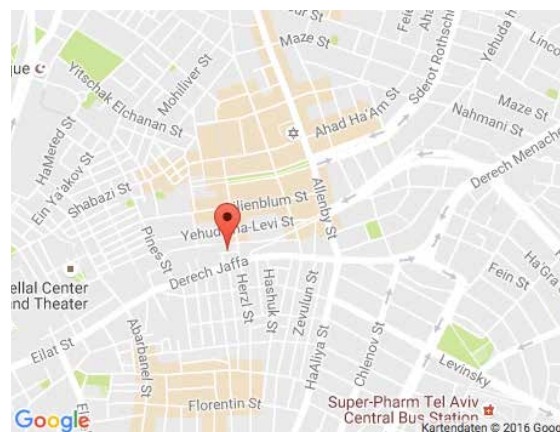
UGANDA

BAR

Simtat Beit HaBad 5, Tel Aviv-Jaffa, Israel

www.ugandajlm.com

A cool, artsy bar which regularly hosts live bands.



JAJO VINO

RESTAURANT

Shabazi St 44, Tel Aviv-Jaffa, Israel

www.jajotlv.com

This is fine dining at its best, but feel free to only have a glass of their excellent variety of wine at the beautiful bar. They've got one restaurant in Neve Tzedek and one in Sarona.



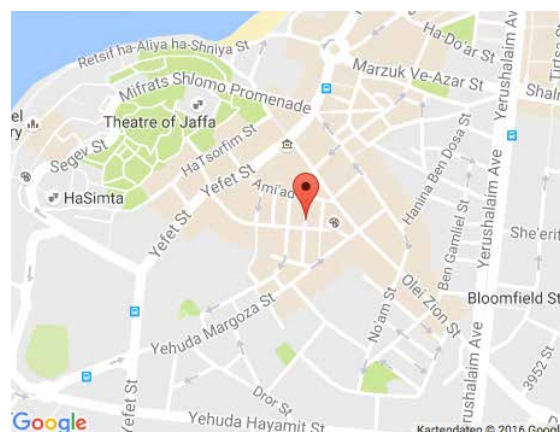
SHAFFA BAR

BAR

Nakhman St 3, Tel Aviv-Yafo, Israel

www.facebook.com/shaffabar

Owing to its being located in the middle of the busy flea market in Old Jaffa, the atmosphere in the Shaffa Bar is always energetic and colourful—heaps of fun!



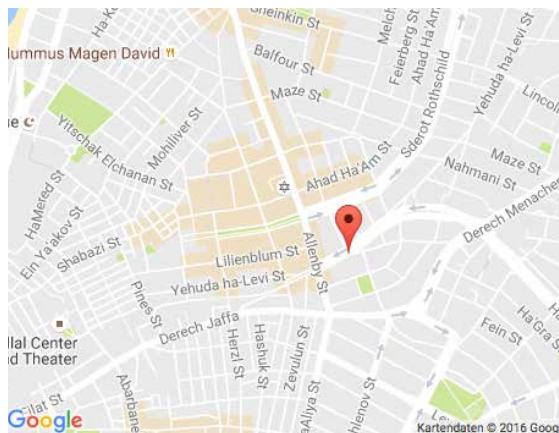
KULI ALMA

BARS & CLUBS

Mikveh Israel St 10, Tel Aviv-Jaffa, Israel

www.kulialma.com

A true hub of creativity, inspiration, music, people, drinks, conversation, dance and the rest of the good stuff. Come on in and see for yourself!



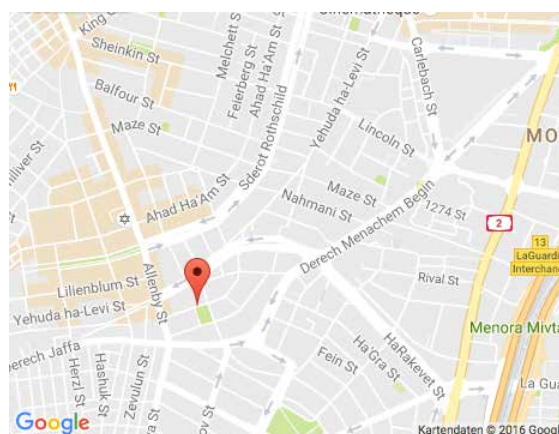
LEVONTIN 7

BAR

Levontin Street 7, Tel Aviv-Jaffa, Israel

www.levontin7.com

The Levontin 7 is famous for its live music performances in an intimate setting. Grab a drink and enjoy the music!



MENDELI

SLEEP

Mendele Mokher Sfarim St 5, Tel Aviv-Yafo, Israel

www.mendelistreethotel.com

It'll only take you two minutes to walk from this magnificent design hotel to the Frishman Beach.



BROWN BEACH HOUSE

SLEEP

Ha-Yarkon St 64, Tel Aviv-Jaffa, Israel

www.brownhotels.com/beach

The quirky but tasteful interior will brighten up anyone's mood immediately, as will the hotel's 'Flamingo Bar'.



SHENKIN HOTEL

SLEEP

Brenner St 21, Tel Aviv-Jaffa, Israel

www.shenkinhotel.com

The Shenkin Boutique Hotel is situated in the heart of the city and is an ideal starting point for almost any activity.

