

NECTAR & PULSE®

LIFE IS A JOURNEY



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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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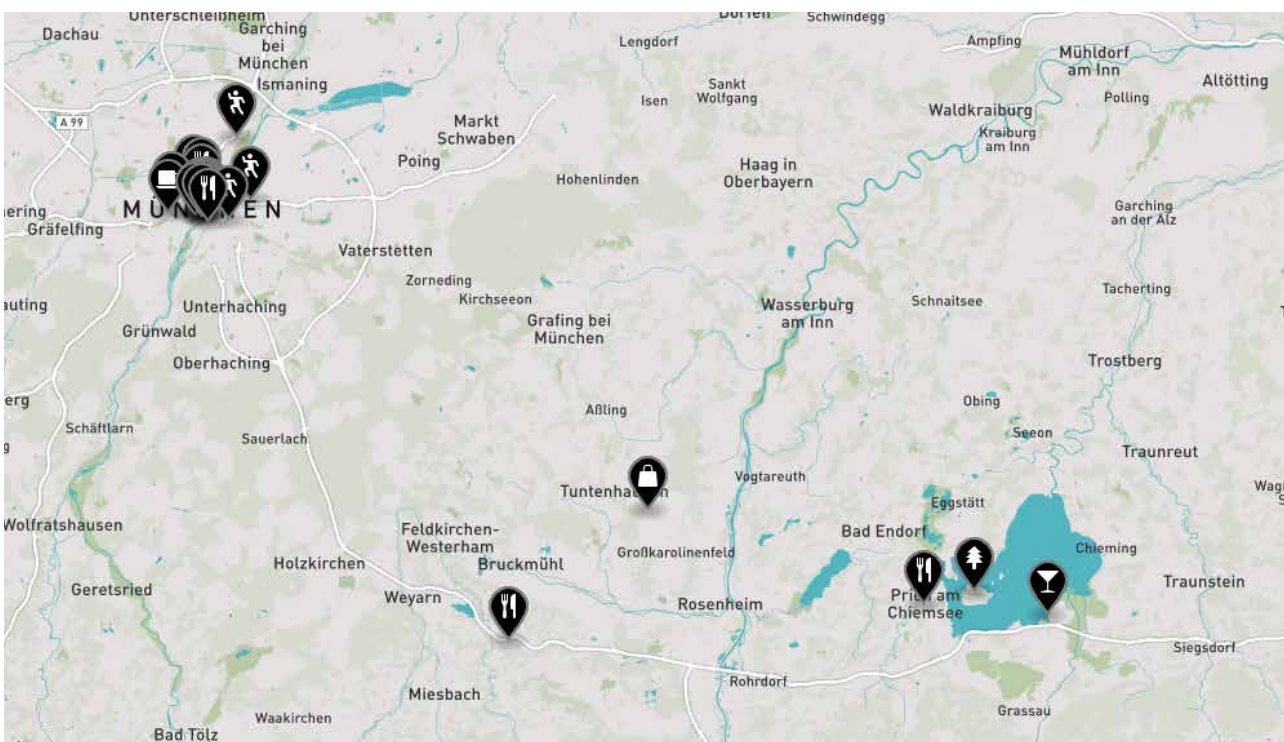
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24 HOURS IN

Munich

BY VANESSA MORIN

Fashion Designer | Series Junky | Crossfitter



MY PERFECT 24 HOURS IN MUNICH

My perfect 24hrs in Munich start with sleeping in on the weekend. When we wake up, we get ready and leave the house to have a nice late brunch, preferably at **Ooh Baby I like it raw** in the Glockenbachviertel, or at the **Café Westend**. Sometimes we have a second coffee, sitting by the window of the cute French **Café Marais**. On weekends we love to stroll through the city without any particular destination or plan.

We walk through the district Glockenbachviertel and get a heavenly piece of marble cake at **Emilo**. They also serve the best coffee and this place is a real insider tip. Eating the marble cake as we go, we head to my own clothing store, the contemporary Scandinavian design inspired **VANESSAMORIN**, where we enjoy our sweet treat sitting in front of the store, basking in the afternoon sun.

The entire Glockenbachviertel is full of unique little stores that want to be discovered. Go and check out beautiful jewellery at the **Werkstatt München**, minimalist Scandinavian furniture at **HAY**, men's fashion at **Hannibal**, tortoiseshell glasses at **Rosenberger** or **Ace&Tate**.

After all the walking, shopping and eating we head back home, grab our sports gear and drive to the **Cross-fit-Eo Studio** and complete some really exhausting but thrilling workouts, or we go play indoor beach volleyball at **Beach 38**. In the summer we go to **Beacharena** instead.

It's the weekend, so why not have an aperitivo before dinner. Head up to the **Café Vorhölzer**, sit on the rooftop terrace and enjoy an Aperol Spritz with a wonderful view over Munich.

Now you are already close by the excellent and stylish steak restaurant **Theresa Grill**, where we love to go for dinner. A great alternative is the Turkish restaurant **Keko**, which serves very delicious food, or the Japanese place **Koi**.

Before walking home, we enjoy a last drink at **High Bar** or listen to some hip-hop at the bar at **Frauenstr. 26**, the bar without a name or website.

If we want to spend a day in nature, outside of Munich, we drive all the way to the restaurant **Dinzler Kaffeebäckerei** at Irschenberg. From the outside it looks a bit like a service station, as it's close to the highway, but when you walk inside you'll be surprised! It has a wonderful interior, the best coffee and an all-round great breakfast, with all ingredients coming from regional suppliers. Afterwards we continue south, because when we're in the area we always visit this vintage furniture dealer close to the small town Bad Aibling, **Der Kandlbinder**.

You can find real treasures for a more than fair price there. All the vintage furniture we've got at home comes from this place. We're especially proud of our beautiful dining table that they hand crafted specially for us! The nearby magically beautiful **Herreninsel** at lake Chiemsee is always worth a visit, too. Since we're close to the lake anyway, we decide to sit down at **Sundowner**, a laid-back beach bar with sun chairs, cool music and good drinks. This is a great spot for watching the sun go down on the other side of the lake. For a nice typical Bavarian dinner we drive all along the shore to the little village Prien and sit down at the **Wiener Bräu**. They serve the world's best Wiener Schnitzel. Enjoy!

*Enjoy exploring,
Vanessa*

OOH BABY I LIKE IT RAW

CAFÉ

Rumfordstraße 39, Munich, Germany
www.facebook.com/oohbabymuenchen/

You'll easily reach it within a ten minute walk from the famous squares Viktualienmarkt and Gärtnerplatz. It's a small and cosy place that has the best croissants and serves vegetarian and vegan dishes – curries, soups, salads and the like. They also bake their own bread and everybody craves their famous avocado & salmon toast.



CAFÉ WESTEND

CAFÉ

Anglerstraße 32, Munich, Germany
www.cafe-westend.com

A charming place in which to enjoy a delicious New York breakfast including pancakes, bacon and eggs and fruit plates on a sunny terrace.



CAFÉ MARAIS

CAFÉ

Parkstraße 2, Munich, Germany
www.cafe-marais.de

Having a coffee sitting at the window of this French place is a perfectly romantic and relaxing weekend activity.



EMILO

CAFÉ

Buttermelcherstraße 5, Munich, Germany
www.emilo.de

A Bavarian coffee roastery in a cute location. Best marble cake in town.



VANESSAMORIN

SHOP

Klenzestraße 39, Munich, Germany
www.vanessamorin.com

Contemporary, Scandinavian design inspired clothing store. A clean, contemporary look, resulting in casual yet luxurious elegance – for women.



WERKSTATT MÜNCHEN

SHOP

Fraunhoferstraße 31, Munich, Germany
www.werkstatt-muenchen.com

Beautiful, rough jewellery in a cool backyard atelier.



HAY

SHOP

Reichenbachstraße 20, Munich, Germany
www.hay-muenchen.de

Minimalist Scandinavian design furniture. Very cool!



HANNIBAL

SHOP

Holzstraße 11, Munich, Germany
www.hannibal-collection.com

Avant-garde menswear.



ROSENBERGER

SHOP

Reichenbachstraße 19, Munich, Germany
www.rosenberger-brillen.de

Designer glasses, designed and manufactured in Germany.



ACE&TATE

SHOP

Gärtnerplatz 1, Munich, Germany
www.aceandtate.de

The prices and designs are incredible! You can get two to three different frames for a very decent price and swap them according to your outfit.



CROSSFIT EO

FITNESS & HEALTH

Weltenburger Str. 6, Munich, Germany
www.crossfit-eo.de

A special studio for effective Crossfit training. Exercise sessions are held in small groups.



BEACH38

FITNESS & HEALTH

Orleanspl. 11, 81667 Munich, Germany
www.beach38.de

Indoor and outdoor beach volleyball courts with a nice beach bar for refreshment afterwards.



BEACHARENA

FITNESS & HEALTH

Föhringer Ring 5, Munich, Germany

www.beacharena.de

10+ outdoor beach volleyball courts with a small Greek restaurant next door.



CAFÉ VORHÖLZER

CAFÉ

Arcisstraße 21, Munich, Germany

www.vf.ar.tum.de/cafe/

Rooftop terrace and bar with a fantastic view over Munich. Sometimes you can even spot the alps!



THERESA GRILL

RESTAURANT

Theresienstraße 29, Munich, Germany

www.theresa-restaurant.com

An excellent and stylish steak restaurant.



KEKO

RESTAURANT

Mariahilfstraße 24, Munich, Germany

www.keko-restaurant.com

Delicious Turkish food served with love and a great passion for hosting.



KOI

RESTAURANT

Wittelsbacherpl. 1, Munich, Germany
www.koi-restaurant.de

Very modern Japanese restaurant, stylish in food as well as interior design.



THE HIGH

BAR

Blumenstraße 15, Munich, Germany
www.drinkourballs.de

Newish, small Bar that plays cool music and serves superb drinks.



FRAUEN 26

BAR & CLUB

Frauenstraße 26, Munich, Germany
www.facebook.com/frauen26/?fref=ts

A bar that turns more into a club the later the evening gets. They play cool hip-hop tunes in a relaxed living room atmosphere.



DINZLER

RESTAURANT

Wendling 15, Irschenberg, Germany
www.dinzler.de

Beautiful interior, the best coffee around and great breakfast with ingredients from only regional suppliers. Fantastic cakes!



DER KANDBINDER

SHOP

Hilperting 3 Großkarolinenfeld, Germany
www.der-kandlbinder.de

Vintage furniture dealer. Awesome stuff, great prices – always worth a visit.



HERRENINSEL

ESCAPE

Herreninsel, Oberbayern, Germany

A beautiful island in the middle of Bavaria's largest lake, lake Chiemsee. When you get there by boat, start walking through the gardens and along the complex of royal buildings.



SUNDOWNERBAR

BAR

Julius-Exter-Promenade 21, Übersee, Germany
www.sundownerbar.de

We love this beach bar at lake Chiemsee, this is the best spot for watching the sun go down.



WIENINGER BRÄU

RESTAURANT

Bernauer Straße 13B, Prien am Chiemsee, Germany
www.wieningerbraeu.de

Craving a delicious Wiener Schnitzel? Come here and enjoy!

