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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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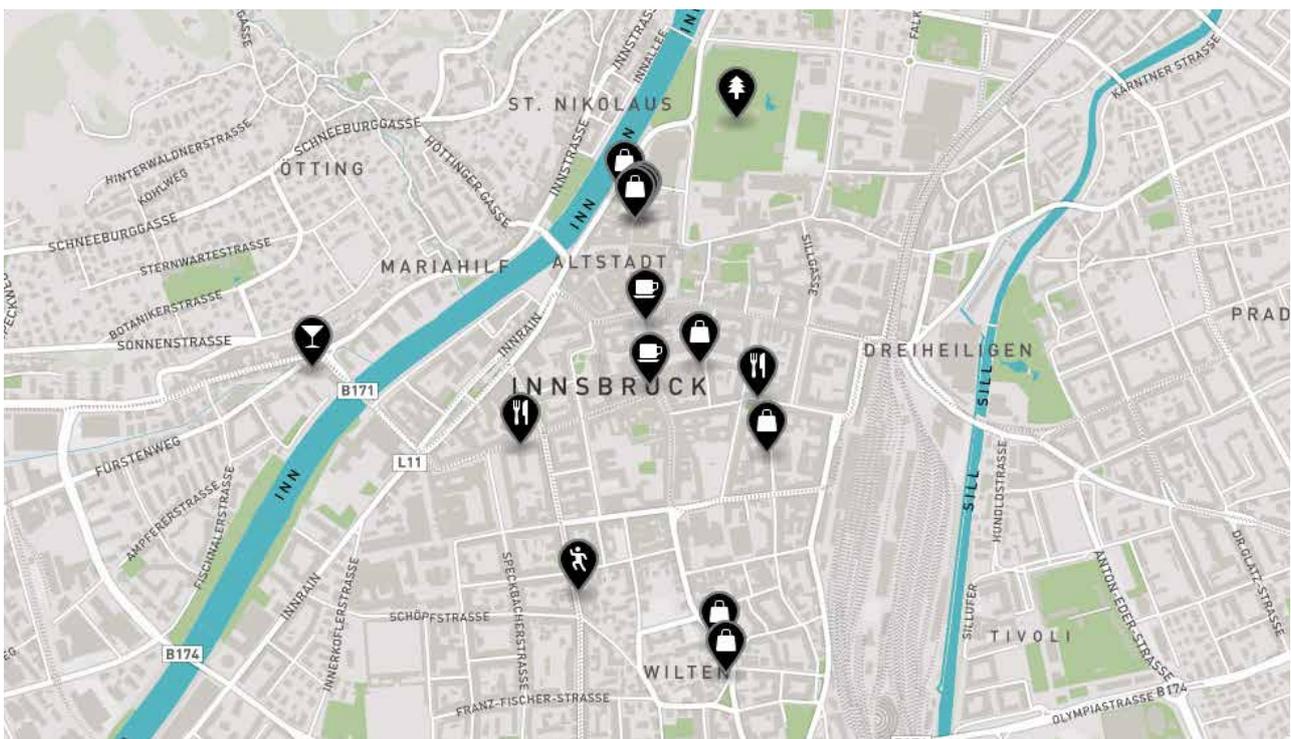
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24 HOURS IN

# Innsbruck

**BY MARIANNE KOHLMAIER-ECKER**

Italy Lover | Yogi | Shop Owner



## MY PERFECT 24 HOURS IN INNSBRUCK

A perfect start into a wonderful day for me is to have a hipster coffee at the café **Max Standard** and, following that, a healthy brunch with lots of freshly squeezed juice and porridge at **Tasties**. When I'm done here I love to just drift through the city and look for beautiful things. I walk into the alley Pfarrgasse into the direction of the square **Domplatz**. I hop into my own little store **feinheiten...** to make sure everything is alright and also stop by the neighbouring store **Die Kinderei**, where they sell the loveliest, non-flashy children's clothes.

Right at the Domplatz you'll also find the **Gläserkastl**, which is a store specialising in all sorts of glass objects. If you want it to be especially personal, they'll even engrave it for you.

For some relaxing hours of recreation I make my way to the park **Hofgarten**, where I sit down on one of the benches by the duck pond, or just on the grass, and rest my legs. In the autumn, my insider tip is the Palmenhaus – an indoor tropical oasis – and look for a bench there. They are the only ones that catch the last rays of the setting sun and, when the wind is blowing through the leaves, it smells like cotton candy. It's true, cotton candy, because there is a tree called 'Kuchenbaum' (cake tree) which emits its sweet odour when losing its leaves.

All this fresh air makes me hungry and so I head to the restaurant **Gönndir** to treat myself to a vegan bagel for lunch (you can also order it with meat if you like). Tummy now filled, I'm in the mood for some shopping at the magnificent concept store **Resort**. All their things, from design objects, books, to cosmetic products, are incredibly beautiful, subtle, and elegant. I love shopping here! Then there is **Benlevi**, which is not to be missed, with its lovely, precious fashion. It's the perfect store when you're looking for something fancy to wear. Everything is designed by Vahid Benlevi and made in Europe.

Now that I've enriched my home and wardrobe, it's time to take care of myself. Although I'm a firm believer in inner beauty, sometimes the outside appearance deserves a little attention as well – at **Atelier Blanc**, which is quite simply the best cosmetic salon in town. Claudia, who works there, is a pro when it comes to eyelash perms and perfect eyebrows. I always feel amazing when I leave this sanctuary of beauty!

And because it's that time of the year again, my next stop is **Wachters**, where I always find the perfect gifts for my loved ones.

After a long day in the city I feel like a nice and relaxing yoga class at **Antaratma Yoga**. My favourite class is with Kira, Tuesdays in the evening, but there are lots of other great instructors and you can do every type of Yoga, from Acro to Aerial to Yin.

When dinnertime rolls around, the burrito restaurant **Machete** is where I want to be, my all-time favourite place to meet in the evening. Their burritos are too good to be believed and the atmosphere there is always amazing, too. Lots of students, lots of young people, and the staff is super friendly. I never leave without having cake-pops for dessert – yummy!

It's been a long day so far, but one last drink at **Selles** to round it off wonderfully won't hurt. My ex-roommate, Johannes Münsch, is the interior designer of this cool bar with a vintage flair. He always manages to give Innsbruck a little Berlin touch, wherever he works. Upcycling deluxe!

It's time for bed now, and with my mind on the day I've had in Innsbruck, I wander home, smiling and contented.

*Enjoy exploring,  
Marianne*

## MAX STANDARD

### CAFÉ

Anichstraße 2, Innsbruck, Austria

[www.facebook.com/maxstandard.innsbruck](https://www.facebook.com/maxstandard.innsbruck)

This cool hipster café will wake you up with wonderful coffee from the roastery Wildkaffee.



## TASTIES

### CAFÉ

Maria-Theresien-Straße 3, Innsbruck, Austria

[www.tasties.info](http://www.tasties.info)

Located inside the mall Kaufhaus Tyrol, Tasties serves delicious porridge, freshly pressed juices, and everything else you could possibly want for a good brunch.



## DOMPLATZ

### ARCHITECTURE & MONUMENTS

Domplatz, Innsbruck, Austria

Marvel at the fascinating baroque Cathedral of St. James!



## FEINHEITEN...

### SHOP

Pfarrgasse 8, Innsbruck, Austria

[www.feinheiten-innsbruck.at](http://www.feinheiten-innsbruck.at)

My very own store, where I offer you all the things I love and would buy myself, from clothes to interior accessories to stationery.

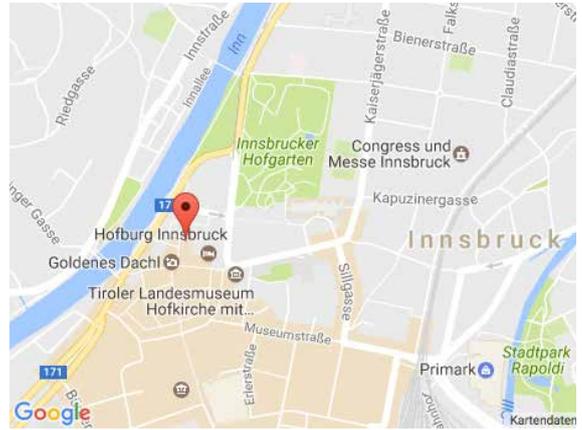


## **DIE KINDEREI**

### SHOP

Domplatz 11, Innsbruck, Austria  
[www.kinderei.eu](http://www.kinderei.eu)

Right next door to my own store. Their clothes for children are absolutely adorable!



## **GLÄSERKASTL**

### SHOP

Domplatz 4, Innsbruck, Austria  
[www.glaeserkastl.com](http://www.glaeserkastl.com)

This is true craftsmanship. They manufacture and design all glass objects themselves and even customise them by request.



## **HOFGARTEN**

### ESCAPE

Hofgarten, Innsbruck, Austria

This is my escape from the concrete. In the autumn, sit down on the benches by the Palmenhaus, where the last rays of the setting sun can be glimpsed.



## **GÖNNDIR**

### RESTAURANT

Bozner Pl., Innsbruck, Austria  
[www.pictaram.com/user/goenndir.ibk/1964888746](http://www.pictaram.com/user/goenndir.ibk/1964888746)

‘Treat yourself’ to a delicious vegan bagel.



**RESORT**

SHOP

Erlersstraße 10, Innsbruck, Austria  
[www.resort-innsbruck.eu](http://www.resort-innsbruck.eu)

A beautiful concept store full of amazing design objects, books and cosmetic products.



**BENLEVI**

SHOP

Adamgasse 4, Innsbruck, Austria  
[www.benlevi.at](http://www.benlevi.at)

Classy, elegant and very cool fashion can be found here. Dress to impress!



**ATELIER BLANC**

SHOP

Leopoldstraße 30, Innsbruck, Austria  
[www.atelierblanc.at](http://www.atelierblanc.at)

This beauty salon pampers you from head to toe.



**WACTERS**

SHOP

Leopoldstraße 36, Innsbruck, Austria  
[www.facebook.com/wacterswohnenundschenken/](http://www.facebook.com/wacterswohnenundschenken/)

You will always find the perfect gift here.



## **ANTARATMA YOGA**

FITNESS & HEALTH

Andreas-Hofer-Straße 13, Innsbruck, Austria

[www.yoga-innsbruck.com](http://www.yoga-innsbruck.com)

This is where I do yoga, I recommend Tuesday evening sessions with Kira, but the other instructors are great, too.



## **MACHETE**

RESTAURANT

Anichstraße 29, Innsbruck, Austria

[www.machete-burritos.com](http://www.machete-burritos.com)

I love to eat here: the burritos are amazing, the crowd is young and laid-back, the staff is super friendly, and the interior is just so damn cool.



## **SELLES**

BAR

Fürstenweg 5, Innsbruck, Austria

[www.selles-bar.at](http://www.selles-bar.at)

The owner of Selles is a famous fashion model from Innsbruck and sometimes he hangs out here. What I really like at this bar is the retro interior design and the marvellous drinks!

