

# NECTAR & PULSE®

LIFE IS A JOURNEY



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.

**#NECTARANDPULSE @NECTARANDPULSE**



[WWW.FACEBOOK.COM/NECTARANDPULSE](http://WWW.FACEBOOK.COM/NECTARANDPULSE)



[@NECTARANDPULSE](https://www.instagram.com/nectarandpulse)

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

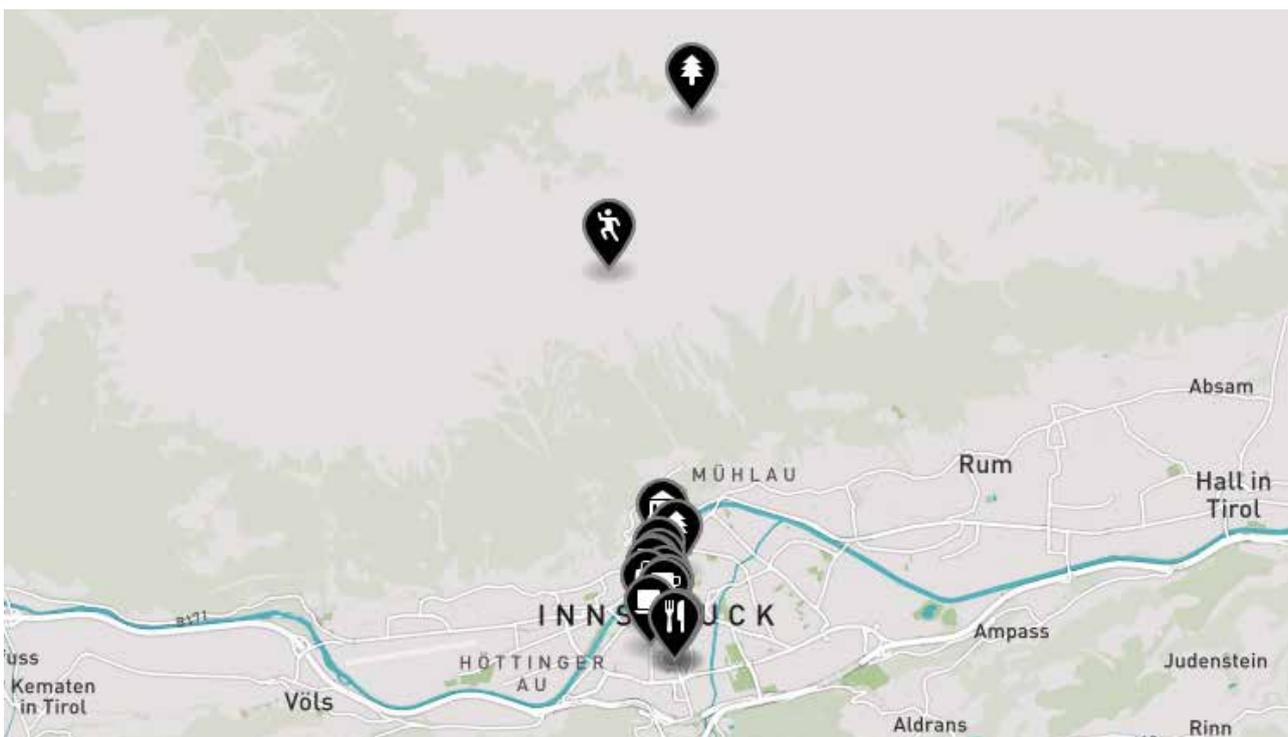
[WWW.NECTARANDPULSE.COM](http://WWW.NECTARANDPULSE.COM)

24 HOURS IN

## *Innsbruck*

**BY VERENA-ANNABELLA RAFFL**

Blogger | Journalist | Dog Lover



## MY PERFECT 24 HOURS IN INNSBRUCK

We start with a laid-back and sumptuous breakfast at **Deliris**, located at the Wiltener Platzl. This café offers vegan products and most notably a lot local produce. Afterwards we stroll in the direction of Innsbruck's old town, always along the street Maria-Theresien. This street has everything you could want shopping-wise: from high-end fashion at the store **Einwaller** to vintage bargains at the **NOWHERE** Vintage Store. And the usual suspects like H&M and COS are all to be found here, of course. If you want to get your hands on something truly local or are looking for a nice souvenir to bring back home, **feinheiten...** in the old town of the city is where you'll find it all. This store sells lots of locally produced goods like soap, stationery, handbags and jewellery.

We have lunch at **Indigo**, which is a good spot for vegans and vegetarians, or at **Olive**, also very recommendable and right across the street from Deliris.

From the mountain **Nordkette** you have the best view over all of Innsbruck, and a little hike is definitely part of a perfect day anyway. We decide to either go on a longer tour or just hop onto the cable car, arrive at the **Hafelekar** and start walking from there. Even at 2000 metres above sea level the alpine world has a lot of hiking routes to offer. Stopping at one of the super snug huts up here and being treated with a delicious 'Kaspressknödle-Suppe' (soup) is absolutely part of this adventure.

When staying in town we love to have our afternoon coffee at the cosy **Klein und Fein** Café, which is run with lots of love and offers the most delicious little treats, such as homemade cakes and cupcakes! Their lunch offer is always excellent, too. When we're back out on the street, we keep on ambling through the historic city centre, slowly making our way to see the colourful **Innzeile** and the **Hofgarten**, a romantic little park. For all this walking we need some coffee to go for sure, and the best spot to get it is at **Coffee Kult**.

Tonight we feel like having pizza, which means **Crocodiles** is the restaurant of choice. Their pizza with spelt flour dough is almost too good to be true! But don't forget to book a table beforehand.

A really cool place for an (after-work) drink is **Pangea**. Their selection of drinks is huge and the little snacks they offer are a real treat for foodies.

*Enjoy exploring,  
Verena*

## WILTENER PLATZL

### RESTAURANTS

Wiltener Platzl, Innsbruck, Austria

This square is known for its awesome street food markets, as well as for fantastic restaurants like Immerland, Deliris, and Olive. You can also find beautiful second-hand fashion around here.



## DELIRIS

### RESTAURANT

Leopoldstraße 31a, Innsbruck, Austria

[www.deliris.at](http://www.deliris.at)

This place is perfect for breakfast and brunch. They focus on vegan and vegetarian cuisine and they have an amazing sun terrace.



## MARIA-THERESIEN-STRASSE

### SHOPS

Maria-Theresien-Straße, Innsbruck, Austria

This is my favourite shopping arcade, because you can enjoy a beautiful mountain panorama while hunting down the latest trends. That's rare!



## EINWALLER

### SHOP

Burggraben 1, Innsbruck, Austria

[www.einwaller.com](http://www.einwaller.com)

Lots of super cool, high-end fashion brands. They always have the latest styles in store!



**NOWHERE**

SHOP

Anichstraße 20, Innsbruck, Austria  
www.nowherefashion.bigcartel.com

Vintage-inspired love pieces for a great price!



**FEINHEITEN...**

SHOP

Pfarrgasse 8, Innsbruck, Austria  
www.feinheiten-innsbruck.at

Locally produced items, perfect as gifts and souvenirs.



**MY INDIGO**

RESTAURANT

Stainerstraße 3, Innsbruck, Austria  
www.myindigo.com

Healthy and super tasty 'fast' food. This is the best way to eat consciously between shopping and strolling through the city.



**OLIVE**

RESTAURANT

Leopoldstraße 36, Innsbruck, Austria  
www.facebook.com/Olive-873133502698894/

Fantastic vegan and vegetarian dishes, my favourite is the burger with almond cheese – so good! Better book a table before going there, though.



## NORDKETTE

### ESCAPE

Nordkette, Innsbruck, Austria

This is my all-time favourite spot, because high, high above Innsbruck, you have the best view over the whole area of the Inn valley.

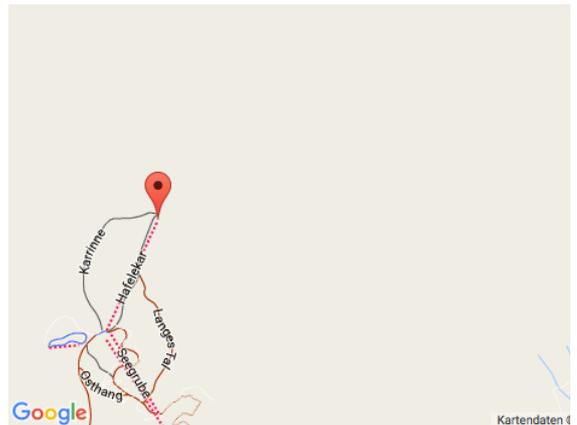


## HAFELEKAR

### FITNESS & HEALTH

Hafelekar Station, Innsbruck, Austria

Take the cable car to get up to the Hafelekar and start hiking from here. Every route is amazing!



## KLEIN UND FEIN

### CAFÉ

Maria-Theresien-Straße 42a, Innsbruck, Austria  
[www.klein-und-fein.com](http://www.klein-und-fein.com)

Everything here, from breakfast to dinner, is homemade, lovingly prepared, and simply delicious.



## INNZEILE

### ARCHITECTURE & MONUMENTS

Innstraße, Innsbruck, Austria

This is the most famous and picturesque row of houses – a great spot for photography.



## **HOFGARTEN**

### **ESCAPE**

Hofgarten, Innsbruck, Austria

A wonderful little park and the best short term escape from the city.



## **COFFEE KULT**

### **CAFÉ**

Müllerstraße 21, Innsbruck, Austria

[www.coffeekult.com](http://www.coffeekult.com)

Best coffee in town!



## **PANGEA**

### **BAR**

Adolf-Pichler-Platz 2, Innsbruck, Austria

[www.pangea.bar](http://www.pangea.bar)

Why not have an after-work or after-adventure drink at this cool bar?



## **PIZZA CROCODILES**

### **RESTAURANT**

Maria-Theresien-Straße 49, Innsbruck, Austria

[www.pizza-crocodiles.at](http://www.pizza-crocodiles.at)

We love pizza, we love their pizza and we especially love it made with spelt dough!

