

NECTAR & PULSE®

LIFE IS A JOURNEY



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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 ... ?

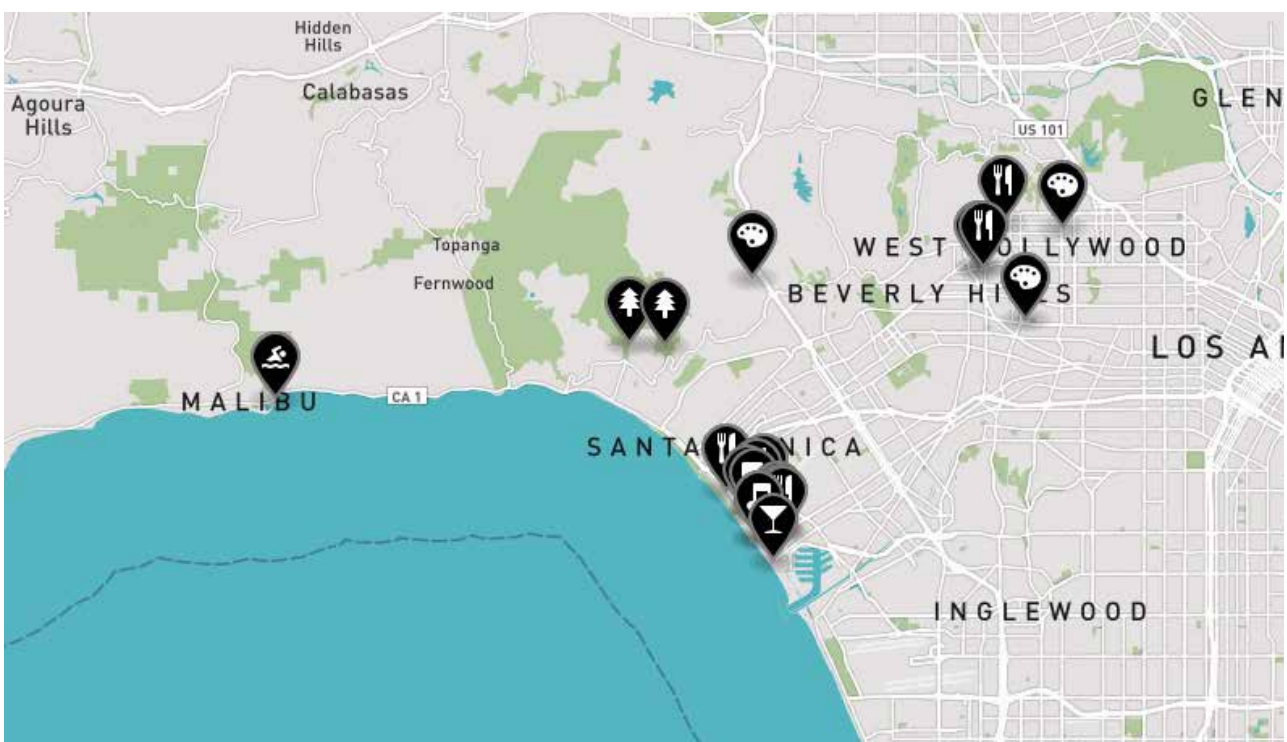
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24 HOURS IN

Los Angeles

BY THE GREAT ESCAPE

Musicians | Surfers | Producers



OUR PERFECT 24 HOURS IN LOS ANGELES

A perfect day for us begins with a surf in the morning. We head out to the **Surfrider Beach** in Malibu, which is a legendary spot, but before we get going, we grab a coffee to go at **Groundwork Coffee**. They open at 6am, perfect for early birds like us. Now let's go, the waves are waiting!

After our successful morning workout, you can imagine that we're pretty hungry, so we decide to have a bite at **Flake**, a highly original Venice breakfast/lunch spot. The Supercrojo – a croissant with scrambled eggs and gouda cheese – is our favourite thing to eat there. We love it so much we even wrote a song about it. It's about our love for the Supercrojo, and also pokes fun at the place next-door to Flake, which is called **Moon Juice**. You can buy really delicious juice there – for about fifteen bucks. So the song goes “I got a million dollar shake and a crojo.” Moon Juice is a great place, but you have to be making some serious money to afford juice there, at least regularly. Another favourite breakfast place of ours is **Gjusta** on Sunset Avenue. They have the best bread we've ever had, maybe even better than the bread you get in Germany, which is saying quite a lot.

We then make our way to the **Will Rogers State Park** to walk the Inspiration Loop Trail. As always, we are accompanied by Kristian's canine companion, Lily, who is always up for a hike and is already on the verge of hysteria with excitement. The **Temescal Canyon** in the Santa Monica Mountains is another beautiful hike which takes about an hour and rewards you with fantastic ocean and canyon views. It's about fifteen minutes by car to get there from Venice. When the sky is clear you can see all the way Downtown, to the cranes of Long Beach and the Santa Catalina Island. It's a classic.

A perfect day in the lives of The Great Escape most definitely includes a good jam session, as you can imagine. One of our favourite studios is the legendary **Henson Studios** complex in Hollywood. Charlie Chaplin built it in 1917, and even recorded there himself. It's a real famous studio where, for example, “We are the World” was recorded, and Phil Spector shot into the ceiling during a session with John Lennon. We use one of the smaller studios and invite our friend Zac Rae along, who played with us on our latest album. He's the keyboarder for Death Cab For Cutie, has played for Alanis Morissette and was on Santana's last record, and is just an insanely talented artist in general. Before we enter the studio, we get coffee at the nearby **Urth Café**.

So once we're done jamming, everyone's up for food and drinks and so we head to **E.P. & L.P.**, which is just around the corner. They serve really great food, and you can have drinks at their beautiful rooftop bar, from which you can spot the Hollywood sign, which is pretty cool. Our favourite drink at the moment is a good Moscow Mule. Another famous place to have drinks and dinner, especially if you're a musician or an actor, is the **Chateau Marmont**. At the **Erwin** we like to have a sundowner once in a while, as they also have a kick-ass rooftop terrace. One of the oldest bars in Venice is **Hinanos**, a total(ly famous) dive bar, where, back in the day, The Doors played gigs, and they still have great blues bands playing there. It's basically beers and burgers, but the burgers are great so nobody's complaining.

For a fancy dinner we'd recommend **Gjelina** which is quite simply the best restaurant in town. The food is mouthwatering and it's perfect for sharing! Abbot Kinney, the street where you can find Gjelina, is also home to some other great locales, like the French restaurant **Zinqué** and the seafood locale **Salt Air**.

The Rose Café on Rose Avenue has just reopened and also serves delicious food, as does **Thai Vegan** in Santa Monica, a regular lunch spot of ours. It's cheap, it's good food, and it's vegan!

If you're feeling hungry for culture instead, be sure to check out the **Getty Center**, from where you incidentally also have a great view of the city. The perfect place for a rainy Sunday is **The Lacma Museum**, which is free for kids aged eighteen and under, and those kids can then take another adult along free of charge.

Another spot worth mentioning is **Venice Beach Wines**, which is basically Kristian's second living room. When he moved to Venice twelve years ago, there was nothing on Rose Avenue at all, and Venice Beach Wines was the first place that opened up there.

Rose Avenue was a wasteland back then and everybody thought it would be a terrible idea to open up a bar there, but these days there's a lot going on on Rose, the street is virtually crowded with restaurants and bars.

In the end though – we have to admit – sometimes home is the best place to be, and we love to have big family dinners at our houses, which to be honest, is still quite a typically L.A. thing to do.

We stay in the Westside after we've had dinner and, when you're here, it's always a good idea to try and find out if there's a secret gig or the like happening at the **Town House**. They have top artists playing secret shows here every once in a while, and regular nights are always fun, too. Good music, good DJs, good parties (Burlesque Nights!), what more can you ask for? Upstairs it's a dive bar, downstairs an old bar which reminds one of the prohibition era, and not because they're trying to be retro or anything, but the house was actually built in those times.

Then there's **The Brig** on Abbot Kinney, which is a must-visit on Tuesdays, when awesome jazz bands play the stage.

You see there is more than you can wish for to do in L.A. and especially in Venice. Have fun!

*Enjoy exploring,
The Great Escape*

SURFRIDER BEACH

BEACH

Malibu Surfrider Beach, Pacific Coast Highway, Malibu, California, USA

A favourite surf spot of ours.



GROUNDWORK COFFEE

CAFÉ

671 Rose Avenue, California, USA
www.groundworkcoffee.com

Grab a coffee and an Egg McLovin at this cool café before you launch into the day.



FLAKE

CAFÉ

513 Rose Avenue, California, USA
www.veniceflake.com

Get the Supercrojo here. Trust us, just do it.



MOON JUICE

CAFÉ

507 Rose Avenue, California, USA
www.moonjuiceshop.com

Although we have made fun of this place, the juice here is actually fantastic. If you can afford it.



GJUSTA

CAFÉ

320 Sunset Ave, Venice, California, USA

www.gjusta.com

The bread here is fantastic and can even hold a candle to German bread, which is no small feat.



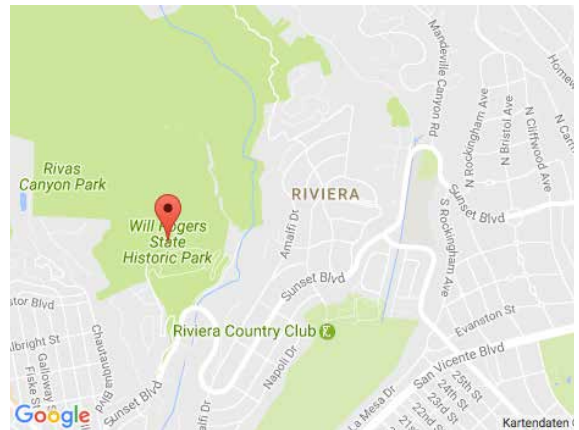
WILL ROGERS STATE PARK

ESCAPE

Will Rogers State Historic Park, Los Angeles, California, USA

www.parks.ca.gov/?page_id=626

This park is perfect for hiking and picnics.



TEMESCAL CANYON

ESCAPE

Temescal Canyon Park, Los Angeles, California, USA

The beautiful Inspiration Loop Trail of the Temescal Canyon will reward you with a stunning view over the ocean.



HENSON RECORDING STUDIOS

ARTS & CULTURE

1416 N La Brea Ave, Los Angeles, California, USA

www.hensonrecording.com

The Henson Recording Studios complex is one of the most renowned in the music industry. Superstars like John Lennon and Joni Mitchell have recorded major hits here, as have many other Hollywood legends.

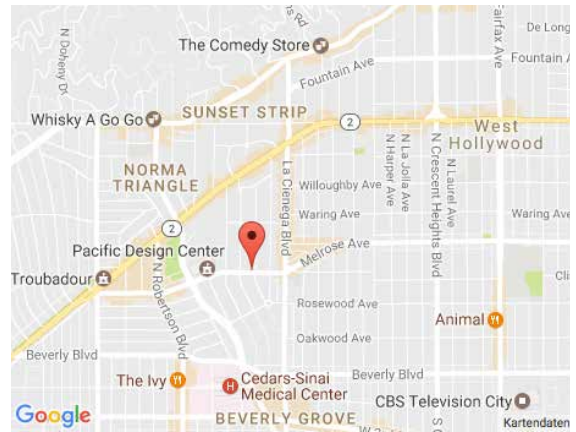


URTH CAFÉ

CAFÉ

8565 Melrose Avenue, West Hollywood, California, USA
www.urthcaffe.com

Grab a coffee and do some celebrity-spotting as you bask in the vibrant atmosphere of Hollywood.



GETTY CENTER

ARTS & CULTURE

1200 Getty Center Drive, Los Angeles, California, USA
www.getty.edu

The Getty Center is not only a museum well worth seeing, it also provides its visitors with a nice view over the city.

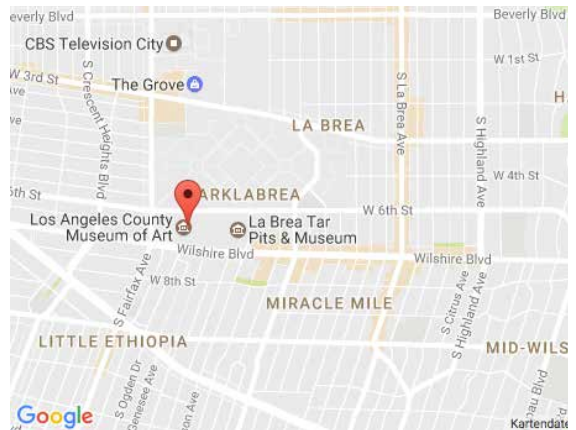


THE LACMA MUSEUM

ARTS & CULTURE

5905 Wilshire Blvd, Los Angeles, California, USA
www.lacma.org

LACMA is the largest art museum in the western United States, with a huge collection of art pieces from antiquity to the present. The family discounts are great, too!



E.P. & L.P.

RESTAURANT

603 N La Cienega Blvd, West Hollywood, California, USA
www.eplosangeles.com

E.P. is the Asian eatery, L.P. the rooftop bar. The food, the drinks, the location – everything here is pretty sweet.



CHATEAU MARMONT

RESTAURANT

8221 Sunset Blvd, West Hollywood, California, USA

www.chateaumarmont.com

This is where they all meet: musicians, producers, actors and anybody else who fancies a beautiful lunch or dinner in an exclusive setting.



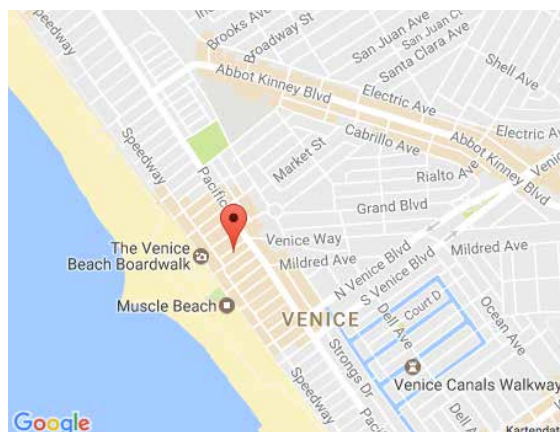
HOTEL ERWIN

BAR

1697 Pacific Ave, California, USA

www.highvenice.com

The rooftop terrace is ideal for a laid-back sundowner.



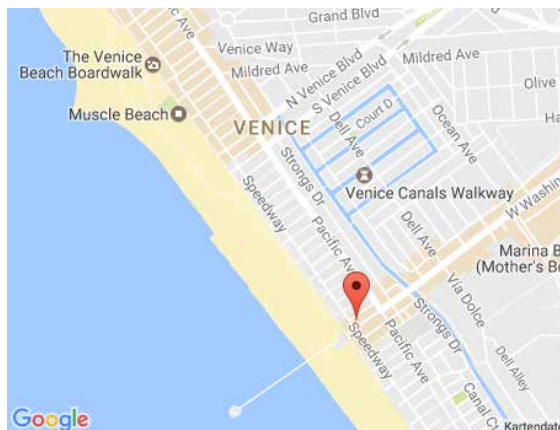
HINANOS

BAR

15 W Washington Blvd, Los Angeles, California, USA

www.hinanocafevenice.com

This dive bar, close to the beach, is a temple of live music, beers and burgers.



GJELINA

RESTAURANT

1429 Abbot Kinney Blvd, California, USA

www.gjelina.com

This is the best restaurant in town, for sure. The cuisine is based on delicious simplicity and a love of sharing. Come here with good friends, sit in the backyard, and order as much as you can manage.

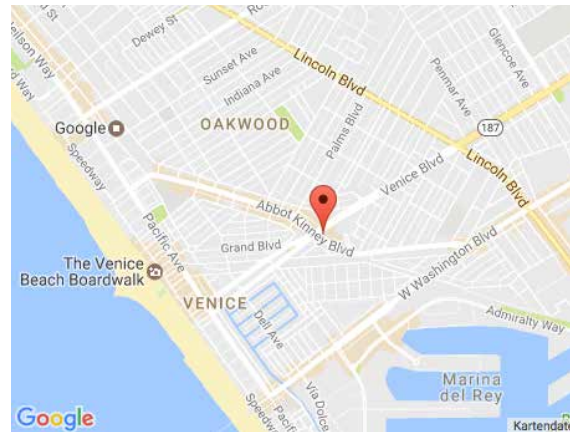


ZINQUÉ

RESTAURANT

600 Venice Blvd, Venice, California, USA
www.lezinqué.com

This french restaurant is a great food place and the bar is alright as well. Sit out in the patio on warm summer nights and enjoy their delicious tartines.

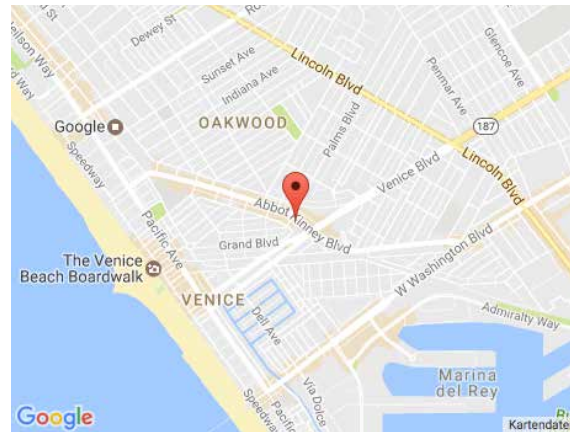


SALT AIR

RESTAURANT

1616 Abbot Kinney Blvd, California, USA
www.saltairvenice.com

Salt Air rocks a cool bohemian vibe and an interior inspired by Mediterranean design. The seafood is exceptional.



THE ROSE CAFÉ

RESTAURANT

220 Rose Avenue, California, USA
www.rosecafevenice.com

The Rose Café just reopened recently and is the place to be when on Rose Avenue, known for its local Southern California cuisine and wines.



VENICE BEACH WINES

RESTAURANT

529 Rose Avenue, California, USA
www.m.mainstreethub.com/venicebeachwines

A classic on Rose Avenue and the first bar that opened up here. The quality of wine and food you get here makes it worth every penny.



TOWN HOUSE

MUSIC

52 Windward Avenue, California, USA
www.townhousevenice.com

Amazing parties in an awesome location. Keep an eye out for secret shows by renowned artists!

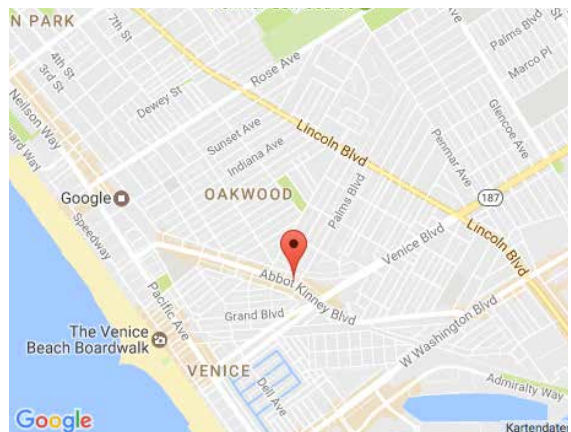


THE BRIG

MUSIC

1515 Abbot Kinney Blvd, California, USA
www.thebrig.com

On Tuesdays, superb jazz bands play live on stage, and it's always a pleasure to have a drink, listen to the music and play some billiard there.



THAI VEGAN

RESTAURANT

2400 Main St, Santa Monica, California, USA
www.thaivegansantamonica.com

The Thai vegan food here is so good, you'll forget to miss meat and dairy.

