

# 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.

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

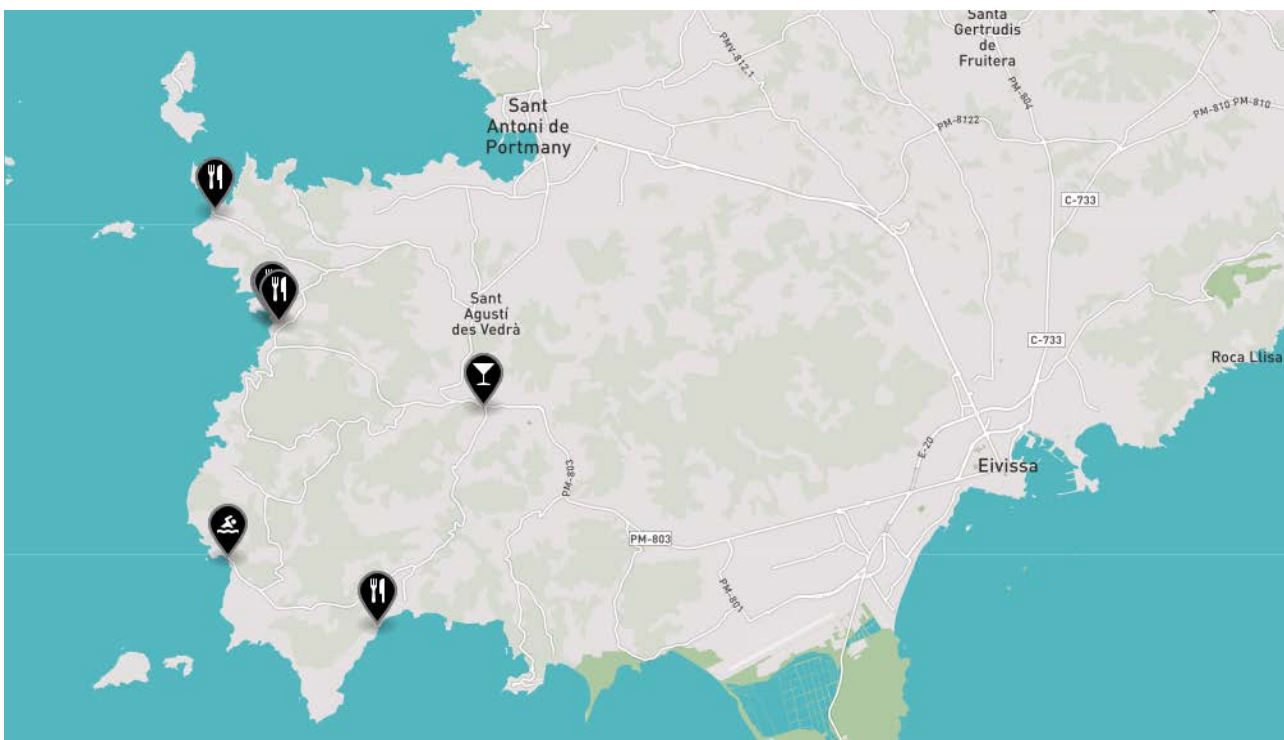
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24 HOURS IN

## *Ibiza West*

**BY THE ROOSES**

Travel Family | Lovers | Urban Nomads



## OUR PERFECT 24 HOURS IN IBIZA WEST

We start our perfect 24 hours on Ibiza's western side with a delicious breakfast, some yoga, and a swim at our beautiful eco finca which we booked at FeWo-direkt. It's located 20 minutes north of Ibiza Town and close to San Rafael - a cute little village.

Today we feel like hanging out at the beach, so we head to a small bay at **Cala Tarida** on the island's west coast. Make sure you choose one of the small bays right next to the main beach where you'll meet less tourists and more locals. It's a beautiful day and this place is perfect for snorkelling and playing in the sand.

After a while we start to get hungry and decide to walk over to **Cotton Beach Club** for a bite. From there, we have a beautiful view over the beach and the ocean. If you prefer something more simple and personal, head to family-run restaurant **Ses Eufabies**.

We continue our west coast tour at **Cala d'Hort** from with great views of the thalassic rock Es Vedrá. There are many myths and legends about this mysterious rock. Some people even claim they saw UFOs circling around the little island. It has a strong magnetic field and you'll definitely feel a certain mysterious force surrounding the place. Go and see for yourself! :)

Since we're on the west coast, we definitely don't want to miss the spectacular sunset, which we enjoy sitting at **Sunset Ashram**. With a drink in our hands we watch the sailboats and a lone stand up paddler with his son.

To end this perfect day we have dinner at beach restaurant **Ses Boques** – the drive there is spectacular and the fresh baked fish with a salt crust is too good to be true. While waiting for the food we toss some stones into the water and enjoy the cool breeze.

On the way back to our holiday home we stop for a drink at **Destino Tapas Bar**. Fulfilled and happy we fall into our beds. Thank you, life! What a beautiful day.

*Enjoy exploring,  
The Rooses*

## **CALA TARIDA**

### **BEACH**

Carrer Posta de Sol, 21, 07829 Sant Josep de sa Talaia, Illes Balears, Spain

This is the perfect beach to visit with children, with a wide section of shallow water next to the shore.

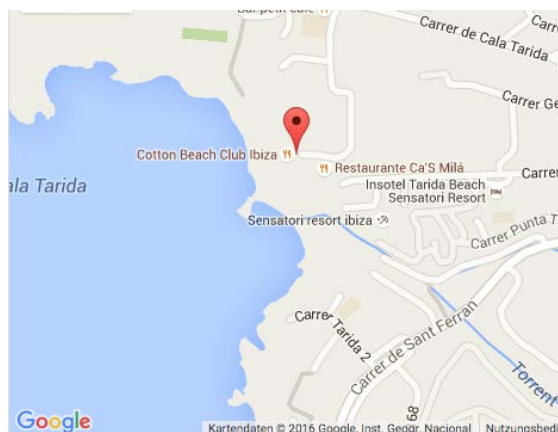


## **COTTON BEACH CLUB**

### **RESTAURANT**

Carrer Posta de Sol, 21, Sant Josep de sa Talaia, Spain  
[www.cottonbeachclub.com](http://www.cottonbeachclub.com)

You will think this is heaven - white interior all over, a stunning view, and mouth-watering cuisine.

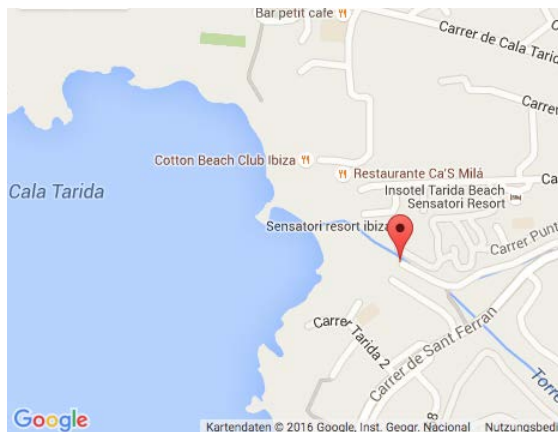


## **SES EUFABIES**

### **RESTAURANT**

Carrer Tarida 1, 19, 07829 Sant Josep de sa Talaia, Illes Balears, Spain  
[www.eufabies.com](http://www.eufabies.com)

A cozy, down to earth beach restaurant offering a great menu.



## **CALA D'HORT**

### **BEACH**

Cala d'Hort, Balearen, Spain

This beach is very popular, even with locals, and has a great view of the legendary island Es Vedrá.



## SUNSET ASHRAM

### RESTAURANT

Cala Conta, 07829 Sant Josep de sa Talaia, Illes Balears, Spain

[www.sunsetashram.com/en](http://www.sunsetashram.com/en)

This is the place to be for breathtaking sunsets and sundowners.



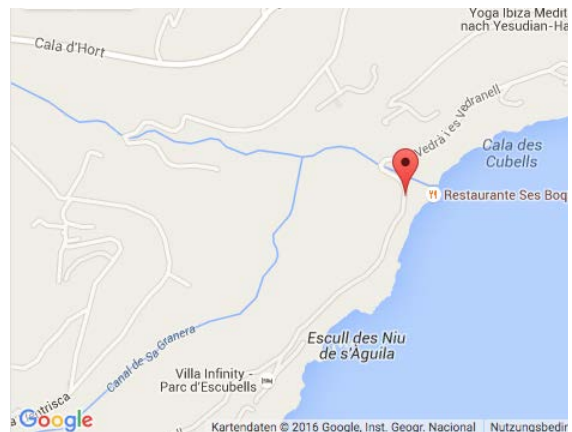
## SES BOQUES

### RESTAURANT

Es Vedrà i es Vedranell, 07839 Sant Josep de sa Talaia, Illes Balears, Spain

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

This restaurant is located directly at the beach which means while you're enjoying the most delicate fish, your kids can play in the sand right next to the table.



## DESTINO TAPAS

### BARS & CLUBS

Carrer sa Talaia, 14-16, 07830 Sant Josep de sa Talaia, Illes Balears, Spain

Have your nightcap and dessert at this authentic lovely tapas bar.

