# **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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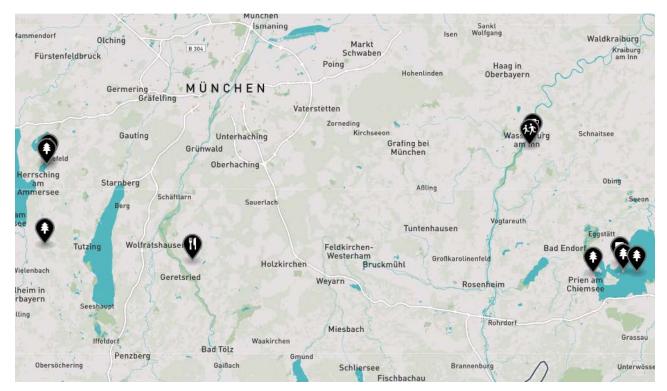
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# 24 HOURS IN

# Munich

# BY MARTIN PENNER

Adventurer | Outdoorsman | Architect



#### **OUR PERFECT 24 HOURS IN MUNICH**

We start in the afternoon, jump into the car, and leave Munich on A95 or A96. In just a few minutes, we spot the Alps.

Our first stop is **Pilsensee lake**, where we have a coffee (or a Russn-Halbe plus Obazda) at **Seehaus**, hang out in the cozy outdoor lounge, and enjoy the great view across the lake with the fabulous mountain range backdrop. The kids play at the waterside and if we want to go for a little SUP ride, "**Bavarian Waters**" is just next door, with a range of boards to rent. A few minutes later we're gently afloat on the beautiful lake, paddling to the opposite shore, and looking at the gorgeous lakeside villas and wooden boat houses, wondering which one we'd like most to call our own.

After this, we head along the shore of Ammersee lake to the village of **Pähl**, park the car at Sternstraße 11 (the one with a weird turtle habitat in the front garden), and look for the sign "ZUR SCHLUCHT". We start a fascinating hike through the woods into a natural canyon with giant trees, climbing over the ones that crisscross the narrow valley. We marvel at the extraordinary scenery, following the trail along the stream, past an ancient mill house and into the canyon. We end up in an open cave, formed by a waterfall. It's a magic spot and a great picnic place. Walk behind the waterfall if you dare! It's a truly hidden gem.

Hiking back to the car, we get hungry and decide to head to our favourite tavern: **Landgasthof Lacherdinger** in Ascholding. They have a cozy beer garden and a delicious selection of alpine food with a mediterranean touch, like "vitello tonnato and rösti". The kids quickly place their orders and run to the outdoor playground, the rabbit hutch and, most important, the outdoor pingpong table.

We could go on drinking beers and grappa and even spend the night in one of their rooms — but we decide to head to the "Bavarian sea" and start a one-hour scenic driving to **Chiemsee**! At the end of the road "Forellenweg" in Prien we find a **secluded spot** right on the shore, roll out our sleeping bags, and enjoy the quiet beneath the stars. We get up at dawn, go for a run in the neighbouring nature reserve, have an early swim, and watch the sunrise, sitting on the wooden jetty. Absolutely fantastic. A couple of locals show up, this is THE spot for a morning swim.

Now it's time for a great breakfast! We go to <u>Bagel & Coffee</u> right at Gstadt harbour. They have the most delicious selection of organic food - try their grand "glowing green smoothie". Excellent! As we hang out in the morning sun, we spot the beautiful <u>Fraueninsel</u>, an ancient nunnery island, and a guy renting wooden rowboats, Mister Heistracher. So we push a boat onto the lake and row.

Local fishermen sell freshly smoked trout from their wooden kiosks along the footpath around the island, a delicious savoury treat. Of course we indulge. We return from our row, sit on the shore, dip our feet into the water and watch sail boats passing by with the alpine panorama in the distance. We feel like we've been on a long journey, but in fact we're on Munich's doorstep.

We then take country roads back to the city, with enough time for a short stop in <u>Wasserburg</u> <u>am Inn</u> - a medieval place with Italian flair, sitting on a beautiful river bend. We enter the town by crossing a bridge that leads to an ancient gate in the wall. We stroll along the coloured facades and have a Datschi (cake) at <u>Café Obermaier</u> before heading back to Munich.



#### PILSENSEE

ESCAPE

Pilsensee, Seefeld, Deutschland

From Munich to Pilsensee only takes you about 45 minutes.



# SEEHAUS | BAVARIAN WATERS

**ESCAPE** 

Am Pilsensee 2, Seefeld, Deutschland

SUP Station Pilsensee is a great place to get into standup paddling. Pilsensee is one of the smaller lakes in the "Fünfseenland", the water is calm and shallow near the shore. Guido and his team created an SUP test centrea vintage caravan with a bunch of coloured flags and a selection of boards for every level. You can hire one on your own or book a coach if you want to.



### DIE PÄHLER SCHLUCHT

ESCAPE

Pähler Schlucht, Pähl, Deutschland

A hidden gem in the Bavarian hills between Munich and the Alps! Bring a picnic and have an adventure on a 1-hour hike into a jungle canyon with a marvelous waterfall. Kids are thrilled to spot a "magician's castle" on the hilltop and an abandoned mill house deep in the forest. The little valley with fallen trees and a nice stream is a vast playground - you can spend the whole day here and forget you're just an hour away from busy Munich.



#### LANDGASTHOF LACHERDINGER

RESTAURANT

Hauptstraße 7, Dietramszell, Deutschland www.lacherdinger.de

A non-touristy "Wirtshaus" in my favorite rural village south of Munich. They treat you like a friend, and serve really great food. The only place where my kids order salad! Nice beer garden, safe playground, cozy "Kachelofen Stubn".



#### CHIEMSEE

ESCAPE

Chiemsee, Traunstein, Deutschland

Also called "the Bavarian sea".



# SECRET CAMPING SPOT IN PRIEN

**ESCAPE** 

Kirchenstraße 5, München, Deutschland www. buchpalastmuenchen.de

Well-stocked bookshop.



# **BAGEL & COFFEE**

CAFÉ

Seeplatz 4, Gstadt am Chiemsee, Deutschland www.chiemsee-coffee.de

Most delicious selection of organic and yummy food, try their "glowing green smoothie", excellent!

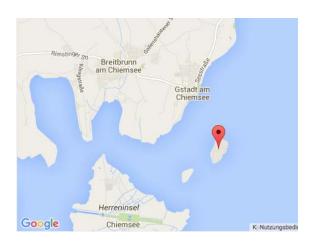


#### FRAUENINSEL

ESCAPE

Fraueninsel, Chiemsee, Deutschland

An ancient nunnery island accessible by boat.



#### **WASSERBURG AM INN**

**ESCAPE** 

Wasserburg am Inn, Deutschland

Medieval town with Italian flair - the perfect destination for a cup of coffee before heading back to Munich.



# CAFÉ OBERMAIER

CAFÉ

Marienpl. 21, Wasserburg am Inn, Deutschland

Delicious cakes!

