# **NECTAR & PULSE**

LIFE IS A JOURNEY



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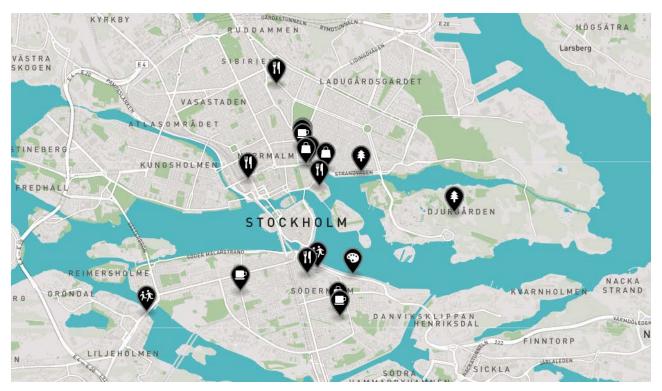
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24 HOURS IN

# Stockholm

# BY EWA OSZLOWSKA

Secret Bartender | Bon Vivant | J.K. Rowling Fan



# MY PERFECT 24 HOURS IN STOCKHOLM

I wake up to the sounds of the dog lovers association (aka the dog owners of Södermalm) who have made it a morning routine to meet just outside my window. The excited dogs are accompanied by the scared seagulls creating a very lively, but not so pleasant alarm clock. I somewhat grumpily close the window and realize I might as well get up.

I grab my gear and head for a morning run along <u>Arstaviken</u> which offers some beautiful views of the waterfront. You can feel fall in the air. On the way back, I stop at <u>Fabrique</u> and <u>Urban</u> <u>Deli</u> to buy breakfast and some pralines from <u>Pärlans</u>. Back at home I treat myself to a huge latte while scrolling through social media.

After a quick shower I decide to check out the Inez & Vinoodh exhibition at **Fotografiska**; it's one of my favourite museums and solely dedicated to photography. They often have very good exhibitions and since it's still relatively early I enjoy walking around in the huge space accompanied by just a few fellow visitors. Outside the museum I rent a bike and take the short route via Old Town into the city to check out the new fall collections in stores. **Biblioteksgatan** and the surrounding area are especially good if you're looking for Swedish fashions such as ACNE, COS, Rodebjer, Hope, Filippa K, and Tiger. I find a good pair of jeans at **ACNE** and head to **&Other Stories** for some fun accessories.

I like the atmosphere of this area on a weekend afternoon - people are strolling, meeting up with friends, or having a late lunch at one of the many cafes and restaurants. Walking out from &Other Stories I decide to make a pit stop at **Sempre**, where Italian baristas serve the best coffee outside of Italy. Since they always sigh when I order a latte, I go for a macchiato instead. Acknowledging my efforts to embrace Italian coffee culture, the barista rewards me with a free biscotti.

It's the perfect weather to go for a walk so I head to <u>Strandvägen</u> on my way to <u>Djurgården</u>. Of course I stop by at <u>Svenskt Tenn</u> to admire the beautiful Josef Frank patterns. I really love the fact that I can walk everywhere in this city of Stockholm and that each turn reveals another beautiful view of the city.

When getting close to Djurgården, a friend calls to see if I want to meet up at **Hallwylska bar**. I have no problem ditching my healthy walk for an unhealthy French75 so we meet up at the museum's beautiful courtyard. After a lot of laughs and way too many drinks before five o'clock we decide to load up on carbs. We consider going to **Råkultur** and have a maki orgy, or to **B.A.R.** to enjoy some grilled fish, but we're joined by our third musketeer and we figure **Luzette** is much closer.

Designed by Jonas Bolin, who used primarily Swedish materials such as limestone, tile, brass, and wood, Luzette is inspired by classic restaurants in central stations. Needless to say, I love it. I somehow always end up ordering the steak tartare as a starter and today I'm also in the mood for the grilled lobster. A nice day deserves a celebration.

We enjoy a long dinner discussing all things human and then feeling content and a little stuffed we decide to go for an evening walk in Stockholm town. At one point we reach **Katarinavägen** and marvel at the picturesque view of the city lights. This is probably the most famous view of Stockholm and no matter where I go, I always carry it with me in my head. Hearing the laughter from Gröna Lund, the amusement park located just across the water, we decide we're not yet done with the evening, so we head to **Mosebacketerassen** for a final drink. As always it's packed with people and we find some familiar faces in the crowd. When the bartender starts suggesting water, we think it might be a good idea to head home. We walk arm in arm to stay warm and I think about how I love the days when nothing turns out as planned.



#### ÅRSTAVIKEN

ESCAPE

Södertäljevägen, 117 61 Stockholm, Schweden

Stretching from Hammarbyslussen to Liljeholmsbron, this is a beautiful recreational area where people can walk, jog, bike, swim, and enjoy the calmness and views on the water. There are a few cafes scattered along the way if you get tired. A nice route is from Eriksdalsbadet to Hornstull or the other way around.

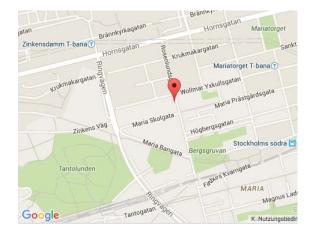


#### FABRIQUE

CAFÉ

Rosenlundsgatan 28B, Stockholm, Schweden

A chain of traditional wood-fired bakeries offering delicious fresh baked bread, rolls, and cakes. The place on Rosenlundsgatan has an adjoining café with windows looking into the bakery. Don't miss the blueberry buns!



#### URBAN DELI

CAFÉ

Nytorget 4c, Stockholm, Schweden

A mix of grocery store, bakery, restaurant, and bar. Good for breakfast, drinks, and everything in between. Take a latte to go and sit in the park across the street, or choose the sidewalk terrace for a sit down meal. One of my favourite places in town! There are numerous locations, but the one in Sveavägen has a rooftop bar.



# PÄRLANS KONFEKTYR

SHOP

Nytorgsgatan 38, Stockholm, Schweden

A small shop selling addictive handmade caramel pralines the way Swedish grandmothers used to make them. The shop itself is worth a visit because of the décor, the music, and the staff that look like they've been transported here straight from the 1950's.



# **FOTOGRAFISKA**

ARTS & CULTURE

STADSGÅRDSHAMNEN 24, 116 45 Stockholm,

Housed in a former industrial Art Nouveau style building this museum is solely dedicated to photography. They've shown works by Annie Leibovitz, David LaChapelle and Nick Brandt, among others. The top floor hides a café and one of the best restaurants in Stockholm, both offering a breathtaking view of the city. The outdoor bar is also a concert venue in the summer and the museum offers photography courses.



# BIBLIOTEKSGATAN

SHOP

Biblioteksgatan, Stockholm, Schweden

Especially good if you're looking for Swedish fashion.



#### **ACNE STUDIOS**

SHOP

Norrmalmstorg 2, Stockholm, Schweden

Famous Swedish fashion brand offering clothing and accessories. The store is located in a former bank, and they've kept the vault. Best jeans on the planet. Several locations. For collection samples, one of a kind pieces, and sale items check out the ACNE Archive stores located in Vasastan and Södermalm.



#### **&OTHER STORIES**

SHOP

Biblioteksgatan 11, Stockholm, Schweden

Part of the H&M group, &OtherStories offers modern designs in bold colours and often collaborates with famous personalities from the fashion and art world on their collections. Their beauty range is developed by Ben Gorham of Byredo fame. It's worth checking out is the makeup counter and the jewelry.



# SEMPRE ESPRESSO BAR

CAFÉ

Jakobsbergsgatan 5, Stockholm, Schweden

The best coffee outside of Italy. Small space where you have your espresso by the bar while chatting with the baristas. Italian pastries, paninis, and prosecco are also offered, but you come here for the coffee. Not to be missed!

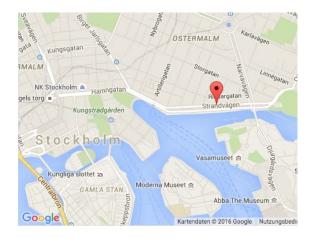


# STRANDVÄGEN

**ESCAPE** 

Strandvägen, Stockholm, Schweden

Nice boulevard to stroll along.

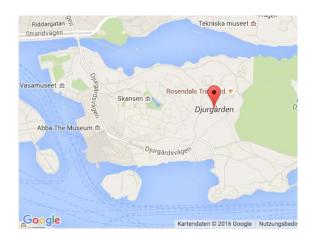


# DJURGÅRDEN

ESCAPE

Djurgården, Stockholm, Schweden

A beautiful island in Stockholm's east end.



# SVENSKT TENN

SHOP

Strandvägen 5, Stockholm, Schweden

The Swedish interior design company has been located at the same address since 1927. Beautiful furniture - posh, fancy, and pricey. But worth a visit, especially for the Josef Frank patterns that can be found on different furniture and accessories throughout the store.



# HALLWYLSKA

BAR | ARTS & CULTURE Linzer Gasse 4, Salzburg, Österreich www.gollhoferoptik.at

The coolest and best looking sunglasses.

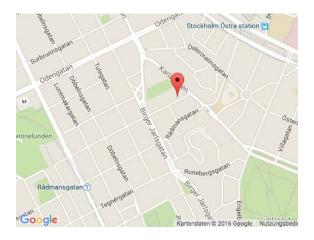


# RÅKULTUR

# RESTAURANT

Kungstensgatan 2, Stockholm, Schweden

Located in an old locker room in the Stockholm School of Ballet is the best sushi restaurant I've come across... ever. The maki and the special maki rolls are not only delicious but small pieces of art. Open during lunch and dinner. Situated just above Råkultur is Esperanto (same owner), considered the best restaurant in Sweden.



#### B.A.R

# RESTAURANT

Blasieholmsgatan 4A, Stockholm, Schweden www.restaurangbar.se

B.A.R. is the third restaurant from the award-winning chefs and gastronomic visionaries, Henrik Norström, Peter Johansson, and Daniel Frick. Great for fish!



#### LUZETTE

# RESTAURANT

Centralplan 25, Stockholm, Schweden

The name of this spot comes from the word luz (light) and is inspired by a luminaire that Peter Behrens designed in the 1920s, found in Stockholm Central Station. A more modern version can be found in the restaurant. The modern brasserie contains a dining area, bar, outdoor dining space, and a takeout counter. Famous chef Tommy Myllymäki is the head creative. A visit is strongly recommended.

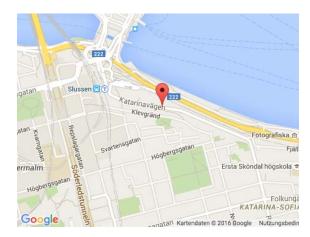


# KATARINAVÄGEN

# **ESCAPE**

Katarinavägen, Stockholm, Schweden

Stretches from Slussen into Fjällgatan. If you've ever received a postcard from Stockholm, chances are good the photograph was taken here. Best view of the city, located just above Fotografiska museum. Feel free to continue on Fjällgatan to stroll through buildings of cultural interest. #nofilter needed. And the best part? It's free!



# MOSEBACKENTERASSEN

# RESTAURANT

Mosebacke torg 6, Stockholm, Schweden

Biergarten located above Katarinavägen and the views only get better with each pint from the small indie breweries. No reservations. Only open in summer.

