

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, Ibiza, London, Iceland, Oman, Maldives ... ?

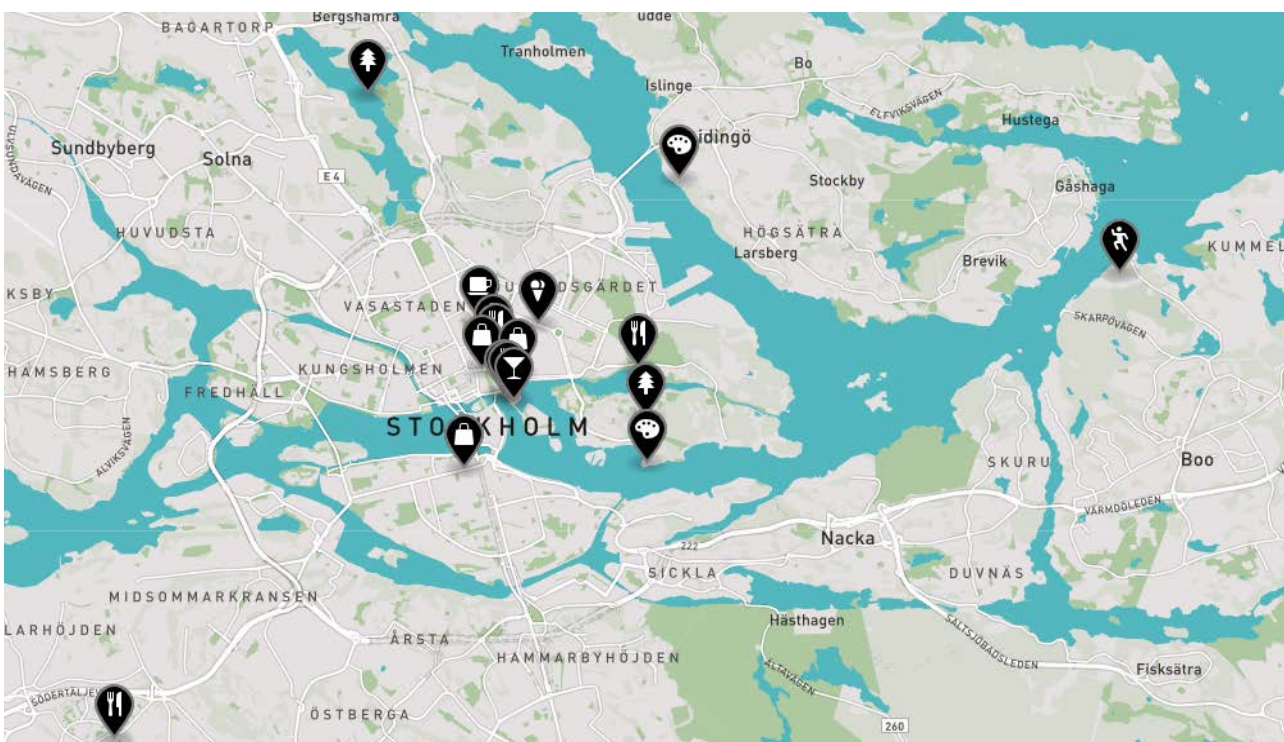
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24 HOURS IN

Stockholm

BY HANNA OSZLOWSKA

Business lady | Mum | Food lover



MY PERFECT 24 HOURS IN STOCKHOLM

My perfect day starts with a cup of coffee and the newspaper in the morning. A little later I have breakfast at **Saturnus** with my closest friends or I savour a delicious cream bun at the well-known bakery **Tösseba-geriet**. Afterwards I treat myself with a well-deserved massage at the Japanese spa **Yasuragi**. If it's winter I go ice-skating on **Brunnsviken** or take a long walk on **Djurgården**, followed by lunch at **Långbro Vårdshus** and some window shopping in the city, preferably at **Biblioteksgatan**.

Other good lunch places are **Villa Källhagen** or **Prinsen** which both serve typical Swedish dishes. Then I like to visit some galleries. One of my favourite museums is the **Prince Eugene Art Museum** which has a unique collection of Scandinavian paintings and sculptures from the turn of the last century. It's located on Djurgården.

Although I'm just strolling around in the city I might spontaneously buy a piece of furniture at **Svenskt Tenn**. They sell stunning furniture, lamps, and textiles. Come to think of it, a piece of jewellery might be easier to carry, so I head to **Efva Attling** to take a look. I might also stop by **Nordiska Kompaniet**, the best department store with all top brands and many Swedish ones.

Afterwards I take another walk and enjoy the sculptures of **Millesgården**. At 5 o'clock I'm having tea at the **Grand Hôtel** with scones, clotted cream, and jam. In the evening, I either go to see a comedian, a play, or I have dinner at **Mathias Dahlgren** with as many friends as I can gather. To top this perfect day, I enjoy a bottle of champagne on the rooftop terrace of the **Lydmar Hotel** and take great pleasure in experiencing the view over my hometown, Stockholm.

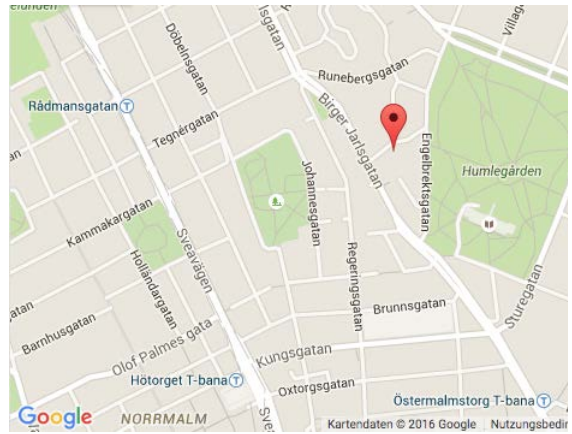
*Enjoy exploring,
Hanna*

SATURNUS

CAFÉ

Eriksbergsgatan 6, Stockholm, Sweden
www.cafesaturnus.se

Everything here is made with love.

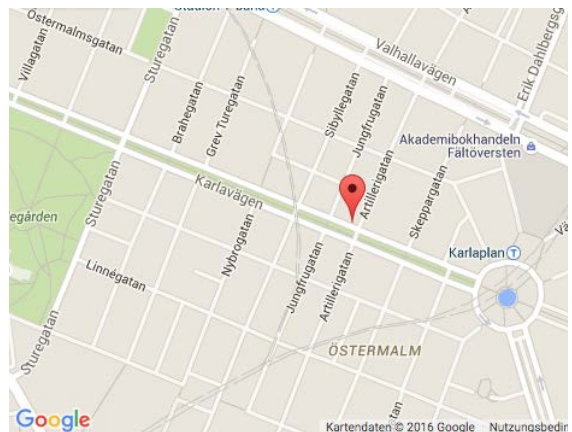


TÖSSEBAGERIET

SWEETS

Karlavägen 77, Stockholm, Sweden
www.tosse.se/#_=_

A Swedish patisserie.

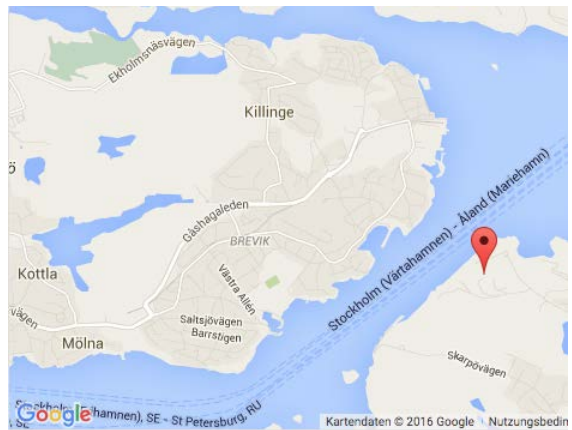


YASURAGI

FITNESS & HEALTH

Skärgårdsvägen 158, Värmdö, Sweden
www.yasuragi.se

A good quick-stop on the way to Björkviks havsbad to buy fresh salads, pastries, sandwiches and good coffee!



BRUNNSVIKEN

ESCAPE

Brunnsviken, Sweden

A lake between Stockholm and Solna.



DJURGÅRDEN

ESCAPE

Djurgården, Stockholm, Sweden

Perfect for long walks and enjoying Stockholm's fresh air.

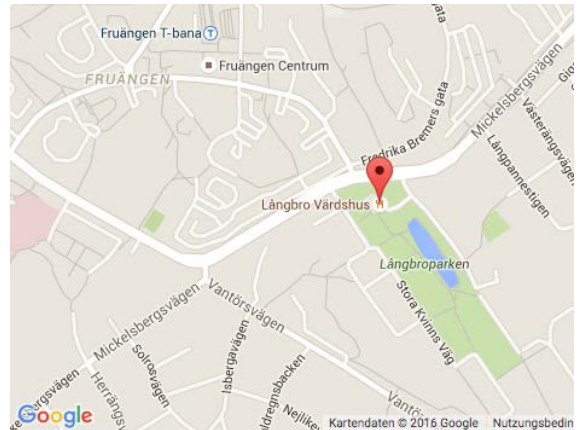


LANGBRO VÄRDShUS

RESTAURANT

Stora Mans Väg 4, Älvsjö, Sweden
www.langbrovardshus.se

Delicious brunch buffet on weekends.



BIBLIOTEKSGATAN

SHOP

Biblioteksgatan, Stockholm, Sweden

Find big brands like Longchamp, Filippa K. and J. Lindeberg.



VILLA KÄLHAGEN

RESTAURANT

Djurgårdsbrunnsvägen 10, Stockholm, Sweden
www.kallhagen.se/en

A nice restaurant in a lush surrounding.

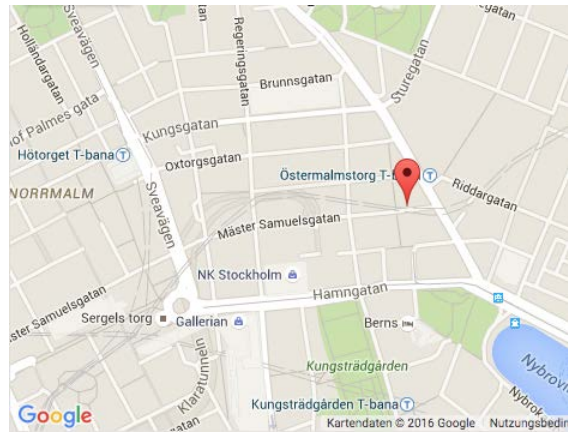


PRINSEN

RESTAURANT

Mäster Samuelsgatan 4, Stockholm, Sweden
www.restaurangprinsen.eu

Classic Swedish dishes in a nice atmosphere.

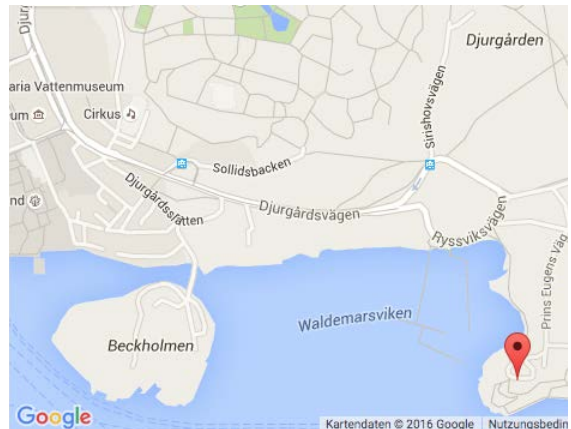


PRINCE EUGENE ART MUSEUM

ARTS & CULTURE

Prins Eugens Väg 6, Stockholm, Sweden
www.waldemarsudde.se

Unique collection of Scandinavian art.

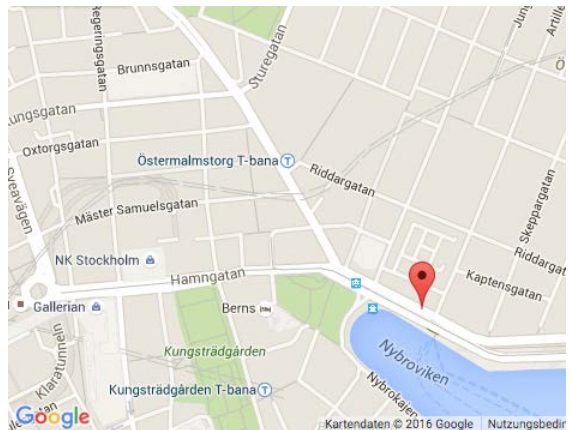


SVENSKT TENN

SHOP

Strandvägen 5, 114 51 Stockholm, Sweden
www.svenskttenn.se

A Swedish design company launched in Stockholm in 1924.

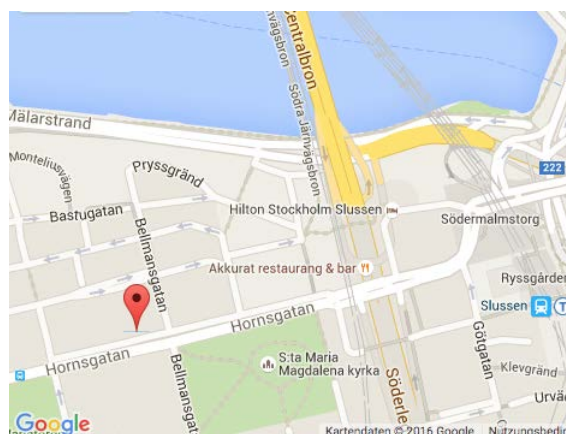


EFVA ATTLING

SHOP

Hornsgatan 44, Stockholm, Sweden
www.efvaattling.com

This jewellery designer's slogan is „Beauty with a thought.“



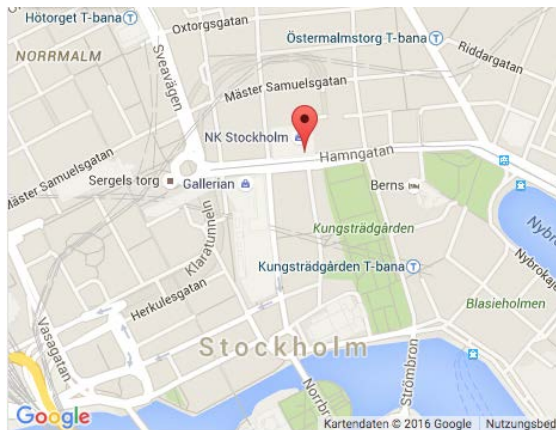
NORDISKA KOMPANIET

SHOP

Hamngatan 18-20, Stockholm, Sweden

www.nk.se/stockholm

A store with many well-known Swedish brands.



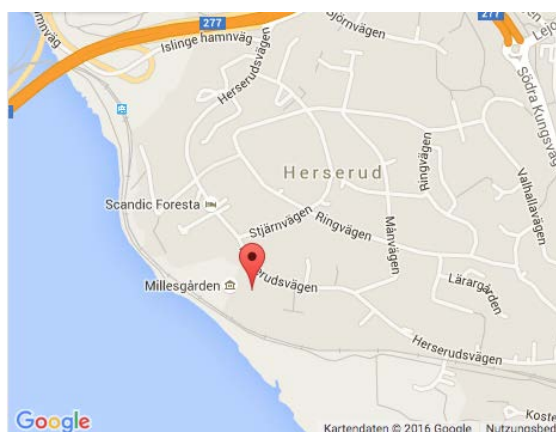
MILLESGÅRDEN

ARTS & CULTURE

Herserudsvägen 32, Lidingö, Sweden

www.millesgarden.se

A museum inside the sculpture park of Lidingö.



GRAND HOTEL

CAFÉ

Södra Blasieholmshamnen 8, Stockholm, Sweden

www.grandhotel.se/en

Luxurious hotel with waterfront views.



MATHIAS DAHLGREN

RESTAURANT

Södra Blasieholmshamnen 6, Stockholm, Sweden

www.grandhotel.se/en/food-beverage/mathias-dahlgren

An exclusive dinner spot inside the Grand Hotel.



LYDMAR HOTEL

BARS & CLUBS

Södra Blasieholmshamnen 2, Stockholm, Sweden

www.lydmar.com

The best view over Stockholm.

