

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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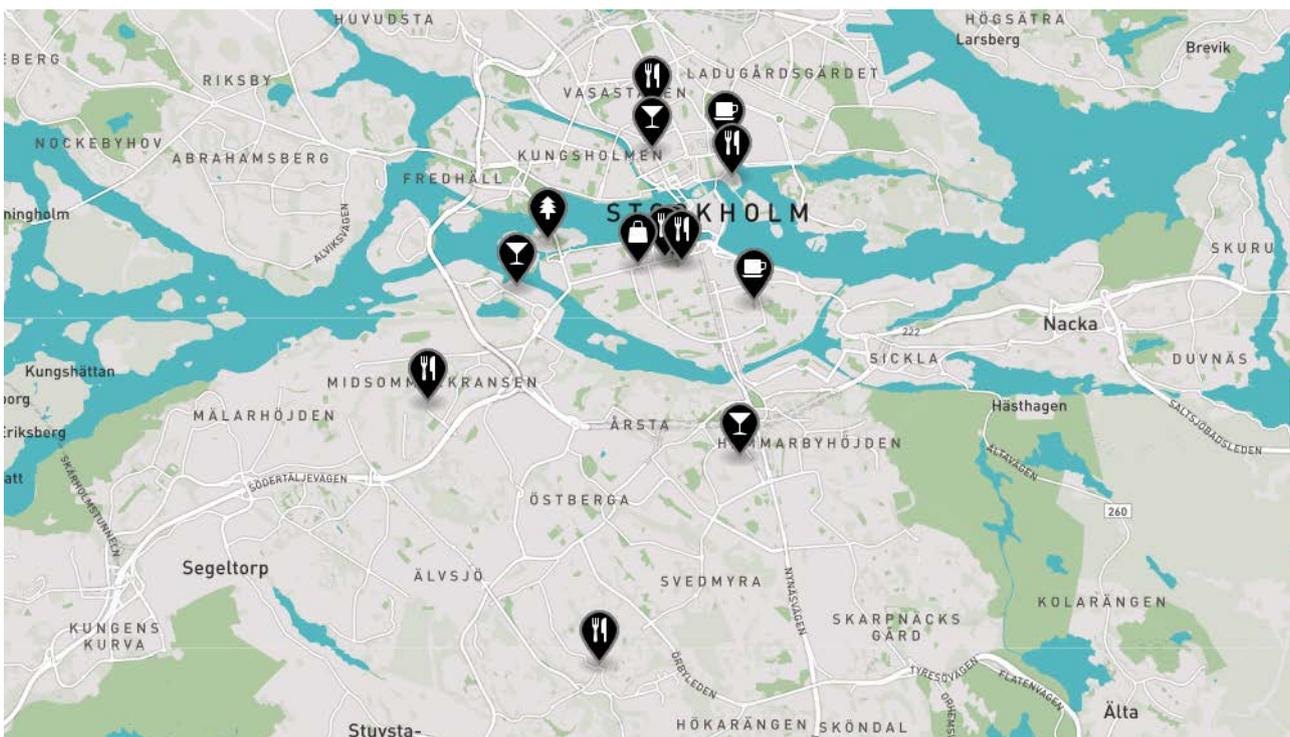
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24 HOURS IN

Stockholm

BY ISABELL STOLT

Water Lover | Activist | Rap Talent



MY PERFECT 24 HOURS IN STOCKHOLM

My perfect day is a day off during the summertime with dinner plans already in place.

After getting up and going to **Långholmen** or **Reimersholme** for a good morning dip in the water, a breakfast smoothie is waiting for me at **Squeezed Up**. On my way home I pass by some great secondhand stores like **Myrorna** and **Stockholms Stadsmission**. „Diggin‘ in the crates“ is what I like. I used to love shopping for records and this feels kind of the same.

Then I might meet a friend for a Swedish fika at **Rival** or **Gildas Rum**, or maybe for lunch at **Babas Burgers** in Högdalen where I live.

Afterwards I go home, scroll through my social media feeds and take a nap (probably). Then I get ready for the evening and meet up with friends for dinner at **Grill** or **B.A.R.**. For some good music our next stop will be a venue like **Fasching**, **Marie Laveau**, **Slakthuset** or **Landet**. Late at night those places turn into bars/clubs.

There's a club called „Natten“ („The Night“) which plays only power ballads and people spend the whole night slow dancing or singing (actually screaming) along with all the classic hits. Sometimes the club owners host short but passionate speeches about how love will save the day - it sounds crazy but it's lovely every time. It's held in a beautiful arena called **Färgfabriken** and it has grown to an enormous success - tickets to their clubs are sold out every time.

I also recommend keeping an eye open for clubs operated by the Mamarazzi collective (<https://www.facebook.com/klubb.mamarazzi/>) or the alternative culture house Cyklopen (<https://cyklopen.se/>), which runs events outside the city core.

Last but not least we buy a midnight snack and go for a night dip off a pier somewhere in the city.

*Enjoy exploring,
Isabell*

LÅNGHOLMEN/REIMERSHOLME

ESCAPE

Långholmen, Stockholm, Sweden

Beautiful little islands next to Hornstull where you can easily jump into the water and admire the wooden cottages with their gardens at Långholmen.



SQUEEZED UP

CAFÉ

Riddargatan 12D, 114 35 Stockholm, Sweden

www.squeezedup.com

I really recommend the „After Workout“ smoothie.



MYRORNA

SHOP

Hornsgatan 96, Stockholm, Sweden

Here you'll find great treasures like clothes, jewelry, books, and records.

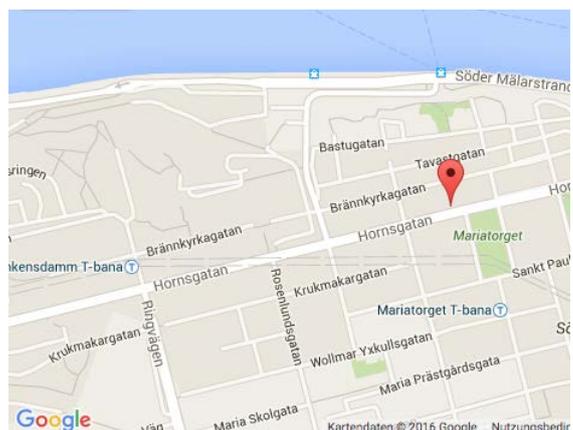


STOCKHOLMS STADTMISSION

SHOP

Hornsgatan 58, Stockholm, Sweden

Secondhand clothes and furniture.



RIVAL

RESTAURANT

Mariatorget 3, Stockholm, Sweden

www.rival.se/en

They have a terrace outdoors which is a great spot for people watching. This place is also owned by one of the ABBA members (if you're a fan). I recommend it for lunch, fika, and bar nights.



GILDAS RUM

CAFÉ

Skånegatan 79, Stockholm, Sweden

www.gildasrum.se

Very welcoming interior and nice spot if you need a break during your shopping tour through Södermalm. The salads are great!



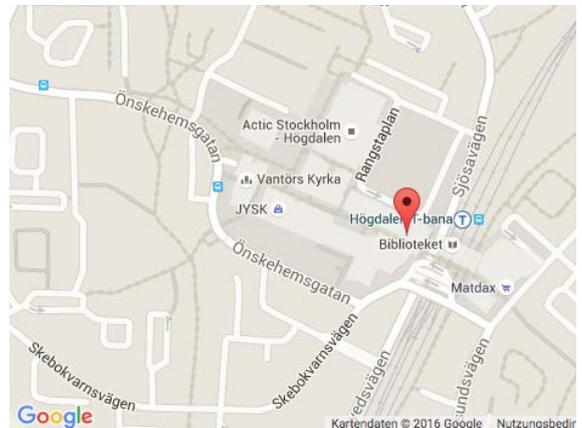
BABAS BURGER

RESTAURANT

Högdalsgången 20, Bandhagen, Sweden

www.babasstockholm.blogspot.de

Cozy little burger joint.



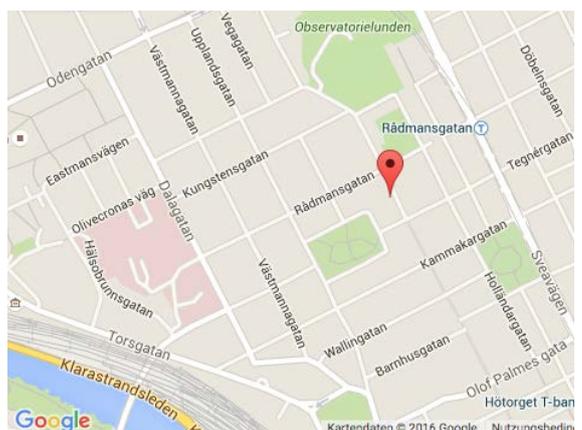
GRILL

RESTAURANT

Drottninggatan 89, Stockholm, Sweden

www.grill.se/en

This place is worth a visit - every room is decorated in a different theme and they serve great grilled food.



B.A.R.

RESTAURANT

Blasieholmsgatan 4A, Stockholm, Sweden
www.restaurangbar.se/en

Great fish restaurant and awesome staff!

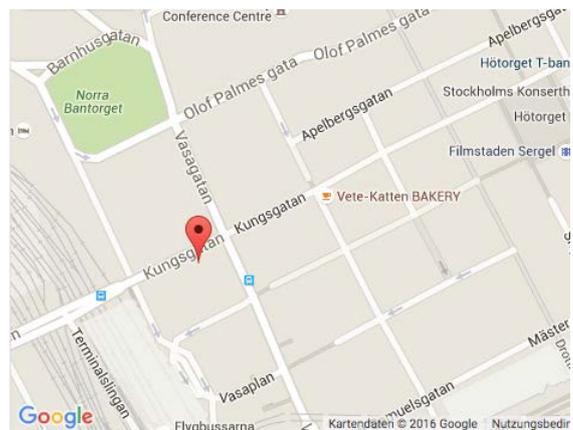


FASCHING

BARS & CLUBS

Kungsgatan 63, Stockholm, Sweden
www.fasching.se

Jazz club that hosts a lot of soul and hip hop concerts as well and is a perfect club performance venue. The operators own more cool clubs like „SOUL“, Raw Fusion“ and „Devotion“. They obviously understood the simple concept of booking great DJs to make sure the crowd is dancing and rocking the place.



MARIE LAVEAU

RESTAURANT

Hornsgatan 66, Stockholm, Sweden
www.marielaveau.se

Dancefloor downstairs by night, amazing brunch place by day.



SLAKTHUSET

BARS & CLUBS

Slakthusgatan 6, Johanneshov, Sweden
www.slakthuset.nu

I wish we had more rooftop clubs like this. Go there, buy a bottle of cava for 200 SEK and enjoy the view over the meatpacking district.

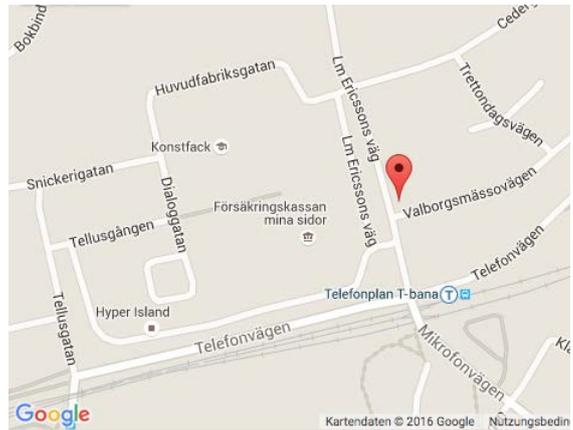


LANDET

RESTAURANT

Lm Ericssons väg 27, Hägersten, Sweden
www.landet.nu

A mix between a restaurant and a club. Hip hop and karaoke nights are the best!



FÄRGFABRIKEN

BARS & CLUBS

Lövholmsbrinken 1, Stockholm, Sweden
www.fargfabriken.se/sv

The area where you can find the weird but awesome club „Natten.“

