

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 ... ?

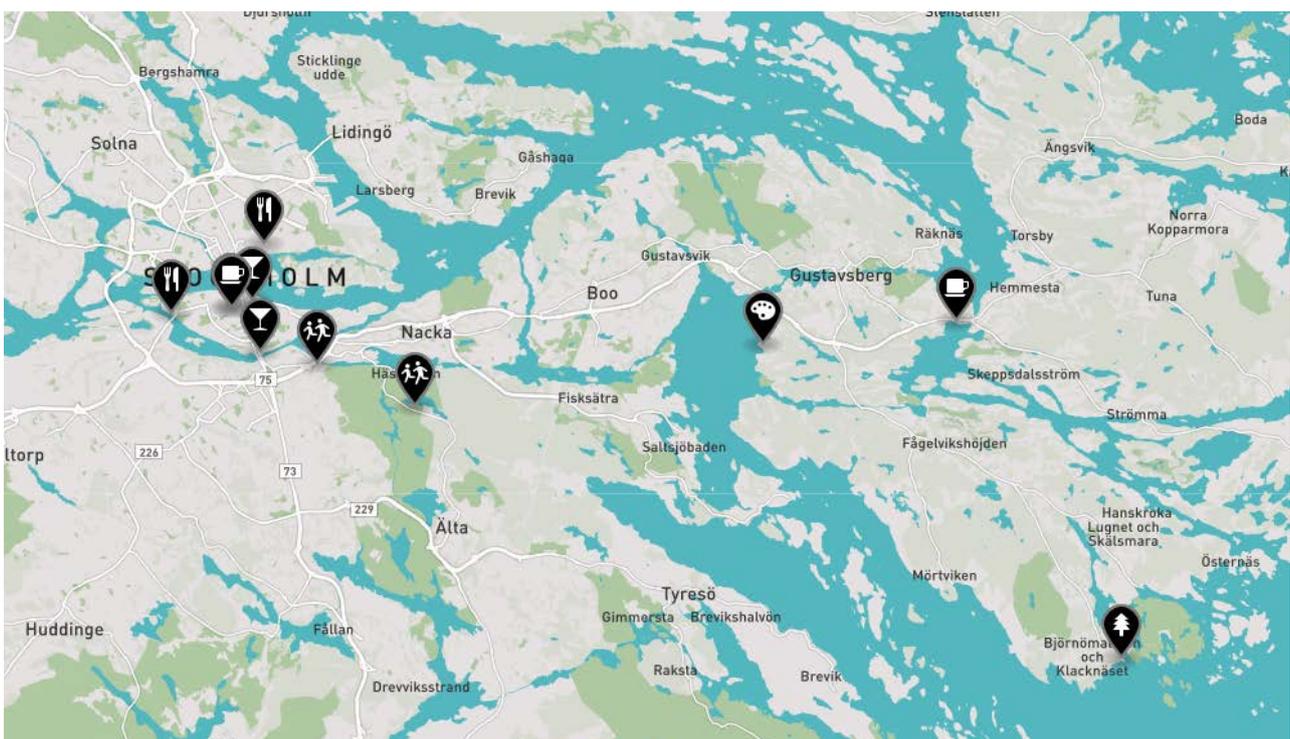
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24 HOURS IN

Stockholm

BY NINA & JOHANNA PIROTH

Sisters | DJanes | Seekers of quiet



OUR PERFECT 24 HOURS IN STOCKHOLM

We start the morning with a cup of coffee at **Dropp Coffee** or **Johan & Nyström** around Mariatorget, Södermalm. The sun is shining so we take the car and drive out of Stockholm city, listening to some new mixed tracks of LOKATT in the car. At **Systrarna Delselius** (Grisslinge Havsbad) we make a quick stop for take-away coffee, sandwiches, and typical Swedish cinnamon buns. Afterwards we continue to beautiful Björnö (Ingarö) and **Björkviks Havsbad** for a swim. Here the ocean is fresh and a bit chilly but the cliffs are always warm. We spend some lazy hours there and afterwards we go to "**Stockholms Louisiana**" - **Artipelag**, to see a new exhibition, have lunch and go for a nice walk next to the water.

After this we take the car back home, have a nap and get changed for an evening in town. We meet up with friends to have a drink at **Södra Bar** (Södra Teatern) and enjoy the best views over Stockholm. Later we head to the other side of town (Östermalm) to see if we can get a table at **Speceriet** (serving great Nordic food from local producers). After dinner we meet up with friends playing with their band at **Debaser Strand**. The night is still young and since we're DJ-ing at **Trädgården** this evening, we head there early to have drinks with friends, then dance the night away to techno tunes. Later we'll walk home in the midsummer light with the birds singing in the morning!

In wintertime we often go ice skating at **Hellasgården** (where you can rent typical skates from Sweden called Långfärdsskridskor). We love snowboarding and outdoor activities so we might also go to **Hamm-arbybacken**, a hill in the middle of town, and after some rides, have a hot chocolate at the top (bring your own) while enjoying the view.

If we need to relax we go to Nynäshamn, where they have a great old spa (**Nynäshamns havsbad**) perfect for a winter bath and a silent sauna while watching the ice freeze. Nynäshamn is also a good place for surfing during summer and autumn.

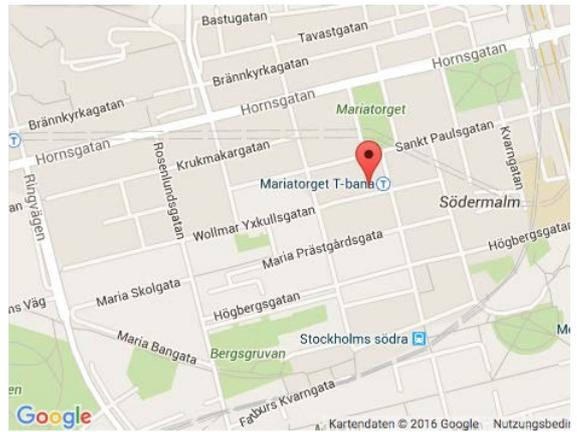
*Enjoy exploring,
Nina & Johanna*

DROPP COFFEE

CAFÉ

Wollmar Yxkullsgatan 10, Stockholm, Schweden

Cozy cafe with great coffee and sandwiches. Nice place to sit with your laptop and work or study.



JOHANN & NYSTRÖM

CAFÉ

Swedenborgsgatan 7, Stockholm, Schweden

Coffee shop and concept store. Great coffee!



SYSTRARNA DELSELIUS

CAFÉ

Skärgårdsvägen 158, Värmdö, Schweden

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



BJÖRKVIKS HAVSBAD

ESCAPE

Björkviksvägen 24, Ingarö, Schweden

Beautiful place by the sea, perfect for a swim and lying in the sun on a warm summer day!

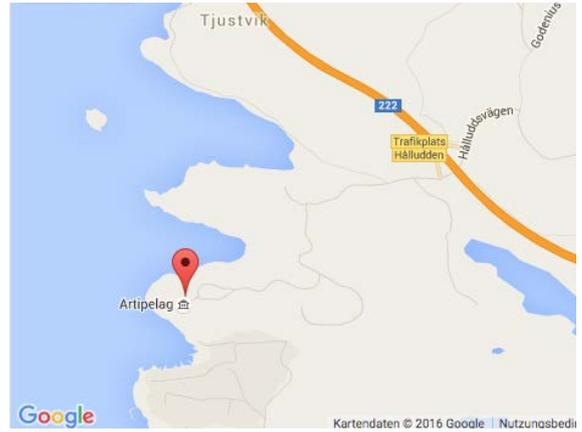


ARTIPELAG

ARTS & CULTURE

Artipelagstigen 1, Gustavsberg, Schweden

Stockholms Louisiana - Art Museum in the archipelago of Värmdö with a nice restaurant for lunch.



SÖDRA BAR

BARS & CLUBS

Mosebacke torg 1, Stockholm, Schweden

One of our favourite bars with the best views over Stockholm.



SPECERIET

RESTAURANT

Artillerigatan 14, Stockholm, Schweden

Restaurant with Nordic food from local producers.

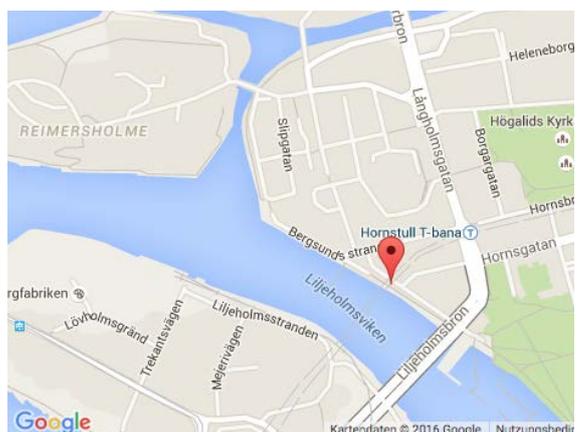


DEBASER STRAND

RESTAURANT

Hornstulls strand 4, Stockholm, Schweden

A nice restaurant (Calexico's - Mexican food), venue and club.

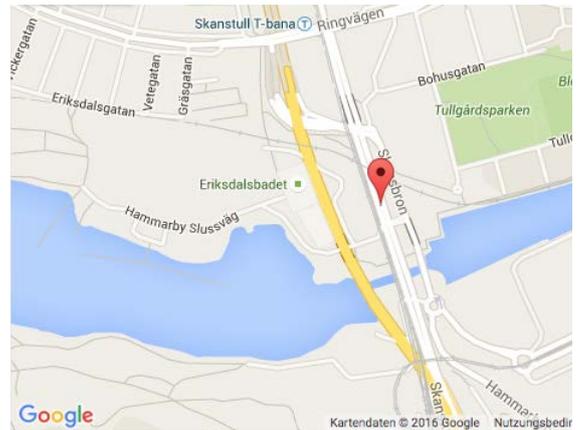


TRÄDGÅRDEN

BARS & CLUBS

Hammarby Slussväg 2, Stockholm, Schweden

The best place for summer in the city. Restaurant (Växt-
huset with only veggio-food), bar, and club with good
electronic music.

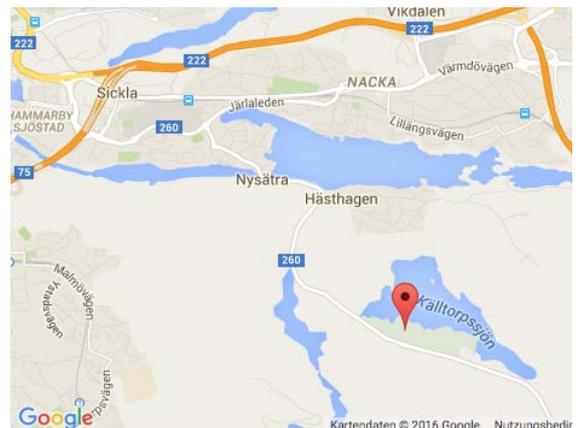


HELLASGÅRDEN

ESCAPE

Ältavägen 101, Nacka, Schweden

Outdoor adventure spot for swimming in the lake, run-
ning, mountain biking, ice skating, outdoor gym and sau-
na.

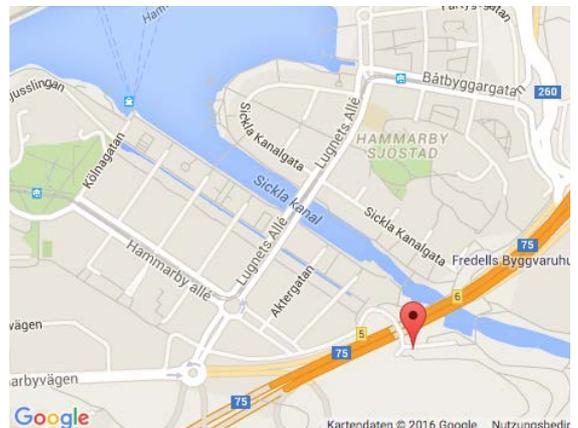


HAMMARBYBACKEN

ESCAPE

Hammarbybacken AB, Hammarby Fabriksväg, Stock-
holm, Schweden

A hill in the middle of town where you can ski, snowboard
and work out.



NYNÄSHAMNS HAVSBAD

ESCAPE

Strandgårdsvägen 9, Nynäshamn, Schweden

A very old traditional spa by the ocean. Also has a hotel,
restaurant, and conference centre just outside of Stock-
holm.

