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.

 ${\bf We\ love\ to\ follow\ {\bf your}\ adventures!}$ Tag your favourite travel moments, people you meet or places you fall in love with.

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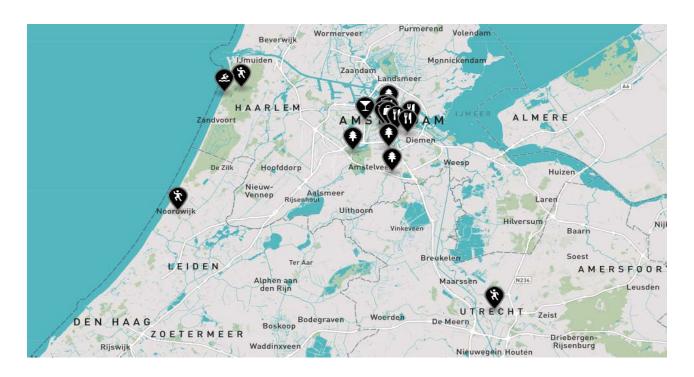
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24 HOURS IN

Amsterdam

BY ELENA KÖSTLER

Adventurer | Lover of Life | Big Hitter



OUR PERFECT 24 HOURS IN AMSTERDAM

The best way to breath in the air of Amsterdam is on a bike. I go slowly, look around, feel the vibe of this awesome city. Most of the time I am surprised how many food places and nice stores have opened. There is always a lot to discover.

I kill my hangovers at **Beter en leuk** in Amsterdam East. Nice vegetarian food, prepared with love, that definitely brightens up the morning after a long night.

The day doesn't get any better than when I go for a nice long run on the Amstel site. Normally I run through the "Rhododendron jungle" in <u>Amstelpark</u> and return home. It is also a great place to enjoy "Pure Markt" (<u>www.puremarkt.nl</u>) on Sundays.

The chateau called <u>Frankendael</u> is exactly the place where I go to read a book in the sun. Their French garden in the back is also a very good place to enjoy a glass of good wine, seeing no tourists or hipsters and fully enjoy the sounds of the birds.

My perfect day can't go by without a few hours on a boat. I bring my swimsuit and a bottle of dry Prosecco that I bought in the <u>Kerkstraat/Utrechtsestraat</u>. This is also the street where I get "Haring", a little Dutch fish snack before I hop on the boat.

Another thing I love to do is cycling along the river called "Vecht" from Amsterdam to Utrecht. One beautiful castle next to the other, such a peaceful and entertaining bike ride, it is unique!

A fun place to hang out and enjoy a dose of Dutch contemporary art is at **Bright Side Gallery.** The variety of artists is stunning.

I love to end the day with a nice drink on the terrace of the <u>W Hotel</u>. The former telecommunications building has been transformed into a beautiful hotel with stunning architecture and design. I stay there for a drink with friends, watch the sunset and go out for dinner afterwards.

My favorite restaurants in Amsterdam are the restaurants <u>Wilde Zwijnen</u> or <u>Terpentijn</u>. <u>Jansz</u> has such an amazing interior design. It used to be an old pharmacy and definitely shows you that dining in Amsterdam can be very NYC sometimes. When the tummy is full I go dancing at <u>Café Cox</u> or <u>De School</u>. But the nightlife scene in Amsterdam has so many faces that I end up somewhere else every weekend, feeling surprised about the fact that Amsterdam can still offer so many surprises even after four years of great fun.

Another activity you mustn't miss when you're in Amsterdam, especially if you are keen on seeing more of the surrounding area: going for a nice swim at <u>Stenen hoofd</u> or <u>Nieuwe Meer</u>. My favourite picnic spots in A'dam are spots next to the river <u>Amstel</u>, at Stenen hoofd, at the lake Nieuwe Meer or on the beach in <u>Bloemendaal</u>. My favorite race bike tour is from Amsterdam to Driehuis to <u>Noordwijk</u>. There is also a beautiful tour through the National Park <u>Zuid Kennemerland</u>. You bike through the dunes in complete solitude, except for some Scottish Highlanders. Fresh air from the sea and the sun in your face. It can't get better. Another favorite tour is from Amsterdam to Utrecht along the river <u>Vecht</u>. If you're lucky and these festivals take place while you're here, you should definitely put on your dancing shoes and check them out: <u>Henk op de Helling</u>, <u>Ruigoord</u> or <u>Park am See</u>.

Enjoy exploring, Elena

BETER EN LEUK

RESTARUANT

Eerste Oosterparkstraat 91, Amsterdam, Netherlands www.beterenleuk.nl/#welkom

Great vegetarian food, you've never had such a great veggie burger.

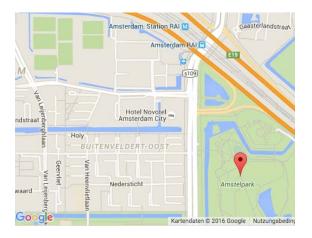


AMSTELPARK

ESCAPE

Amstelpark, Amsterdam, Netherlands

So many nice, tiny gardens in one park are very entertaining during a long run and beautiful to look at.

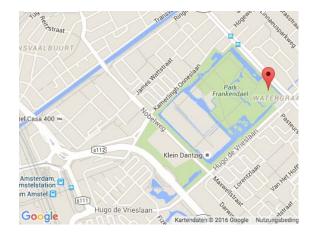


CHATEAU FRANKENDAEL

RESTAURANT

Middenweg 72, Amsterdam, Netherlands www.huizefrankendael.nl

Good wine and very yummy snacks. 100% tourist and hipster free!

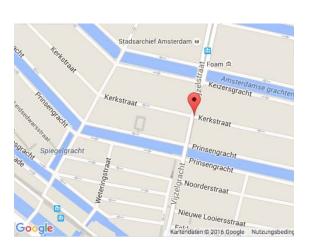


KERKSTRAAT & UTRECHTSTRAAT

SHOP

Kerkstraat, Amsterdam, Netherlands

This is where I buy stuff to take on a boat ride, like Prosecco and Haring.



BRIGHT SIDE GALLERY

ARTS & CULTURE

Prinsengracht 737, Amsterdam, Netherlands www.brightside.gallery

Awesome contemporary art. Definitely worth paying a visit to!



W HOTEL

BARS & CLUBS

Spuistraat 175, Amsterdam, Netherlands www.wamsterdam.nl

Rooftop terrace, outdoor pool, DJ nights and great cocktails. This combination gives you the same feeling the Standard Hotel in NYC does, plus it is a great place to watch the sunset.



WILDE ZWIJNEN

RESTAURANT

Javaplein 23, Amsterdam, Netherlands www. wildezwijnen.com/WILDE_ZWIJNEN.html

Great, hearty food!

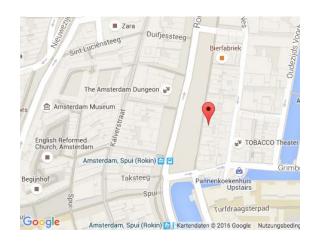


TERPENTIJN

RESTAURANT

Rokin 103, Amsterdam, Netherlands www.terpen-tijn.nl

Beautiful interior and lovingly prepared dishes!



JANSZ

RESTAURANT

Reestraat 8, Amsterdam, Netherlands www.janszamsterdam.com/nl

Amazing interior design in a former pharmacy in the middle of the 9 Straatjes.



CAFÉ COX

BARS & CLUBS

Marnixstraat 429, Amsterdam, Netherlands stadsschouwburgamsterdam.nl/eten-en-drinken/ca-fe-cox

Great upcoming DJs and musicians perform here. A place to dance the night away



DE SCHOOL

BARS & CLUBS

Doctor Jan van Breemenstraat 1, Amsterdam www.deschoolamsterdam.nl/en

De School not only has amazing food but partying there is just great!



STENEN HOOFD

ESCAPE

Westerdoksdijk 705-c, 1013 Centrum, Amsterdam

You can come here for a nice swim and to hang out.



NIEUWE MEER

ESCAPE

Nieuwe Meer, Netherlands

Another favourite spot of mine where you can take



RIVER AMSTEL

ESCAPE

Amstelzijde 22, 1184 VA Amstelveen, Netherlands

Sit down next to the river and have a relaxing picnic with friends. A perfect Sunday!



BLOOMENDAAL BEACH

BEACH

Parnassiaweg 1, 2051 EC Bloemendaal aan Zee

Make it a beach day and don't forget to bring a nice picnic!



NOORDWIJK

FITNESS & HEALTH

Noordwijk, Netherlands

You can go from Amsterdam over Driehuis (next to the National Park) to Noordwijk with your bike and back, it is a very nice tour!



ZUID KENNEMERLAND

FITNESS & HEALTH

Nationaal Park Zuid-Kennemerland, Zeeweg, Overveen, Netherland

This wonderful national park is perfect for riding your bike for hours without seeing anybody.



RIVER VECHT

FITNESS & HEALTH Vecht, Utrecht, Netherlands

Drive all the way along the river Vecht from Amsterdam to Utrecht and back with your bike. I love this tour!

