



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 ... ?

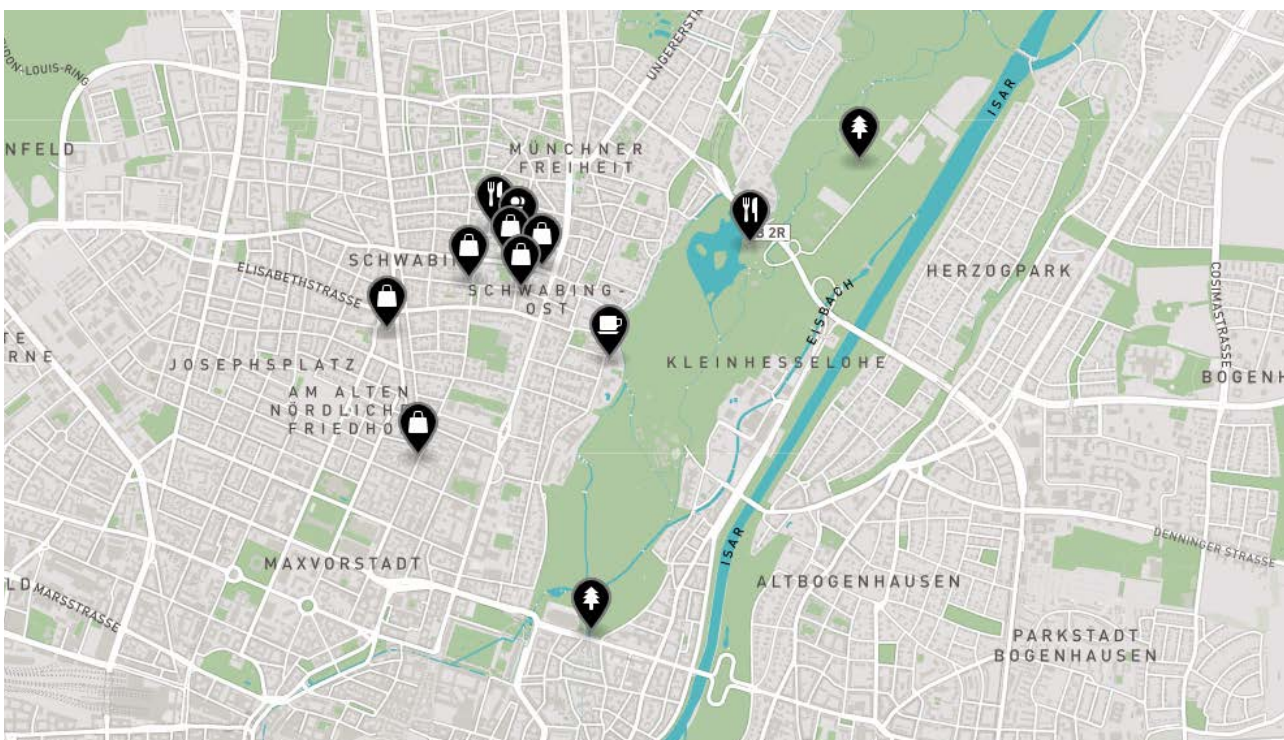
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24 HOURS IN

Munich

BY VANESSA MONOGIUDIS

Designer | Psychologist | Observer of Life



MY PERFECT 24 HOURS IN MUNICH

For me and my family our two favourite places are home and the hood. We live in Munich, in the district Schwabing, and we don't own a car. We love to have everything around us, within walking distance.

A perfect day starts with a long breakfast. If we don't do breakfast at home, we love to go to **Café Reitschule**. It's perfect with kids because it is spacious, has a beautiful terrace and a nice view, not just of the horses, but also of the **English Garden**.

Café Reitschule is right next to the park, so it's ideally situated to go for a nice long walk afterwards, take a break at one of the many playgrounds, watch the ducks or the surfers at the **Eisbach-Welle**.

For a small lunch one of the many beer gardens in the English Garden is perfect, for example the one at **Seehaus**. You can also bring your own food and just get the drinks there.

After that it's time for a stroll through our neighbourhood with some (window-)shopping. There are lots of nice little stores! Make sure you go to **Anni Bazar** for cool kids-stuff (because cool starts early!), to **Sunday in Bed** for everything you need for, well, a Sunday in bed, and to **Zentgraf** and **Azucar** for beautiful fashion and accessories. Last but not least stop by **Weißglut**, a concept store featuring young design (mostly in white).

When you get a little hungry in between take a break at one of the many little cafés in the area or, even better, visit our favourite **fruit stand**. The owner Vito will recommend to you the most delicious Italian pears or figs (according to season).

Just make sure you leave room for dinner. We love to have „Schnitzel“ and „Schweinsbraten“ at **Kaisergarten**. And a nice cool beer of course. My perfect 24 hrs end with ice cream for dessert. My favourite ice cream place in Schwabing is **Bartu Bio-Eis Manufaktur**. And while we enjoy their delicious sorbets, we slowly walk home through the busy streets of our neighbourhood.

*Enjoy exploring,
Vanessa*

CAFÉ REITSCHULE

CAFÉ

Königinstraße 34, Munich, Germany

www.cafe-reitschule.de

A Schwabing legend. No hipsters. Mostly young mums.

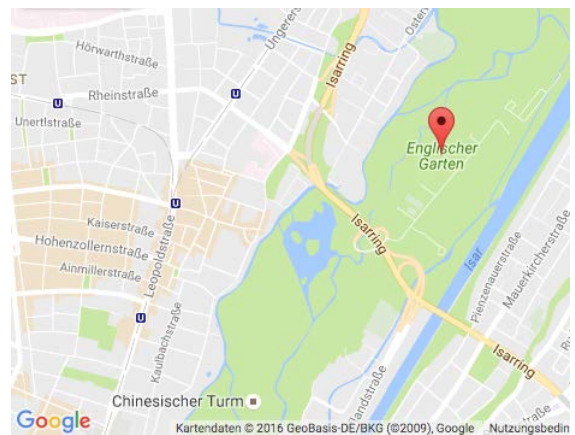


ENGLISH GARDEN

ESCAPE

Englischer Garten, Munich, Germany

No matter if you are looking for quiet or for buzz, you'll find your perfect spot in Munich's green heart.

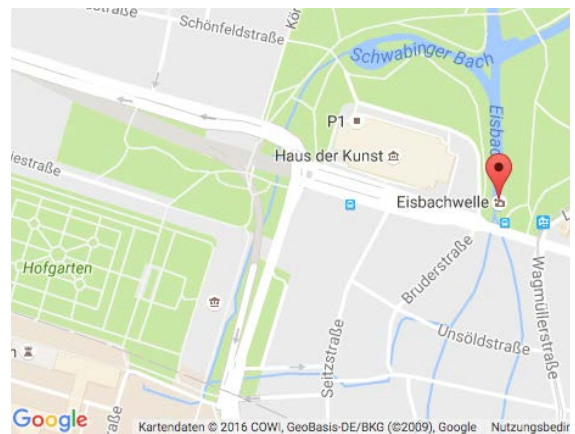


EISBACH WELLE

ESCAPE

Eisbachwelle, Prinzregentenstraße, Munich, Germany

It is so much fun to watch the surfers go crazy on this artificial wave. A true landmark of Munich!



ANNI BAZAR

SHOP

Türkenstraße 63, Munich, Germany

www.annibazaar.com

The coolest fashion brands for our little buddy, plus beautiful interior accessories.

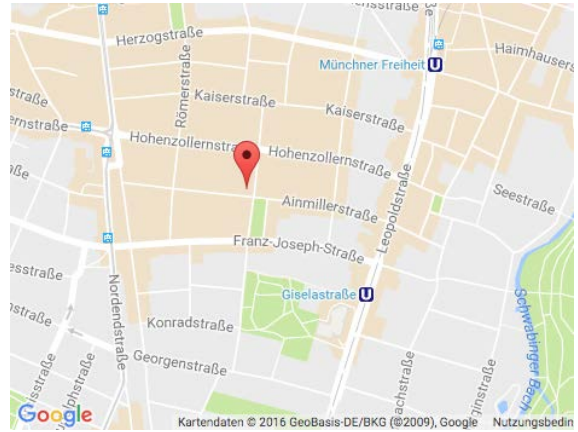


SUNDAY IN BED

SHOP

Ainmillerstraße 28, Munich, Germany
www.sundayinbed.de

Enter the store and get a cosy weekend feeling immediately.

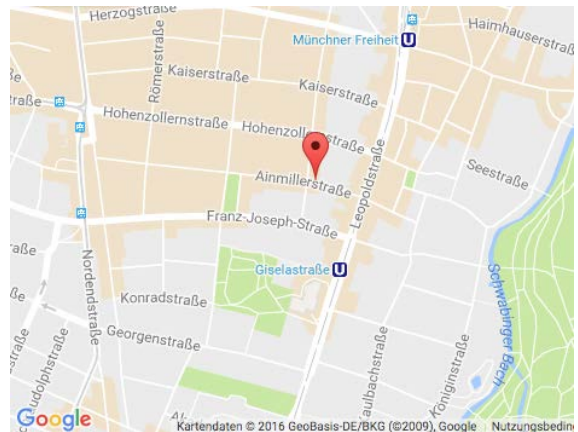


ZENTGRAF

SHOPS

Ainmillerstraße 10, Munich, Germany
www.facebook.com/zentgraf-117617151587344/

Dresses! Shoes! Wonderful Scandinavian and French labels.



AZUCAR

SHOP

Hohenzollernstraße 20, Munich, Germany
www.facebook.com/Azucar-fashionstore-124134181118391/

Forever in love with this store since I got my Lala Berlin cashmere scarf on sale here.



WEISSGLUT

SHOP

Hohenzollernstraße 8, Munich, Germany
www.weissglut-design.de

Beautiful little things for everyone who loves white and clean design.

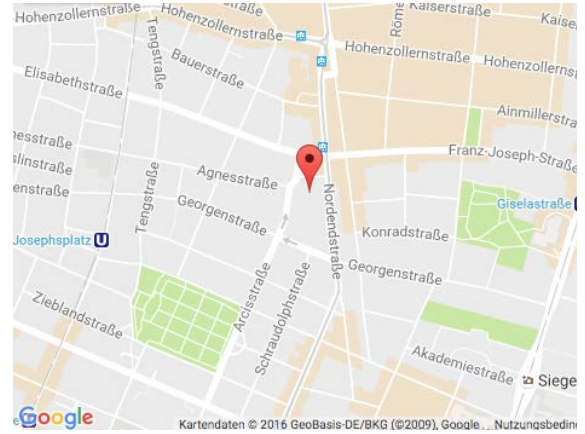


ELISABETHPLATZ- FRUIT STAND

SHOPS

Markt am Elisabethplatz, Elisabethplatz, Munich, Germany

These permanent market stalls sell the freshest and mostly local products.



KAISERGARTEN

RESTAURANT

Kaiserstraße 34, Munich, Germany
www.kaisergarten.com/en

The slightly posh crowd gets down to earth under old chestnut trees to enjoy mostly Bavarian inspired food.



BARTO BIO-EISMANUFAKTUR

SWEETS

Wilhelmstraße 23, Munich, Germany
www.bartu-bioeismanufaktur.de

Total transparency about every ingredient makes it the perfect place for every conscious eater. A reduced price for kids makes it a great place for parents and kids and the option to get two small scoops for the price of one large one makes it the ideal option for everyone who - like me - can never decide on just one flavour.

