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LIFE IS A JOURNEY



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Tag your favourite travel moments, people you meet or places you fall in love with.

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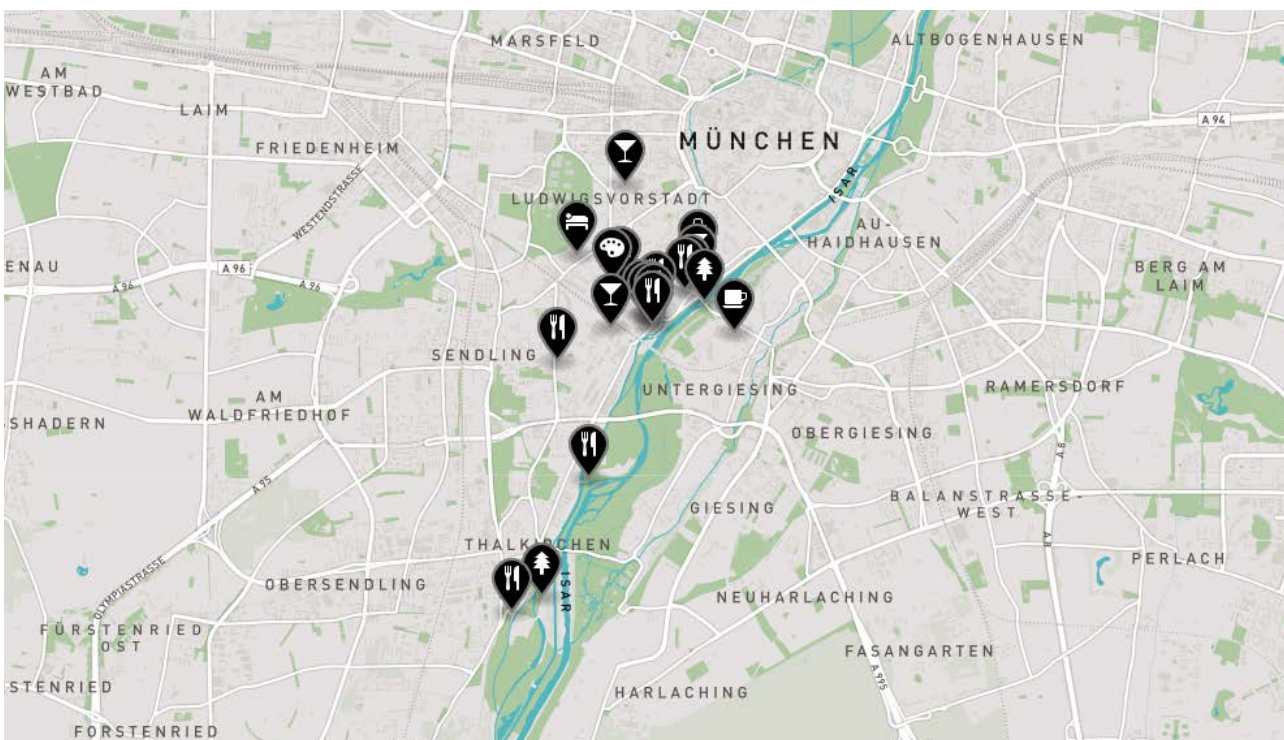
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24 HOURS IN

Munich

BY STEFAN HERMANDORFER

Cookbook Author | Beer Sommelier | Hangover Doctor



MY PERFECT 24 HOURS IN MUNICH

I'm having a bit of trouble choosing where to start my perfect 24hrs in Munich, because there is simply too much to recommend in this great city to fill only one day.

Let's say it's a sunny Saturday and you obviously don't have to work. The first thing to do is rent a bike and head to the public bath **Maria Einsiedel** where you can swim in natural water. Start your day here, with a refreshing swim and an outdoor breakfast. Before entering, buy some tasty things at the local grocery store for a kick-ass breakfast, and don't forget to take your picnic blanket with you! You'll have an incredibly relaxing start to a promising day. If the sun starts to get too hot, have a dip in the small stream of running water and drift through the whole area of Maria Einsiedel to cool down.

Around noon, start packing up your stuff and cycle to the smallest beer garden in Munich, the nearby **Schinderstadl**. Have a Radler (beer with lemonade) and enjoy the cosy atmosphere provided by the tall trees that envelope the beer garden. Next to it is a small wooden bridge leading across the river Isar. The spot on the other side is well known to people who don't like tan lines...

Now it's time to have lunch. I'm thinking either Bavarian or Lebanese cuisine. The **Asam Schlössl** offers nice Bavarian food in an ancient building with awesome wall paintings (no, not graffiti). You can get one litre of ice-cold beer for only €6.66 here. I really like the traditional Bavarian atmosphere and it's not too touristy either. If you want something totally different from the typical local food, I'd recommend **Manouche**. Manouche is the most popular food in Lebanon, it's a kind of pizza with different toppings like Zataar (various herbs) and fresh vegetables. Lebanese people (and me) have it almost every day. To round off the experience perfectly have a Mokka (espresso with cardamom) afterwards. There is no comparable place in Munich, it's quite unique. The interior, the waiters, the food and the music create such an authentic Lebanese atmosphere - I love it!

Get back on your bike and continue this perfect day by going to the **Dreimühlenviertel** district, my absolutely favourite district in Munich. Drive through the street **Tumblingerstraße** and pass by the great graffiti wall. Every day street artists show their new paintings here. But I have to disappoint you thrill-seekers a little - it's legal to spray paint here. After taking lots of pictures for your social media feed, enter the heart of the Dreimühlenviertel via Schlachthof (meatpacking district). Pop in the **Frischeparadies**, a grocery store that sells fine Italian delicacies, and get a little snack to go.

As I mentioned before, the Dreimühlenviertel is the place to be. One amazing restaurant, café or bar after another. My top six are: **Bavarese**, a Bavarian-Italian restaurant. **Yol**, a Turkish place. **Quattro Tavoli**, a crazy (in a good way) Italian restaurant (with more than four tables ;)). **Röcklplatz**, fine dining in an industrial chic atmosphere. **Café Tagträumer**, a nice café with a cosy living room atmosphere. Make sure to have dinner in at least one of these spots! For now, get yourself a tasty scoop of ice cream at **Domori**. This is a really small ice cream manufactory specialised in exotic types of ice cream like the calamansi sorbet. If you haven't heard of calamansi, it's a mix of kumquat and tangerine with a high concentration of vitamin C - almost healthy so to say. The best place to lick your ice cream now is on the **Wittelsbacher bridge** while enjoying the view across the river. Munich at its best!

Now you can choose to either go left or right on the bridge (facing East). To your right you will find the lovely **Café Bald Neu**, to your left you'll find one of my favourite shops, where I choose to go. You're into shopping but you want to make sure that no animals are harmed? Then **Dear Goods**, which sells animal- and environment-friendly fashion, is definitely for you. And this is no old-school eco fashion, but rather hip and up-to-date styles and designs.

It's time for dinner now. In case you're keen on exploring further check out **Piccolo Principe**, the Italian restaurant I like the most. Their food is awesome and the interior very warm and welcoming.

Afterwards, take a walk in the direction of Goetheplatz (away from the river), cross the junction there and look for **Bar Gabanyi**. This place looks quite fancy and posh - well it is - but this is where you'll drink the best cocktails in all of Munich. Cool concerts take place here every Thursday and, trust me, the entry fee is always worth it. From Soul to Modern Jazz or Street Funk, all types of music genres are played and the shows are always great fun.

Sometimes, I also enjoy staying in the neighbourhoods near the river and just having a few beers in a very relaxed and down-to-earth atmosphere, for example at **Rennsalon** or **Valentinstüberl**. If I feel like dancing and listening to cool, underground DJs, I'd head to the tiny club/bar **Zur Gruam** for a night out.

If I were a visitor in Munich, I would stay at the **Bold Hotel**. One of its many advantages is that, during the time of Oktoberfest, it is close to the event location (I guess it's only an advantage if you like that sort of thing though). Furthermore, there is a great bar inside the hotel and they support Munich based products and local start-up brands like „Crew Republic“ or „Konterbrause“ and you immediately feel like you're staying at a friend's place.

I hope you enjoyed my perfect 24hrs in Munich. In case you want to get more information, feel free to get in touch with me.

*Enjoy exploring,
Stefan*

MARIA EINSIEDEL

ESCAPE

Zentralländstraße 28, Munich, Germany
www.swm.de

I call it my „refreshing retreat“. A great public bath with natural, running water!



SCHINDERSTADL

RESTAURANT

Isarauen 2, Munich, Germany
www.haberl.de/schinderstadl

This is the smallest but also one of the most beautiful and intimate beer gardens in town. Right next to the river Isar and definitely off the beaten path.



ASAM SCHLÖSSEL

RESTAURANT

Maria-Einsiedel-Straße 45, Munich, Germany
www.asamschloessl.de
A beautiful old building which serves great Bavarian food and beer.



MANOUCHE

RESTAURANT

Valleystraße 19, Munich, Germany
www.manouchemanouche.de

Fantastic Lebanese restaurant. You have to try their delicious food!



DREIMÜHLENVIERTEL

ARTS & CULTURE

Roecklplatz, Munich, Germany

This is my favourite district in Munich, with its unique Italian flair and all the great places at the little piazza. You really can't go wrong with this district.



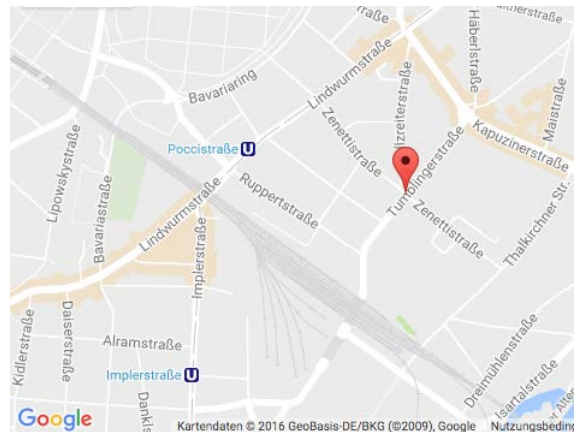
TUMBLINGERSTRASSE

ARTS & CULTURE

Tumblingerstraße, Munich, Germany

www.facebook.com/pages/Graffiti-Tumblinger-stra%C3%9Fe/184909114960461

A wall in the city where everybody with a spray can - artist or not - can leave his or her mark. Great fun and very inspiring!



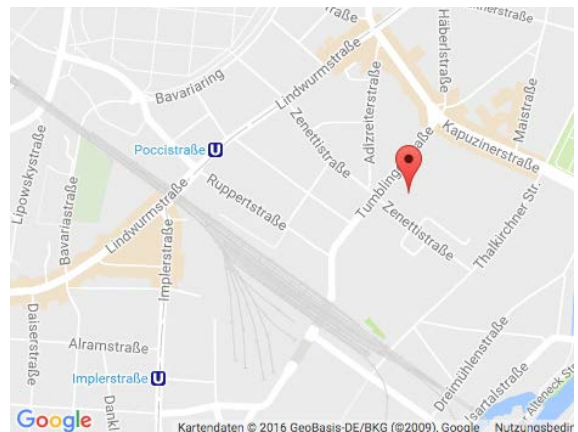
FRISCHEPARADIES

SHOP

Zenettistraße 10 e, Munich, Germany

frischeparadies.de/frischeparadies-maerkte/muenchen.html

Go and shop for some delicacies at this gourmet food store or have a quick bite at the bistro.



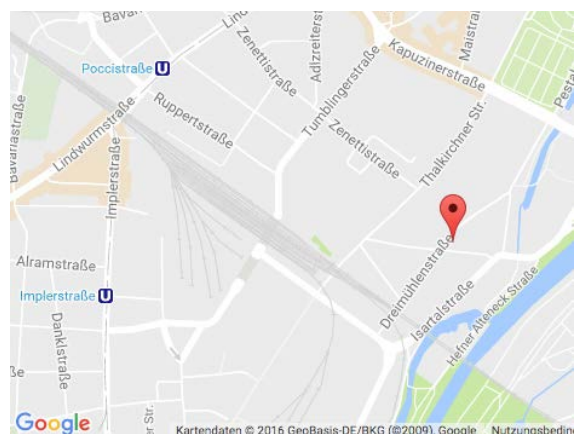
BAVARESE

RESTAURANT

Ehrengutstraße 15, Munich, Germany

www.bavarese.net

An Italian restaurant with Bavarian charm. A special delight: they prepare lovely picnic baskets for you if you book them in advance!



YOL

RESTAURANT

Ehrengutstraße 21, Munich, Germany
www.yol-taverne.de

A Turkish restaurant which is very friendly, always busy and serves delicious food. Perfect for an evening with a group of friends.

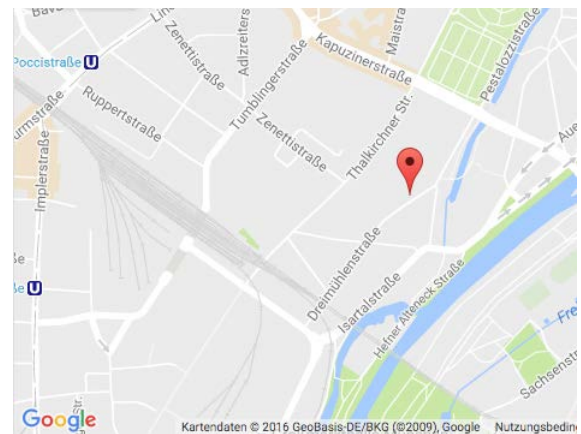


QUATTRO TAVOLI

RESTAURANT

Dreimühlenstraße 10, Munich, Germany
www.facebook.com/quattrotavoli

Great Italian restaurant run with a Latin sensibility and temper.

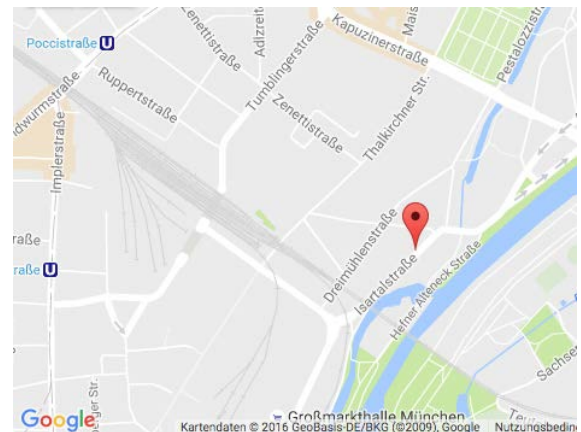


RÖCKLPLATZ

RESTAURANT

Isartalstraße 26, Munich, Germany
www.roecklplatz.de

This restaurant has a very unique background: underprivileged teenagers can apply here for apprenticeships and are integrated into an encouraging and hardworking team. All you see in the foreground is fine dining in an industrial chic atmosphere. Great project, great restaurant!

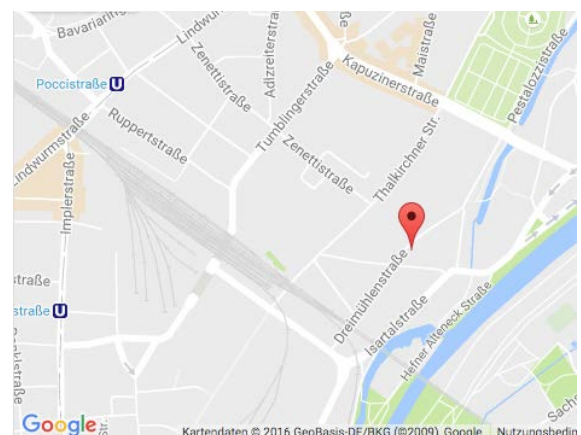


CAFÉ TAGTRÄUMER

CAFÉ

Dreimühlenstraße 17, Munich, Germany
www.tagtraum-muenchen.de/traumframe.html

„Tagträumer“ means daydreamer and daydreaming is exactly what you'll be up to at this homey retro café.



DOMORI

SWEETS

Kapuzinerstraße 43, Munich, Germany
www.domori-eis.de

Heaven for anyone with a sweet tooth. I come here for the ice cream especially.



WITTELSBACHER BRÜCKE

ESCAPE

Wittelsbacherbrücke, Munich, Germany

Stand here, enjoy your ice cream and watch the surfers (in the summer) and the beautiful river Isar.

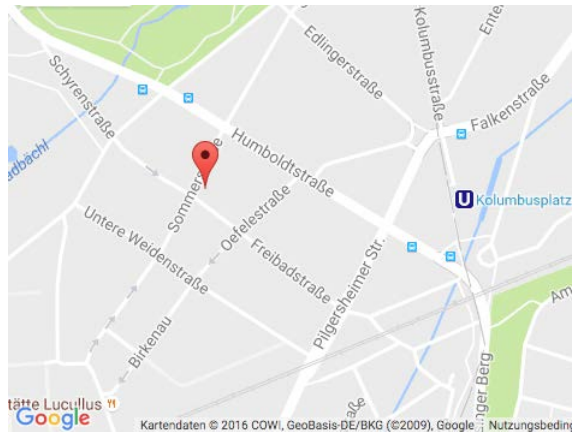


CAFÉ BALD NEU

CAFÉ

Sommerstraße 33, Munich, Germany
www.facebook.com/BaldNeu/?fref=ts

Have a tasty snack and a cup of coffee at this stylish café. The atmosphere here is really friendly and familiar.

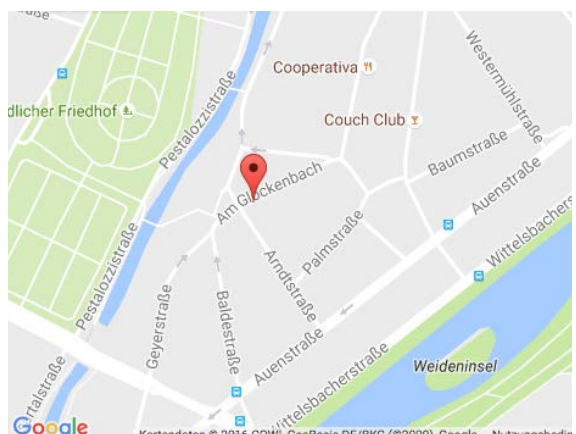


DEAR GOODS

SHOP

Am Glockenbach 12, Munich, Germany
www.deargoods.com

Shop for cool, stylish, but above all animal- and environment-friendly fashion here.



PICCOLO PRINCIPE

RESTAURANT

Kapuzinerstraße 48, Munich, Germany

www.ilpiccoloprincipe.jimdo.com

Great, authentic Italian food served in a cute and cosy bistro.



BAR GABANYI

BARS & CLUBS

Beethovenpl. 2, Munich, Germany

www.bar-gabanyi.de

A fancy bar which serves great cocktails. Every Thursday night you can listen to fantastic live music!



RENNALON

BARS & CLUBS

Baldestraße 13, Munich, Germany

www.rennsalon.de

Sit at the bar, have a „Tegernseer“ (local beer) and chat with people from the hood.



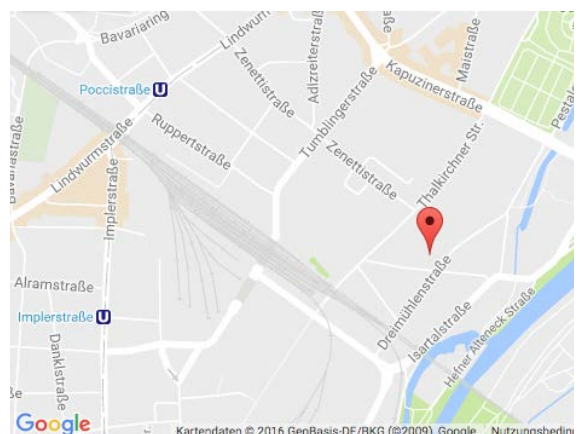
VALENTINSSTÜBERL

BARS & CLUBS

Dreimühlenstraße 28, Munich, Germany

www.valentinstueberl.com

A hip, homelike bar where an authentic vintage charm prevails.



ZUR GRUAM

BARS & CLUBS

Thalkirchner Str. 114, Munich, Germany

www.facebook.com/Zur-Gruam-252506288115175/

This place is tiny and quite an offbeat location, but has a good vibe and there are always great DJs working the turntables.



BOLD HOTEL

SLEEP

Lindwurmstraße 70A, Munich, Germany

www.bold-hotels.com/hotel-muenchen.html

Staying here feels like staying with friends. During Oktoberfest it feels like you meet the whole world just outside the door.

