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

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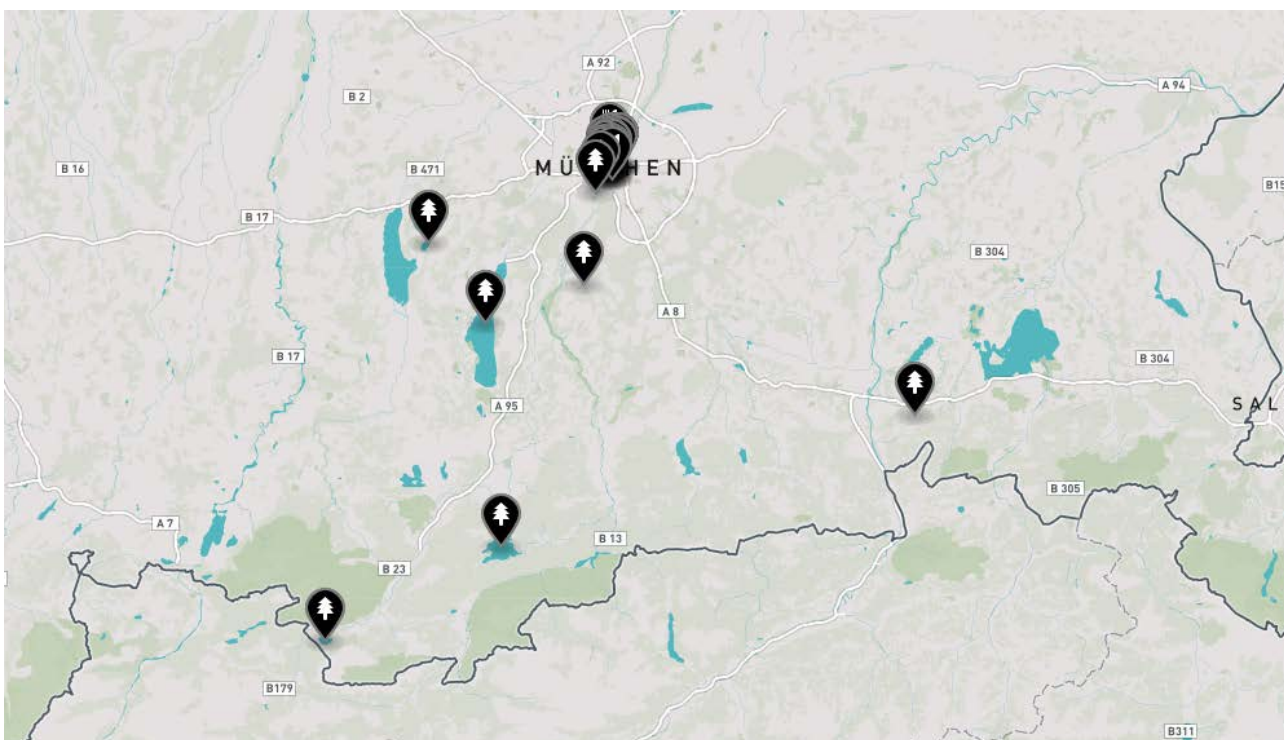
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24 HOURS IN

Munich

BY JONATHAN ROOS

Born 2013 | Firefighter | Beloved Son



MY PERFECT 24 HOURS IN MUNICH

Waking up with the first sunbeams in the morning, I pull my dad out of bed. After having my muesli for breakfast, we go running to the **outdoor training trail** at the river Isar. When I was here for the first time I was only two months old and stressing out my dad because I was so hungry for my mum's milk. But now that I am three years old, I climb the machines, discover the woods and scramble around the nearby playground. My favourite place to have a picnic, play football and dip my feet into the water is nearby as well: **Rosengarten**.

Our next stop is **Café Dukatz** for a „pain au chocolat“ and watching the street life from the little bar inside. Then we head to the **playground at the Glockenbach** - water pump and climbing paradise! While I'm having a blast my parents can get some tasty snacks „to go“ at **Café Schneewittchen**, which is right next to the playground. Two great kids' stores are nearby, too. The first is **Zuckerschnürl**, where we buy presents for my friends' birthdays (and sometimes my mum can't resist buying something fancy for me too, and she's also a big fan of the pretty postcards they sell – girls...haha). The other one is **Sohletti** which is a good shop for high quality kids' shoes... at least that's what my parents think. I prefer the sneaker shop **early** near Viktualienmarkt for buying my shoes. Their slogan: „sneakers not diapers“ says it all. On the way we stop at **Café Creme** for a Haribo marshmallow mouse and a kids' cappuccino, at **Lese Lotte** for books and at **Auryn** for a new toy. My favourite ice cream parlour is **Jessas**. Their coconut sorbet and chocolate ice cream is so yummy – I could easily live off it!

Another playground that has captured my heart is the **playground at Wiener Platz** (also sunny in the evening hours). I'm starting to get hungry by now, so we go to the **Fischhäusl** (the best time is 12 noon sharp) and gorge ourselves on grilled octopus, calamari or fresh fish of the day. Take a seat in the backyard at the little fountain! Even for my grandma from Hamburg, the Fischhäusl is high on her bucket list whenever she is visiting us in Munich. Another favourite lunch spot of mine is the **Pommes Boutique** in the district Maxvorstadt. I love their french fries!

For a snack in the afternoon we get some raspberries at the **fruit store of K. R. Kropp**, who used to be a swing trumpeter in the Munich orchestra. Afterwards we head to the **Isar beach at the Praterinsel**; the best spot for kids is down the hill at the little playground. Here we collect stones, throw them into the river and go for a little swim in the very shallow water.

After waking up from my afternoon nap, we either grab some ice cream at **True & 12 Handmade Ice Cream** or some yummy pizza next door at **Pizzesco's**. The neighbouring shop **Buch Perthel** has some great books for kids. Have a look! At the moment, I especially love the kids' atlas „Alle Welt.“ A must-have book for kids who love to travel.

At the end of my perfect day we pop in the toy shop **SpielART** to look for some new secondhand toy cars or animals.

By the way, another favourite spot of mine in Munich is a classy one: the **Deutsches Museum**. Inside there are three must-sees: the planes, the model railway (check when the show is on!) and the children's paradise in the cellar. Don't forget to bring some clothes to change into, you might get wet at the water games - no, wait - you have to get wet!

The playground in **Kronenpark / Obergiesing** is amazing, too. It's where we used to live and where I spent the first two years of my life. We went there like every day.

For the parents: grab a coffee and a „Vanilleschnecke“ (vanilla pastry) at the café **Liebreich**. Have great salads and lots of other home made food for lunch at **Café Sonnenschein** and buy some cheese at **Giesinger Käsealm**. In the evening, get a babysitter and head to **Upper Eat Side** for a nice piece of meat. If you like Turkish food, **Keko** is the place for you. Oh and don't miss the Saturday market on **Mariahilfplatz**. You will probably meet me there, together with my parents and my little brother. Come over, say „hi, let's play!“ and off we go :)

P.S. for swimming in summer I love the natural pools **Maria Einsiedl** and **Naturbad Samerberg**, every spot along the Isar but especially somewhere near **Flauchner** and lakes outside the city, such as **Pilsensee**, **Starnbergersee**, **Eibsee** , **Deininger Weiher** and most of all **Walchensee**.

*Enjoy exploring,
Jonathan*

OUTDOOR TRAINING TRAIL AT THE ISAR

ESCAPE

Candidstraße 30, 81543 Munich, Germany

Great spot for climbing, discovering the woods and running - a small playground is close by!

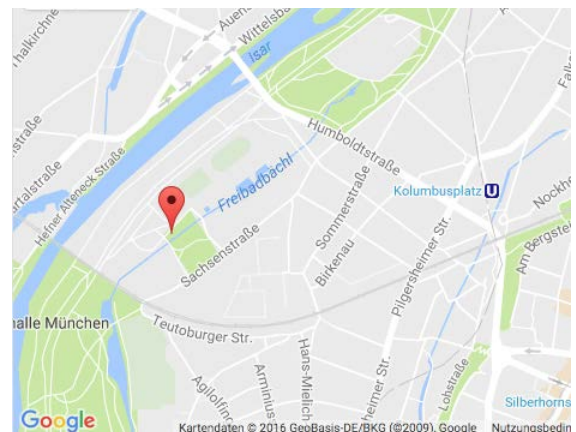


ROSENGARTEN

ESCAPE

Sachsenstraße 2, Munich, Germany

A beautiful little green area, perfect for having a relaxed picnic.



PÂTISSERIE | CAFÉ DUKATZ

CAFÉ

Erhardtstraße 2, 80469 Munich, Germany

www.dukatz.de

Sit at the small bar inside and watch the busy street life in the morning.

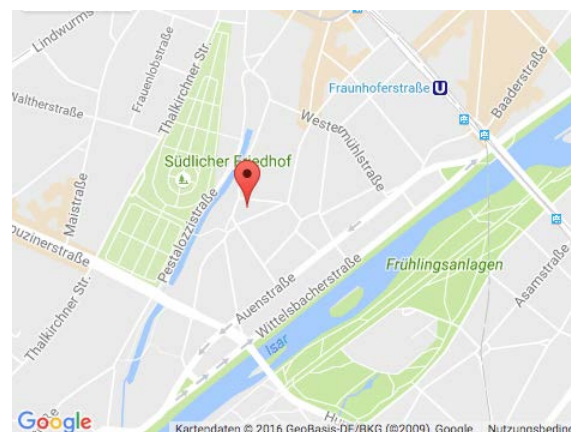


PLAYGROUND AT THE GLOCKENBACH

PLAYGROUND

Am Glockenbach 2, 80469 Munich, Germany

THE playground in Munich, sporting a water pump (!) and a climbing paradise. It's great for kids of all ages. Parents can grab a coffee „to go“ at the nearby Café Schneewittchen.



FISCHHÄUSL AT WIENER PLATZ

RESTAURANT

Wr. Pl. 9, 81667 Munich, Germany

Mouth-watering fish dishes for lunch - get the grilled octopus and calamari!



POMMES BOUTIQUE

RESTAURANT

Amalienstraße 46, Munich, Germany

www.pommesboutique.de

Yummy burgers and awesome french fries!



FRUIT STORE OF K.R. KROPP

SHOP

Wiener Platz, Munich, Germany

Yummy raspberries and other sweet and healthy snacks.



ISAR BEACH AT THE PRATERINSEL

PLAYGROUND

Kabelsteg, Munich, Germany

Perfect for kids to go swimming because of the shallow water. When you're tired of throwing stones into the water, head to the nearby playground. Don't forget to bring a blanket!



TRUE & 12 HANDMADE ICE CREAM

SWEETS

Rosenheimer Str. 14, Munich, Germany
www.trueand12.com

Ice Ice baby - get pistachio!



PIZZESCO

RESTAURANT

Rosenheimer Str. 12, 81669 Munich, Germany
www.pizzesco.com

Best for a quick snack after a summer swim or a little afternoon nap.



BUCH PERTHEL

SHOP

Rosenheimer Str. 12, Munich, Germany
www.buchperthel.de

A huge bookstore full of fascinating stories I want to be read before bedtime.



SPIELART

SHOP

Müllerstraße 39, Munich, Germany
www.spielart.org

This secondhand toy shop has been around since 1994 and is full of old-school toy cars, animals, trains... and much more!



DEUTSCHES MUSEUM

ARTS & CULTURE

Museumsinsel 1, Munich, Germany
www.deutsches-museum.de/en

A classic you have to visit when in Munich. Bring extra clothes, because kids obviously love the water games the most.



KRONENPARK SPIELPLATZ

PLAYGROUND

Kronenpark Munich, Germany

A wonderful playground with lots of equipment and a water garden.

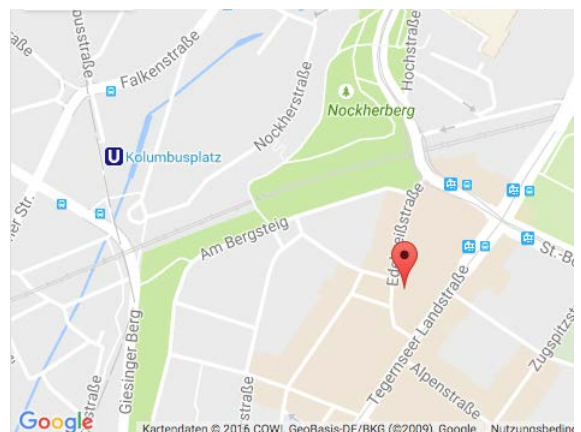


LIEBREICH CAFÉ

CAFÉ

Edelweißstraße 13, Munich, Germany
www.liebreich.de

I love their yummy chocolate muffins and my mum loves their interior accessories (especially the candles that smell just like the way that wine tastes - perfect for breastfeeding mums who miss their glass of Chardonnay from time to time).

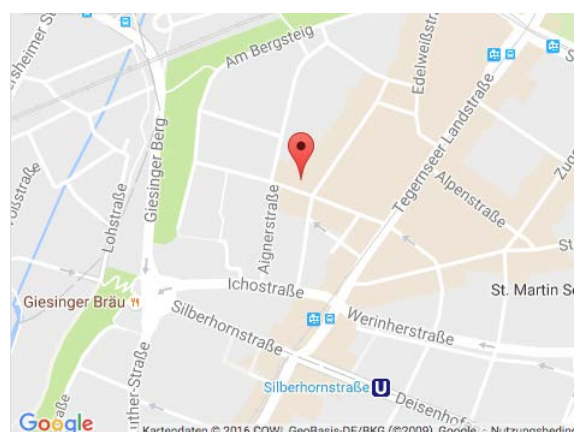


CAFÉ SONNENSCHN

CAFÉ

Gietlstraße 17, 81541, Munich, Germany
www.kaffee-sonnenschein.de

Good vibes, homemade cakes, daily changing lunch menu and cosy interior. A perfect place for family meetings!



GIESINGER KÄSEALM

SHOP

Tegernseer Landstraße 38, Munich, Germany

I enjoy a slice of my favourite cheese while my parents buy their favourite „grown-up“ stuff, like wine and coffee.



UPPER EAT SIDE

RESTAURANT

Werinherstraße 15, 81541, Munich, Germany
www.uppereatside.de

This is where my parents go and enjoy a delicious dinner full of fresh and local products, while I stay at home with the babysitter.

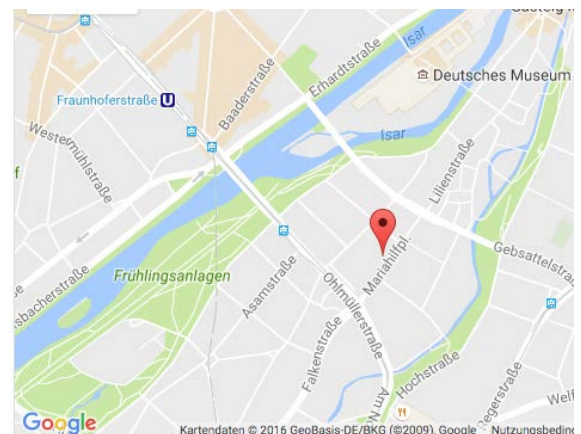


KEKO

RESTAURANT

Mariahilfstraße 24, 81541, Munich, Germany
www.keko-restaurant.com

Very good Turkish food - we all love it!

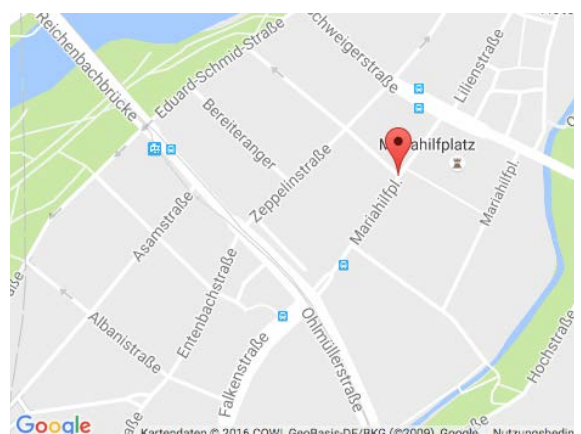


MARIAHILFPLATZ

SHOP

Mariahilfplatz, Munich, Germany

We often do our weekend grocery shopping at the farmers' market at Mariahilfplatz, because they simply sell the best local and organic products. Besides, it is so much fun to run around there and chat to the friendly stall owners.



MARIA EINSIEDL

ESCAPE

Zentralländstraße 28, Munich, Germany
www.creme-cafe.de

One of the most beautiful outdoor pools and a natural pool on top.

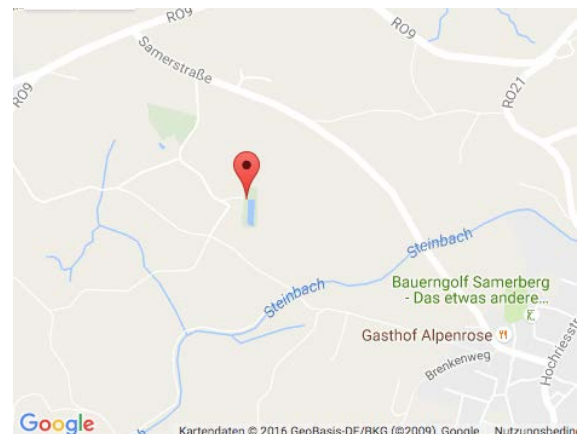


NATURBAD SAMERBERG

ESCAPE

Samerstraße 55, 83122 Samerberg, Germany
www.samerberg.de/index.php?rubrik=3&seite=naturbad&e2id=83

Another natural pool in a wonderful remote area, about one hour from Munich by car.



FLAUCHER

ESCAPE

Flaucher, Munich, Germany

The Flaucher area is an ideal area for having a barbecue and a swim in the Isar.

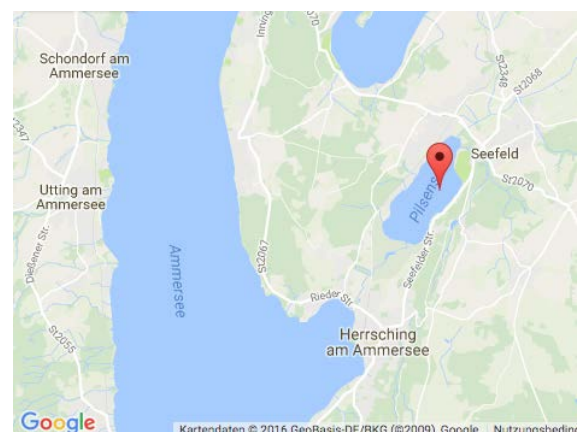


PILSENSEE

ESCAPE

Pilsensee, Seefeld, Germany

Head to the lake Pilsensee (about 45 minutes from Munich by car) for a nice day by the lake and a great lunch at the Seehaus.



STARNBERGER SEE

ESCAPE

Starnberger See, Starnberg, Germany

There are many spots around the lake where you can park your car and lie down next to the water.



EIBSEE

ESCAPE

Eibsee, Grainau, Germany

Walking around this lake makes you feel like your're in Canada all of a sudden.



DEININGER WEIHER

ESCAPE

Deininger Weiher, Straßlach-Dingharting, Germany

You're there in no time, about 35 minutes from Munich by car. It's the perfect hideaway when the city is crowded in summer.



WALCHENSEE

ESCAPE

Walchensee, Kochel am See, Germany

The beautiful lake Walchensee is one of the largest alpine lakes in Germany.

