



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 ... ?

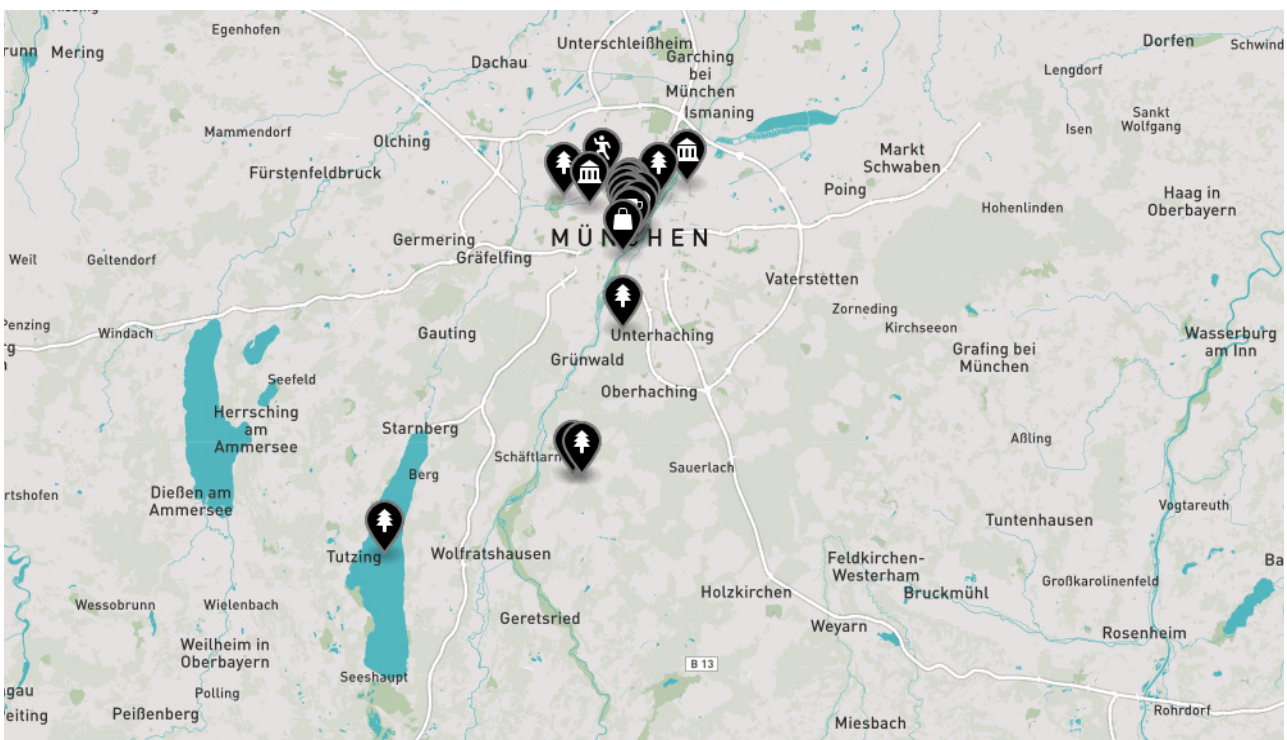
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24 HOURS IN

Munich

BY CHRISTOPH SCHALLER

Photographer | Creative Mind | Magazin Collector



MY PERFECT 24 HOURS IN MUNICH

My perfect day starts by waking up early and going to the studio by bike to shoot some portraits in the beautiful morning light. Afterwards I'm having a late breakfast with my friends at **Cotidiano** at Gärtnerplatz. Or I grab a snack from the organic grocery store **Veganz** and make my way to the riverbanks of the Isar. Then I'm probably going to play some soccer at the beautiful **English Garden**, but my friends and I often play at **SoccArena** at the Olympiazentrum too.

Sometimes I like strolling around the area of the **Brandhorst Museum**, **Pinakothek der Moderne**, and **HFF**. There are lots of lovely buildings, many great things to see, and it's very clean. I like this special atmosphere. The museum **Haus der Kunst** is a culture highlight not to be missed.

More places I'd go on a perfect day would include the underground **Maximilianspassagen** at Maximilianstraße. It's quite cool! It looks like an old metro station and showcases changing exhibitions. The **Pharao House** is a crazy building, north-west of Munich. It's probably the most interesting to see for fans of architecture and film - lots of films and series (Tatort) were shot here. Another nice building is the **Haus der Architektur** at Nymphenburger Park and the **Botanical Garden** there is beautiful as well.

For shopping I especially like **HRVST**, **Schwittenberg**, and **Acne Studios**. You can find the last two inside the new **Luitpoldblock**; a location for exclusive shopping. **A Kind Of Guise** is also great for clothing and accessories, **Aesop** is good for beauty products (beautiful store!), and **Soda Books** is the spot for magazines and books.

I do a lot of running usually in the **Perlacher Forst**, close to where I live. For some downtime I like being in nature maybe in **Deininger Weiher**, **Starnberger See**, or **Ludwigshöhe** in Straßlach. Apart from that, our studio **The Stu** is a nice place to hang out.

Back in the city I'm getting ready for a big dinner at a friend's place or meeting a group at the cool restaurant **Pavesi Picnic** in Maxvorstadt or at Chang which just opened in the city centre. The best way to end the day is with great food, lots of familiar faces, and good conversation.

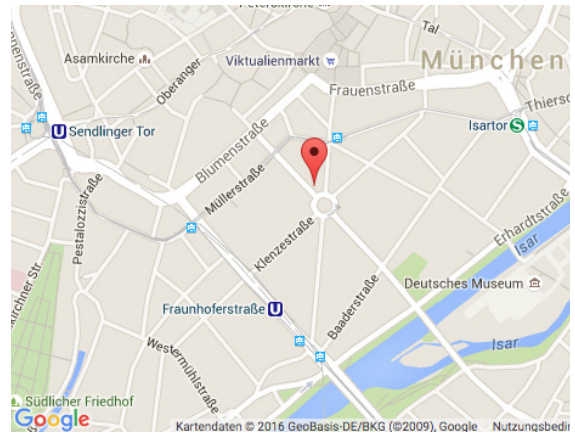
*Enjoy exploring,
Christoph*

COTIDIANO

CAFÉ

Gärtnerpl. 6, München, Germany
www.cotidiano.de

Comfy, wooden interior and nice outdoor sitting in the summer.

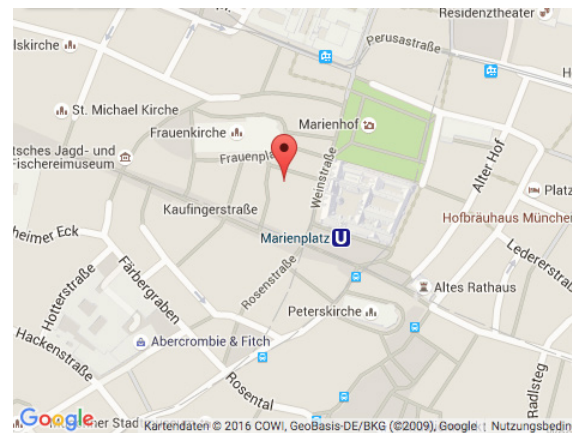


CHANG

RESTAURANT

Sporerstraße 2, München, Germany
www.chang-restaurant.de

Fine Asian cuisine, focusing mainly on Thai and Japanese dishes. Love it!

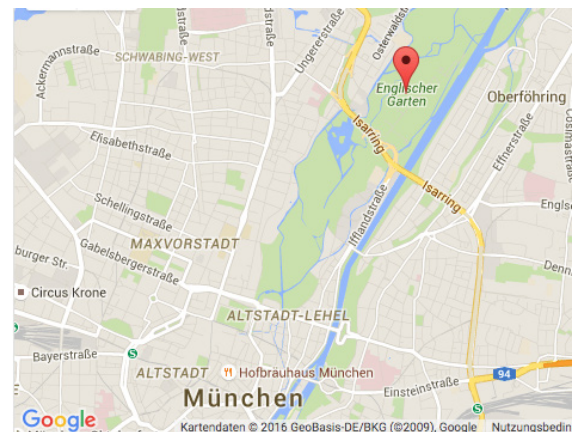


ENGLISCHER GARTEN

ESCAPE

Englischer Garten, München, Germany

One of the biggest parks in the world.



SOCCARENA

FITNESS & HEALTH

Spiridon-Louis-Ring 21, München, Germany
www.soccarena-olympiapark.de

Bad weather is no problem for us, we just keep playing soccer inside.

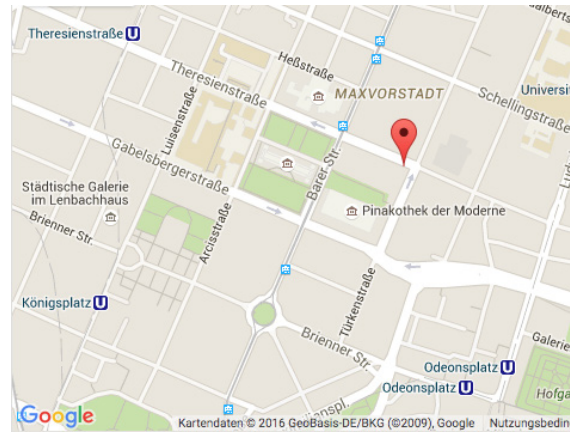


BRANDHORST MUSEUM

ARTS & CULTURE

Theresienstraße 35a, München, Germany
www.museum-brandhorst.de

A great selection of contemporary art.

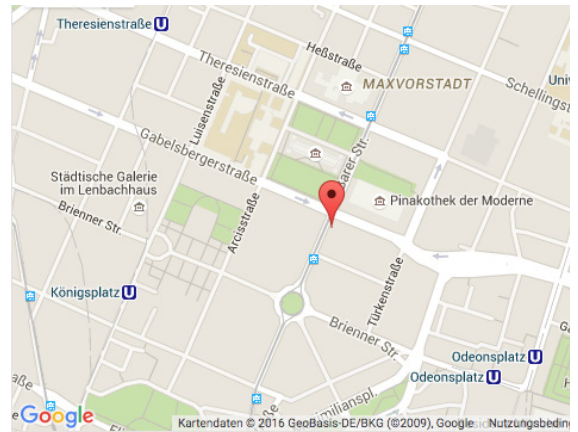


PINAKOTHEK DER MODERNE

ARTS & CULTURE

Barer Str. 40, München, Germany
www.pinakothek.de/pinakothek-der-moderne

A place worth visiting if you're into art, graphic design, and architecture.



HFF - HOCHSCHULE FÜR FERNSEHEN & FILM

ARTS & CULTURE

Gabelsbergerstraße 35, 80333 München, Germany
www.hff-muenchen.de

This well-known school teaches everything to do with TV, film, and media.

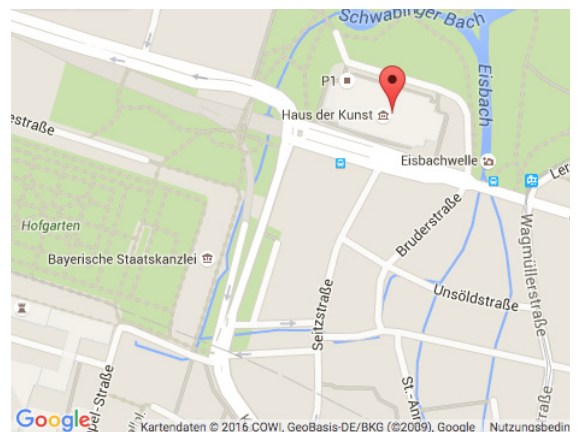


HAUS DER KUNST

ARTS & CULTURE

Prinzregentenstraße 1, München, Germany
www.hausderkunst.de

This museum hosts great contemporary art. Sometimes there are even tours in English.

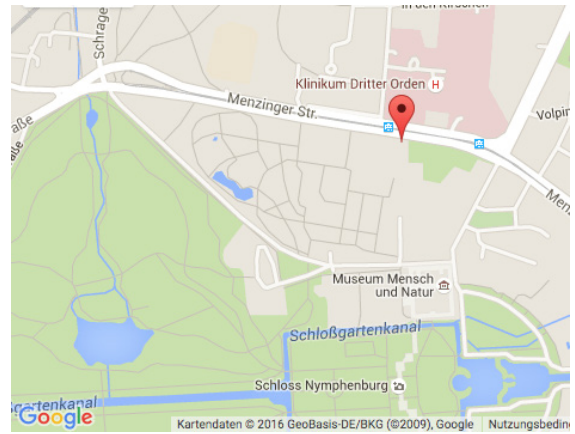


BOTANICAL GARDEN

ESCAPE

Menzinger Str. 61, München, Germany
www.botmuc.de

There are 16 different sections inside and outside the greenhouse. They host changing exhibitions and events on flora.

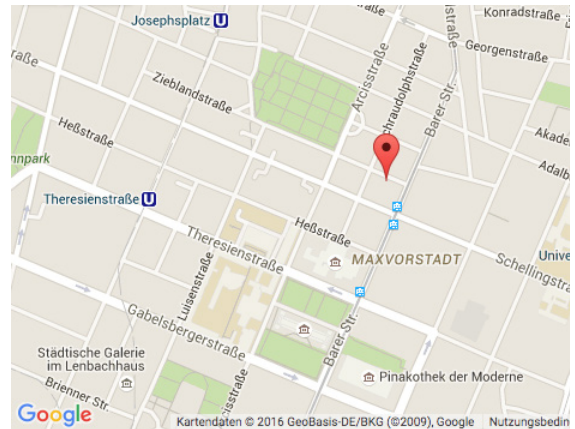


HRVST

SHOP

Zieblandstraße 5, München, Germany
www.houseofhrvst.com/en

This is where I go for new clothes. Their stuff is pretty cool but still classic and clean.

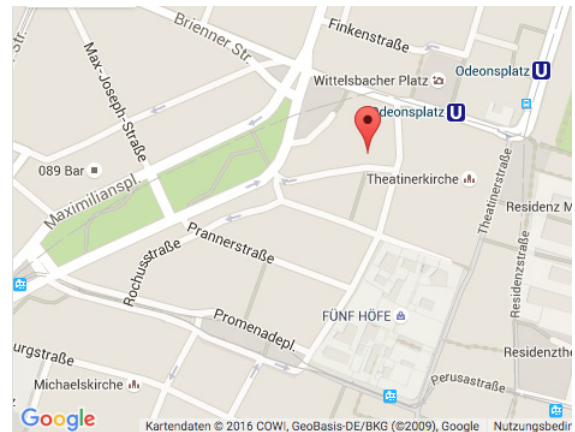


SCHWITTENBERG

SHOP

Salvatorplatz 4, München, Germany
www.schwittenberg.com

This is a nice store for fashionable and hip men and women.

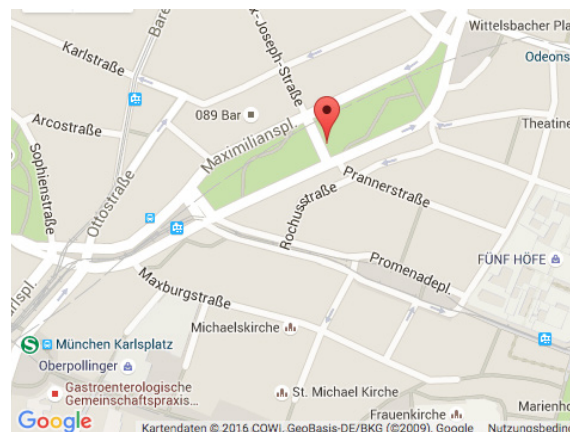


ACNE STUDIOS

SHOP

Maximiliansplatz, München, Germany
www.acnestudios.com/de/de

Did you know that ACNE stands for „Ambition to Create Novel Expressions“?

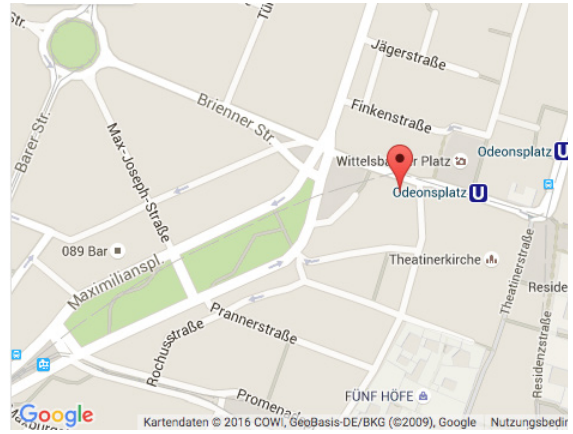


LUITPOLDBLOCK

SHOP

Brienner Str. 11, München, Germany
www.luitpoldblock.de/en

This location is home to some well-curated fashion and lifestyle brands.

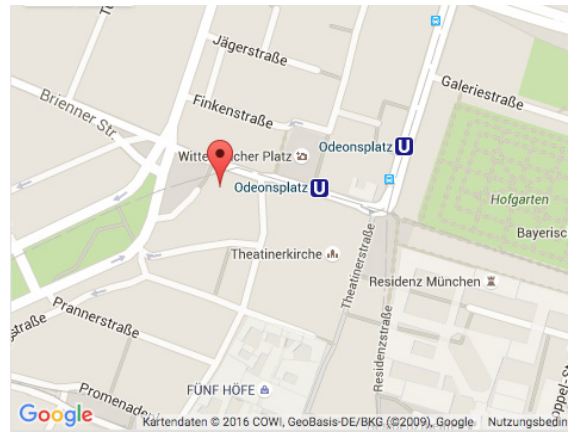


AESOP

SHOP

Maximiliansplatz. 10, 80333, München, Germany
www.aesop.com/de

The first Aesop store just opened in Munich, in Luitpold-block. Their premium beauty products are the best!

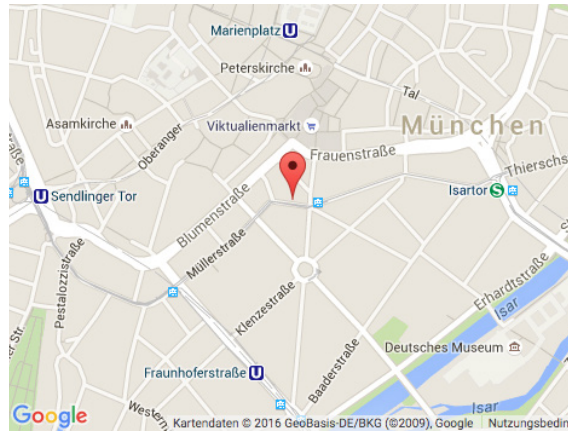


SODA BOOKS

SHOP

Rumfordstraße 3, München, Germany
www.sodabooks.com

For me, as a great fan and collector of magazines, this is the best magazine and book store in the city.



PERLACHER FORST

ESCAPE

Perlacher Forst, Germany

This is where I go running.



DEININGER WEIHER

ESCAPE

Deininger Weiher, Straßlach-Dingharting, Germany

A little paradise away from the urban hustle.



STARNBERGER SEE

ESCAPE

Starnberger See, Germany

You can get here easily by train, leaving from the city centre. It's a beautiful lake, perfect for swimming and sunbathing in summer.

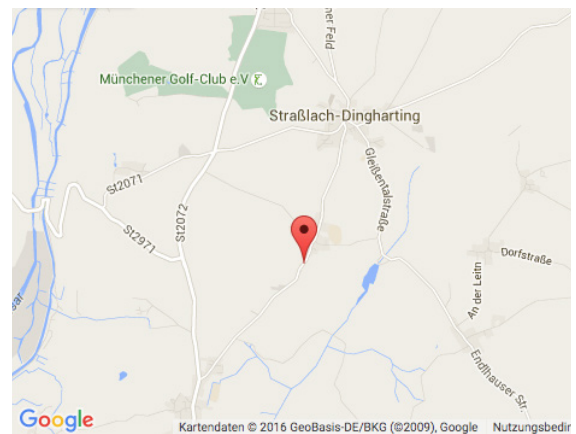


LUDWIGSHÖHE

ESCAPE

Ludwigshöhe, Straßlach-Dingharting, Germany

From this natural elevation you have a beautiful view of the whole alpine panorama.



PAVESI PICNIC

RESTAURANT

Türkenstraße 61, München, Germany
www.picnicen.de

A cute little restaurant with a focus on organic products and healthy cooking.

