

Jetset Journals

no.1

2026

# MUNICH

7 Days

Citytrip



a travel guide

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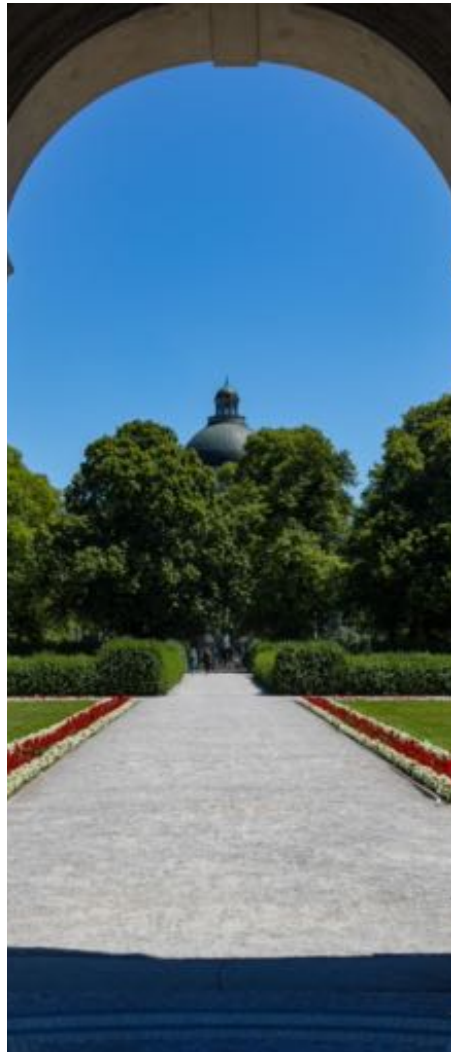
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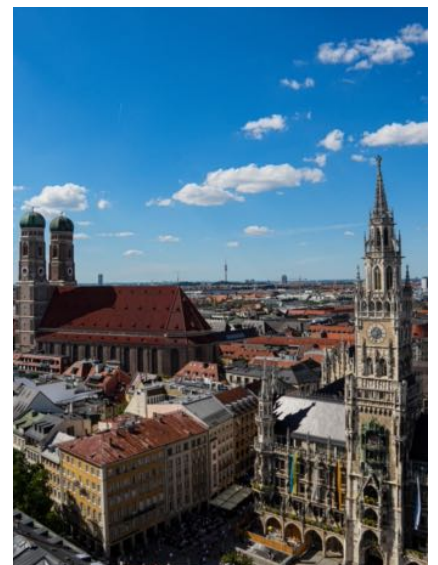
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# INTRO

Munich—to me, there’s hardly a cooler or more exciting city in Germany or Europe. Of course, since I live in Munich,

I’m not entirely objective about it. What I love most about Munich is that the city and its surroundings offer completely different highlights in every season.

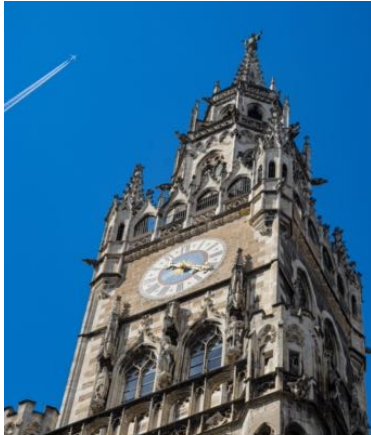
In the summer, the many lakes are perfect for swimming; in the spring and fall, there are great hiking opportunities; and in the winter, the people of Munich go skiing.

You can even visit neighboring countries like Austria or Italy for a weekend.

As always, in this guide I’d like to share with you my top 10 highlights, along with a few seasonal highlights, the best lakes and hiking trails in the area, smaller towns, and other highlights in the surrounding region.

You’ll also find a suggested weekly itinerary, the best places to eat or drink, hotels, and some general information.

# HIGHLIGHTS



**01.**

## **Marienplatz**

Marienplatz is the heart of downtown Munich. At the center of the square stands the New City Hall, which immediately catches the eye with its height and magnificent exterior façade. Completed in the early 19th century, the building now serves as the seat of the mayor and the city council. Particularly popular with tourists is the glockenspiel, which takes place daily at 11 a.m., 12 p.m., and 5 p.m.



**02.**

## **English Garden**

The English Garden, located in the northeast of the city, is one of the largest urban parks in the world, covering an area of 3.75 km². The park is full of attractions such as lakes and streams, lawns for sunbathing, and beer gardens. Particularly popular are the view from the Monopteros Temple, swimming in the Eisbach wave, the surf wave, and the numerous opportunities for sports, running and walking.



**03.**

## **Frauenkirche**

The Frauenkirche, or Munich Cathedral, has been the city's landmark for over 500 years. It stands in the center of Marienplatz, and visitors can climb one of its towers. The towers are visible from afar from every corner of the city, thanks in part to a city ordinance prohibiting the construction of buildings taller than 100 meters within the inner city ring.



**04.**

## **Nymphenburg Palace**

Nymphenburg Palace, along with its surrounding park, is another highlight. The vast palace gardens are perfect for a stroll, and in winter, people go ice skating on the canal. The interior of the palace is also worth a visit.

**05.**

## **Olympic Park**

The Olympic Park also offers numerous highlights. The Olympic Hill is particularly popular; from there, you can watch concerts at the Olympic Stadium for free. There are also tennis courts, indoor swimming pools, and the SAP Arena, where ice hockey and basketball games are played.

**06.**

## **Residenz**

The Munich Residenz, Germany's largest inner-city palace, is located directly between the Hofgarten and Odeonsplatz. While its exterior is rather simple, the interior—including the treasury—is all the more impressive.

**07.**

## **Biergärten**

Beer garden culture is an integral part of life in the Bavarian capital. It's a great way to meet up with friends, and in most of them, you can even bring your own food—you just have to buy your drinks there.



**08.**

## Viktualienmarkt

The Viktualienmarkt is the most famous spot when it comes to regional and fresh foods—whether as ingredients for cooking or for eating right away.

There's also a small beer garden, a sparkling wine tent, an Italian market hall, and breweries' stand-up bars here. Be sure to try a pickled cucumber from the "Gurken Ecke."

**09.**

## Isar River

The Isar River also offers many other highlights right in the city. Here, you can cycle along kilometers of bike paths, go for a swim, take a boat ride, or simply relax on the riverbank in the evening with a pizza and a drink.

The area around the Wittelsbacher and Reichenbach Bridges is the liveliest.



**10.**

## Museen

Munich also has a lot to offer culturally.

In addition to the Deutsches Museum, the Pinakotheken, the Nazi Documentation Center, and BMW Welt, the Bavarian State Opera and the Allianz Arena are also highly recommended for sports fans.

So there are plenty of options, especially when the weather is bad.



# SEASONS

## *Winter*

A trip to Munich is definitely worth it, even in winter. In December, the city hosts several Christmas markets. The smaller market around Weißenburger Platz is especially worth a visit. Of course, skiing in the region is also a popular activity, and the most popular ski resorts are Brauneck and Spitzingsee. Ski trips can also be taken from Munich as (half-)day excursions.

## *Spring*

Spring has plenty to offer, too—the flowers in the parks are blooming, and when the weather is nice, the first hikes in the surrounding area beckon. The cherry blossoms are in bloom in the Olympic Park.

## *Summer*

If I had to choose a season to visit, it would be summer. The city's restaurants and bars are bustling, and you can cool off in the English Garden or along the Isar, or head to one of the many nearby lakes—many of which are just 30–60 minutes away by train or bike. Plus, summer offers new events, concerts, and festivals every week.

## *Autumn*

The highlight of a fall visit is undoubtedly the world-famous Oktoberfest. But even in the fall, you can take walks or go hiking by the lake outside the city.

# LAKES

## Top 5:

### ★ Eibsee

*For me, Lake Eibsee is the most beautiful, but also one of the most distant lakes near Garmisch-Patenkirchen.*

Get there: (90–120 min) Train to Garmisch & bus/cogwheel train to Zugspitze/Grainau

### ● Walchensee

*Walchensee near Kochel, which is often called the "Caribbean of Bavaria".*

Get there: (90 min) Train to Kochel & bus to Walchensee

### ● Starnberger See

*Right nearby, just a half-hour train ride away—swimming and sailing.*

Get there: (30–45 min) Take the train to Starnberg or Tutzing



### ● Ammersee

*Similar to Lake Starnberg, with nice cafes, walking paths, and swimming piers.*

Get there: (50 min) Train to Herrsching

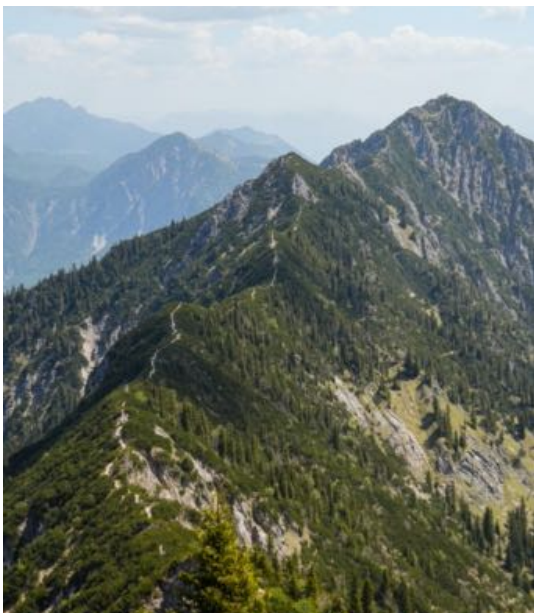
### ● Tegernsee

*Another lake that can be reached from Munich in about 1 hour and offers excellent hiking trails in the surrounding area.*

Get there: (1 hr) Direct train to Tegernsee



# HIKES



## **Top 5:**

### ★ **Herzogstand**

One of the most popular hikes is undoubtedly the one up to the Herzogstand between Kochelsee and Walchensee. From up here, you have a fantastic view of both lakes and the Alps, and you can also continue on the ridge trail to the Heimgarten from here.

Ascent from Walchensee: 2–2½ hours

### ● **Wallberg**

From the southern end of Lake Tegernsee, a beautiful hike leads up to the Wallberg, a destination that's also very popular with paragliders.

Ascent from Rottach-Eggern: 2 ½ – 3 hours



### ● **Neureuth**

A great hike with ascents and descents that you can do from Tegernsee to Schliersee or vice versa—ideal if you're traveling by train.

Hike duration: 3 hours.

### ● **Wendelstein**

A somewhat challenging hike starting at the Osterhofen train station near Bayrischzell; you'll climb over 1,000 meters in elevation, but you'll be rewarded with a fantastic view.

Ascent from the train station: 3 ½ hours



### ● **Eibsee-Rundweg**

If you're looking for a very relaxing "hike," the walk around Lake Eibsee is just the thing for you. If you'd like, you can also take the cable car up to the Zugspitze, Germany's highest mountain.

# NEIGHBORHOODS

## **Top 5:**

### ★ **Schwabing**

*Schwabing is our favorite neighborhood—so many great restaurants and cafés, plus it's close to the English Garden and small shops.*

### ● **Au-Haidhausen**

*Compared to Schwabing, it's a bit of an alternative neighborhood, but it still has a good selection of restaurants, near Isar.*



### ● **Glockenbachviertel**

*Munich's trendy neighborhoods—LGBTQ+, boutiques, bars, and cafés, especially around Gärtnerplatz and along the Isar.*

### ● **Neuhausen-Nymphenburg**

*A green, relaxed neighborhood – Hirschgarten and Nymphenburg Palace.*

### ● **Maxvorstadt**

*Around Türkenstraße: the university, young people, museums, bars, and cafés—there's always something going on here.*



*Overall, Munich thrives—above all—on its laid-back and trendy neighborhoods. Restaurants, bars, and cafés are always bustling, as are the green spaces and parks. When the weather is nice, it feels like no one stays home.*



# OTHERS



## Castles

- Neuschwanstein Castle
  - Linderhof Castle
- Herrenchiemsee Castle
- Hohenschwangau Castle
- Royal Residence at Schachen

## Sports

Sports also play a major role in Munich.

It's well worth attending an FC Bayern Munich soccer game at the Allianz Arena, as well as an ice hockey game featuring RB Munich or an FC Bayern Basketball game at the SAP Arena.

## Abbeys

- Andechs Abbey
- Weltenburg Abbey
  - Ettal Abbey
- Benediktbeuern Abbey
  - Metten Abbey

## Places

- Murnau am Staffelsee
- Garmisch-Partenkirchen
  - Partnachklamm
  - Mittenwald
  - Berchtesgaden



# DAY TO DAY

**Day 1** – On the day you arrive in Munich, you should first check into your accommodations and then head toward Marienplatz around noon.

There, you can get your bearings and then go to the Viktualienmarkt for a light lunch.

Afterward, you can explore the narrow streets around the square to get a feel for old Munich.

Once you come out at the other end here, you can take a quick detour to the famous Hofbräuhaus.

You can also plan to climb the Alter Peter to see Munich from above.

For dinner, you could try Indian food at Bindaas near Gärtnerplatz.

**Day 2** – You can start Day 2 with a leisurely breakfast at The Spirited Goat on Kurfürstenplatz. From there, head first to the Olympic Park.

On a clear day, you can even see the Alps from the Olympic Hill.

In the afternoon, if you stroll along the canal from the Olympic Park, you'll reach Nymphenburg Palace and its lush park.

For dinner that day, you can go to the nearby Hirschgarten beer garden.

**Day 3** – On Day 3, it's time for your first day trip.

Depending on your preferences and the time of year, you can go swimming at one of the nearby lakes, go for a hike, or take a trip to Neuschwanstein Castle, for example.

Once you're back in Munich, you can enjoy a delicious pizza at Mozzamo.

**Day 4** – The next day, you can take a closer look at Munich's individual neighborhoods.

You can start, for example, with breakfast in the Glockenbachviertel—such as at Coffee Twins Specialty Coffee or at Wagners Juicery by the Reichenbach Bridge.

After visiting the Frauenkirche and the pedestrian zone, you can tour the interior of the Residenz at Odeonsplatz and then stroll through the Hofgarten toward the English Garden.

Depending on the weather, you can cool off in the Eisbach, enjoy the view from the Monopteros, and grab lunch at the Seehaus beer garden or by the Chinese Tower.

In the late afternoon, head back toward the Glockenbachviertel, where you can grab a drink at FOS\*place and then sit by the Isar with a pizza from Hungrigen Herz.

**Day 5** – The next day, you can take another day trip to one of the lakes, mountains, or other highlights mentioned above.

In the evening, back in the city, there might be an event depending on the season—for example, a concert at Olympiaberg, the Apollon Stufenbar, or a Christmas market. For dinner, you could try Israeli cuisine at Eclipse, for instance.

**Day 6** – You can then divide the next day into two parts as well. In the morning, you can enjoy a relaxed breakfast in Schwabing—for example, at Café Buur or

Suuapinga—Specialty Coffee. Afterward, you can browse through the small shops and boutiques.

Depending on the weather, you can then take a half-day trip to Lake Starnberg in the afternoon.

When you come back in the evening, you can grab a bite to eat in Au-Haidhausen—for example, at Paulaner am Nockherberg, for Italian cuisine at Giorgia Trattoria, or for Greek cuisine at Paros. You can round off an evening stroll around Weißenburger Platz with an ice cream from Il Gelato Italiano.

**Day 7** – On the last day, you can spend some time in the city center and have breakfast at KANSO Coffee Lab before you have to leave or visit a museum if you have enough time left.

**Alternatives** – Of course, the plan depends heavily on your interests and the season/weather—you can also include other highlights from the list above.

# GOOD TO KNOW

## ***Get here***

Munich is very easy to reach by plane or train. While the main train station is very centrally located, it takes about 40–45 minutes to get from the airport to downtown by S-Bahn (S1 or S8). You can buy tickets either at a ticket machine or conveniently through the DB Navigator app.

## ***Public Transport***

Munich has S-Bahn trains, buses, and subways. To get from A to B, it's best to check the route on Google Maps beforehand. You can buy either single-ride tickets or day passes using the DB Navigator app or the MVG app. Rental bikes and electric scooters are also good alternatives.

## ***Safety***

You don't have to worry about safety in Munich—it's definitely one of the safest cities in Germany.

## ***Beste time to visit***

There isn't really a "best" time to visit in that sense—every season has its own highlights—but I like summer best.

## ***Supermarkets***

Something visitors should know, especially since it's not the case in other parts of Germany: Supermarkets throughout Munich close at 8 p.m.

## ***Restaurants & Tickets***

While you can generally buy tickets at the box office for museums and other highlights in Munich, it's best to reserve tables at restaurants in advance.

## ***Beer Gardens***

In addition to a sit-down dining area, beer gardens usually also have a self-service area—here, you can bring your own food; you only have to buy drinks on site.

## ***Events***

Before your visit, always check the city's current events. Also be aware that prices of hotels etc. will increase significantly during times like Oktoberfest – so make sure to book early.

# WHERE TO EAT

## Restaurants:

- ★ **MOZZAMO (Italian)**
- **Eclipse (Israeli)**
- **Taverna Melina (Greek)**
- **MOSTROS (Latin American)**
- **SEEN (Chinese)**
- **Bindaas (Indian)**
- **GIGI Trattoria (Italian)**
- **Ha – Vietnamese Cuisine**
- **Shandiz (Persian)**
- **Jiro (Japanese)**



## Cafés & Breakfast:

- ★ **Zeit für Brot**
- **Man versus Machine**
- **Suuapinga**
- **The Spirited Goat**
- **Lilli P**
- **CAOS**
- **Kaffeerösterei Viktualienmarkt**
- **KANSO Coffee Lab**
- **Coffee Twins**



## **Bars**

- ★ **FOS\*place**
- **Apollon Stufenbar**
- **Kultur Dachgarten**
- **Supernova**
- **Giesinger Stehausschank**
- **L'Americano**
- **Max & Moritz – Social Club**

## **Beer Gardens**

- **Hirschgarten**
- **Paulaner am Nockherberg**
- **Seehaus Biergarten**
- **Augustiner (Arnulfstraße)**
- **Biergarten am Wiener Platz**
- **Hirschau**
- **Max Emanuel**
- **Brezenreiter**

# WHERE TO SLEEP

## **Schwabing**

### ★ **Bob W Munich Schwabing**

Easy CheckIn & communication, stylish

#### ● **Munich Rooms Hotel**

Great location in Schwabing



## **Au Haidhausen**

### ● **Motel One Haidhausen**

Good standard, more quiet location



## **Altstadt**

### ● **Platzl Hotel**

located in old town, not cheap

## **Maxvorstadt**

### ● **AdvaStay by KING`s**

Good price, many restaurants und cafés close by



## **Neuhausen Nymphenburg**

### ● **IBIS Arnulfstraße**

Budget hotel mit good transportation links



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