



48 HOURS IN

Munich

WHERE IT ALL BEGAN

WELCOME TO MUNICH

Bavaria's Capital, Your Way

Munich is one of the most misunderstood cities in Europe. Most visitors arrive expecting beer halls and lederhosen — and they find them, because Munich delivers — but then they miss everything else. The world-class museums. The English Garden that makes Central Park look modest. The neighbourhoods where Bavarian tradition and genuine cosmopolitan energy exist side by side.

This guide assumes you want both. You'll drink a litre in a beer garden under chestnut trees. You'll also stand in front of a Rubens at the Alte Pinakothek and walk through a neighbourhood that doesn't appear in any other guide. Forty-eight hours, done right.

Munich rewards the solo traveler who slows down. This guide is built for exactly that.

— HOW TO USE THIS GUIDE —

- Follow Day 1 and Day 2 in order — the routing is intentional and minimises backtracking.
- Times are suggestions. If a beer garden grabs you, stay.
- Every restaurant listed has been chosen for quality and local credibility — not tourist proximity.
- "Solo Tip" boxes flag advice specific to traveling alone in Munich.

BEFORE YOU GO

Practical Munich

Getting There

Munich Airport (MUC) is 40km northeast of the city. The **S-Bahn S1 and S8** both run direct to Marienplatz and Hauptbahnhof in around 40 minutes (€13.60). The Lufthansa Airport Bus runs every 20 minutes to Marienplatz (€11.50, ~45 min). Taxis cost €65-80 and are rarely worth it.

Getting Around

The **U-Bahn** and **S-Bahn** are fast, clean, and cover every part of the city worth visiting. A single inner-zone ticket costs €3.70. Buy a **Tageskarte** (day ticket, €9.20) if making more than two journeys — covers all transit for 24 hours. **MVG Rad bikes** dock across the city — €1 to unlock, then 10 cents per minute. The English Garden alone justifies renting one.

Money & Costs

Munich is one of Germany's more expensive cities. Cards are widely accepted, though some traditional restaurants and beer halls are cash-only — carry €30-50. Tipping: round up in cafés, around 10% in restaurants.

What to Know

- Beer gardens: bring cash. Most do not take cards.
- The Masskrug (one-litre stein) is the default. You can ask for a 0.5L but you'll be judged.
- Most museums are closed on Mondays. Plan Day 2 museum visits for Tue-Sun.
- Tap water is safe and excellent — Munich's water comes from Alpine springs.
- The English Garden's FKK (nudist) areas are well-signposted — a normal part of Munich life.

DAY ONE

Altstadt, Viktualienmarkt & the English Garden

Day 1 covers Munich's historic heart and its greatest natural asset — from the medieval Marienplatz to the vast English Garden, with the city's finest food market in between.

Morning

8:00am — Breakfast at a Bavarian bakery

Rischart on Marienplatz for a proper Bavarian breakfast: a Laugenbrezel (pretzel), white sausage with sweet mustard, and coffee. This is the Munich equivalent of standing at a Roman bar counter — it's how the city starts its day. Alternatively, **Der Bäcker Süpke** near the Viktualienmarkt does outstanding sourdough pastries.

9:00am — Marienplatz & the Neues Rathaus

Munich's central square is anchored by the **Neues Rathaus**, whose neo-Gothic tower dominates the skyline. The **Glockenspiel** chimes at 11am and noon. Take the lift to the tower observation platform for one of the finest views over the old city and the Alps on clear days. Entry ~€6.

♦ *Solo Tip: The tower view is outstanding on clear days when you can see the Alps. Check the forecast the evening before — if it's clear, prioritise this first.*

10:30am — Viktualienmarkt

Viktualienmarkt is Munich's daily food market and one of the great open-air markets in Europe. Cheese, charcuterie, bread, flowers, and fresh produce fill the stalls. There's a permanent beer garden at the centre — and at 10:30am, some of Munich's residents are already there. Budget an hour.

Afternoon

12:00pm — Lunch in Schwabing

Tantris DNA on Keferstrasse is the casual offshoot of Munich's legendary fine dining institution — more relaxed, still exceptional. For something traditional, **Gasthof Isartal** does unfussy Bavarian cooking: Schweinebraten, Leberknödelsuppe, and house beer on tap.

2:00pm — The English Garden

At 910 acres, the **Englischer Garten** is larger than Central Park. The **Eisbach wave** near the southern entrance has surfers riding it year-round — one of Munich's most extraordinary free spectacles. The **Chinesischer Turm** beer garden is the most atmospheric in Munich: 7,000 seats under chestnut trees, a brass band on weekends, and cold Hofbräu on tap.

◆ *Solo Tip: The beer garden operates on a bring-your-own-food system at some tables — buy a beer from the kiosk and bring snacks from the Viktualienmarkt. Solo dining here is completely normal.*

Evening

6:30pm — The Hofbräuhaus

The **Hofbräuhaus** is worth seeing once — yes, it's touristy, but it's also genuinely historic (founded 1589) and the atmosphere on a weekday evening has its own energy. Sit in the main hall, order a Masskrug, and take it in. Then leave.

8:30pm — Dinner in the Glockenbachviertel

Munich's most interesting neighbourhood for dinner. **Bricklane** on Müllerstrasse does outstanding seasonal German cooking. **Pageou** is more refined — Levantine-influenced, consistently excellent. For something casual, **Augustiner Keller** on Arnulfstrasse is the city's finest traditional beer hall: old wood, no tourists, and Augustiner vom Holzfass.

◆ *Solo Tip: Augustiner Keller has communal bench seating — you will end up talking to your neighbours. Solo dining at beer hall tables is the most natural thing in Munich.*

DAY TWO

Museums, Nymphenburg & an Alpine Horizon

Day 2 moves into Munich's extraordinary museum quarter and out to the baroque palace that rivals Versailles — with an Alpine horizon if the weather cooperates.

Morning

9:00am — Breakfast in Maxvorstadt

Café Jasmin on Steinheilstrasse is a Munich institution — a tiny Viennese-style café with outstanding coffee and the best Kaiserschmarrn in the city. Arrive early; it fills quickly. Alternatively, **Standl 3** near the Pinakotheken does excellent weekend brunch.

10:00am — Alte Pinakothek

One of the world's great art museums and almost always uncrowded. The **Alte Pinakothek** holds European masterworks from the 14th-18th centuries: Dürer, Raphael, Rubens, Rembrandt, and one of the finest collections of Flemish painting anywhere. Allow 90 minutes. Entry €7 on Sundays (€4 otherwise). Closed Mondays.

♦ *Solo Tip: The three Pinakotheken sit within a 10-minute walk of each other. If museums energise rather than fatigue you, a combined day here rivals any museum city in Europe.*

Afternoon

12:30pm — Lunch near the Pinakotheken

Cafe Luitpold on Brienner Strasse is an elegant Viennese-style café serving Munich since 1888. Coffee, cake, and a light lunch in a room that feels properly historic. For something more casual, the streets around the Pinakotheken have excellent Turkish and Middle Eastern options at student-friendly prices.

2:00pm — Nymphenburg Palace

Take tram 17 west to **Schloss Nymphenburg**, the summer residence of the Bavarian rulers. The palace itself is extraordinary — 600 metres of baroque facade — but the real experience is the park: 200 hectares of formal gardens, canals, and woodland. The **Amalienburg** hunting lodge inside the park is one of the finest examples of Rococo architecture in Europe. Entry: €15.

Evening

6:00pm — Aperitif in the Glockenbachviertel

Schiller 5 on Schillerstrasse does excellent natural wine and cocktails in a small, serious bar. The surrounding streets around Gärtnerplatz fill with the city's young creative crowd from 6pm — wander and follow the noise.

8:00pm — Final Dinner

End your 48 hours at **Werneckhof by Geisel** in Schwabing if budget allows — one of Munich's finest tasting menu restaurants. For something more casual but equally excellent, **Broeding** on Schulstrasse does outstanding five-course Austrian cooking in a tiny room that holds 20 people. Book both well in advance.

♦ *Solo Tip: Many of Munich's best smaller restaurants have counter seats or chef's tables ideal for solo diners. Mention you're alone when booking — you'll often get the best seat in the house.*

WHEN IN MUNICH ... (AGAIN)

Day Trip to Salzburg

Just 90 minutes by train, Salzburg is the most logical day trip from Munich in Europe. The Altstadt is a UNESCO World Heritage Site, the Hohensalzburg Fortress dominates the skyline, and the Mozart connection is genuine. Buy an OBB ticket in advance for around €25 return.

Dachau Memorial Site

The former concentration camp is 30 minutes by S-Bahn from Hauptbahnhof. It is not comfortable. It is essential. The documentation centre is one of the most thorough historical records in Germany. Allow a full morning.

BMW World & Museum

Even with no interest in cars, the BMW Welt building is one of the finest pieces of contemporary architecture in Germany. The museum next door charts 100 years of Bavarian engineering. BMW Welt is free; the museum costs €10.

WHERE TO EAT & DRINK

The Essential List

Restaurants

Augustiner Keller €€

Arnulfstrasse 52

Munich's finest traditional beer hall. Augustiner vom Holzfass — from the wooden barrel — is as good as Bavarian beer gets. Local crowd, no tour groups. Cash only.

Werneckhof by Geisel €€€€

Werneckstrasse 11

One of Munich's best tasting menu restaurants. Seasonal, serious, and worth every euro. Book weeks ahead.

Broeding €€€

Schulstrasse 9

Twenty seats, five courses, Austrian-influenced seasonal cooking. One of the most personal dining experiences in the city. Essential booking.

Pageou €€€

Kardinal-Faulhaber-Strasse 10

Levantine-influenced modern cooking in an elegant setting. Consistent, creative, and excellent value for the quality.

Gasthof Isartal €€

Brudermühlstrasse 2

Unfussy Bavarian cooking at honest prices. Schweinebraten, Knödel, and house beer. The real thing.

Tantris DNA €€€

Keferstrasse 1

The casual offshoot of Munich's legendary fine dining institution. Outstanding seasonal cooking without the formality.

Bricklane €€€

Müllerstrasse 50

Modern German cooking with a market-driven menu. Excellent wine list. One of the Glockenbachviertel's best.

Beer Gardens, Cafés & Bars

Chinesischer Turm

Englischer Garten 3

7,000 seats under chestnut trees in the middle of the English Garden. The most atmospheric beer garden in Munich. Brass band on weekends.

Augustiner-Keller Beer Garden

Arnulfstrasse 52

Separate from the hall — a vast garden behind the main building. One of the oldest and finest in the city.

Cafe Luitpold

Brienner Strasse 11

Viennese-style grand café serving Munich since 1888. Coffee, cake, and a light lunch in a genuinely historic room.

Café Jasmin

Steinheilstrasse 22

Tiny, beloved, and almost always full. The best Kaiserschmarrn in Munich. Arrive early.

Schiller 5

Schillerstrasse 5

Natural wine bar in the Glockenbachviertel. Small, serious, and the right place to start an evening.

Hofbräuhaus

Platzl 9

Yes, it's touristy. It's also 400 years old and the atmosphere in the main hall on a weekday is genuinely something. See it once.

WHERE TO STAY & HOW TO BOOK

Neighbourhoods & Logistics

Where to Base Yourself

Maxvorstadt or **Schwabing** put you within walking distance of the museum quarter and easy U-Bahn access to everything else. The **Glockenbachviertel** is the most atmospheric choice for evenings. Avoid hotels around the Hauptbahnhof — the area lacks character and requires transit for most sights.

Booking the Essentials

Neues Rathaus Tower

muenchen.de

No booking required — buy on the day at the entrance. ~€6.

Alte Pinakothek

pinakothek.de

No advance booking needed. €7 Sundays, €4 other days. Closed Mondays.

Nymphenburg Palace

schloss-nymphenburg.de

Buy combined palace and grounds ticket at the entrance. No advance booking needed.

Werneckhof / Broeding

Via restaurant websites

Both require advance reservations — book as far ahead as possible, especially for weekends.

Solo Travel in Munich

Munich is one of the safest and most solo-friendly cities in Europe. A few specifics:

- Beer hall communal seating is designed for solo travelers — you are expected to share a table and talk.
- The English Garden is safe at all hours and excellent for solo walks and cycling.
- Many restaurants have counter seats or bar dining — always ask when booking solo.
- Munich's public transport is excellent and safe late at night.

♦ *A final note: Munich has a pace to it that rewards patience. The beer garden hour stretches. The museum rooms empty out. The neighbourhood streets reveal themselves slowly. If you find yourself doing less than the guide suggests — that's the guide working exactly as intended.*

SOLO TIPS & PRE-TRIP CHECKLIST

Go Prepared

The 10 Rules of Solo Munich

1. **Carry cash.** Beer gardens, traditional restaurants, and markets are frequently cash-only. €50 in your pocket is essential.
2. **Embrace the Masskrug.** The one-litre stein isn't a tourist prop — it's how Munich drinks. Order one. Pace yourself.
3. **Sit at communal tables.** Beer hall seating is shared by design. The conversation that follows is part of the experience.
4. **Check museum closing days.** Most Munich museums close on Mondays. Plan accordingly.
5. **Take the S-Bahn from the airport.** The taxi queue is long and expensive. The S1 or S8 takes 40 minutes and costs €13.60.
6. **Arrive at the beer garden early.** The Chinesischer Turm fills by early afternoon on warm days. Arrive by noon.
7. **Learn two words.** "Bitte" (please) and "Prost" (cheers) will take you further than any translation app.
8. **Respect the cycling lanes.** Munich's cyclists are fast and have no patience for pedestrians in their lanes.
9. **Day-trip to Salzburg.** 90 minutes by train and you're in another country entirely. Worth every minute.
10. **Stay in a neighbourhood.** Maxvorstadt or Glockenbachviertel over the Hauptbahnhof area. Munich's character lives in its neighbourhoods.

— PRE-TRIP CHECKLIST —

- Buy S-Bahn airport ticket or confirm contactless payment works in Germany
- Reserve Werneckhof, Broeding, or Pageou if splurging on dinner

EXPLORE THE INTERACTIVE MAP

Every stop in this guide, mapped and filterable

HOW TO ACCESS

Scan the QR code with your phone camera to open the full interactive map — no app required.

All stops colour-coded by Day 1, Day 2, Food, Day Trips & Transport.

Filter, tap any pin for details and insider tips.



goingsolo.life/maps/munich

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