

# Green Munich

Tips for a sustainable city trip

## Discover Munich from its greenest side



**Journey and mobility**  
Get there in a climate-friendly way



**Enjoy green Munich**  
Sustainable activities



**Gastronomy**  
From organic to vegan



**Accommodation and souvenirs**  
Sleep well and buy good things

# Arrival and departure

## Clean travel to and from Munich



### Arrive better

#### No traffic jams, no stress

Sustainable travel is one of those things: though we attach great importance to it, we often fail when faced with the reality since the environment-friendly alternatives are often too expensive, too time-consuming or too tedious. But in this respect, Munich makes life easy for travellers: the capital of Bavaria has excellent connections to other European metropolises and the attractive surrounding region can be reached quickly and conveniently thanks to numerous regional connections. Find out here how you can explore Munich in the best possible way – with no traffic jams or searches for parking spots. Have a good trip!



#### Planning a trip

You can find out more about the different ways of getting to Munich here:

[Website](#)

### Day trips by public transport

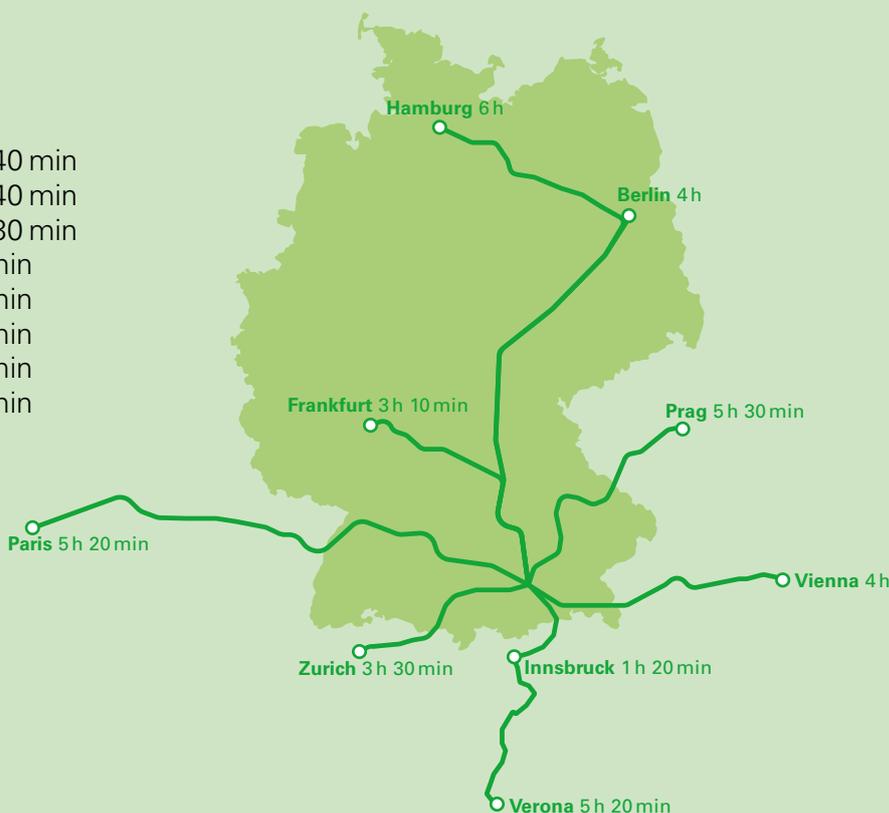
Oberammergau/Linderhof:	1 h 40 min
Neuschwanstein:	2 h 40 min
Berchtesgaden/Königssee:	2 h 30 min
Tegernsee:	65 min
Starnberger See:	20 min
Chiemsee/Herrenchiemsee:	60 min
Nuremberg:	60 min
Salzburg:	80 min



#### In a jiffy

Travelling green has never been faster:

[Website](#)



# Mobility in Munich

## The green city feeling

### Did you know?

Flying from Berlin to Munich causes 143 kg of CO<sub>2</sub> emissions; by train it's only 21 kg.



Beautiful Munich becomes even more beautiful by bike



## Next stop ...

### ... the Munich feeling

The question of how best to get to somewhere in Munich is not so easy to answer. Quickly hop on a suburban train (S-Bahn) or take a shortcut on foot through the English Garden? Travel quickly by underground or cycle along the River Isar? When it comes to mobility in Munich, residents are spoilt for choice in the best sense of the word. But one thing is certain: if you move around like the locals do, you'll immerse yourself in the city's way of life. Because that is shaped by a bike trip to the beer garden, an after-work trip to Lake Starnberg by suburban train or a night-time tram trip across the illuminated city. With this in mind, get in, get on and get around – and above all, dive in!



### Cycling capital

You'll find bike tours for Munich and the surrounding area here:

[Website](#)



### Munich's surroundings

Discover the most beautiful day trips for groups:

[Website](#)



### Power carriage

Explore the city with an eFiker:

[Website](#)



# Enjoy green Munich

## Sustainable activities



The English Garden is Germany's largest city park – and right at the heart of Munich!

## Green soul

### Munich from its liveliest side

The gigantic English Garden, world-famous Nymphenburg Palace Park, impressive Olympic Park, fairy-tale Isar meadows and countless beer gardens: at first glance, Munich seems incredibly green. And even if you look more closely, you'll see that sustainability and urbanity don't have to contradict each other. Discover Munich from its greenest side – figuratively and literally!



There's an amazing variety of wild herbs along the River Isar



## Urban hikes

If you walk through Munich, you'll immediately notice two things: the city is so manageable you can actually explore large parts of it on foot; and most importantly, it is fabulously green. What awaits you in between? Magnificent boulevards, world-famous museums, lots of architecture and history. Explore Munich – from east to west and from north to south!

[Website](#)

## Wild herbs hike

Are wild herbs only found in the wild? Certainly not! In a city like Munich, with its spacious green areas, there are numerous edible plants growing on your doorstep. You just have to know how to find them. On a guided wild herbs hike you'll get to know scratchberry, ground ivy and madesweet.

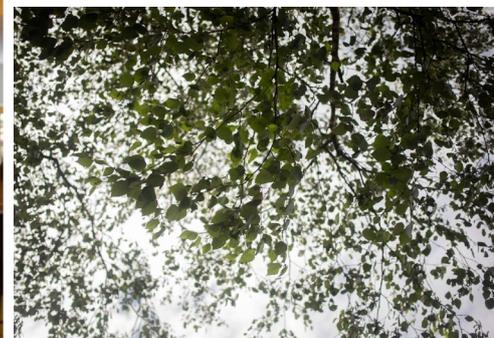
[Website](#)



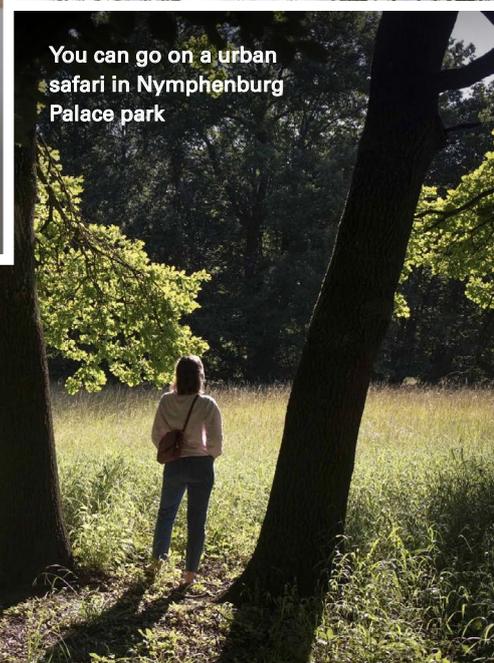
The water at the city's fountains springs from Bavaria's Alpine foothills and is often drinkable.



Buy beautiful and do good – with sustainable fashion from Munich



You can go on a urban safari in Nymphenburg Palace park



### Even more tips

You can find more suggestions for a sustainable stay here:

[Website](#)



## Green fashion tour

From fair fashion and upcycling to innovative materials and cradle-to-cradle approaches: In Munich, there are so many designers, labels and stores specialising in sustainable fashion you could fill several days with touring them. Why not be inspired by a customised tour?

[Website](#)

## Parks and gardens

Some superlatives are unavoidable when talking about the 2,300 hectares of Munich's green spaces. The English Garden at four square kilometres is even larger than New York's Central Park. The Nymphenburg Palace Park has been around since the 17th century. And the Botanical Gardens are home to 14,000 plant species. Let yourself be inspired by such green diversity!

[Website](#)



# Gastronomy

## From organic to vegan



Roecklplatz has a special restaurant concept

### Different tastes better Tofu heaven and pub-food bliss

Only regional and organic ingredients, no dumping wages, vegetarian or just vegan dishes: if you visit one of the numerous sustainable restaurants in Munich, you'll be foregoing a lot – but not taste, quality or variety. Whether it's organic beer goulash at Klinglwirt, upscale green cuisine at Green Beetle or a vegan burger at Emmi's Kitchen, even convinced omnivores will be happy at any of these restaurants!



The menu at Roescklplatz is both refined and imaginative



### Peak vegan

You'll find detailed information on vegan restaurants here:

[Website](#)



Most cafés have the  
RECUP deposit system  
for coffee beakers.



### Restaurant tips:

- ◆ In addition to numerous vegetarian dishes, **Klinglwirt** also serves pub classics such as roast pork, gröstl (fried potatoes and meat) and sauerkraut with pork sausages – all of organic quality!

Website

- ◆ No wishes go unfulfilled at the vegetarian/vegan **Green Beetle**. The Michelin Guide thought that too and awarded the gourmet restaurant a green star.

Website

- ◆ Socially disadvantaged young people are trained at the multiple award-winning **Roecklplatz**. One vocational training place always goes to a young refugee.

Website

- ◆ **Prinz Myshkin** is a pioneer of refined plant-based cuisine and has been conjuring up vegetarian delicacies since 1984.

Website

- ◆ **Bellevue di Monaco**, a cultural centre for refugees, offers a daily changing lunch menu. Sometimes Syrian, sometimes Senegalese, sometimes Ethiopian depending on who is in the kitchen at the time.

Website

- ◆ The three branches of **Emmi's Kitchen** solely serve vegan food – but you completely forget that when you try the sumptuous pancakes or burgers.

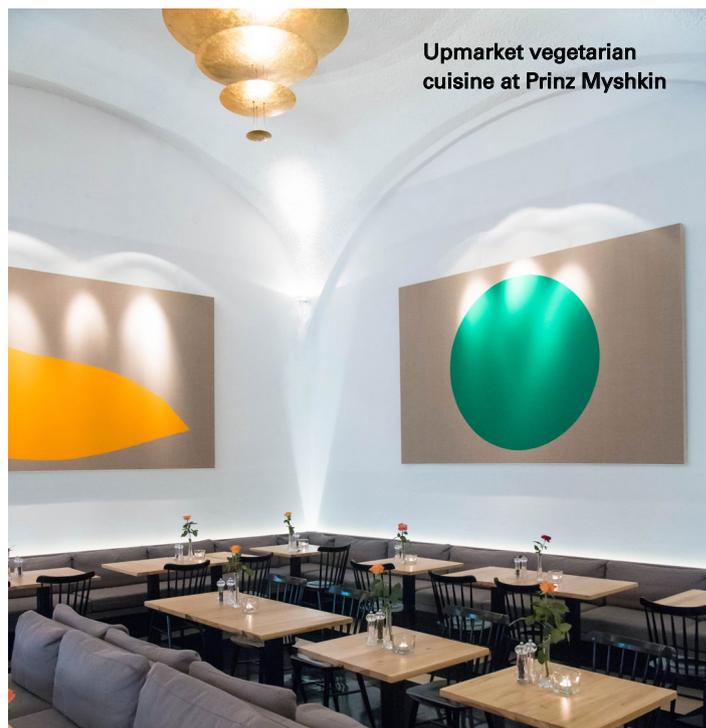
Website

- ◆ The organic beer garden at **Muffatwerk** serves classic beer garden dishes with Mediterranean influences as well as light vegetarian dishes.

Website



Mouth-watering:  
the Pancakes at Emmi's Kitchen



Upmarket vegetarian  
cuisine at Prinz Myshkin



# Hotels

## Sustainable concepts in practice



### Impeccably green

#### Do good while asleep

What's the best way to sleep? With a clear conscience! And you can certainly have one if you spend the night in one of the Munich hotels that prioritise sustainability, regionality and naturalness. A recommended selection is listed below.

- ◆ At three locations in the centre of Munich **Cocoon Hotels** practise a convincingly sustainable concept and social commitment.

[Website](#)

- ◆ Great value is placed on traditional Bavarian character and regionality at the cute **Marias Platzl** in the Au.

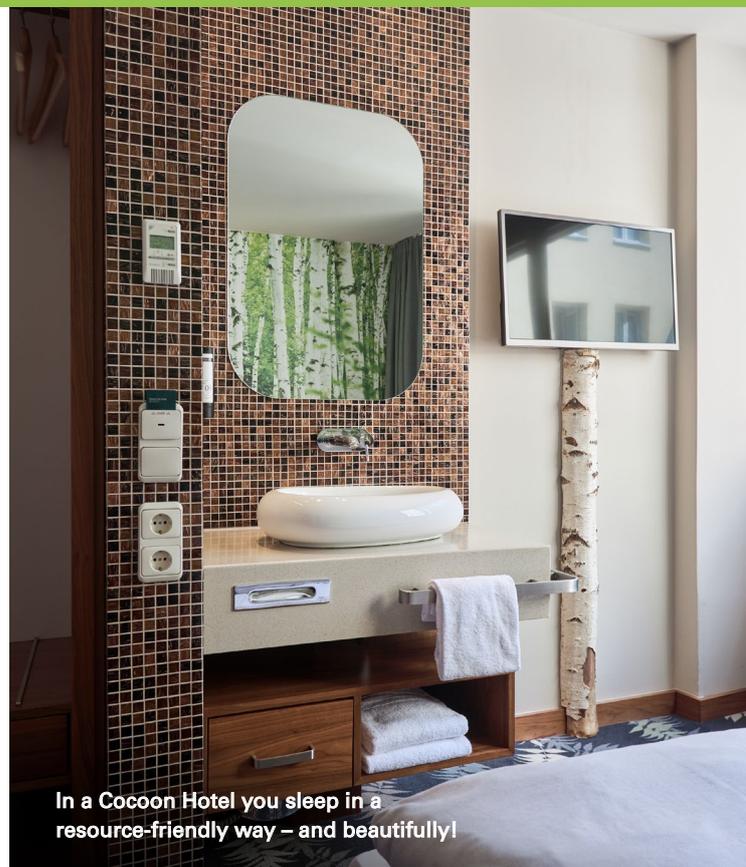
[Website](#)

- ◆ With lots of natural wood and an innovative accommodation concept, **Soulmade** in Garching is home from home.

[Website](#)

- ◆ Scandinavian cosiness and a consistent sustainability approach make **Scandic** an exciting place to stay in the east of Munich.

[Website](#)



In a Cocoon Hotel you sleep in a resource-friendly way – and beautifully!



### Accommodation

You can find many more Munich hotels here:

[Website](#)



# Regional products

Good things to take home

## Did you know?

You can observe many rare wild animals in Nymphenburg Palace park.



Julius Brantner's bread is a much sought-after delicacy in Munich



## Less is more Selected and sustainable

If a locally coloured keychain imported from the other side of the world doesn't add up to your idea of a perfect souvenir, you'll be delighted with these recommendations. After all, traditional craftsmanship is alive and well in Munich, offering products that are globally unique and sustainably sourced from regional roots.



The hand-made quality of Carolin Engelhardt's dirndls is very noticeable

Hardly any other city has such a long bread tradition as Munich. You'll find particularly prized baked goods at the **Julius Brantner** bakery.

[Website](#)

A genuine dirndl is probably one of the most beautiful souvenirs you can bring back from Munich. Designer **Carolin Engelhardt** creates exceptionally high-quality and beautiful ones.

[Website](#)

**Acqua di Baviera** perfumes are made exclusively in Bavaria and inspired by the world of regional scents.

[Website](#)

You'll find high-quality porcelain with a long tradition at **Nymphenburg Manufactory**. The „white gold“ has been manufactured there since 1747.

[Website](#)





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