



#### SPA & BEAUTY

48° 08' 03" N, 11° 34' 29" E

### HAMMER & NAGEL

#### ALTSTADT-LEHEL

BLUMENSTRASSE 3, 80331 MUNICH

☎ +49 89 242 062 00

WWW.HAMMERUNDNAGEL.DE

These days, men are not only expected but also encouraged to take personal grooming as seriously as women do. Hammer & Nagel ("hammer & nail") bills itself as a "workshop for men's hands" and its charming, old-fashioned interior really does look like a workshop. Hardwood floors, exposed brick and leather banquettes would make any man feel at home. Offerings range from manicures and pedicures to scrubs, facials and massages.

#### FITNESS

48° 10' 28" N, 11° 33' 14" E

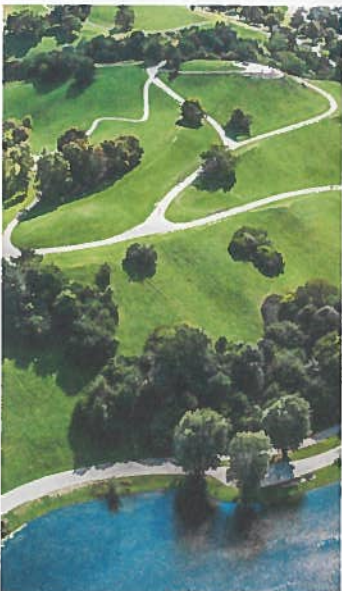
### JOGGING TOUR

#### MILBERTSHOFEN-AM HART

OLYMPIATURM, 80809 MUNICH

WWW.MUENCHEN.DE

After a few packed days of partying in Munich, some of us might feel the need to recuperate with some exercise. Jogging in the city can be hard, though: you have to dodge people and cars and really know your way. That's why many runners pick up the pace along the Isar river or the green paths of Olympiapark, two of the city's most popular jogging routes, with several trail options and varied terrains.



Mercedes *me*

MERCEDES ME - *MY GUIDE*

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48° 08' 11" N - 11° 34' 39" E

