



Foodies tour through Munich's old town

Taste wonderful Bavarian foods, and also see the main sights in the historic city centre of Munich, Germany!



Rating: 5 out of 5 by EveryTrail members

Difficulty: Easy

Length: 1.4 miles

Duration: Half day

Family Friendly

Overview: Visit Munich's main attractions in the historic city centre and get to sample some delicious Bavarian food and beer all in one tour!

You will start off on Marienplatz, with the carillon performance and a trip up the tower of the city hall with a view of Munich from above.

Then stroll over to the Viktualienmarkt and its local delicacies.

Now off to the world famous Hofbräuhaus to sample German beer. To walk off the beer - on to the palace of the German kings, the Residenz and a tour. Maybe, if the sun is out, go for a walk in the royal park, the Hofgarten.

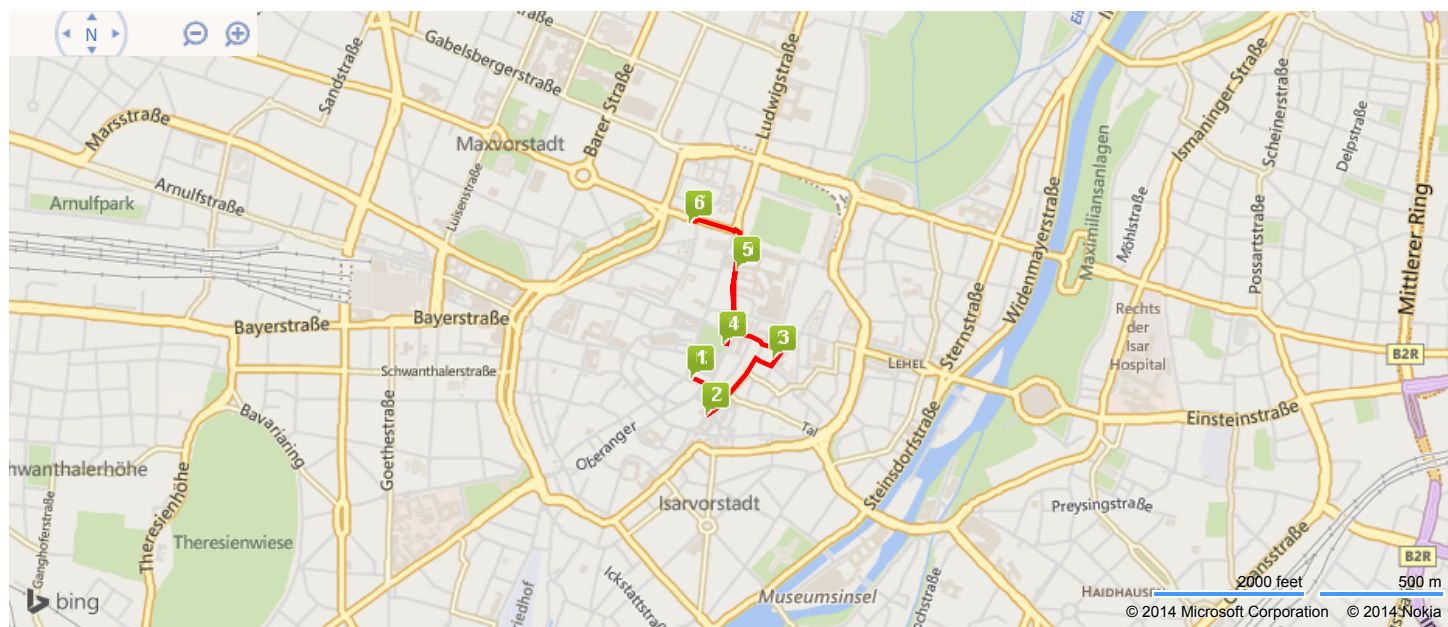
Continue to the Dallmayr delicatessen and finally relax from all that strenuous sightseeing in Munich's prime café, the café Luitpold.

Tips: Bring comfortable shoes and lots of shopping bags, you won't be able to resist and will stock up on food en route.

I suggest you start the tour at 11am at Marienplatz, that way you will catch the carillon performance and still have enough time for all the other stops.

It is very easy to get to Marienplatz, all S-Bahn trains stop at its underground station.

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Points of Interest

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1. Marienplatz

Marienplatz is Munich's central square, right in the heart of the old town. It is also at the centre of the pedestrian zone with all the shops.

If you get there at 11am or noon, you will see everybody looking upward in the same direction - towards the town hall.

There's a simple explanation, at these times (from March to October also at 5pm) the Glockenspiel starts - a carillon with life-sized moving wooden figurines showing jousting knights and the Schöffler dance of the guild of barrel makers, first performed in 1517 to celebrate the end of the Plague.

There is also a lift in the town hall tower, right up to the top. A ticket costs 2.50€ (1€ if you're under 18).
Go for it and have the bird's view of Munich!



2. Viktualienmarkt

Take a stroll across the Viktualienmarkt - my favourite place in Munich - you will enjoy it!

The Viktualienmarkt developed from an original farmers' market to a popular market for gourmets.

The selection, variety and exclusiveness of the products offered contribute to the market's special flair.
On an area covering 22,000m², 140 stalls and shops offer flowers, exotic fruit, game, poultry, spices, cheese, fish, juices etc.
Nowhere else in Munich can you find a greater variety of fresh food and delicacies.

Most stalls and shops are open during the official opening hours (Monday to Saturday 8 a.m. until 8 p.m.) but the Biergarten (beergarden) doesn't open until 9 a.m. Many stalls close at 6 p.m., before the standard closing time.

Just browse and buy whatever catches your fancy and have an impromptu picnic at the beergarden at the centre of the Viktualienmarkt.
Seating is free and as long as you keep to the wooden tables and benches you can consume any food you brought with you.



3. Hofbräuhaus München

This is the world's most famous beer hall, it would be a pity to miss it!

Built in 1589 as a brewery to provide the Bavarian royal court with beer, it started from 1610 selling its beer also to private citizens and has since then been the prime watering spot in Munich - and since Munich is the beer capital of the world - by extension also of the world ;-)

There is always a party going on at the Hofbräuhaus.
Order a beer (it comes in the standard 1 litre "Mass" glass!), eat the delicious soft Bavarian pretzels, listen to the Oompa brass band in Lederhosen and get into the party mood.

You will find people from all over the world sitting at (and dancing on) the long wooden tables and everybody joins in!



4. Dallmayr delicatessen store and café

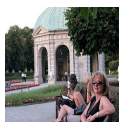
This is Munich's most famous delicatessen store, at least take a turn in the delicatessen store on the ground floor, it's a not to miss sight.

If you get there on a Saturday you will have difficulty pushing your way through the masses of tourists.

Take special note of the lobsters walking around in the travertine fountain.
Maybe buy some apple pastries (= Apfeltaschen) for a midnight snack back at your hotel, they are the best in Munich!

Then, if you are still hungry, visit the Dallmayr cafe upstairs. Their apple strudel is excellent.

Since we seem to be on a tour of suppliers to the royal court, they have only been purveyors to the Bavarian kings since 1870.
That's really recent as we count things here - after all, the Bavarian court has been around since the year 919!



5. Munich Residence (Residenz München)

Now to soak up some history.

Visit the Bavarian royal court and tour the city palace of the Bavarian kings, the Residenz.

Buy a ticket and get lost in the splendour of bygone centuries.
Don't miss the treasury, including its selection of crowns.

If the weather is nice, go for a stroll through the royal park adjoining the palace, the Hofgarten.
This is the place where newly-married couples go to have their pictures taken, and you know what they say, seeing a bride brings luck.

If you are feeling a bit peckish, make a stop at the café right across the road from the Residenz, at the Café Rottenhöfer a Residenz Str. 25 and try one of their traditional German cakes with lots of whipped cream!
They were founded in 1825 and as you have probably already guessed, provided the royal court with cakes.

6. Café Luitpold



After all that walking and strenuous sightseeing, you deserve to relax!

This sleek café with its mix of modern and historic has been Munich's prime café since 1888.

They are open until 11pm from Tuesday to Saturday, on Sunday and Monday only until 7pm.

They also serve meals, a bit pricey, but prepared in front of your eyes.

Try the chocolate and white wine cream Luitpold-Torte named after the Prince Regent Luitpold who ruled right after his nephew King Ludwig, who built the fairy castle Neuschwanstein.

Pair it with a hot chocolate with whipped cream, i.e. a "Heisse Schokolade mit Sahne", pronounced "Hi say shoco laaday mitt Sanay".

Everything is served with whipped cream in Germany, delicious, isn't it!
