



Germany Travel Planning Podcast

Ep 7 - Munich Tours We Can't Stop Talking About Transcript

Hey there and welcome to episode 7 of the Germany Travel Planning Podcast. In this episode, Aaron joins me to tell you about three incredible Munich tours that he absolutely loved. You'll probably want to include at least one of these in your Munich itinerary. But first...

If you're dreaming of traveling to Germany, you're in the right place. Hey, I'm Cate co-founder with my husband Aaron of MyGermanyVacation.com and host of this podcast. Our goal is to help you plan and enjoy a meaningful and unforgettable trip to Germany and surrounding countries. So let's dive in.

Hey Aaron, I'm really excited that you're here today to talk with me about this because when you went out and did these tours, I was not able to go with you. And when you came back and told me about them, I was really jealous that I was not able to do the tours with you. Yeah, I mean, they were really fun and interesting and really, I think, and enhanced our time in Munich. And I had a good time. Yeah.

So we're going to go through each of the three tours and I'm going to ask you some questions about them so that you can tell our listeners about the tours and how awesome they were. So let's start with the first one.



The first tour is a food tour through the Viktualienmarkt, which is this huge open-air food market that also has other things besides food. And it's right next to the Old Town. There are 140 stalls and shops. It's been held daily since 1807. And the important thing to remember about this one is that it's not open on Sundays or holidays. Yeah. And I had been to this market, you know, numerous times before going on the food tour.

I love it. It's one of my favorite places in Munich. You can't miss it if you're downtown. It's very centrally located in the old town and it has a bit of you can find everything there every type of food Also gifts ornaments you name it's there. It's a really interesting place There's a beer garden in the center and so combining a visit there with a guide, think was, know, something I didn't want to miss. Yeah, because we've been through that market on our own many, many times. And, you know, we've walked through, we always find new things. And we've tried food and coffee and all sorts of things. But I think when you did the tour, you got so much more out of it than you get when you're walking around. Walking around is great, but doing the tour, you get so much more out of it. Yeah, going with the guide was really useful. It was a small group of us, or about a dozen people, I'd say, different nationalities, US, Canada, Australia, mostly on that particular tour. But he really helped fill in lot of details with the history of the market, how it's set up, how it's run, the staging areas. It's a big deal for this to go on basically every day continuously for so many decades and decades. So having that additional history behind it and information about some of the work that goes on behind producing it, having it operate day in day out, some of the stories about the vendors.

And then more information about history and cuisine and culture of Munich sort of interspersed was really interesting. So we learned more about the



foods that we sampled, history, we got to hear from some of the people who were serving us. So it made for a really sort of well-rounded tour.

That was great because it combined this awesome amazing market with food. So what more could you ask for? And the tour was like two and a half hours, right? Yeah, about two and a half hours. think that's right. Yeah. So not too long, but long enough. It was just the right length, I thought. The market is big, but it's not huge. So I think that was a good amount of time.

Let's talk about the food because you got to sample a lot of different things. We did. Again, there's a little bit of everything at the market. We sampled everything from meats and cheeses, fish, pastries,

It was all really good and all stuff that was very typical, mostly typical of Bavaria. Some of them are a little bit more international, but it gave you sort of a good sampling of what's available at the market and especially the things that are typically Bavarian.

How did it work when you went to the different places? Did you go in and sit down or did they bring food out to you? Yeah, for the most part, this is an outdoor market. So they would typically bring the food out to us. We would stand in circle or maybe sit down on some benches and eat. So that's mostly how it worked.

Did you get little like bites or did you, what was the portion size? Yeah, so sometimes we'd be eating like a whole sandwich, for example. And then sometimes it was smaller like a cheese plate, like a sample plate of cheese, for example, or one glass of a juice.



So yeah, they were individual portions. So you want to go hungry? You want to arrive at the tour hungry? Yeah, I think that's Yeah, okay.

So what do you think made this tour so memorable? That's a good question. So I think it's, again, a combination of the food and the place. The guide was very good. He was very friendly, very knowledgeable about food and cuisine, Munich in particular. So it was fun. We got to talk with the other people on the tour, which was interesting...people from again, different parts of the world experiencing this to a tour for the first time. So it was kind of interesting to talk with people and just learn more about like behind the scenes for this market and also learn about the things you're walking by. You know, you may not have known there's a potato stall at this market, a cafe, you know, some really eclectic things. You also walk by many different fountains.

And it turns out these fountains have characters that are from popular culture in Munich. Some of them are comedians, people from Munich's past who were folk singers, for example. So you learn a lot more about some of the things you might just walk by and not give any notice to. Another interesting thing was you can drink the water from these fountains so that the water in Munich downtown is very clean. mean Munich and the breweries and you know there's a great importance on the water which flows from the Alps. So if it's a hot day or not you can just walk up to one of these fountains and bring out your cup and fill it up and take a nice drink of cold water. So that was kind of neat. And we have done that many many times. Yes we have. I always fill up my water bottle when I go through there. Yep totally safe.



One thing that I've been asked about food tours, especially for people who are traveling solo, is what is it like to go on a tour like that by yourself? Is it like, do you feel awkward? Does it feel comfortable? Do you have a chance to talk with other people? What was that like? Cause you did that one solo. yeah. It's very comfortable. I mean, everyone there, they're super friendly and it doesn't matter if you're by yourself or a group of people you know, everyone sort of interacting and talking with each other, especially because you're doing something fun. You're walking through this cool market and you're eating food. So that was entirely comfortable and actually a lot of fun to talk with the other people. And you booked this one online, right? Yep. Through Get Your Guide to website. And you booked it, I think you booked it a couple of days in advance. Yeah, maybe a day or two and it wasn't full. So that wasn't a problem.

So Aaron, you booked it a couple of days in advance because we weren't sure exactly what our schedule was gonna be I remember we waited to book your tour because we weren't really sure what our schedule was going to be and we were in Munich doing travel research and we had plenty of flexibility.

But for our listeners, I really would stress that if you want to do a tour, book it in advance. You just never know if it's going to be booked up or not. And just don't take the chance. I think with Get Your Guide, you can actually book and you don't have to prepay. Like you could actually cancel. So if you change your mind, you know, you can always cancel. But it's a really, really good idea to book the tours in advance. And then you just don't have to worry about not being able to do it. Yeah. It wasn't full when I signed up, but you never know when there's going to be a big group coming in, maybe an extended family coming in. So it's possible that Yeah, or it could be a holiday or another event

going on that you don't know about. Yeah, and the market is closed on Sundays and holidays. Yes, very good point. So make sure that when you're planning out your itinerary, if you want to do this tour, make sure that you're not planning it for a Sunday.

Okay, let's talk about the next tour, which was the Third Reich and World War II walking tour. And I remember, so I did not go on this one because it was like a hundred and some degrees that day and I just could not go out and spend the afternoon outside in the sun. But you came back from that tour and told me all about it and you actually took me out that evening when it was cooler and gave me the mini tour and I really regretted not going because it sounded so fascinating and we still talk about that tour when we're in Munich and we walk around and you see things from the tour and so it really made an impact. So first of all, how long was that tour? So it was about three hours but I think we went longer.

Everyone is very interested in the topic and the guide was generous with his time. Looking back at that tour, I'm so glad I did that one. It was so interesting and the guide was excellent. It's a serious topic, it's not a fun per se tour. It's very interesting, but it's a serious topic and it's sort of a dark time in German history but it was excellent to our well well worth it recommend anyone who wants to learn more about German history, take this tour because it's so informative and again you you learn the specifics of the rise of nazism in Munich so you're seeing the places where all these events happened you're learning the details you're learning what you know led up to the rise of hitler and the formation of the nazi party and its its role and its prominence in Munich in particular so it's a it's a fascinating tour and and you get to see some amazing sights along along the way



What I really like about these tours, because I've done other similar tours in other locations, is that they not only show you the sites, they show you the things, like they give meaning to the things that you see, you, buildings that you notice, but you don't know the history behind. But they also show you little things that you might not notice. And then once you see them and you learn about the meaning of them, that I just find that absolutely fascinating. And they connect dots that you otherwise wouldn't connect. And that...is so memorable, isn't it? Right, right. It sort of fills in the holes I had and you know about history in particular. But, you know, I never walked through Munich the same way after a tour like this because you know what happened in the different spots. You know, some of the history, you know, some of the, you know, the key places in the city that again, you'll never see again with the same eyes because you know a lot more about places. yeah, in that sense, it's really informative and sort of enriches your experience of the city and Munich in particular. How many people were on that tour with you? So this one was larger, if I remember about we had about 20 at the time. And they do this tour basically rain, shine, heat. Right, it was hot. was hot. Yeah, rain or shine.

And it was quite a bit of walking. We covered quite a bit of ground. And I'm impressed that people stuck around. that's that's how you know it's a really good tour, because it was like over 100 degrees Fahrenheit that day. It was so hot. And people still stuck around for the longer version of that tour. Yeah, because he was so knowledgeable and personable could tell he felt passionately about the topic. So that really, I think, kept us kept it engaging through the whole time. And he pointed out those places to get water where you guys could fill up your water bottles. yeah, right. Which we did.



It was a real memorable tour and I really, really enjoyed it. Not just because I learned stuff, but because the guide was excellent. I remember talking to him a little bit after the tour also to learn more about the other work he's done and his research and his knowledge on the topic. So it also led me to do other things in Munich. So I went to later, I think that same week, went to the documentation center and you know just reinforce the stuff I learned on the tour and then added more knowledge on top of it. So as someone who's interested in the topic and history in general in Germany in particular, it was a great great sort of starting point for that particular history in that location and I would say there's there were probably not any sort of children below 12 years old, I'm guessing on the on the tour. It is a serious topic. It's very informative, but it's a serious topic and reflects a dark period in German history. So probably wouldn't be that interesting or appropriate for younger children, I'd say. Yeah. Good point.

Okay, let's go to the third tour, which was a craft beer tour Yeah, that's a one. That's a lot of fun and I have to say what I thought was so neat about this one is that you actually go out into a local neighborhood and you get to go visit several different local establishments. Yeah, that's right. So we're just going through regular neighborhoods in Munich to visit all of these craft breweries. And so as opposed to the giant five or six breweries in Munich,

We're going to some very small ones where people are brewing and developing their own micro beers and they're very, very good. This was a smaller tour, right? Yeah, right. I think that tours usually run with up to 12 people, but this was maybe a little bit off season. So we only had a total of three people and the guide. So that was kind of actually a nice thing because we get to talk with the other other guests and you know, probably got to ask



more questions than we would on a larger tour. So it was really a good experience. Yeah. It kind of feels like you're hanging out with friends after a little bit. Yeah. Especially because you get to walk through Munich and sample beers. so this one's also a little bit different because the other two that we talked about, those are afternoon tours, but this one starts in the evening. Yeah. I remember it started early evening and probably went for about three, three and a half hours.

So what's great about this one is that you can focus on sightseeing during the day, and then you can do this tour in the evening. And so you can really maximize your time. this one is usually beer-focused, so you're drinking a lot of beer. But you also got a little bit of food too, right? We did get a little bit food, especially at the first place we stopped at. And it's also very informative. So I learned a lot about brewing, brewing process, the ingredients, the different types of beers. We got to try several different types at each location. And it was really good. Not only did I really enjoy the beers, but I felt like some of my knowledge was solidified about the brewing process. And so that was really interesting to learn.

When we were talking about the tour that you did in the Viktualienmarkt, we mentioned that people would come out with the food and you would try it. But with this one, you actually got to go in and sit down in the different establishments, right? Yep, that's right. These were all popular places. We would go in and sit at a table and the tour guide knew the people working there, talked with them and they would bring over the beers or the sample of the flight of beers and tell us a little bit more about each one. So this is like kind of getting a little bit more of an insider view into Munich and



And you experiencing something like a local. Yeah, you may not know about these places or discover them at all if you're visiting Munich So this is really a cool opportunity to to visit and learn and try these beers And you got to try some schnapps too, right? That's it one place. We did also try some schnapps which is really good sort of almost a Christmasy holiday Flavored schnapps. It was also a nice addition

Would you recommend eating dinner before the tour or do feel like you got enough snacks and food to kind of counterbalance all the alcohol? mean, you could really do either. We did get snacks at the first place, so we could do it either way.

The only thing I'd add was you not only got to taste the beers, but you also got a sense of maybe the personality behind the people running these craft breweries. You know, what their interest was, what their focus was, what their training was, know, what their motivation was for opening these craft breweries. So it was more interesting because it wasn't just about the beer and the craft the brewing process, but also about the individuals who sort of built these breweries and their personal stories. So that brought, I think, a lot of extra information to the tour.

I think it's a really unique experience that you get on this tour. And we've gotten to know the founders of this tour. They do food and beer tours in Munich and Berlin. I did one of their food tours in Berlin. And the owners of this company are just fantastic. They're so knowledgeable and so excited about running these tours. And...



The food tour that I did in Berlin was so much fun and I was really excited about it after you did the beer tour because you enjoyed the beer tour so much. yeah, so we highly, highly recommend the tour. Yeah, was great.

Yeah, so yeah, those are three of my favorite tours in Munich. Enjoyed each one of them. There's tons of tours in Munich, but these are, you know, three of three of my favorites to each of these tours in our show notes, So you can find the specific tours that we mentioned, because as Aaron just said, there are a lot of tours in Munich, and we want to make sure that you get the links to these specific tours, because they were really excellent.

Okay, thanks Aaron.

Yeah, glad to be here!

There you have it. Three awesome tours to add to your Munich itinerary. Thanks so much for listening to the Germany Travel Planning Podcast today. If you enjoyed today's episode, please follow the podcast and leave us a review. Leaving a review is a fantastic way to support the podcast because it helps the algorithm connect us to more travelers who are planning trips to Germany. We also encourage you to share this podcast with your fellow travelers.

Be sure to check out the show notes for the links and resources we mentioned in today's episode

And visit our website, mygermanyvacation.com for free travel guides, our step-by-step DIY Germany travel planner, and personalized services like



custom itineraries, one-on-one trip planning, and itinerary reviews to ensure you make the most of your time and enjoy the best of Germany. Until next week, happy travel planning.