



# My Perfect Day - Nicholas Frankl

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## Nicholas Frankl, three-time winter Olympian and co-founder of My Yacht Group shares his perfect day with U.

### How do you start your day?

With freshly made tea in a large pot, I often combine Twinning's earl grey with Rooibos or other to mix it up a little and I always add fresh lemon and cut up ginger too. This keeps me going for 2 hours as I don't eat heavy breakfasts - I love bananas and fruit, ex US tennis champion Michael Chang turned me onto their benefits at Wimbledon in the 90's then onto the Dell XPS laptop for emails of which there are always plenty arriving overnight.

### Leisurely lunch go to?

If I don't have a business lunch then yes I'll eat at the office, fresh veggies and dips, otherwise it's 2-3 a week's biz lunches with YCM buffet on 5th floor as a world class favorite anytime.

### Favourite way to pass the time in Monaco?

Swimming in the sea or YCM or driving up the mountains in a sports car with other enthusiasts including a few of the F1 drivers who enjoy a spirited mountain blast and a out of town lunch.

### Favourite Monaco landmarks, and why?

The bronze Bugatti at Saint de vote celebrating the first winner of the F1 GP in 1929 - it really captures the style of the time. I also love walking around the rock up by the palace, it has a different vibe.

### Tipple of choice and favourite cocktail hangout?

Moscow mule with fresh ginger anytime, anywhere (Soho House LA makes the best I know) sake at Buddha Bar, Aperol spritz or PIMMS No.1 cup in the summer at the members bar at YCM. If I'm meeting for wine then we head to Wine Palace in the port - great and reasonable selection.

### Favourite dining destinations, and why?

The Grill at Hotel de Paris, it has it all, service is superb, food excellent and not crazy expensive. Club 55 is also great of course in St Tropez I actually prefer the outside beach bar as its lighter and sunny! Café Des Artist in Monaco port always delivers and the fresh oyster place hidden in Fontvieille. Nobu Malibu as it's an amazing dining experience and the The Grill in NYC off Park Ave is also fabulous but my all time favorite is Berns Steak House in Tampa Florida - don't laugh - you've never seen a dining experience like it and the wine list is worth approx. \$1bn - yup with a B.

### Final stop for a nightcap, and why?

Jimmyz if it's really late or the Le Meridien Hotel bar - also enjoy the Blue Bay at MC BAY on the water - they all serve late and can have great atmosphere but one never knows - of course Sass' café is a constant of Monaco life!

Best hangover remedy? A strong n spicy bloody mary at the pool after a swim with big olives and fresh celery (love celery).

### Where next on your travels?

Los Angeles, Bahamas, which is very peaceful and has some of the best beaches and waters in the world that I know, our annual St Barths party then ready for the 75th Monaco F1 GP - no one does that weekend like My Yacht Group and the extraordinary guests we host from all over the world.

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