



OSLO GUIDE

2021

A full-page background image of a man dressed as a Viking warrior. He has a long, full beard and is wearing a modern, metallic helmet with a visor that reflects blue light. His armor is a combination of traditional Viking-style leather and metal plates with studs, and modern tactical gear. He is holding a wooden staff or spear in his right hand and a large, round, dark shield in his left. The background behind him is a dark blue with a white geometric, maze-like pattern.

MEET THE
VIKINGS

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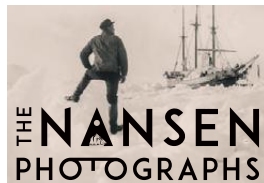


SPECTACULAR!

-A MUST SEE...

FAMOUS EXPLORATION SHIPS,
POLAR BEARS & MODERN VIKINGS!

SEE... HEAR...
SMELL... TOUCH...
EXPLORE!



THE POLAR EXPLORATION MUSEUM,
OPEN *EVERY SINGLE DAY* OF THE YEAR!



"Amazing experience" "The best thing to see in Oslo" "One of the best museums I've ever seen" "Fascinating displays" "A hands on polar experience!" "Not to be missed" "Unexpectedly fantastic" "Adventure Ahoy!" "A Truly Engaging Experience" "Polar exploration buffs - this is heaven!" "Impressively executed!" "Inspiring and fun" "Great museum! A must!!" See **THE NANSEN PHOTOGRAPHS**, a temporary exhibition showing *ALL* images from the First Fram Expedition!

www.frammuseum.no

- Reviews from Google &
 **tripadvisor**

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VISIT THE LOUVRE OF CHILDREN'S ART

At The International Museum of Children's Art in Oslo, you can see the world through children's eyes and understand how children's art is a carrier of aesthetic values. The museum views children's art as a living part of folk art and also an important element of our national and universal culture. The right to have and preserve one's own culture is an accepted principle when referring to nations or parts of a population.

For more information, visit www.childrensart.com or follow us on Instagram, Twitter, Facebook, Artstor and Google Art Project.

Address: Lille Frøens vei 4. Metro 1 to Frøen.



**THE INTERNATIONAL
MUSEUM OF CHILDREN'S ART®**
DET INTERNASJONALE BARNEKUNSTMUSEET
OSLO, NORWAY - www.childrensart.com



NOBEL PEACE CENTER



© Nobel Peace Center 2020 / Johannes Grønseth

VISIT PEACE

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CITY HALL SQUARE – OSLO

Oslo



Welcome to Oslo

When you read this, I hope you have just arrived in Oslo and have the Oslo Guide in hand, ready for new experiences. If so, this year it is a particular pleasure to welcome you to our city!

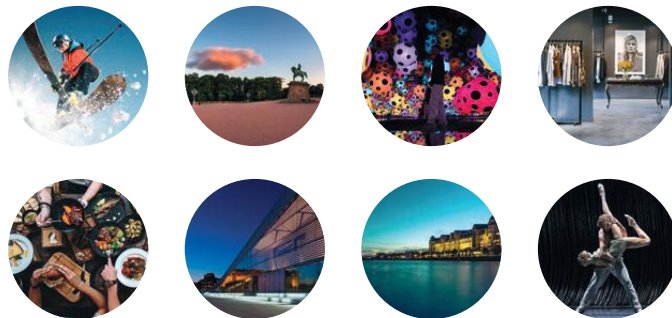
Oslo is a modern and diverse city in constant growth - new neighbourhoods are emerging and old ones are being developed and transformed. The compact city centre is easy to explore, both on foot, by bike or public transport, and the city is filled with cultural and culinary highlights.

If you want to discover the capital's new cultural buildings and many more exciting things that move and shake in the fjord city of Oslo, a walk along the Harbour Promenade is recommended. Start in Bjørvika, where you will find our spectacular new main library, and not least the new Munch Museum which will open this year. Further west you will see the new National Museum take shape; The Nordic region's largest art museum will open at Aker Brygge in 2022.









Finally, I encourage you to follow current national and local Covid-19 health rules and recommendations as long as these apply*, so that you can explore the city safely. And not least, enjoy discovering your Oslo!

*At visitoslo.com you will find updated information about Covid 19-rules

Christian Lunde
CEO, VisitOSLO



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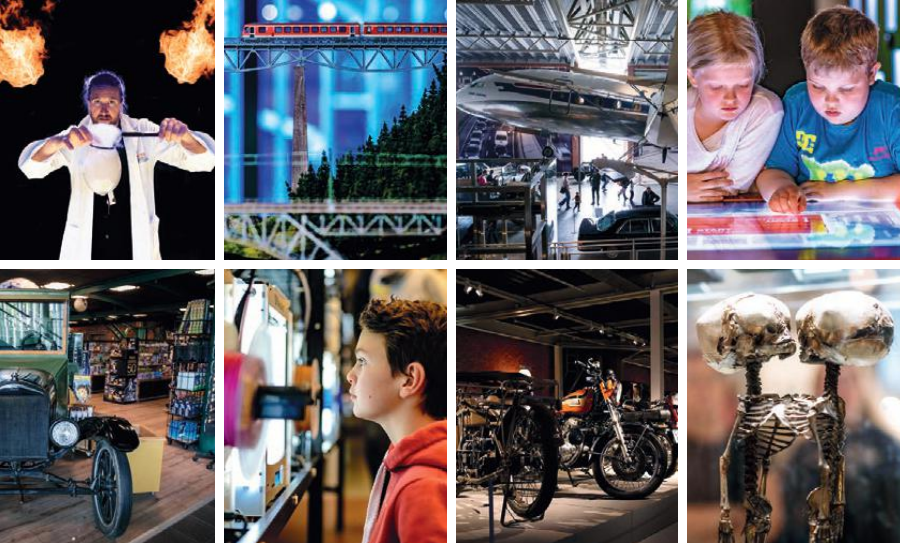
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DEN
NORSKE
OPERA
&
BALLET

WELCOME TO THE OPERA



Welcome to Teknisk museum

Play and learn in the family museum, with more than 100 try-yourself installations and 25 theme exhibitions on industry, technology, science and medicine.

Guided tours and Science Show. Explore physical phenomena, oil and gas, forms of energy, mathematics, aircraft, trains, cars, music machines, plastics, watches and clocks, the body, computers and outer space.

Café with delicious snacks and an adventurous museum shop.

Exciting weekend and holiday program for the whole family!

Large free parking lot. 12 minutes from Oslo S to Kjelsåsveien 143.
Tram 11/12 to Kjelsås. Bus 54 to Kjelsås station.

Opening hours: Tue-Fri 9-16 and Sat-Sun 11-18. Mon closed.
Different opening hours during holidays.

teknisk
museum

tekniskmuseum.no

The Norwegian Opera & Ballet is Norway's largest music and performing arts institution. In addition to experiencing opera, ballet and concerts on two different stages, you can walk on the roof or continue into the open and beautiful foyer.

Also visit the Opera Shop or enjoy refreshments and a meal overlooking the fjord.

We have guided tours in Norwegian and English that provide insights into what happens behind the scenes before the curtain rises.

For opening hours and tickets, see www.operaen.no.

OPERAEN.NO



*At visitoslo.com
you will find more
information and
inspiration for
your stay
in Oslo*



OSLO

The city is located at the innermost point of the Oslo fjord. A green and modern city with a population of 680,000. Oslo's history goes back 1000 years, but it only became the capital city of Norway after the constitution was drafted in 1814.

ROSESLOTTET

EXPERIENCE A MODERN ADVENTURE OVER OSLO

The Rose Castle is a sensory arena where you can learn from history, put the present in perspective - and look to the future.



For more information see page 32 or www.roseslottet.no



*The new
National Museum*

The Nordic region's largest art museum is now being built in Oslo. The new National Museum will give a boost to the visual arts field and will put Norway on the world map as an art nation.



Nasjonalmuseet.no



Nasjonalmuseet



Welcome to

THE VIKING PLANET

LEARN HISTORY IN A NEW AND EXCITING WAY

The Viking Planet offers varied, exciting and unique experiences based on Viking history.

Norway's first digital Viking Museum allows you to explore the world of the Vikings in a new and exciting way. At The Viking Planet, the Viking Age is resurrected with the help of VR technology, holograms, interactive screens and 270-degree film. Learn about and experience the Vikings' everyday life, join a cruise, climb aboard a Viking ship in a storm and take a picture of yourself as a Viking. Our VR film was produced together with Ridley Scott Associates and won the award for best VR film in the UK.

New attractions in 2021 are an interactive timeline of the most important events in the Viking Age as well as an interactive experience of 10 important Viking battles.

Here you can use all your senses to learn about the Vikings' way of life, mythology, ships, war and cultural heritage.

Do not miss our beautiful museum shop packed with Viking-inspired products.

See www.thevikingplanet.com for opening times and prices.

THE VIKING PLANET
www.thevikingplanet.com
Fridtjof Nansens Plass 4
Close to Oslo City Hall

WINTER ACTIVITIES

If you're visiting Oslo in winter, why not combine skiing and skating with shopping, food and culture?

Alpine skiing and snowboarding

Just outside the city centre is **Skimore Oslo**, a large ski resort with 18 runs and 11 lifts open from November to Easter. **Skimore Oslo** has skiing, snowboarding and related equipment. Ski courses and private lessons can be booked at the **Skimore Oslo** Ski School.

Cross Country Skiing

In the woods surrounding Oslo there are 2,700 kilometres of prepared cross country trails with wonderful hiking opportunities for both beginners and experienced skiers. The nearest trails are only 30 minutes from Oslo city centre. Ski equipment can be rented at **Skimore Oslo** ski rental, and a number of companies offer courses and private lessons in the cross country tracks.

Tobogganing

Korketrekkeren is Oslo's largest and most popular toboggan run — 2 kilometers long with a fall height of no less than 255 meters. Subway line number 1 carries you from the bottom of the hill and up to the top again.

Winter all year round

Are you simply not getting enough winter? At Lørenskog, 17 minutes from Oslo S, is **SNØ**, a large, indoor winter arena where the cold, nice time never ends. Here you can go snowboarding, alpine skiing and cross-country skiing all year round, or try ice climbing in the Mammot wall. Equipment and clothing can be rented at Sport 1 at the facility.





SUMMER ACTIVITIES

Oslo has up to 19 hours of sunlight in the summer, and with the fjord and Oslo forest within easy reach there's always something exciting to do.



Climbing

Skimore Oslo and **Oslo Klatrepark** are large climbing parks 30 minutes from Oslo city center. Both parks have a variety of trails adapted to all levels and ages, as well as many hundred metres of zip-lines.

Cycling

Experience Oslo from the bike seat! The city bikes from **Oslo Bysykkel** are an easy and affordable alternative when you want to see as much of the city as possible on your own. If you want to move out of the city centre and into the forest, it is a good idea to rent a bicycle from **Skimore Oslo**. **Viking Biking** offers rental of city bikes for private groups.

Boat trips and island hopping

A boat trip is the best way to experience the Oslo Fjord, and just a few minutes by scheduled boat from the centre there are a number of islands with great swimming and picnic opportunities. The sea route can also be used when some of the city's museums are to be explored. **The Bygdøy ferry** is a regular feature of Oslo's cityscape during the summer.

Walking tours in the city and surrounding woods

The harbor promenade is located along the Oslo Fjord from Sørenga to Frognerkilen, revealing the evolution of "The Fjord Town" with exciting new architecture. A hike along Akerseleva offers both nature, history and culture. In the woods around the city you can choose popular routes from Sognsvann or Frognersteteren, or walk far into the forest. Maps and good tips for short or long treks are available at **DNT** in Storgata 3 and Sørengkaia 122.

Oslo Visitor Centre



Ask us about Oslo!

The Official Tourist Information

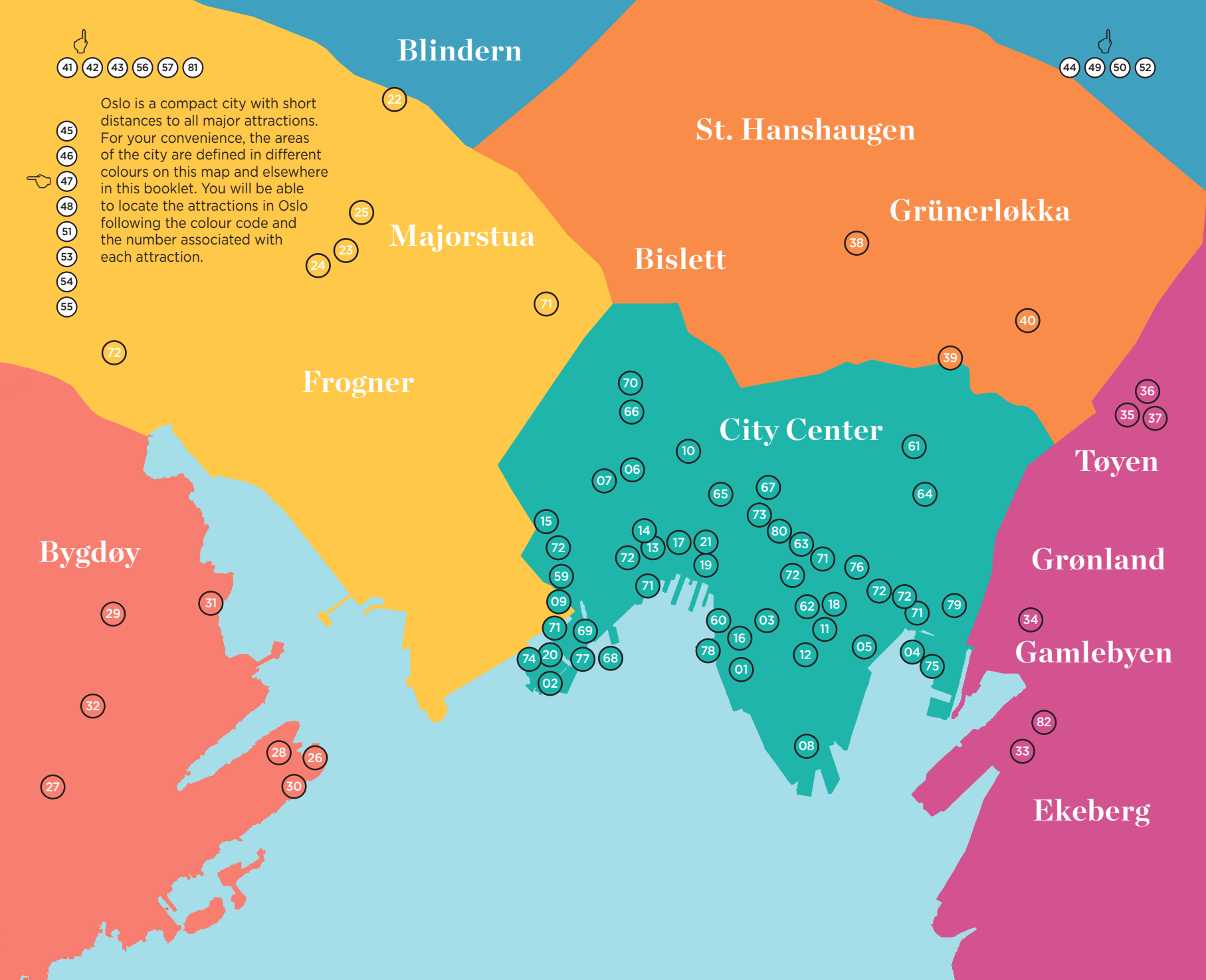
Located inside Østbanehallen,
Oslo Central Station



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Blindern

St. Hanshaugen

Grünerløkka

Bislett

Majorstua

Frogner

City Center

Tøyen

Grønland

Gamlebyen

Ekeberg

Bygdøy

Oslo is a compact city with short distances to all major attractions. For your convenience, the areas of the city are defined in different colours on this map and elsewhere in this booklet. You will be able to locate the attractions in Oslo following the colour code and the number associated with each attraction.

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MUSEUMS & ATTRACTIONS

Distances between the major attractions in Oslo are not large, and the city has more than 50 museums exhibiting everything from genuine Viking ships to world-class art.



Oslo Pass – Experience more. Pay less.

ADULT 24



Exp: Dec 2021

An easy and affordable way to explore the city's museums and sights is with an Oslo Pass. Oslo Pass gives you access to 30 museums and attractions and includes bus, train, tram, metro and ferry, as well as discounts on restaurants, sightseeing and activities.

Oslo Pass can be purchased in the Oslo Pass phone app and at Oslo Visitor Centre, Ruter's Customer Centre and many sleeping accommodations in Oslo. It can also be ordered at visitoslo.com. Attractions marked with the Oslo Pass logo are free with Oslo Pass.



01 Akershus Slott



Akershus Castle
Medieval castle from around 1300 AD. Remodelled to a renaissance castle in the first half of the 17th century. Today, the castle's splendid halls are used by the government for state events. The castle chapel and the Royal Mausoleum are also open to the public. Groups may reserve guided tours all year round. Museum shop.

Price: A100,-/C40,-/S60,-/P60,-

Family: 250,- (2 adults + 4 children) Audio guide incl. in price.

Open: 2/5-31/8: Mon-Sat 10-16, Sun 12-16

1/9-13/12: Sat, Sun 12-17

The castle may close at short notice due to events.

Address: Bygning 2 Akershus festning **Tel:** 23 09 35 53

www.akershusfestning.no



02 Astrup Fearnley Museet



The Astrup Fearnley Museum is one of the Nordic region's foremost museums for contemporary art and manages the extensive Astrup Fearnley Collection. The museum consists of two buildings, in one building there are changing exhibitions with works from the collection and in the other building new productions by artists from all over the world are presented. The museum is beautifully situated by the Oslo Fjord in an iconic building designed by the Italian architect Renzo Piano.

Price: A130,-/C0,-/S90,-

Open: Tue, Wed, Fri 12-17, Thu 12-19, Sat, Sun 11-17. Mon closed

Transport: Bus 54 to Tjuvholmen. Tram 12 to Aker Brygge.

Address: Strandpromenaden 2 **Tel:** 22 93 60 60

www.afmuseet.no



03 Besøkscenteret Akershus Festning

The visitor center is located in the "long red house" right by Karpedammen. Ask us about what's happening at Akershus! The visitor center has temporary exhibitions and tableaux with themes from the fortress's 700-year history.

Guided tours in Norwegian and English throughout the year:

Sat-Sun at 13 (Nor. - prison), 14 (Nor.) and 15 (Eng.).

Daily guided tours during the summer season. Groups can book tours throughout the year. Museum shop.

Price: Free admission

Tickets for drop-in tours: A100,-/C40,-(0-6 yrs free)/

S60,-/P60,-. Family ticket (2+3): 250,-.

Open: 1/5-31/8: Mon-Sun 10-17 1/9-30/4: Mon-Sun 10-16

Address: Bygning 18, Akershus festning **Tel:** 23 09 39 17

www.akershusfestning.no



04 Den Norske Opera & Ballett

The Norwegian National Opera and Ballet is Norway's largest music and stage institution. In addition to experiencing opera, ballet and concerts at any one of our stages, you can enjoy a walk on the roof and head on to the open and beautiful foyer. Visit the opera store or enjoy refreshments and a meal at one of the restaurants. We have daily guided tours that provide an insight into what happens backstage before the curtains are lifted.

Tickets: To purchase tickets visit www.operaen.no
Open: Opening hours for the foyer, shop and ticket reception and the restaurants, see www.operaen.no.
Address: Kirsten Flagstads plass 1 **Tel:** 21 42 21 21
www.operaen.no



05 Cinemateket

Cinemateket is the place for film history and the art of film-making. In two of Oslo's best cinema auditoriums, both older classics and new films are screened six days a week, Tuesday through Sunday. The films are presented in the best possible way, true to original viewing formats and often in newly restored editions. Several of the films are included in thematic series, so you can explore specific eras, styles, directors or genres. On the ground floor you will also find Filmkaféen, which serves simple food dishes and has an alcohol license.

Tickets and opening hours: Visit cinemateket.no
Address: Dronningens gate 16 **Tel:** 22 47 45 89
www.cinemateket.no



06 Det kongelige slott

Royal residence, built 1824-48 in Christiania. The Royal Palace is open to the public from late June to mid-August. During this period, guided tours are provided in Norwegian and English. Tickets are sold at Oslo Visitor Centre and via www.ticketmaster.no. Any remaining tickets are sold at the entrance. Change of Guard every day at 13:30. Performance by H.M. The King's Guard some days during the summer season.

Price: For times and prices, see the Royal Household website
Open: Late June to mid-August.
Transport: Bus 30, 31, Tram 13, 19. Metro to Nationaltheateret
Address: Slottsplassen 1
www.kongehuset.no



07 Dronning Sonja KunstStall

The Art Stable is located in the Royal Castle's old stable buildings and opened as an exhibition space on the Queen's 80th birthday, 4 July 2017. Here, changing exhibitions of art and objects from the Royal Collections are shown. Tickets are sold via ticketmaster.no. Remaining tickets are available on site.

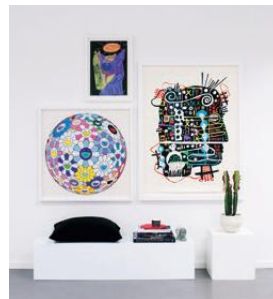
Tickets and opening hours:
 For opening hours and prices, see the Royal House's website. The Art Stable is closed for the installation of new exhibitions and for closed events.
Transport: Metro to the National Theatre or bus / tram to Solli plass.
Address: Parkveien 50
www.kongehuset.no



08 Forsvarsmuseet

The museum introduces the history of the Norwegian military from the Viking age to the present day. Exhibitions present the Danish period until 1814, the union with Sweden 1814-1905, the German invasion 9th April 1940 and the war at sea during WWII. The newest exhibitions are on the "Cold War 1945-1990", "Intops - Norwegian soldiers in international operations" and the history of the War cross, Norway's highest military decoration. The vivid exhibitions are presented with the aid of unique artifacts, models, films, videos, and interactive media.

Tickets and opening hours: See forsvarsmuseer.no
Address: Bygning 62, Akershus festning **Tel:** 23 09 35 82
www.forsvarsmuseer.no



09 Fineart Oslo

Welcome to Norway's largest gallery. 2000 square metres centrally located at Aker Brygge/Tjuvholmen. We have over 11,000 artworks from 1100 national and international artists.

We have a large selection of graphics, paintings, sculptures, photographs, books and jewellery for all price ranges. Fineart Oslo has its own frame workshop and offers high quality and quick framing. Open every day.

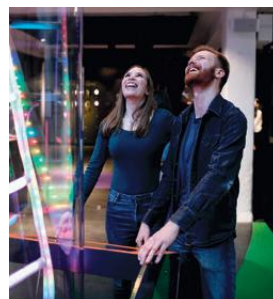
Price: Free admission
Open: Mon-Tue 10 -17, Wed-Fri 10-23, Sat 11-23, Sun 12-16
Transport: Bus 21, 54, Tram 12, 13, 19.
Address: Filipstad Brygge 2 **Tel:** 22 01 24 20
www.fineart.no



10 Historisk Museum

What did the people of the past think, believe and know? How did they arrange their lives, their belongings and their knowledge? At the Historical Museum you can, among other things, experience some of Norway's most beautiful stave church portals in our medieval exhibition, get up close to one thousand year old emotions from antiquity and ancient Egypt, and see the world's best preserved Viking helmet in our Viking Age exhibition.

Price: A120,-/C0,-/S90,-/P90,-/Groups (10+) 70,-
 Ticket also covers the Viking Ship Museum and is valid for 48 h
Open: 1/5-30/9: Tues-Sun 10-17 1/10-30/4: Tues-Sun 11-16
Transport: Tram 11, 17, 18 to Tullinløkka and 13, 19 to Nationaltheateret
Address: Frederiksgate 2 **Tel:** 22 85 19 00 **www.khm.uio.no**



11 Kreftforeningens Vitensenter

Here, people of all ages can play their way to more knowledge about cancer and the body's mysteries in a challenging and entertaining way. Test your skills as a surgeon and learn about amazing breakthroughs in cancer research. What are the facts, what are myths and how can technology help us now and in the future? Interactive installations allow you to repair DNA strands, mix a safe dose of cell toxins and play "The Guardians of the Cells", where you help the immune system kill cancer cells.

Price: Free admission
Open: Sat-Sun 11-16. Guided tours as desired
 Extended opening hours 22/6-16/8: Tues-Sun 11-15
Transport: Metro to Stortinget or tram 12, 13 and 19
Address: Kongens gate 6 **Tel:** 21 49 49 21
www.kreftforening.no/vitensenteret

The National Museum for Art, Architecture and Design

- 12. The National Museum – Architecture
- 13. Mellomstasjonen
- 14. The new National Museum

To book guided tours: omvisning@nasjonalmuseet.no
www.nasjonalmuseet.no



12 Nasjonalmuseet – Arkitektur



Through models, drawings and photographs from the collection, the permanent exhibition "Housing Design" provides insight into modern Norwegian housing history. How have ideals of housing quality changed from the time around 1920 to the present? The museum also exhibits temporary exhibitions throughout the year. Follow nasjonalmuseet.no for more information on these.

Price: A50,-/C0,-/S30,-/P30,-. Free admission on Thursdays
Open: Tues, Wed, Fri 11-17, Thurs 11-19, Sat, Sun 12-17
Mon closed
Transport: Tram 12, 13, 19 to Øvre Slottsgate
Address: Bankplassen 3 **Tel:** 21 98 20 00
www.nasjonalmuseet.no



13 Mellomstasjonen

The National Museum and Statsbygg have jointly established the information center Mellomstasjonen. Until the museum opens, you can get acquainted with the building project and plans for the new museum - the largest art museum in the Nordic region.

Price: Free admission
Open: Se nasjonalmuseet.no
Transport: Bus 30, 70, 81A. Tram 12 to Aker Brygge
Address: Brynjulf Bulls plass 2
www.mellomstasjonen.no



14 Det nye Nasjonalmuseet



The Nordic region's largest art museum is now being built in Oslo. The new National Museum will give a boost to the visual arts field, and will put Norway on the world map as an art nation. In a spectacular new building the audience will experience ancient and modern art, contemporary art, architecture, design and crafts - all under one roof.

For the exact opening date for the new National Museum, follow updates at nasjonalmuseet.no

The National Gallery is closed

The art collection in the National Gallery, including Edvard Munch's most famous paintings, will be moved to the new National Museum. In order to ensure a safe moving process, the National Gallery must be kept closed.



15 Nasjonalbiblioteket

Norwegian cultural history from the Middle Ages to the present day is brought to life through the permanent exhibition «Enlightened. Glimpses of a Norwegian Cultural History» and in changing exhibitions and events throughout the year. In The Map Center you will find the world's largest collection of historical maps of Norway, the Nordic countries and the High North. The cozy Kafe Å and frescoes of Emanuel Vigeland, Axel Revold and Per Krohg make the building on Solli plass, from 1913, worth a visit by themselves.

Price: Free admission
Open: Mon-Fri 9-19, Sat 9-14.
Subject to changes during Christmas and summer
Transport: Buss 30 and 31 and tram 12 and 13 to Solli plass
Address: Solli plass, Henrik Ibsens gate 110 **Tel:** 81 00 13 00
www.nb.no



16 Norges Hjemmefrontmuseum



Norway's Resistance Museum
With its permanent exhibition, Norway's Resistance Museum attempts to give "a true and vivid picture of what a calamity and degradation an occupation is for a people." Five years of occupation from invasion to liberation are recreated through images, documents, posters, artefacts, models, original newspapers and sound recordings.

Price: A100,-/C40,-/S60,-/P60,-/Groups (min 10 per.) 60,-
Family: 250,- (2 adults + children under 18)
Open: 1/9-30/4: Mon-Sun 10-16 1/5-31/8: Mon-Sun 10-17
Transport: Tram 12 to Kontraskjæret. Metro to Stortinget
Address: Bygning 21 Akershus festning **Tel:** 23 09 31 38
www.hjemmefrontmuseet.no



17 Nobels Fredssenter



Explore the world's most prestigious award and be inspired by the people who are changing the world. Through exhibitions and events, the Nobel Peace Centre presents the story of the Nobel Peace Prize, Alfred Nobel and the Peace Prize winners. The centre has a varied offering for both children and adults and a museum shop where sustainability and fair trade characterize the selection.

Price: A120,-/C0,- (under 12)/C50,- (over 12)/S90,-/P90,-
Open: For opening times, see our website
www.nobelpeacecenter.org
Address: Rådhusplassen **Tel:** 48 30 10 00
www.nobelpeacecenter.org



18 Nordisk Bibelmuseum



The first and only Bible museum in the Nordic region, with a collection of over 5000 Bibles. Come and see: Original page from a Gutenberg Bible (1450-1455), the only one exhibited in Norway. Handwritten Bible pages from the 13th century. Miniature Bible Collection with the world's smallest printed Bible. The first bible of the Nordic region, Gustav Vasa's from 1541. Theme displays about the King James Version, the world's most printed translation. Medieval printing press - print your own page. Tour in Norwegian and English. Shop.

Price: A90,-/C0,- **Webinar:** Free
Open: Tue-Wed 12-17, Thu 11-18, Fri-Sun 11-16. Closed Mon.
Transport: Metro to Stortinget. Tram to Øvre Slottsgate.
Address: Nedre Slottsgate 4c **Tel:** 40 10 57 77
www.nobimu.no



19 Oslo Rådhus



Oslo City Hall opened in 1950. Decorated with beautiful motifs from Norwegian history, culture and working life. Here the city's political and administrative leadership is located, and here the municipal representation takes place with many small and large events. The Nobel Peace Prize will be awarded on December 10th. Bells in the Oslo City Hall bell tower chime with ritornellos/melodies every hour. See website for updated information about Oslo City Hall and tours. Here you will also find information about closed days and changes in opening hours.

Open: For updated information, see our website
Address: Fridtjof Nansens plass
www.rft.oslo.kommune.no



20 The Salmon



The Salmon is an interactive experience center located at Tjuvholmen in Oslo. We offer knowledge about Norwegian aquaculture and Norwegian salmon farming. You can learn everything from a roe to a finished salmon. You can also see live from one of our facilities at the Helgeland coast, both over and under water. After your tour of the experience center you can visit our seafood restaurant for a nice meal of Norwegian seafood.

Price: Free admission
Open: Mon-Sun 11.30-18
Transport: Bus 54 to Tjuvholmen. Tram 12 to Aker Brygge.
Address: Strandpromenaden 11, Tjuvholmen **Tel:** 415 48 080
www.the-salmon.com



21 The Viking Planet

The Viking Planet is the world's first digital Viking museum. The Viking Age is resurrected with the help of VR technology, holograms, interactive screens and 270-degree movies. Learn and experience the Vikings' daily life, join a raid and take a picture of yourself as a Viking. Here you can use all your senses to learn about the Vikings' religion, mythology, ships and cultural heritage. New interactive experiences in 2021 about the most important Viking battles and the most important events in Viking history. Don't miss our great museum shop.

Tickets and opening times: See www.vikingplanet.com
Transport: Walking distance from Nationaltheateret station. We are located right behind City Hall.
Adresse: Fridtjof Nansens Plass 4 **Tel:** 469 42 495
www.thevikingplanet.com

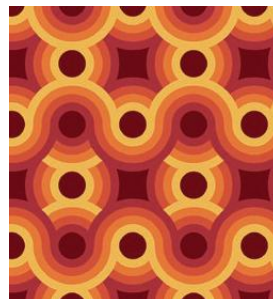


22 Det Internasjonale Barnekunstmuseet



International Museum of Children's Art
The museum presents children's art from more than 180 countries. Children's concerns and opinions are presented in changing exhibitions. The museum's three main functions are to collect, preserve and exhibit children's art from around the world. Music and art workshops. Guided tours on request.

Price: A75,-/C40,-/S40,-/P40,-
Open: 16/1-18/6 and 15/9-5/12: Tues-Thurs 9:30-14
Sat, Sun 11-16, Mon, Fri closed
19/6-15/8: Tues-Thurs 11-16, Sat-Sun 11-16, Mon, Fri closed.
Closed: 26/3-6/4, 16/8-14/9, 6/12-15/1 and public holidays
Transport: Metro 1 to Frøen station
Address: Lille Frøens vei 4 **Tel:** 22 46 85 73
www.barnekunst.no



23 Bymuseet



Welcome to the Museum of Oslo in Frognerparken
See the exhibitions "Seventies", "OsLove. The Story of Oslo" and "Animals in the City".
Included in the ticket: Audio guide in ten languages and the AR app "City-detective" which makes the story come alive for the kids. Guided tours Saturdays at 13.
Nice courtyard, museum shop and café.

Price: A90,-/C0,-/S50,-/P70,-
Open: Tue-Sun 11-16
Closed: 1/1-7/1, 17/5, 23/12-27/12
Boxing Week open: 29/12 and 30/12 11-16
Transport: Bus 20 to Frogner plass. Tram 12 to Frogner plass
Address: Frognerveien 67 **Tel:** 23 28 41 70
www.oslomuseum.no



24 Vigeland-museet



Close to Vigeland Sculpture Park is one of Norway's most attractive museums. Experience the almost complete collection of sculptor Gustav Vigeland's works (1869-1943). The museum, which was first opened to the public in 1947, also documents the story behind the park and how the sculptures were made. The museum also features temporary exhibitions of traditional and contemporary art.

Price: A100,-/C0,-/S50,-/P100,-
Open: Open: 12-16. See our website for this summer's opening hours.
Transport: Bus 20 or tram 12 to Frogner plass.
Metro to Majorstua.
Address: Nobels gate 32 **Tel:** 23 49 37 00
www.vigeland.museum.no



25 Vigelandsparken

Vigeland Park
One of Norway's most popular tourist attractions with more than one million visitors a year. This unique sculpture park represents the life work of sculptor Gustav Vigeland (1869-1943) with more than 200 sculptures in bronze, granite and forged iron. Vigeland was also responsible for the design and architectural outline of the park.

Price: Free admission
Open: The park is open 24 hrs/day all year
Transport: Tram 12 to Vigelandsparken.
Metro to Majorstua. Bus 20 to Vigelandsparken
Address: Entrance Kirkeveien **Tel:** 23 49 37 00
www.vigeland.museum.no



26 Frammuseumet



Come onboard **Fram** and **Gjøa**, the world's most famous polar boats. Experience a storm on the deck of Fram with our new video show around the ship, and explore everything new under deck!
Ice cold polar simulator. Children's activity centre.
Exhibitions in 10 languages. Café with outdoor seating.
Museum shop with exclusive products. World's largest polar book store.

Price: A140,-/C50,-/S50,-/P100,-/Family 300,-
Open: See www.frammuseum.no
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøyneveien 39 **Tel:** 23 28 29 50
www.frammuseum.no



27 HL-Senteret



The HL Centre is a research and information centre focusing on the Holocaust, other genocides, anti-Semitism, extremism and the situation of minorities in modern society. The centre has temporary exhibitions as well as a permanent exhibition on the Holocaust, where the history of the fate of Norwegian Jews during World War II is central. The exhibition also includes other genocides, and will show how historical events are relevant in today's society. For guided tours, see www.hlsenteret.no

Price: A70,-/C30,-/S50,-/P50,-

Open: See our website for updated opening hours.

Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)

Address: Huk aveny 56 **Tel:** 22 84 21 00

www.hlsenteret.no



28 Kon-Tiki Museet



Thor Heyerdahl rose to fame when he crossed the Pacific Ocean with the Kon-Tiki in 1947. Further adventures followed with voyages on the Ra and Tigris reed boats. Experience the original rafts and up to date exhibitions on Heyerdahl's expeditions, including Kon-Tiki, Ra, Tigris, Easter Island, Fatuhiva, Tucume, Galapagos, spelunking, the under water exhibition and more. Daily viewings of the original "Kon-Tiki" movie. Shop.

Price: A120,-/C50,-/S50,-/P90,-/Family 240,-

Open: See www.kon-tiki.no

Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)

Address: Bygdøyneveien 36 **Tel:** 22 08 67 67

www.kon-tiki.no



29 Norsk Folkemuseum



Open-air museum: Gol Stave Church from the 13th century, houses and environments show people's lives in Norway's many regions and cities, before and now. In summer, the museum is filled with daily activities, hosts in costume, folk music and domestic animals. The rest of the year there are visible interiors, weekend activities and a Christmas market. **Exhibitions:** Wood carving, rose painting, folk costumes, Sami cultural treasures, homes and interiors.

Price: A180,-/C40,-/S100,-/P140,-/Family ticket (2+3) 380,-

Open: See the website for updated times

Fixed closed days: 1/1, 17/5, 24/12, 25/12

Transport: Bus 30. Ferry from Rådhusbrygge 3 (April - Oct)

Address: Museumsveien 10 **Tel:** 22 12 37 00

www.norsksfolkemuseum.no



30 Norsk Maritimt Museum



Norway is a small country, but big on the sea. In our exhibitions you meet the viking, the sailor and the ship owner and everyone tells their story. Interactive exhibitions with simulators and games, as well as treasures and archaeological finds from the ocean depths. Join "Voyages with the Chief and Sally Jones". Cast off and board the ship Queen of Congo! Café and shop. Outdoor seating May-Sept.

Price: A120,-/C50,-/S50,-/P90,-/Family ticket 240,-

Common tickets with Kon-Tiki and Frammuseet

Open: See our website for updated opening hours.

Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)

Address: Bygdøyneveien 37 **Tel:** 22 12 37 00

www.marmuseum.no



31 Oscarshall

Summer palace on Bygdøy. Constructed 1847 to 1852 for King Oscar I. Designed by architect Johan Henrik Nebelong. Guided tours.

Tickets are sold via www.ticketmaster.no.

Remaining tickets are available on site. No parking on site.

NOTE: Closed during private events

Price: For times and prices, see the Royal House's website

Open: Mid-May to mid-September

Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)

Address: Oscarshallveien

www.kongehuset.no



32 Vikingskipshuset



Come face to face with some of the world's greatest Viking treasures! Experience the best-preserved Viking ships in the world and unique burial artefacts from boat graves around the Oslo Fjord. In late summer of 2021 the Viking Ship Museum will close for expansion works that will create the world's largest experience centre for Viking culture, opening in 2025. In other words, right now is the time to experience the Viking ships before the museum is closed for five years!

Price: A120,-/C0,-/S90,-/P90,- Groups (10+) 70,-

Open: 1/5-30/9: Mon-Sun 9-18 1/10-30/4: Mon-Sun 10-16

For guided tours, call 22 85 99 64

Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)

Address: Huk Aveny 35 **Tel:** 22 13 52 80

www.khm.uio.no



33 Ekebergparken



The Ekeberg Park lies in the beautiful green hills overlooking the Opera, Bjørnvika and Oslo's East side. The park has one of Europe's finest and richest collection of sculptures. The artworks are scattered along a large historical and natural landscape, with spectacular views of the city and the fjord. With two restaurants, a museum and the Hakkespettene activity centre for children, it's a lovely place to enjoy tours and organise get-togethers. Visit our website to book a guided tour, and check opening times for the park and museum.

Open: Daily, all year to the public

Transport: Tram 13 and 19 to Ekebergparken

Bus 74 and 34 to Brannfjellveien

Address: Kongsveien 23 **Tel:** 21 42 19 19

www.ekebergparken.com



34 Interkulturelt Museum



Welcome to the Intercultural Museum! Examine your own prejudices in the exhibition "Typical Them" and visit their gallery that shows current photo and video exhibitions.

The Intercultural Museum is a stone's throw from Grønland Metro Station.

Price: Free admission

Open: Tues-Sun 11-16 (See oslomuseum.no for opening hours during holidays)

Transport: Metro to Grønland station. Bus 37 to Tøyengata

Address: Tøyenbekken 5 **Tel:** 22 05 28 30

www.oslomuseum.no



35 Botanisk hage



The Botanical Garden is an oasis at Tøyen in Oslo and is part of the Natural History Museum. The garden covers 150 acres and has more than 5000 plant species. In the Botanical Garden you will among other things find a greenhouse, mountain garden, Viking garden, willow garden, herb garden and sensory garden. We have guided tours and various activities all year round. You will find willow sculptures and artistically decorated benches. In the middle of the garden you will find a nice café.

Price: Free admission
Open: Botanical Gardens 1/4-30/9: 7-21 1/10-31/3: 7-17
Transport: All metros to Tøyen.
Address: Sars' gate 1/Monradsgate
www.nhm.uio.no



36 Naturhistorisk museum



A treasure trove of rare, beautiful and strange objects from nature. The main attraction is the world famous Ida fossil. In addition, you will find dinosaurs, gold nuggets, moon rocks, silver crystals, ichthyosaurs, stuffed animals and a host of other highlights from our collection. The Natural History Museum also consists of the Botanical Gardens and Climate House. We have one of Norway's best museum shops.

Price: A120,-/C60,-/S60,-/P60,-
Open: 1/6-31/8: All days 10-17
 1/9-31/5: Tues-Fri 11-16, Weekends and Holidays 10-17
 Closed: 17/5, 24-26/12, 31/12, 1/1
Address: Sars' gate 1/Monradsgate
www.nhm.uio.no



37 Klimahuset

The Nordic region's first exhibition arena on climate and climate change. Learn how the earth's climate system works, what the consequences of global warming are, what solutions exist and how you can contribute yourself. In the outdoor areas around the house called Klimahagen, knowledge about weather and nature is conveyed to the youngest children through activities and installations. The Climate House is located in the Botanical Garden.

Price: A120,-/C60,-/S60,-/P60,-
Open: 1/6-31/8: All days 10-17
 1/9-31/5: Tues-Fri 11-16, Weekends and Holidays 10-17
 Closed: 17/5, 24-26/12, 31/12, 1/1
Address: Sars' gate 1/Monradsgate
www.nhm.uio.no



38 Arbeidermuseet



The Labour Museum is idyllically located in the old factory environment by the urban Akerelva river. Here you can experience the permanent exhibitions "Factory Girls and Industry Lords" and "Working Class District". Join us on guided tours in the local area, with visits to the worker's house "Brenna". The visit to the museum can be combined with a coffee and waffle at Høns-Lovisa's hus.

Price: Free admission
Open: Sat-Sun 11-16 (See oslomuseum.no for opening hours during holidays)
Transport: Tram 11, 12 and 13 to Biermanns gate
Address: Sagveien 28 Tel: 23 28 41 70
www.oslomuseum.no



39 Jødisk Museum i Oslo



The Jewish Museum in Oslo is a vital museum and cultural centre for the preservation and dissemination of knowledge about Norwegian-Jewish history, culture, traditions and identity. The museum is located in a former synagogue from 1921. Exhibitions include: "Remember us alive - Jewish destinies", "The Jewish year", and "Heia jødene! - an exhibition about integration and the joy of sports". Shop with Judaica.

Price: A60,-/C30,-/S40,-/P40,-
Open: 1/1-14/6 & 16/8-20/12: Tue 10-15, Thu 14-19, Sun 11-16
 15/6-15/8: Tue & Fri 10-15, Wed & Thu 10-19, Sun 11-16
Transport: Metro to Jernbanetorget. Tram 11, 12, 13 and 17
 Bus 30, 31 to Hausmanns gate
Address: Calmeyers gate 15b Tel: 22 20 84 00
www.jodiskmuseumoslo.no



40 Popsenteret



Interactive and modern experience museum at urban Grünerløkka - a universe for music lovers of all ages! Experience exhibitions about music history, development and technology. Artistic ambitions? Sing in the studio, mix and make an album cover, download and listen. Test real instruments. Experience 100 years of Norwegian popular music history presented in an engaging, educational and exciting context. Book a tour. Children's room, movie room, recording studios.

Price: A125,-/C75,-/S80,-/P125,-/Family ticket (2+3) 325,-
Open: Tue-Fri 10-16, Sat, Sun 12-17, closed Mon
Transport: Tram to Schous plass. Bus to Heimdalsgate
Address: Trondheimsveien 2, bygg T Tel: 22 46 80 20
www.popsenteret.no



41 Holmenkollen



"The blue and the green and the city in between". From the top of Holmenkollbakken ski jump you can experience a 360 degree panoramic view of the city, fjord and hinterland. In addition, you will find the world's oldest ski museum, museum shop, ski simulator and café. For information on our Kollensvevet zipline, visit www.kollensvevet.no

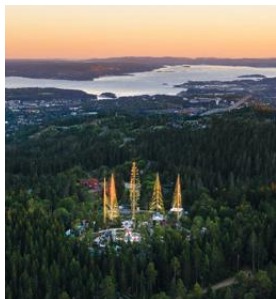
Price: A160,-/C80,-/S140,-/P140,-/Family ticket (2+2) 400,-
Open: See holmenkollen.com for updated opening hours
Transport: Metro 1 to Holmenkollen
Address: Kongeveien 5 Tel: 916 71 947
www.holmenkollen.com



42 Holmenkollen Ski-Simulator

Jump in "Holmenkollen ski jump" and experience what it feels like to set off from some of the world's toughest downhill slopes with the world's best ski athletes. Technology which was previously only available to pilots and astronauts combines flight simulation movements with an "eye-view" film to deliver a special and realistic experience.

Price: A110,-/C55,-
Open: 1/1-30/4: Mon-Sun 10-16 1/5-31/5: Mon-Sun 10-17
 1/6-31/8: Mon-Sun 9-20 1/9-30/9: Mon-Sun 10-17
 1/10-31/12: Mon-Sun 10-16. Open all year round.
 See the website for any changes in opening hours
Transport: Metro 1 to Holmenkollen
Address: Kongeveien 5 Tel: 969 03 665 / 900 12 046
www.skisimulator.no



43 Roseslottet

The Rose Castle is an art installation that marks that in 2020 it was 80 years since the attack on Norway in 1940 and 75 years since the liberation in 1945. The Rose Castle has two themes: The occupation of Norway and the values that were put out of play: democracy, humanism and the rule of law. The castle contains over 100 paintings by Vejbjørn Sand and installations by Vejbjørn and Eimund Sand. The Rose Castle can be experienced through four seasons with concerts on Norway's most beautiful stage, events and guided tours.

Price: A140,-/C70,-/S70,-/P70,-

Open: Mon-Sun 10-23

Transport: Metro no. 1 to Frognerstøien

Adresse: On top of the hill above Frognerstøien st.

Tel: 901 13 205 www.roseslottet.no



44 Norsk Teknisk Museum



Explore, play and learn in more than 25 themed exhibitions and around 100 try-it-yourself installations. Experience our cultural heritage within the fields of industry, science, technology and medicine in the funniest and most exciting family museum. See historic cars, motorcycles, SAS' first jets and Trygve Gran's North Sea aircraft, or follow the history of medicine from 1850 until today. Large weekend and holiday program.

Price: A165,-/C110,-(over 3 yrs)/S110,-/P110,-

Open: Tue-Fri 9-16, Sat, Sun 11-18. Mon closed

For all opening hours check tekniskmuseum.no

Transport: Bus, train and tram. Easy access by car. Parking.

Address: Kjelsåsveien 143 **Tel:** 22 79 60 00

www.tekniskmuseum.no



45 Henie Onstad Kunstsenter



Henie Onstad Art Centre presents the art of tomorrow today through regular and changing exhibitions. Yayoi Kusama's infinity room Hymn of Life is permanently installed.

Scenic surroundings by the fjord. Large sculpture park, concert program, beach and art laboratory for children. Sonja Henie's prize collection, café Piruetten and museum shop.

Price: A120,-/C0,-/S80,-

Open: Tues-Sun 11-17. Mon closed

(Opening times may vary, please check hok.no)

Transport: Bus 160 to Høvikodden or train to Blommenholm station. Approx. 15 minutes travel from Oslo.

Address: Sonja Henies vei 31 **Tel:** 67 80 48 80

www.hok.no



46 Asker Museum

What surrounds this beautiful garden? Find out through a memorable visit to the home of two famous Norwegian writers, set in beautiful rural surroundings 20 km west of Oslo. Welcome to Asker Museum, Valstad's collections and Labråten, Hulda and Arne Garborg's home, and our historic gardens with Anne Grimdalen's sculptures.

Price: A80,-/C0,-

Open: Tues-Fri, Sun 12-15

Transport: Local train to Hvalstad station.

Train departures every 15 minutes from Oslo S/ Nationaltheatret. Or by bus route 270. Stop: Asker museum.

Address: Otto Valstads vei 19, 1935 Hvalstad **Tel:** 66 79 00 11

www.askermuseum.no



47 Blaafarveværket

In 2021 Blaafarveværket presents a large exhibition with Theodor Kittelsen. We also present the artist Danny Larsen at the Kittelsen Museum. Mining trips in the Cobalt Mines with highlights being the underground glass floor and suspension bridge, restaurants with homemade food, exciting shops, the Children's Farm and beautiful hiking and park areas. We reserve the right to make changes due to Covid-19.

Price: Visit www.blaa.no

Open: 22/5-19/9. Details on www.blaa.no

Transport: Visit www.blaa.no

Address: Koboltveien 11, 3340 Åmot **Tel:** 32 77 88 00

www.blaa.no



48 Bærums Verk

Welcome to Bærums Verk, a unique shopping area in idyllic surroundings. Verkskata with workers' accommodation from the 18th century now contains shops, galleries and workshops, and the old foundry is a modern shopping area with several unique stores. We have several dining places and a beautiful outdoor area with a large sculpture park. Historic hiking, including entrance to the oven museum, must be booked in advance.

Opening h. for Handelshuset: Mon-Fri 10-20, Sat 10-18

Opening h. for Verkskata: Mon-Fri 10-17, Sat 10-16, Sun 12-16

Transport: Visit www.baerumsverk.no

Address: Verkskata 15, 1353 Bærums Verk **Tel:** 67 13 00 18

www.baerumsverk.no



49 Besøkssenter våtmark Nordre Øyeren

A discovery centre for children and young people with exciting exhibitions, cafés and activities, where the adults will also enjoy the exhibitions. The visitor center is beautifully situated with a great view of the delta area of the Northern Øyeren nature reserve. The hiking area has good opportunities for various activities, fishing, picnics and recreation. Fetsund timber booms' beautiful national cultural history area and the river Glomma are the closest neighbours.

Tickets: Free admission

Open: See mia.no/besokssentervatmark

Transport: 19 min by train from Oslo S. There is also good bus service. Parking.

Address: Lenseveien 24, Fetsund **Tel:** 63 88 75 50

www.mia.no/besokssentervatmark



50 Fetsund lenser

A national cultural monument located in idyllic surroundings alongside the Glomma river. The only remaining timber sorting plant in the world. Here you can 'walk on the water' on raft walks in the river, see float history exhibits inside and outside, boats, workshops, museum shop and brew café. The area has beautiful green areas, a playground and barbecues. A pedestrian and bicycle path winds its way through the entire area, with cultural and nature trails along the way.

Opening hours and tickets: See mia.no/fetsundlenser

Transport: 19 min. by train from Oslo Central Station.

Good parking and bus connections.

Address: Lundveien 3, Fetsund **Tel:** 63 88 75 50

www.mia.no/fetsundlenser



51 Bjørneparken i Flå

Norway's best kept secret? The Bear Park in Flå invites you to magical encounters between animals and humans in the kingdom of Norwegian carnivores. Enter the bear den, explore the fox forest, hold the snakes and meet our impressive wolves. Hand feed the elks and attend the feeding of the other animals. With even more exciting activities, Bjørneparken is an experience you won't forget anytime soon.

Price: See www.bjorneparken.no

Open: 27/3-12/10. For detailed opening hours see website

Transport: 1,5 hours' drive from Oslo on the main road between Oslo and Bergen.

Address: Bjørneparkvegen 61, 3539 Flå
www.bjorneparken.no



52 Eidsvoll 1814

Eidsvollsbygningen is one of Norway's most important national symbols and cultural monuments, as the place where the Norwegian Constitution was written and adopted in 1814. A visit to Eidsvoll 1814, the cradle of Norwegian democracy, provides an engaging insight into the important 1814 history and today's Norway. We are known for engaging guided tours in the Eidsvoll building. These are available for all - throughout the year. Also visit the Democracy Centre for Youth, Kafé Standpunkt and the museum shop.

Price: A140,-/C70,-/S110,-/P110,-/Family ticket 320,-

Open: We are open all year. Closed Mondays in the winter.

Transport: Train from Oslo S to Eidsvoll Verk station 31 min

Address: Carsten Ankers veg, Eidsvoll verk **Tel:** 63 92 22 10
www.eidsvoll1814.no



53 Hadeland Glassverk

The glass works was founded in 1762. Here you can see glassblowing up close and try your hand at glassblowing yourself. Hadeland Glassverk's adventure centre consists of: 11 shops, glass cabin, 5 cafes and 2 galleries with a changing exhibition program throughout the year. Factory outlet for glass and porcelain. Idyllic outdoor areas right by Randsfjorden. Different activities every weekend, depending on the season, feel free to see our website. Tax-free shopping in all our stores.

Price: Free admission

Open: Mon-Fri 10-16, Sat 10-18, Sun 10-18 in high season.

Transport: Daily buses from Oslo to Hadeland Glassverk. 60 min. by car from Oslo.

Address: Glassverksveien 9, 3520 Jevnaker **Tel:** 61 31 64 00
www.hadeland-glassverk.no



54 Kistefos

Welcome to Kistefos! Here you can experience world-class architecture, industrial history, art exhibitions and an impressive sculpture park in scenic surroundings. The signature building The Twist is a gallery, a bridge and a sculpture in itself and has received several awards and nominations for its sensational design. The sculpture park is an experience all year round, and or those interested in history, the industrial museum with the wood grinding mill is a must. In addition, you will find a café, museum shop and several activities for children in the area.

Price: A180,-(+16 yrs)/C0,-/S150,-/P150,-

Open: May - December. See www.kistefosmuseum.no

Transport: 60 min from Oslo and Gardermoen

Address: Samsmoveien 41, 3520 Jevnaker **Tel:** 61 31 03 83
www.kistefosmuseum.no



55 Sølvgruvene og Norsk Bergverksmuseum

The silver mine at Kongsberg, founded in 1623, is one of Norway's largest protected cultural monuments above and below ground. The Kongsberg Silver Mines operated 300 different mines and was the largest Norwegian quarry of all time, measured in man-years. At the Silver mines there are, during the high season, daily guided train trips into the King's Mine no less than 2.3 km into the mountain. The museum in Smeltehytta has exhibitions on mining, coinage, industry, skiing, and the world's largest collection of wire silver. New from 2020 is the Geo Lab in the Museum in Smeltehytta.

Tickets, opening hours and train departures:

See www.norsk-bergverksmuseum.no

Address: Hyttgata 3, 3616 Kongsberg **Tel:** 91 91 32 00
www.norsk-bergverksmuseum.no



56 Skimore Oslo

The largest ski resort in the Oslo area and the 4th largest facility measured in ski pass sales, only 30 minutes from Oslo city center. 381 meters above sea level, and all slopes are floodlit five evenings a week. This ski and snowboard facility has something for everyone: Simple trails in the family and beginner area, park for all skill levels, big air arena and wide trails that are perfect for families and carving. Ski school, ski workshop, ski rental and restaurants.

Season: November-April

Tickets: Skimore App (Google Play/App Store)

Transport: Metro to Voksenkollen

Address: Tryvannsveien 64 **Tel:** 22 14 36 10
www.skimore.no



57 Skimore Oslo

One of Scandinavia's largest and most beautiful climbing parks, only 30 minutes from central Oslo. The climbing park in Skimore Oslo has 205 elements in the trees distributed on eleven different trails with varying degrees of difficulty. Choose between mini trails, family trails and tough trails up to 20 meters above the ground. The climbing park also has several ziplines, the longest with a span of 230 meters. The toughest can jump from the Tiger Leap and experience free fall from 20 meters above the ground. There are also bike rentals with both trail bikes and mountain bikes.

Season: May-October

Tickets: Skimore App (Google Play/App Store)

Transport: Metro to Voksenkollen

Address: Tryvannsveien 64 **Tel:** 22 14 36 10
www.skimore.no



58 Oslo Kayak Tours

Experience Oslo actively - from the sea! We take you on a kayak trip on the Oslo Fjord, right from town to scenic surroundings. During a two to three hour trip we offer a brief introduction to paddling and in addition you will see the city from a fresh vantage point. Together with our experienced instructors you can explore the island landscape and the islands on a kayaking trip and get a unique experience. You do not have to be an experienced paddler as we adapt the trips according to the guests' levels and needs.

Season: May-September

Tickets: www.oslokayaktours.no

Transport: Bus 32 to Sjølyst or 20/31 to Skøyen Station

Address: Drammensveien 164 **Tel:** 953 68 249
www.oslokayaktours.no

Design and interior

Norwegian and Scandinavian designs are well known. **Norway Designs**, **Pur Norsk** and **Glasmagasinet** are among some of the best places in Oslo for design enthusiasts. The **David-Andersen** jewellery chain also has a number of shops in Oslo offering both their own articles as well as famous brands.

Luxury and fashion

The area around Nedre Slottsgate and Egertorget stands out as the city's most exclusive shopping area, with flagship stores such as **Gucci**, **Marc Jacobs** and **Louis Vuitton**. At **Paleet**, **Eger** and **Steen & Strøm** you can revel in various floors of fashion boutiques.

Vintage and second hand

Markveien at Grünerløkka is the number one stop for vintage shopping, with an array of second hand shops such as **Ny York design & 2nd hand**, **Robot**, **Frk Dianas Salonger** and **FreteX**. **Velouria Vintage**, in Thorvald Meyers gate, is definitely worth a visit.

Craftwork

Heimen Husfliden are traditional stores that offer high quality handmade Norwegian products.

Shopping malls and shopping streets

The big shopping centers **Oslo City**, **Byporten** and **Storo Storsenter** have everything you need in one place. In the shopping streets **Bogstadveien** and at **Aker Brygge** there are a number of exciting clothes shops that you can't find at other places in town.



SHOPPING

Oslo has everything from fashionable brands and large shopping centres, to small niche boutiques selling unique and original products.



FOOD & DRINK

Oslo has a diverse food culture that is reflected in the city's restaurants. An increasing number of them also focus on Norwegian flavours, ingredients and food traditions. In Mathallen at Vulkan you can shop and taste both Norwegian foods and imported delicacies. Restaurant-Oslo's pride is Maaemo, which has been named one of the world's best restaurants and is spearheading the trend of using short-distance, organic, quality ingredients.





59 Arts Restaurant

Welcome to ARTS, a restaurant with a focus on the fantastic ingredients of the Mediterranean. We are located on Tjuvholmen. Our menu is divided into snacks, appetizers, main courses and desserts. The menu is vibrant and we use good fresh ingredients in season. Arts focuses on a wide and good wine list as well as a bar that serves you refreshing cocktails. Inside we have 90 seats divided between a restaurant, bar and three beautiful chambre séparée. Arts Restaurant serves lunch and dinner. The art in the restaurant follows gallery Fineart Oslo's exhibitions and is a fantastic frame for the meal at Arts. In summer we also have a great outdoor seating area.

Filipstad Brygge 2 - 21 65 11 00
www.artsrestaurant.no



61 Festningen Restaurant

Festningen restaurant has a magnificent view over Aker Brygge and the Oslo fjord from the base of Akershus fortress. Nowadays the restaurant stands out as an elegant but unassuming brasserie, with an exciting and dynamic selection of wines and menus reflecting the season's best ingredients. We offer delicious tasting experiences in a snug and informal atmosphere for lunch and dinner, six days a week. We have a "chambre séparée" that caters for up to 50 guests, and an intimate room, connected to our wine cellar, which sits up to 12 people. Our fjord-side outdoor area can sit up to 300 guests.

Myntgata 9 - 22 83 31 00
www.festningenrestaurant.no

60 Duckpin

Duckpin is Norway's first restaurant with short lane bowling. Short lane bowling is a super fun activity for the whole family. A shorter lane, smaller balls and larger pins make this an entertaining game. In addition we will have ping pong, pinball and karaoke rooms. The design is a modern American diner where you can come and grab some food or drink, in addition to our activities. The food is inspired by American barbecue culture. We will be slow roasting beef, pork and chicken. Here the focus will be on local ingredients. Duckpin opens its doors on March 1. Welcome inside.

Torggata 26 - 90 58 18 92
www.duckpin.no



62 Gamle Raadhus

Oslo's first town hall was built in 1641 and today houses Gamle Raadhuis Restaurant, which has been an inn since 1856. We serve lunch and dinner, with a focus on select Norwegian ingredients from local producers and prepared with culinary expertise. Whether in the cosy and newly restored Lauritz Ruus Bar, on the idyllic Raadhusgaarden terrace, or in our rustic wine cellar, you can enjoy seasonal local produce with a glass of good wine. We are open for lunch and dinner Monday-Saturday.

Nedre Slottsgate 1 - 22 42 01 07
www.gamleraadhus.no



64 Grilleriet

A rustic food experience and cozy atmosphere will welcome you to Grilleriet. Juicy meat, fish and shellfish prepared on a Jospier grill, as well as a Robata grill. The grill is the heart of the restaurant and gives the food its unique character and juiciness. Experience the chef's table, where you can sit in the kitchen and rub shoulders with the chefs. Welcome to Grilleriet, located in Folketeaterpassasjen.

Storgata 21-23 - 22 83 56 00
www.grilleriet.no



63 Grand Café

In 1874 Grand Café opened its doors, back when Oslo was called Kristiania. It was the regular haunt of, among others, Henrik Ibsen, Roald Amundsen, Knut Hamsun, Gustav Vigeland and Fridtjof Nansen, in addition to a number of other "Kristiana bohemians". Grand Café is a restaurant with a very special atmosphere. A large, welcoming room with a high ceiling seats just under 200 guests. Breakfast, lunch and dinner are served in the restaurant, which is suitable for all occasions. The wine cellar is the perfect meeting place for a glass of wine and some snacks after work, wine courses and private gatherings for smaller and larger groups. Welcome.

Karl Johans gate 31 - 98 18 20 00
www.grandcafeoslo.no



65 Hard Rock Cafe

Hard Rock Cafe Oslo offers classic American dishes paired with a few local favorites for you to enjoy. During your visit, you'll dine surrounded by music memorabilia from top names like Jimi Hendrix, Led Zeppelin, Kiss, Elton John, Kurt Cobain, and many others. Don't forget to stop into the Rock Shop* to purchase a music-themed collectible to take home.

Karl Johans gate 45 - 40 00 62 60
www.hardrockcafe.no

66 Kafé Oslo

As the heart of Litteraturhuset, where the capital's cultural milieu gathers, Kafé Oslo serves traditional Norwegian food and international-inspired dishes. You can enjoy a classic three-course dining experience, or simply have a snack and a glass of something to ease the mind after one of many cultural events and debates in the house. Informality is the key word - where famous writers and others interested in current affairs drop by to mingle and discuss across the generation gap. Here is also a reading room with a wealth of magazines and games.

Wergelandsveien 29 - 21 54 85 71
www.kafeoslo.no





67 Kafé Løve

Kafé Løve, housed with Det Norske Teatret, is both part of Oslo's theatre life and other lunch and dinner life. Breakfast is served from 08:00. In the morning tall sandwiches and hot lunches are offered. Daily morning performances in the house contribute to a lively environment. Before evening performances, dinner is served based on the café's own theatre menu, as well as other dishes that you otherwise connect with much more expensive restaurants. One can also have a glass of wine both before, during and after the theatre experience. Located in the middle of town, Løve is a casual meeting place for all types of guests, including those who just want to savour a night out in the city.

Kristian IVs gate 8 - 22 47 39 70
www.kafelove.no



69 Lofoten Fiskerestaurant

At Lofoten Fiskerestaurant there are always fresh ingredients of the best quality. This allows them to present a maritime menu of a high international standard. In the restaurant there is a big focus on quality, service and professional knowledge. It is characterized by a warm and casual atmosphere, and is ideal for either business lunches or pleasant family dinners. Norway boasts some of the world's best ingredients, and Lofoten wishes to find the best of the best. The supply of raw materials depends on the seasons, and the à la carte menu reflects this in the seasons. From April to October, the restaurant is expanded with a large outdoor seating area.

Stranden 75 - 22 83 08 08
www.lofoten-fiskerestaurant.no

68 Ling Ling

Called Hakasan's naughty little sister, Ling Ling is inspired by the popular Asian concept Izakaya. The menu is based on Hakasan's signature dishes and create an experience that reflect the local surroundings and play with Norwegian ingredients. The cocktail list is innovative and has been developed by the award winning team in London. In the sunny premises at Aker Brygge you will find a restaurant with bar, Rooftop Bar with beautiful views, our exclusive function room "Hidden" and in the summer outdoor dining right on the water's edge. Every weekend you are welcome to "Club Dining". Saturdays from 12 noon we invite to Saturday Brunch with live music.

Stranden 30
www.linglingoslo.com



70 Lorry

The cultural institution Lorry is one of Oslo's most popular and mythical restaurants, with a history dating back to 1880. Known for tasty and traditional dishes served in generous portions and over 200 beers. The restaurant has a broad Norwegian and international menu, and is today a mainstay in the capital with its two floors where all walls, ceilings and stairs are wallpapered with works of art, sculptures, antiques, stuffed animals and fantastic model boats. Lorry appeals to a wide audience, people from east and west, young and old, politicians, business people, journalists, actors, writers, artists, cultural personalities and many, many others.

Parkveien 12 - 22 69 69 04
www.lorry.no



71 Olivia

Olivia is one of Oslo's most visited Italian restaurants and is known for its warm atmosphere both indoors and outdoors, with open fireplaces, pizza chefs in action and an informal and lively atmosphere. Here you enjoy the best flavours and wines from Italy. In the pizza kitchen authentic Italian pizza is baked in a stone oven and elsewhere on the menu you will find pasta, meat, fish, appetizers, salads and desserts.

Aker Brygge - Stranden 3
Eger - Karl Johans gate 23 b
Hegdehaugsveien - Hegdehaugsvn 34
Tjuvholmen - Bryggegangen 4
Østbanehallen - Jernbanetorget 1
Lillestrøm - Storgata 14, Lillestrøm
www.olivia.no - 23 11 54 70



73 Restaurants in Paleet

Paleet, and the restaurants within it, is located on Karl Johan. **Taqueria**, just by the entrance, offers genuine Mexican, hot food and vivid colours - an un-Norwegian and rebel atmosphere. The food basement also includes a number of exiting eateries from different corners of the world. **Pizza Crudo**: The original Italian pizza, authentically prepared with passion and flavour. **Sabaki**: a visual and gastronomic experience of Japanese cuisine. Sushi, as well as dishes prepared with robatabayaki and teppanyaki. **Public Matpub**: Gastropub with micro brewery and exciting beers and good food. **The Room Café** is on the second floor, a continental café with hand-brewed coffee, sandwiches and cakes. Paleet, Karl Johansgt 39 - 23 89 86 86
www.restaurantpaleet.no

72 Peppes Pizza

Enjoy your food in a cozy and informal setting in one of our restaurants in Oslo. We have a varied menu with our original classics; Classic Chicago with thick bottom or Freestyle California on thin bottom. We also have a large selection of other dishes such as salads, Peppers burger and tempting desserts. Drop by for a taste of real Norwegian pizza history!

Oslo S - Karenslyst allé 18
Holmens gate 5 - Stortingsgaten 4
Lørenveien 42 - Nydalsveien 36
Henrik Ibsens gate 100
Karl Johans gate 1
22 22 55 55
www.peppes.no



74 The Salmon

The Salmon is a seafood restaurant located at Tjuvholmen. We serve Norwegian seafood with Norwegian salmon as one of our specialties. The Salmon produces handcrafted smoked salmon, fish cakes, sushi, sashimi and other seasonal dishes based on Norwegian seafood. The restaurant has good ambience and offers a nice seafood experience for our guests. Before or after your meal, we welcome you to visit our experience center where you can learn about Norwegian aqua culture and salmon farming.

Strandpromenaden 11, Tjuvholmen
www.thesalmon.com





75 Sanguine Brasserie

Sanguine Brasserie has an open and airy location at the centre of the Opera foyer, which makes this restaurant an excellent spot to enjoy the Opera's elegant architecture and lively atmosphere. Winter makes for a cozy ambience, with spectacular views over the Oslo fjord which are in a league of their own, no matter the weather. We serve our hot and cold à la carte menu all day long. Why not order some food during brakes at the Opera. Our outdoor serving area is open all summer long for you to enjoy the wonderful views.

Kirsten Flagstads plass 1 - 21 42 21 42
www.sanguinebrasserie.no



77 Sjømagasinet

Sjømagasinet is beautifully located on the water's edge at Tjuvholmen, with a view of the Astrup Fearnley Museum. Here, quality and passion for seafood are at the centre. They want to be an experience center for food. The restaurant offers everything from the sea's treasures sold by the kilo and a light meal in The Fish Shop, to lunch with business connections, family gatherings and larger groups. Experience a different fish and shell-fish concept.

Tjuvholmen Allé 14 - 23 89 77 77
www.sjomagasinet.no

76 The Scotsman

The recently refurbished Scotsman focuses on good, traditional pub food and a broad selection of draught and bottled beers. Our aim is to provide the best of pub culture, and to be an inclusive meeting place in the heart of the city. We cover all needs, from sports coverage, pub games and after-work drinks, to live music and a discotheque for late-night revellers. The Scotsman has something for everyone, and once you've been here we'll guarantee you'll come back again and again.

Karl Johans gate 17 - 22 47 44 77
www.scotsman.no



78 Solsiden Restaurant

Solsiden is a seafood restaurant where we only use the best fresh produce the coast has to offer. Besides most fish species, we always have Plateau des Fruits de Mer. This is our specialty, consisting of snow crab, scallops, crabs, mussels, shrimps, sea crabs (when we get hold of live ones), lobster and king crab. The dishes can be accompanied by one of the over 250 wines from our wine menu. We are located on Akershusstranda, just below Akershus fortress. Solsiden means "Sunny side" in English and as our name implies we have a view to the most romantic sunset over the Oslo Fjord. Open from May to September.

Akershusstranda 13, skur 34 - 22 33 36 30
www.solsiden.no



79 Vaaghals

Vaaghals was one of the first restaurants to open in the Opera neighbourhood, which is generally referred to as Barcode. The restaurant takes its name from the historical discovery of the boat that was excavated in the area. Vaaghals has been a melting pot for unique Norwegian ingredients and good Norwegian and international dishes since 2014. The food we serve is the kind we would want to serve to our best friends. A good meal is the coming together of good flavours and a good atmosphere. This is the place to spread the vibe whilst enjoying a friendly chat and a drink.

Dronning Eufemiasgate 8 - 92 07 09 99
www.vaaghals.com



81 Frognerseteren

Frognerseteren is a historic landmark with long traditions, perched on the top of Holmenkollen with the city's best view. Get a little taste of traditional Norwegian farm life a short subway ride out of Oslo. 435 meters above sea level you can settle by the building's sun-drenched outer wall, or in one of the original solid timber rooms. Frognerseteren is a suitable place after a trek in the forest or a busy day at work, whether you choose Kafe Seterstua or a la carte dining in Restaurant Finstua. We offer a wide selection of dishes from our rich kitchen, prepared according to good old recipes. Welcome to Frognerseteren, it has to be experienced!

Holmenkollveien 200 - 22 92 40 40
www.frognerseteren.no

80 Williamsburg

Williamsburg is a modern American craft beer bar. Located on Karl Johans gate in the middle of Spikersuppa. Here you can get away from the hustle and bustle of the city and enjoy something tasty in your glass, or a gourmet kebab. You can buy the classic doner kebab, or an open kebab with only the best ingredients. On the open kebabs we among other things serve deer and slowly tenderized entrecôte. We work with local ingredients, and have our own baker who cooks everything right after it is ordered. With 24 barrels of beer lines that are changed regularly, you are guaranteed to find something good to enjoy in your glass. Our ambition is to serve Norway's best kebab.

Karl Johans gate 35 - 94 14 56 05
www.williamsburg.no



82 Ekebergrestauranten

The Ekeberg restaurant lies in the hills overlooking Bjørvika, the waterfront and the medieval park. Experience the panoramic views of the Oslo fjord, the islands, the Opera, the city and Holmenkollen. The building's various eateries cater to everyone's needs. The establishment includes a bar/lounge, conference and meeting facilities, party and wedding spaces, and a stunning fine dining veranda on the second floor. Our vision is one of flexibility and quality in all areas, and our goal is to deliver that little extra to our food and surroundings.

Kongsveien 15 - 23 24 23 00
www.ekebergrestauranten.com



ARCHITECTURE

Oslo has become a capital of contemporary architecture. In recent years the city has been boosted by several modern landmarks designed by world-renowned architects.

Bjørvika and Sørenga

The tall buildings in **Barcode** have radically redefined Oslo's skyline. The buildings are long and narrow, and together they resemble a barcode. In Bjørvika, the **Norwegian Opera & Ballet** is also housed in an award-winning building where visitors are invited to walk up to the roof and enjoy the view. Including at Munch pier with the new museum **MUNCH**, which is located just behind the Opera. On the jetty next to Munch pier you will find the new area of **Sørenga**, with modern apartment complexes, a number of good restaurants and a great sea bath.

Tjuvholmen

By the water's edge beyond Aker Brygge lies **Tjuvholmen**. The buildings that make up the district are designed by 20 different architects. At the far end is one of Oslo's main attractions, the **Astrup Fearnley Museum**. The museum is designed by architect Renzo Piano.

Holmenkollen and Roseslottet

The famous ski jump in **Holmenkollen** was designed by the Danish company JDS Architects. Inside the hill is the world's oldest ski museum and from the top of the jump tower there are panoramic views of Oslo. At Frognerstøien is the art installation and war memorial **Roseslottet**, made by the artist brothers Sand. The installation's five, characteristic gold sails are clearly visible from the city and the surrounding area.



NIGHTLIFE

Oslo's nightlife is diverse, with each neighbourhood displaying its own particular style.

City centre and Karl Johans gate

Oslo city centre has a wide variety of night venues; here you will find everything from pubs, to clubs, to cocktail bars. Renowned jazz clubs such as **Nasjonal Jazzscene** and **Herr Nilsen** are also located here.

Grünerløkka

Northeast of the center lies Grünerløkka, where busy concert venues such as **Blå** and **Parkteatret** are an important part of the nightlife. Many of the neighborhood cafes turn into cool bars in the evening, and in recent years several micro-breweries have also appeared in the area.

Grønland

Just east of the city center is a refreshing mix of relaxed clubs with varied music, such as **Dattera til Hagen**, and brown pubs with the city's cheapest pints of beer.

Youngstorget

In the northern part of Oslo city centre bars and concert venues are everywhere, and this is probably the area with the most new concepts opening. Among the most well known venues here is the large **Kulturhuset** bar, club and culture centre and **Himkok**, which has been voted one of the world's best cocktail bars.

Aker Brygge and Tjuvholmen

These fashionable waterfront neighbourhoods offer trendy bars and restaurants such as **Thief Bar** and **Ling Ling**. On sunny summer days, people flock to **Lekter'n** and the other beautiful outdoor cafes.

Frogner and Majorstua

The west side of Oslo is the place for fun with a high Champagne factor and nice outfits. Around **Solli plass** and along **Hegdehaugsveien** there is a good selection of pleasant night venues.

Gay Oslo

Oslo's diverse nightlife has a large gay scene. Check out the atmosphere at **Elsker** and **César Bar & Café**, or visit ever-young **London Pub**.



Festivals

Pop and rock play the lead role at the popular summer festivals **Over Oslo** (June), **Piknik i Parken** (June), **Tons of Rock** (June) and **Øyafestivalen** (August). Fans of other music genres can find their own favorite festivals at **Oslo International Church Music Festival** (March), **Inferno Metal Festival** (April), **Oslo International Jazz Festival** (August), **Oslo Chamber Music Festival** (August), **ULTIMA Contemporary Music Festival** (September), and **Oslo World** (October-November). Oslo also has its own festivals for movies, food and drinks, literature, dance, opera, and much more.

Sport

In June the world elite in athletics arrive in Oslo to compete in **Bislett Games**, and the football tournament **Norway Cup** at the turn of July-August is one of the world's largest sports events for children and youth.

Nobel Peace Prize

The 10th and 11th of December each year the awarding of the **Nobel Peace Prize** in Oslo is marked. Throughout the year, you can see current exhibitions and learn more about the award at the **Nobel Peace Centre**.

WHAT'S ON?

Oslo's rich cultural and sports scenes make it a year-round destination.



Concerts

Oslo has one of Europe's most exciting concert programs. **Oslo Spektrum** and **Telenor Arena** receive regular visits from the world's biggest artists, and the major club stages **Rockefeller** and **Sentrum Scene** have concerts every week with well-known names from both Norway and abroad. **The Oslo Philharmonic** is in **Oslo Concert Hall**, which also hosts concerts with big names in classical and jazz. Among Oslo's many jazz stages, the magnificent concert venue in **Gamle Logen** deserves a special mention.

Opera, ballet and dance

Experience opera, ballet and concerts of the highest artistic quality at the **Norwegian Opera and Ballet** in Bjørvika. **Dansens Hus** at Vulkan offers a varied program with an emphasis on contemporary dance.

Theatre and shows

The major theatre institutions **Nationaltheatret**, **Oslo Nye Teater** and **Det Norske Teatret** have a total of ten stages. Together with the city's more experimental stages, they ensure that the city always has a rich selection of performances. If you prefer musicals, shows and standup, **Folketeatret** and **Latter** at Aker Brygge have performances almost year round.



Hovedlinjer i sentrale Oslo Central Oslo key lines

Ruter#



T-bane
Metro



Trikk
Tram



Buss
Bus



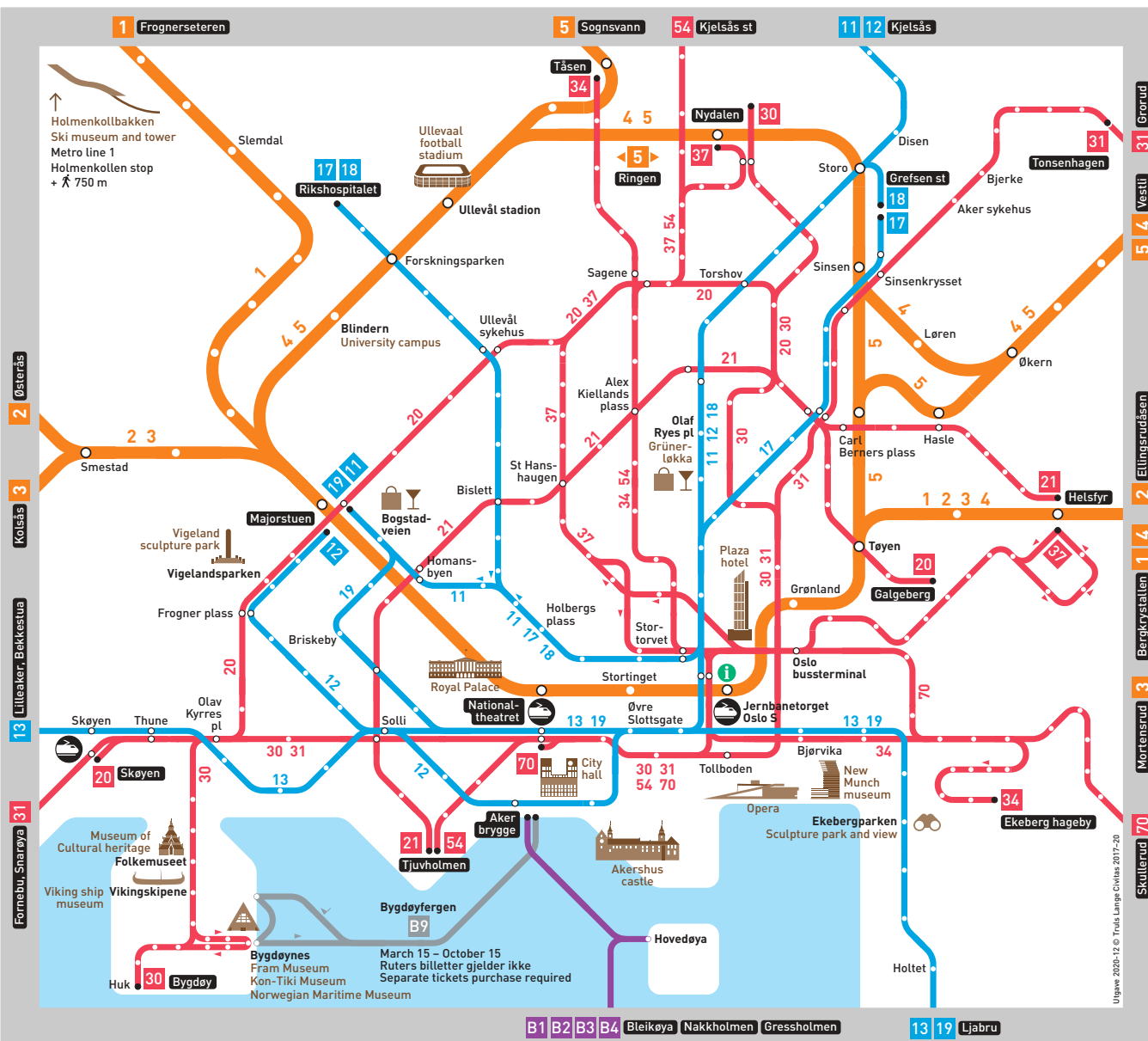
Båt
Ferry



Hele dette kartet er innenfor sone 1
This entire map is within zone 1



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ANBEFALTE BILLETTER FOR TURISTER

Enkeltbillett forhåndskjøpt
for én sone. Gyldighet 1 time.

24-timersbillett for sone 1.

Begge billettene er gyldige på T-bane, trikk, buss, båt og tog.

HVORDAN KJØPE BILLETTER
Billettene får du kjøpt hos Mix, Narvesen, Deli de Luca, 7-Eleven, Oslo Visitor Centre og på kundesenteret på Jernbanetorget.

Husk å aktivere billetten når du starter reisen. Det gjør du ved å holde kortet rolig inntil kortleseren.



TICKETS RECOMMENDED FOR TOURISTS

Single ticket for one zone.
Valid for 1 hour.

24-hour ticket for Zone 1.

Both tickets are valid on the Metro, trams, buses, ferries and trains.

HOW TO BUY TICKETS

Tickets can be bought at Mix, Narvesen, Deli de Luca, 7-Eleven, Oslo Visitor Centre and at our customer service centre at Jernbanetorget.

Remember to activate your ticket when you start your trip. Do this by holding it still against the validator.

Ruter#