SPECTACULAR!
-A MUST SEE...
FAMOUS EXPLORATION SHIPS, POLAR BEARS & MODERN VIKINGS!

SEE...
HEAR...
TOUCH...
SMELL...
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!” “To actually go inside the original ships is spectacular” “Very impressive. Interactive.”

www.frammuseum.no - Reviews from Google & tripadvisor
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 bearer of aesthetic values. The Museum regards children’s art as a living part of folk art and also an important element in our national and universal culture. The right to have and preserve a culture of one’s own is an accepted principle, when referring to nations or segments of any population.

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

Address: Lille Frøens vei 4, 0371 Oslo, Metro 1, Frøen T
Hello and welcome to Oslo  
– European Green Capital 2019

How nice that you have chosen to explore our city. Oslo is a modern and diverse city and each district has its own personality.

More than half of Oslo is covered in forests and parks, making Oslo a green city in summer and ski destination in winter.

The compact city centre is easy to explore on foot or by bike, and an efficient public transport system makes the whole city available without a car.

The city is filled with museums and cultural highlights. We like to call ourselves a genuine festival city, boasting everything from music to food and children’s festivals.

Oslo city centre’s port area has been reborn as a neighbourhood where museums, restaurants and an urban way of life go hand in hand.

No other city in Norway has as great a variety of restaurants as Oslo. Here you will find everything from exciting street food and traditional Norwegian cuisine, to world-class gourmet restaurants.

Our city is constantly growing – new neighbourhoods rise and older ones are developed and transformed.

Enjoy discovering your Oslo!

Christian Lunde  
CEO  
VisitOSLO
Østbanehallen

THE BEST VENUE FOR DIFFERENT CULINARY EXPERIENCES IN THE HEART OF OSLO

Centrally located, Østbanehallen is the natural meeting place for anyone living in or traveling to Oslo. While full of history and tradition, Østbanehallen has, at the same time, a modern and fresh look and atmosphere. Østbanehallen is home to a variety of exciting restaurants, bars, cafés and shops, including Oslo Visitor Centre. The old train station building provides a unique food court experience, situated under a spectacular glass roof. Our venue offers traditional Norwegian foods, together with flavors from around the world – ranging from Japan to America, Italy and England – right in the centre of Oslo.

Østbanehallen is the perfect hub for any occasion, whether you’re meeting up for after work drinks, want to grab a tasty snack before heading to a concert, or are just transiting and need an easy-access place to lower your shoulders.

Norway’s largest music and performing arts institution! In addition to experiencing opera, ballet and concerts on one of our stages, you can stroll around the roof and into our beautiful, spacious foyer. Shop in the Opera store, have a cup of coffee or enjoy a tasteful meal in one of our restaurants!

We have daily tours which give you an insight into what happens behind the scenes before the curtains are drawn.

Visit operaen.no for more information.

FOYER OPENING HOURS:
- MONDAY–FRIDAY 10–21
- SATURDAY 11–21
- SUNDAY 12–21

TICKET OFFICE HOURS:
- MONDAY–FRIDAY 10–19
- SATURDAY 11–18
- SUNDAY 12–18

OPERAEN.NO | KIRSTEN FLAGSTADS PLASS 1 | TLF + 47 21 42 21 21
At visitoslo.com you will find more information and inspiration for your stay in Oslo.

WELCOME TO 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.
This legendary tour takes you through Norway’s most breathtaking UNESCO protected fjord and mountain scenery, as well as a trip on Europe’s top scenic rail journeys.

**Tour highlights**
- The scenic Bergen Railway
- The breathtaking Flåm Railway
- Fjord cruise on the worldfamous UNESCO protected Nærøyfjord and the magnificent Aurlandsfjord
- Bus tour down the steep hairpin bends of Stalheimskleiva (May-September)

**The most relaxed way to Oslo can also be the fastest.**

With the Airport Express, downtown Oslo is only 19 minutes away.
Take part in exciting activities in a museum with around 100 try-it-yourself installations and more than 25 exhibitions about technology and medicine!

WELCOME TO NORWEGIAN MUSEUM OF SCIENCE AND TECHNOLOGY

Norway’s largest science centre has installations that let you explore natural science and technological principles in energy, physical phenomena, the body, mathematics and space. See exhibitions about value creation throughout the ages, dive into oil history, and try sustainable energy production. Get to know our technological society! The exhibition Grossraum gives you war stories in a way that you did not learn at school. The medical history exhibits cover everything from the inside of the body to operation techniques that will make you shudder. Also see Norway’s first passenger jet, as well as cars, bicycles and vehicles from different eras. The museum regularly invites the public to theme events in the evening. Come!

OSLO SCIENCE CENTRE

is the place to have fun while you are learning. Try everything from taking selfies in front of a green-screen, to seeing your own colours and testing your reaction time!

GREAT PROGRAM DURING WEEKENDS AND HOLIDAYS!

Summer holidays: Open every day, 11-18. Otherwise: Tues-Fri 9-16 and Sat-Sun 11-18

See www.tekniskmuseum.no for program and events.

TEKNISK MUSEUM
Kjelsåsveien 143, 0491 Oslo
www.tekniskmuseum.no
WINTER ACTIVITIES

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

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

Skating
The ice rinks in Oslo are open throughout the winter. The Spikersuppa ice rink is located in the city centre, whilst a larger rink is located in Frogner stadium at Majorstua. Skate rental available at both venues.

Tobogganing
Korketrekkeren is Oslo’s largest and most popular toboggan run — two kilometers long with a fall height of no less than 255 meters. Sleds can be rented on top of the hill, and the subway carries you from the bottom of the hill and up to the top again.

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 20 minutes from Oslo city centre. Ski equipment can be rented at Oslo Vinterpark ski rental, and a number of companies offer courses and private lessons in the cross country tracks.

In Oslo you can snowboard 30 minutes from the city centre.
Welcome to the new National Museum in 2020

Henie Onstad is a leading venue for national and international contemporary art, with a broad exhibition, music and activity program in addition to a central art collection and a sculpture park.

Experience the art, walk in scenic surroundings and have a snack at the cafe. Throughout the summer there is outdoor seating and opportunities to have a swim at the art center’s beach. You can book guided tours in Norwegian and English, solve creative tasks in The Lab or head to the museum shop that sells beautiful Norwegian design products.

15 minutes from Oslo

Yayoi Kusama – Hymn of Life
Swimming pools

The public baths Tøyenbadet on Oslo’s east side and Frognerbadet on the west side have large outdoor swimming pools with diving platforms. If you want to swim in the Oslo Fjord you can try Sørenga sjøbad, Tjuvholmen city beach, or one of the islands or beaches just outside the city center.

Climbing

Oslo Sommerpark 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.

TusenFryd

In the TusenFryd amusement park you will find over 30 roller coasters and carousels, a water park and a number of activities for the youngest kids. The park is located approx. 20 kilometers south of Oslo city center and is open from April to October.

Cycling

Experience Oslo from your bicycle seat! City bikes from Oslo Bysykkel are a simple and affordable option. In the middle of town Viking Biking has quality bikes for rent and if you want to ride a bike in the forest, renting from Oslo Sommerpark is a good option.

Boat trips and island hopping

A boat trip is the best way to experience the Oslo fjord. A single Ruter ticket will allow you to discover a number of islands with beaches and picnic spots, just a few minutes by boat from the city centre.

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 Akerselva offers both nature, history and culture. In the woods around the city you can choose popular routes from Sognsvann or Flognerseteren, or walk far into the forest. Maps and good tips for short or long treks are available at DNT in Storgata 3 and Sørenga 122.

SUMMER ACTIVITIES

There’s over 19 hours of sunlight in Oslo in the summer, and with the fjord and Oslo forest within easy reach there’s always something exciting to do.
**City Cruise HOP ON - HOP OFF!**

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**Fjord Sightseeing**

2 hours. This is the classic Oslo fjord sightseeing, passing the fortress, the Opera House and idyllic islands with small summer houses. **Winter**: 10.30 and 13.00, October 14 - March 11, Saturday, Sunday and Monday. Not December 24/25. **New year**: All days December 26 - January 6

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**Oslo Selected Highlights**

3 3/4 hour sightseeing by bus visiting the city centre, the Sculpture Park, Holmenkollen Ski Jump and the Kon-Tiki. Attention: Dep. from Haakon Vlls gate/street 1

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**Oslo Grand Tour**

7 hour tour by coach and boat. By coach to the most interesting sights and museums in Oslo. Fjord sightseeing passing the Opera House. Attention: Dep. from Haakon Vlls gate/street 1

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**Norwegian Evening on the Fjord**

3 hour evening cruise on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. **Additional departures in May**: 15, 16, 17, 18, 19, 20, 21, 26, 30, 31 and **June**: 2, 9, 10, 16

**Jazz and Blues Cruise**

3 hour evening cruise with live music on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. Tuesdays: Jazz! Saturdays: Blues!

**START LOCATION**: Haakon Vlls gate 1 (GPS coordinates: 59.9128, 10.7318) **TICKETS**: Online at www.sightseeing oslo.com, on the bus or at the Oslo Visitor Centre.
Bus tours

H.M.K. offers guided bus tours 361 days a year. The tours go to the main attractions and museums in the city, and during the summer season the tours can be combined with boat sightseeing. City Sightseeing’s hop-on-hop-off buses also run much of the year.

Boat tours

If you want to experience Oslo from the sea you can go on a guided boat trip with Båtservice Sightseeing. The tours run almost all year, with the biggest selection of trips during summer. If you want a more speedy boat trip you can go for RIB Oslo.

Walking tours

Guided walking tours are growing in popularity, and guide companies Oslo Guideservice and Oslo Guidebureau offer a large selection of tours to both known attractions and hidden treasures. The guides are fluent in many languages, and you can chose between a routine walking tour or customised visits with private guides.

Cycle tours, rides and paddle trips

If you want to increase your pulse while exploring the city there are increasing amounts of options. Viking Biking offers guided cycling tours. With Oslo Running Tours you can jog to the main attractions in the city center, and if you want a canoeing trip there are several organizations that offer guided sightseeing in the Oslo fjord.

Sightseeing with the Oslo Pass

With free access to attractions and transport, you can tailor your own Oslo sightseeing. Oslo Pass and Oslo City Card can be purchased at the Oslo Visitor Center and a number of other places in the city. With the Oslo Pass app, you get Oslo Pass directly on your phone.
With our combination ticket you can get the best Oslo has to offer on land and on water!

Our double decker buses stop at museums and attractions, and the M/S Nobel boat takes you on a pleasant trip to the best stops in Oslo’s fjord city.

Complete bus ride takes around 90 minutes. The bus runs every half hour. Boat ride takes about an hour. The boat leaves every hour. Audio guides on bus & boat.

VISIT STROMMA.COM/OSLO for tickets, timetables, more information and more Oslo tips!

One ticket two brands

Buy your ticket online stromma.com/oslo, Oslo Visitor Centre and at stations.

Stromma.com
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.
**Oslo Pass – Experience more. Pay less.**

An easy and affordable way to explore the city’s museums and sights is with an Oslo Pass. Oslo Pass gives you free entrance to 30 museums and attractions and free access to buss, train, tram, subway 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.

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### 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
- 1/9-30/4: Sat, Sun 12-17

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

www.akershusfestning.no

### 02 Astrup Fearnley Museet

Astrup Fearnley is a private museum for contemporary art. The museum has changing exhibitions of leading international and Norwegian contemporary art and houses the Astrup Fearnley collection, one of Norway’s most important and most extensive private collections. The museum is beautifully located in Tjuvholmen, with views over the Oslo fjord, in a building which embodies art, nature and urbanity.

Designed by world renowned architect Renzo Piano.

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

**Open:**
- 2/5-31/8: Mon-Sat 12-19, Sun 11-17
- 1/9-30/4: Tue, Wed, Fri 12-19, Thu 12-17

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

www.afmuseet.no

### 03 Besøkssenteret Akershus Festning

Welcome to a memorable visit to Akershus Fortress!

The Akershus Fortress Visitor Centre is located in “the Long Red House” from 1774, right next to the dam Karpedammen.

Ask us about what’s happening at Akershus Fortress!

Temporary exhibitions about the fortress’ 700 year history.

Guided tours in Norwegian and English throughout the year:
- Sat-Sun 12-17 (Eng.) 14 (Nor. - prison) and 15 (Nor. - ordinary)
- Daily during summer season.

Groups can order their own tours. Museum shop.

**Price:** Free admission

Price for guided tours: A75,-/C40,-/S50,-/P50,-

**Family:** 180,-

**Open:**
- 1/7-31/8: Mon-Sun 10-17
- 1/9-30/6: Mon-Sun 10-16

**Address:** Bygning 1B, Akershus festning Tel: 23 09 39 17

www.akershusfestning.no

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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.**
**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 its three unique stages, you can also enjoy a walk on the roof and a stroll inside the beautiful foyer. Visit the opera store or enjoy refreshments and a dinner at one of the restaurants. We have daily guided tours in Norwegian and English that provide an insight into what happens backstage, before the curtains are lifted.

**Tickets**: To purchase tickets visit www.operaen.no
**Opening h. foyer**: Mon-Fri 10-21, Sat 11-21, Sun 12-21
**Opening h. box office**: Mon-Fri 10-19, Sat 11-18, Sun 12-18
**Opening hours for shop and restaurants**: www.operaen.no

**Address**: Kirsten Flagstads plass 1 Tel: 21 42 21 21
www.operaen.no

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**Det Kongelige Slott**
The Royal residence, built 1824-48 in Christiania. Regular tours in English: 12, 14, 14:20 and 16.
On royal birthdays: 14, 14:20 and 16.
Tours in Norwegian: Mon-Thurs 11-17, Fri 12-17, Sat-Sun 10-17.
On royal birthdays: 13-17.
Tours on sale at the Oslo Visitor Centre or on www.ticketmaster.no Remaining tickets sold at the entrance.
Change of the guard every day at 13:30. H.M. Royal Guard show on selected days during the summer.
**Price**: For ticket prices, visit the Royal house’s homepage.
**Open**: Late June to mid-August.
**Address**: Slottsplassen 1
www.kongehuset.no

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**Cinemateket**
At Cinemateket you’ll find movies from the entire history of film, and Norway’s only film museum. Cinemateket has two of Oslo’s best movie halls and shows classics, highlights from film history and new movies for adults and children, from Tuesday to Sunday every week.
The Film Café on the first floor offers simple food and has an alcohol license.

**Tickets and opening hours**: Visit cinemateket.no
**Transport**: Bus 30, 31, 54 and 60 to Jernbanetorget. Metro to Jernbanetorget. Tram 11, 12, 17, 18 to Stortorvet and 13, 12 and 19 to Prinsens gate
**Address**: Dronningens gate 16 Tel: 22 47 45 89
www.cinemateket.no

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**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.

**Price**: Free admission
**Open**: 1/5-31/8: Mon-Sun 10-17
1/9-30/4: Tues-Sun 10-16, closed Mon
**Address**: Bygning 62, Akershus festning Tel: 23 09 35 82
www.forsvaretsmuseer.no

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**Galleri Fineart**
Welcome to Norway’s largest gallery.
2000 square metres centrally located at Aker Brygge/ Tjukholmien. 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.
Galleri Fineart has its own frame workshop and offers high quality and quick framing.
**Open every day.**
**Price**: Free admission
**Open**: Mon-Wed 10-18, Thu 10-20, Fri 10-17, Sat 10-16, Sun 12-16
**Transport**: Bus 21, 54, Tram 12, 13, 19
**Address**: Filipstad Brygge 2 Tel: 22 01 24 20
www.fineart.no

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**Historisk Museum**
What did the people of the past think, believe and know? How did they arrange their lives, their belongings and their knowledge? Take a journey to the Museum of Cultural History’s house of many wonders; Experience some of Norway’s most beautiful stave church portals in our medieval exhibition. Learn about the Norwegian Stone Age people, explore the Egyptian mummies and get an insight into wonderfully diverse cultures from across the world through our ethnographic exhibitions.
**Price**: A100,-/C0,-/S80,-/P80,-/Groups (10+) 50,-
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 Nationalth.
**Address**: Friederiksgate 2 Tel: 22 85 19 00
www.khm.uio.no

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**Kreftforeningens Vitensenter**
The Norwegian Cancer Society’s Science Centre is full of exciting installations. Here you can test your skills as a surgeon and learn about amazing breakthroughs in cancer research. Through interactive installations you can explore the mysteries of the body and understand how cancer occurs, can be prevented and treated. What are the facts, what are myths and how can technology help us now and in the future?
**Tickets**: Free admission
**Open**: Sat-Sun 11-16. Guided tours as desired
**Extended opening hours**: 22/6-18/8. Tues-Sun 11-16
**Transport**: Metro to Stortinget or tram 12, 13 and 19
**Address**: Kongens gate 6 Tel: 21 49 49 21
www.kreftforeningen.no/vitensenteret

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**Nasjonalbiblioteket**
At the National Library, Norwegian cultural history from the Middle Ages to today is presented through a series of large and small exhibitions year round, and a comprehensive program of concerts, lectures, talks and seminars.
In the library’s collection you will find books, music, movies, radio, photography, maps, newspapers, letters, and much more. The cozy Kafe Å and frescoes of Emanuel Vigeland, Axel Revold and Per Krogh make the building on Solli plass, from 1913, worth a visit by themselves.
**Price**: Free admission. Contact: informasjon@nb.no.
**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
12. The National Museum – Architecture
13. The National Gallery is temporarily closed from 13.01.2019
14. Mellomstasjonen

To book guided tours: omvisning@nasjonalmuseet.no

Tel: 21 98 20 00
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 notions of housing quality changed during the century from around 1920 to the present? The exhibition shows how Norwegian architects have explored new forms of housing and new approaches to urban planning in residential projects.

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: Bus 30, 31, 32, 54 to Rådhuset.
Tram 12, 13, 19 to Kongens gate
Address: Bankplassen 3 Tel: 21 98 20 00
www.nasjonalmuseet.no

13. Nasjonalgalleriet

The National Gallery is temporarily closed from 13.01.2019

The new National Museum opens in 2020. To secure a safe moving process the National Gallery has to be temporarily closed. “Harald Sollberg. Infinite Landscapes”, which runs through 13 January 2019, will be the final exhibition in the National Gallery for the time being. The public will be kept informed when the National Gallery opens again.

Address: Universitetsgata 13 Tel: 21 98 20 00
www.nasjonalgalleriet.no

14. Mellomstasjonen

Road to the new National Museum.
The National museum and Statsbygg have created the Mellomstasjonen - Information Centre.

Until the museum opens you can learn about the building project and plans for the new National museum – the biggest art museum in Scandinavia.

Price: Free admission
Open: See nasjonalmuseet.no
Transport: Bus 30, 70, 81A. Tram 12
Address: Brynulf Bulls plass 2
www.mellomstasjonen.no

15. 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: A60,-/C30,-/S50,-/P50,-/Groups (min 10 per.) 50,-
Family: 120,- (2 adults + children under 18)
Open: 1/9-31/5: Mon-Fri 10-16, Sat, Sun 11-16
1/6-31/8: Mon-Sat 10-17, Sun 11-17
Transport: Tram 12 to Kontraskjæret. Metro to Stortinget
Address: Bygning 21 Akershus festning Tel: 23 09 31 38
www.hjemmefrontmuseum.no

16. Nobels Fredssenter

The Nobel Peace Center presents Alfred Nobel, the peace prize winners and their work, as well as exhibitions related to war, peace and human rights. The exhibitions vary – with use of photography, films, digital installations and interactive solutions. Explore the Nobel Peace Center on your own, or join a tour. Museum shop. Café.

Price: A120,-/C0,-/S80,-/P80,-
Open: 2/1-30/4: Tue-Sun 10-18
1/5-31/8: Mon-Sun 10-18
1/9-30/12: Mon-Fri 10-16, Sat, Sun 11-16
For opening hours during public holidays, see our website.
Closed: 1/1, 17/5, 9/12-11/12, 24/12, 25/12, 31/12
Address: Rådhusplassen Tel: 48 30 10 00
www.nobelpeacecenter.org

17. Nordisk Bibelmuseum

The first and only Bible museum in the Nordic region, with a collection of over 3000 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 exhibition 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: A50,-/C0,-
Open: Wed 12-16, Thurs 11-18, Fri-Sun 11-16
Transport: Metro to Stortinget. Tram to Øvre Slottsgate.
Address: Nedre Slottsgate 4c Tel: 40 10 57 77
www.nobimu.no

18. 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: Mon-Sun 9-16 1/7-31/8: Mon-Sun 9-18
Address: Fridtjof Nansens plass
www.oslo.kommune.no
19 | 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: 15/5-20/6 and 17/9-8/12: Tues-Thurs 9:30-14 Sat, Sun 11-16, Mon, Fri closed
21/6-18/8: Tues-Thurs 11-16, Sat-Sun 11-16, Mon, Fri closed.
Closed: 12/4-23/4, 19/8-16/9, 9/12-14/1 and public holidays
Transport: Metro 1 to Frogner station
Address: Lille Frederi vei 4 Tel: 22 46 85 73
www.barnekunst.no

20 | Bymuseet

Welcome to Oslo City Museum in the Frogner Park! The museum is located in the stately Frogner hovedgård, approx. 200 m. south of the Vigeland Sculpture Park. See the exhibition OsLove – The Story of Oslo.
Different theme exhibitions.
Guided tours throughout the year: Sat and Sun at 13. Nice farmyard, museum shop and café

Price: A90,-/C0,-/SS50,-/P70,-
Open: 8/1-22/12, 27/12-29/12: Tue-Sun 11-16
Closed: 1/1-7/1, 17/5, 23/12-26/12, 30/12-31/12
Transport: Bus 20 to Frogner pl. Tram 12 to Frogner pl.
Address: Frognerveien 67 Tel: 23 28 41 70
www.oslomuseum.no

21 | 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: A80,-/C40,-/S40,-/P40,-
Open: 1/9-30/4: Tues-Sun 12-16
2/5-31/8: Tues-Sun 10-17
Closed: 1/1, 30/3, 1/4, 1/5, 17/5, 24/12, 25/12, 31/12
Transport: Bus 20 or tram 12 to Frogner pl. Metro to Majorstua.
Address: Nobels gate 32 Tel: 23 49 37 00
www.vigeland.museum.no

22 | 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

23 | Frammuseet

Come onboard Fram and Gjea, 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. Open every day.

Price: A120,-/C50,-/SS50,-/P90,-/Family 240,-
Open: 1/10-30/4: Mon-Sun 10-17, 1/5-31/5: Mon-Sun 10-18, 1/6-31/8: Mon-Sun 9-18 1/9-30/9: Mon-Sun 10-18
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøynesveien 39 Tel: 23 28 29 50
www.frammuseum.no

24 | HL-Senteret

The HL Centre is a research and dissemination centre at Villa Grande. The centre works on the topics of the Holocaust, other genocides, as well as minority rights in modern societies. The centre has an exhibition about the Holocaust where the story 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. Guided tours in permanent exhibition.

Price: A70,-/C30,-/SS50,-/P50,-
Open: 15/5-14/9: 10-18 15/9-14/5: 10-16
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Huk aveny 56 Tel: 22 84 21 00
www.hlcenteret.no

25 | Kon-Tiki Museum

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, Túcume, Galapagos, spelunking, the under water exhibition and more. Daily viewings of the original “Kon-Tiki” movie. Shop.

Price: A120,-/C50,-/SS50,-/P90,- Family ticket 240,-
Open: 1/9-30/4: Mon-Sun 10-16 1/3-31/5: Mon-Sun 10-18 1/6-31/8: Mon-Sun 9-30-18 1/9-31/10: Mon-Sun 10-17 1/11-30/12: Mon-Sun 10-16.
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøyeneveien 36 Tel: 23 08 67 67
www.kontiki.no

26 | Norsk Folkemuseum

Open-air museum: Gol stave church from 1200 and other buildings and environments show the culture and history of Norway’s many regions and cities, both then and now. In summer: Daily activities, costume-clad guides, folk dancing, music and domestic animals. Building interiors viewable all year. Weekend activities and Christmas market.
Exhibitions: Wood-carving, traditional rose painting, folk dress, Sami artefacts and interiors from town and country.

Price: A160,-/C40,-/S120,-/P120,-/Family ticket 320,-
Open: 1/5-30/9: Mon-Sun 10-17 1/10-30/4: Mon-Sun 11-16
Closed: 1/5, 24/12, 25/12
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April – Oct)
Address: Museumsveien 10 Tel: 22 12 37 00
www.norskfolkemuseum.no
27. 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. Our panoramic movie takes you along Norway’s beautiful coastline. 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: 1/5-30/9: Mon-Sun 10-17 /10-30/4: Mon-Sun 10-16
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøynesveien 37 Tel: 22 12 37 00
www.maritimuseum.no

28. Oscarshall
The summer palace on Bygdøy was built between 1847 and 1852 for King Oscar I and designed by the Danish architect Johan Henrik Nebelong. Guided tours on the hour. Last guided tour is at 16 (lasts roughly 50 mins – we close at 17). Tickets at the door. No parking facilities.
Price: Visit the Royal house’s website for ticket prices.
Visit www.kongehuset.no for opening times
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Oscarshallveien
www.kongehuset.no

29. 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. These ships have been on voyages of the sea before they became the final resting place for their wealthy owners. Here you will see incredible woodcarvings, mysterious skeleton remains and an immersive film that takes you into the Viking era. This is an experience out of the ordinary.
Price: A100,-/C0,-/S80,-/P80,- Groups (10+) 50,-
Open: 1/5-30/9: Mon-Sun 9-18 /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 15 52 80
www.khm.uio.no

30. Botanisk hage
The University Botanical Garden is an oasis in the middle of Oslo. The garden covers 150 acres, has about 7500 different plant species and is part of the Natural History Museum. 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 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 15/3-15/10: 7-21 /16/10-14/3: 7-17
Greenhouses: 15/3-15/10: 10-21 /16/10-14/3: 10-17
Transport: All metros to Tøyen and bus 20 to Munchmuseet
Address: Sars’ gate 1/Monrads gate
www.nhm.uio.no

31. Naturhistorisk museum UiO
A treasure chest of rare, beautiful and weird objects from nature. The main attraction is the world famous Ida fossil. In addition you will find dinosaurs, gold nuggets, moon stones, silver crystals, ichthyosaurs, stuffed animals and a host of other highlights from our collection. The Natural History Museum is located in the middle of the University Botanical Garden, which is also part of the museum. We have one of Norway’s best museum stores.
Price: A120,-/C50,-/S50,-/P50,-
Open: 1/6-31/8: All days 10-17 /9-31/5: Tues-Fri 11-16,
Weekends and Holidays 10-17
Closed: 17/5, 24-28/12, 31/12, 1/1
Address: Sars’ gate 1/ Monrads gate
www.nhm.uio.no

32. Ekebergparken
The Ekeberg Park lies in the beautiful green hills overlooking the Opera, Bjørvika and Oslo’s East side. The park has one of Europe’s finest and richest collection of sculpted art. 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 18 and 19 to Ekebergparken
Bus 74 and 34 to Brannfjellveien
Address: Kongsviken 23
www.ekebergparken.com

33. Interculturelt Museum
Welcome to the Intercultural Museum! The museum is located by the Grønland subway station and has exhibitions about cultural changes in Norwegian society. Catch the “Typical Them” exhibition about prejudice. Guided tours: Sat-Sun at 13
Price: Free admission
Open: 8/1-15/12: Tues-Sun 11-16
Closed: 1/1-7/1, 15/4-22/4, 1/5, 10/5, 17/5, 16/12-31/12
Transport: Metro to Grønland station. Bus 37 to Tøyengata
Address: Tøyenbekken 5 Tel: 22 05 28 30
www.oslomuseum.no

34. Munchmuseet
In the exhibition «Swan Princess. Russian Art 1880-1910» (9/2), the audience has a rare opportunity to see some of Russia’s foremost artists matched with Edvard Munch and other great Nordic artists. The exhibition «EXIT!» (11/5) tells the story of the Munch Museum from its early beginnings and ahead to the opening of the new museum in Bjørvika in June 2020, and exhibits 60 selected works by Edvard Munch, including The Scream. The Munch Museum has the world’s largest collection of Edvard Munch’s art, which is displayed in exhibitions where Munch’s art is put in relevant contexts.
Price: A120,-/C50,-/S50,-/P50,-
Open: 2/1-29/1, 2/2-7/9, 28/9-30/12: 10-16 /11-5-24/9: 10-17
Transport: All metros to Tøyen and bus 20 to Munchmuseet
Address: Tøyengata 53 Tel: 23 49 35 00
www.munchmuseet.no
36 Arbeidermuseet
Welcome to the Labour Museum!
The museum has an idyllic location in an old factory environment by the Oslo’s Akerelva river.
Here the exhibitions “Factory Girls and Industrial Magnates” and “Artist View of Akerelva” are held. There are guided tours in the local area, including visits to the 1920s working class apartment “Brenna”. Visit to the museum can be combined with coffee and waffles at Hanse-Lovisa’s hus.
Guided tours: Sat-Sun at 12 and 14
Price: Free admission
Transport: Tram 11, 12 and 13 to Biermanns gate
Address: Sagveien 28 Tel: 23 28 41 70
www.oslomuseum.no

37 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: A50,-/C40,-/S40,-/P40,-
Open: 1/1-14/6 & 16/8-20/12: Tue 10-15, Wed & Thu 14-19, 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.jodiskmuseumsoslo.no

38 Popsenteret
A universe for music lovers of all ages!
Experience exhibitions about music, history, musical developments and not least music technology. Interactive and modern experience museum on 4 floors in the Grünerløkka district. Come and sing in the studio, mix and make a record cover, download and listen. Experience the story of 100 years of Norwegian popular music presented in an engaging, educational and exciting context.
Price: A110,-/C60,-/S80,-/P90,-
Open: Tue, Wed, Fri 10-16, Thu 10-19, Sat, Sun 11-17. Closed Mon
Transport: Tram to Schous plass, Bus to Heimdalsgata
Address: Trondheimsveien 2, bygg 1 Tel: 22 46 80 20
www.popsenteret.no

39 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, 2 exciting shops, a ski simulator and café.
For information on our Kollensvevet zipline, visit www.kollensvevet.no
Price: A140,-/C70,-/S120,-/P120,-
Open: 1/5–31/5: Mon-Sun 10-17 1/6–31/8: Mon-Sun 9-20
1/9–30/9: Mon-Sun 10-17 1/10–30/4: Mon-Sun 10-16
Open 365 days a year.
Transport: Metro 1 to Holmenkollen
Address: Kongeveien 5 Tel: 916 71 947
www.holmenkollen.com

40 Norsk Teknisk Museum
A museum filled with playful learning. Explore and be creative in Oslo’s science centre. Experiment with renewable energy sources, and much more. Loads of activities on weekdays and during school holidays. Check out Makerspace!
Big exhibitions on the progress of science and technology throughout the ages. Shop. Café. Free parking. Easily reachable by bus, train and tram. See exhibitions on everything from World War II to the history of airplanes and cars!
Price: A150,-/C100,- (over 3 yrs.)/S100,-/P100,-
Open: Tue-Fri 9-16, Sat, Sun 11-18. Mon closed
Transport: Metro to Jernbanetorget, Tram 11, 12, 13 and 17
Bus, train and tram. Easy access by car. Parking.
Address: Kjelsåsveien 143 Tel: 22 79 60 00
www.tekniskmuseum.no

41 Henie Onstad Kunstcenter
Henie Onstad Art Centre presents modernism and contemporary art through changing exhibitions and an extensive concert program. The art museum is located in scenic surroundings by the fjord. Sculpture park, beach and art laboratory for children and young people.
Sonja Henie’s prize collection, cafeteria Piruetten and museum shop with Norwegian design.
Price: A120,-/C0,-/S80,-/P0,-
Open: Mon-Sun 10-17
Transport: Metro 1 to Holmenkollen
Address: Sonja Henies vei 31 Tel: 67 80 48 80
www.hok.no

42 Asker Museum
Where does this impressive staircase lead to? 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 Labrøten, Hulda and Arne Garborg’s home, and our historic gardens with Anne Grimdal’s sculptures.
Price: A80,-/C0,-
Open: Tues-Fri 11-15, Sun 12-16. Mon and Sat closed
Transport: Local train to Hvalstad station.
Departures every 15 minutes from Oslo S / Nationaltheatret
Address: Otto Valstads vei 19, 1935 Hvalstad Tel: 66 79 00 11
www.askermuseum.no
43 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.bjørneparken.no
Open: 16/4-13/10. For detailed opening hours see website
Transport: 1.5 hours’ drive from Oslo on the main road between Oslo and Bergen
Address: Bjørneparkveien 61, 3539 Flå
www.bjørneparken.no

44 Blaafarveverket
Blaafarveverket, a former cobalt-mining factory in beautiful nature surroundings, was Museum of the Year in 2018. Each year we show three new art exhibitions. At Kobolgtvereve (old cobalt mines) we have daily guided mining tours to the underground glass floor and suspension bridge. We have three dining places with homemade food, six exciting shops, Children’s Farm and beautiful hiking and park areas.
Price: Visit www.blaa.no
Open: 18/5-16/6: Tue-Sat 11-17, Sun 11-18, Mon stengt
17/6-17/8: 11-18 18/8-22/9: Tue-Sat 11-17, Sun 11-18, Mon stengt
Transport: Visit www.blaa.no
Address: Kobolgtveien 11, 3340 Åmot
Tel: 52 77 88 00
www.blaa.no

45 Bærum Verk
Welcome to Bærum Verk, a unique shopping experience in authentic surroundings! Verksgata 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 Verksgata: Mon-Fri 10-17, Sat 10-16, Sun 12-16
Transport: Visit www.baerumsverk.no
Address: Verksgata 15, 1353 Bærum
Tel: 67 13 00 18
www.baerumsverk.no

46 Eidsvoll 1814
Eidsvoll bygningene 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 Demokratisenteret, Kafe Standpunkt and Museum Shop!
Price: A140,-/C60,-/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

47 Fetsund lenser
A nationally protected cultural heritage site and the world’s only preserved log driving facility. Exciting story about log driving in the river Glomma (1860-1985). A beautiful outdoor area with an authentic environment and exhibitions both inside and out. Cafe with local food, museum shop, playground, forge, work boats and “walkways” in the river. Nordre Øyeren, one of Northern Europe’s largest inland deltas, is located here, with 25 different fish species and 270 observed bird species. Good fishing and paddling possibilities.
Price: A40,-/C10,-/Family ticket 80,-
Open: See www.fetsundlenser.no
Transport: 19 min. by train from Oslo S. Parking.
Adresse: Lundveien 3, Fetsund
Tel: 63 88 75 50
www.fetsundlenser.no

48 Forsvarets Flysamling Gardermoen
The Norwegian Armed Forces Aircraft Collection is South Norway’s largest airplane museum. A unique collection of 40 aircraft and helicopters shows Norwegian military airplane history from 1912 until today. A bomber and the transport machine Junkers Ju 52 are gloomy reminders of Germany’s invasion. The fighter planes Norway used during The Cold War are richly represented. We also have a NIKE rocket. Activities for children. Cafe. Shop. Wi-Fi.
Price: A90,-/C60,-/S75,-/P75,-
Open: Sat-Sun 12-16 (June, July and August also Wed 12-16)
Transport: Bus or train to Oslo Airport, then local bus to Lilleplassen or shuttle bus from platform 39 to S33.
Adresse: Museumsvegen 35, Gardermoen
www.flysam.no

49 Hadeland Glassverk
The glass works was founded in 1762. Here you can see glassblowing up close and try your hand at glassblowing. Hadeland Glassverk’s adventure center consists of 13 shops, glass cabin, glass museum, 2 galleries, 2 cafes, waffle house and bakery. Exhibitions relevant to modern times. Factory outlet for glass and porcelain. Idyllic outdoor areas right by Randsfjorden. Children’s Farm. Tax-free shopping in all our stores.
Price: Free admission
Open: Mon-Fri 10-18, Sat 10-17, Sun 11-18 (summer).
Visit our website for other opening hours.
Transport: Daily buses from Oslo to Hadeland Glassverk. Visit baerumsverk.no or ring 177 for information. 60 min. by car from Oslo.
Address: Glassverkveien 9, 3520 Jevnaker
Tel: 61 31 64 00
www.hadeland-glassverk.no

50 Kistefos
Kistefos consists of an industrial museum, art gallery and sculpture park. A wood grinder is the heart of the historical dissemination. The Kunsthallen art hall holds a new exhibition of influential artists annually. The sculpture park contains sculptures by Norwegian and international contemporary artists. This summer, Kistefos opens a new museum building designed by architects BIG. The building crosses the Randselven river and is an art gallery, a sculpture and a bridge - all at once.
Price: See www.kistefos.museum.no
Open: May-November. See www.kistefos.museum.no.
Transport: Bus from Oslo. See www.kistefos.museum.no.
Adresse: Samsmoveien 41, 3520 Jevnaker
Tel: 61 31 03 83
www.kistefos.museum.no
**Solgruvene og Norsk Bergverksmuseum**

The Silver Mines at Kongsberg comprise one of Norway’s largest protected cultural monuments above and below ground, and was founded in 1623. Today 300 mine shafts are still intact, and between 1500-2000 prospect tunnels and 1000 km of mine tunnels vertically and horizontally. The museum has the world’s largest collection of native silver and other minerals that occur in the silver deposits. At The Mines there are, in season, daily guided train rides into the king’s mine, 2.3 km into the mountain.

**Tickets, opening hours and train departures:**
See www.norsk-bergverksmuseum.no

**Transport:** Train to Kongsberg station or car 1.5 hours’ drive from Oslo

**Address:** Hyttegata 3, 3616 Kongsberg

**Tel:** 91 91 32 00

www.norsk-bergverksmuseum.no

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**TusenFryd**

Bring your family for an unforgettable day at TusenFryd. Try our latest attraction Steampunk Hunters - Norway’s first VR-Coaster. Also experience our fast-paced attractions; SpeedMonster, SuperSplash, ThunderCoaster, SpaceShot or SpinSpider for a real adrenaline kick. In BadeFryd it’s 25 degrees in all pools and slides. TusenFryd also has a great variety of other popular attractions for families with children.

**Welcome to activities for children of all ages.**

**Price:** Visit www.tusenfryd.no

**Open:** Open from May to October

**Transport:** Bus 500 from Oslo Bus terminal.

**Address:** 1407 Vinterbro

**Tel:** 64 97 64 97

www.tusenfryd.no

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**WHAT'S ON OSLO**

Holmenkollbakken has a spectacular and modern design and is an important landmark in Oslo. From the top of the tower you can enjoy stunning panoramic views of Oslo city and surroundings. Inserted in the mountain below ground is the world’s oldest ski museum. Here you can experience skiing before and now, polar heroes and an exhibition on weather and climate change. Also experience Skimuseet’s latest exhibition Blåkollen, a play space for children. The attraction Kollensvevet, a zip line that makes it possible to “jump” from the top of the tower and downhill, is an airy experience one should not miss. Kollensvevet opens at the end of March and stays open throughout autumn. For opening hours and information: www.kollensvevet.no

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**HOLMENKOLLEN CULTURE AND TOURIST FACILITY**
**Oslo Vinterpark**
The largest ski resort in the Oslo area and the 4th largest facility in Norway, measured in lift ticket sales, only 30 minutes from Oslo city center.
Oslo Winter Park has 11 lifts, 18 slopes, 381 altitude meters, and all slopes are floodlit five nights a week. This ski and snowboard facility has something for everyone: Simple trails in the beginner area, its own Slopestyle line, a superpipe and wide trails perfect for families and carving. Ski school, ski workshop, ski and equipment rentals, and eateries.

**Tickets:** See www.oslovinterpark.no
**Open:** November-April
**Transport:** Metro to Voksenkollen
**Address:** Tryvannsveien 64 Tel: 22 14 36 10
www.oslovinterpark.no

**Oslo Sommerpark**
One of Scandinavia's largest and most impressive climbing parks, only 30 minutes from Oslo city center.
Oslo Summer Park has 205 climbing elements in the trees, divided into eleven different trails with different difficulty levels. 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 most brave can jump from Tigerspranget and experience a free fall from 20 meters above ground. Bicycle rental and bike shop.

**Tickets:** See www.oslovinterpark.no
**Open:** May-October
**Transport:** Metro to Voksenkollen
**Address:** Tryvannsveien 64 Tel: 22 14 36 10
www.oslosommerpark.no

**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

**Oslo Klatrepark**
Welcome to Oslo Climbing Park!
Exciting climbing park in wild and beautiful scenery.
Here you will enjoy challenging and rough experiences in Oslo’s treetops. We have 8 varied trails, with several Tarzan-jumps and many ziplines. The trails are built in different heights and difficulty levels, so there is something for everyone here. Safety is a top priority: Guests receive thorough training and necessary equipment.

**Price:** A310,-(12y+)/C260,-(6-11y)/C Free! (3-5y)
**Open:** See www.osloklatrepark.no
**Transport:** Metro 4/5 to Vestli, Buss 380/390 to Skillebekk
**Address:** Trondheimsveien 644 Tel: 46 90 90 64
www.osloklatrepark.no
SHOPPING

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

Design and interior
Norwegian and Scandinavian designs are well known. Norway Designs, Pur Norsk and House of Oslo 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 & Strom 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.

Souvenirs and craftwork
Heimen Husfiden are traditional stores that offer high quality handmade Norwegian products. Norway Shop also has a vast selection of knitted sweaters and souvenirs.

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 Bogstadvæien and at Aker Brygge there are a number of exciting clothes shops that you can't find other places in town.

Get up to 19% back on products you purchase with Tax Free
Seasonal local produce is in the centre at more and more kitchens

FOOD & DRINK
Oslo has a diverse food culture that is reflected in the city’s restaurants, and more and more of them focus on Norwegian flavors, ingredients and food traditions. In the Mathallen food hall at Vulkan you can shop and taste both Norwegian foods and imported delicacies.

Restaurant-Oslo’s pride is Maaemo, which has three stars in the Michelin Guide and is a trailblazer for the trend of using slow food made from organic, quality produce.
Argent Restaurant

At the Argent restaurant, located in the Opera house, it's all about culinary art and quality. We allow for the best raw ingredients and flavors to come into their own in a relaxed and harmonious environment. Our head chef composes seasonal menus that are created with tradition and innovation in mind. We promise you an exciting culinary experience, whether you're enjoying our range of mini-dishes or a delicious meal, or if you're just here for a show. At Argent you're never too far from the orchestra, no matter what. Welcome to Argent Restaurant!

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

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

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 - 981 82 000
www.grandcafeoslo.no

Grilleriet

A rustic food experience and cozy atmosphere will welcome you to Grilleriet. Juicy meat, fish and shellfish prepared on a Josper 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

Johnny Rockets

Johnny Rockets is a diner concept where you can charge your batteries in a modern atmosphere. Our two restaurants in Oslo have already received brilliant reviews. Specially made fresh burgers from popular local Torshov-butcher Stram-Larsen form the very foundation of the menu. Combined with several delicious varieties of fries and Tater Tots, in addition to legendary milk shakes prepared by hand, a visit to us is a sure winner. Our restaurant in Storgata is located among Oslo’s concert venues. Also licenced to serve alcohol, Johnny Rockets is a good starting point for a pleasant concert night.

Storgata 31 - 466 70 605
Storo - 466 74 145
www.johnnyrockets.no

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

**Hard Rock Café**

Since its opening in London in 1971, the Hard Rock Café has become a global phenomenon. There are now over 180 Hard Rock restaurants, live arenas, hotels and casinos in over 54 countries. Despite shifting trends, the Hard Rock Café has managed to hold on to its position as a trendy establishment. At the Hard Rock Café you can enjoy American food and excellent music. We’ve also recently opened a new sports bar in our basement with 6 shuffleboards. We’ll give you the rock’n’roll experience of a lifetime!

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

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

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

**Gamle Raadhus**

Oslo’s first town hall was built in 1641 and today houses Gamle Raadhus 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 Raadhugaarden 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
**Café Love**

Café Leve, 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, Leve is a casual meeting place for all types of guests, including those who just want to savour a night out in the city.

Kristian IV’s gate 8 - 22 47 39 70
www.kafelove.no

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**Kaffistova**

Kaffistova serves traditional Norwegian food and is one of the oldest cafes in Oslo. Since its opening in 1901, Kaffistova has served what Norwegians often eat at home, including our renowned open-face sandwiches, meat balls, steamed salmon and many other Norwegian specialities such as potato dumplings and sour cream porridge. We also sell fresh pastries. Kaffistova is conveniently located close to Karl Johans gate and Stortinget (Parliament) and is easy to find. Guests with an Oslo Pass will receive a 20% discount. We wish you a warm welcome to good Norwegian food!

Rosenkrantz’ gate 8 - 23 21 41 00
www.kaffistova.no

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**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

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**Ling Ling**

Ling Ling is called “Hakkasan’s naughty little sister” and is inspired by the popular Asian concept Izakaya. The menu is based on Hakka’s signature dishes and creates an experience that reflects the local environment and plays on Norwegian raw materials. The cocktail list is innovative and developed by 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 30
www.linglingoslo.com

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**Lorry**

Lorry is one of Oslo’s most popular and mythical restaurants, with history dating back to 1880. Known for tasty and traditional dishes, served in generous portions, and over 200 beers. The restaurant has a wide-ranging Norwegian and international menu. Today it is no less than an institution in the capital, with its two floors where all walls, ceilings and stairs are covered with over 200 works of art. Lorry appeals to a wide audience, people from east and west Oslo, young and old, politicians, business people, journalists, actors, writers, artists, cultural luminaries, and many, many others.

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

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**Magic Ice Bar**

The “hottest” place to cool down in! Put on a warm poncho and gloves and step into the ice bar! Magic Ice already started to impress 15 years ago, with the first in Lofoten, then Oslo, Carribean, Bergen, Tromse, Copenhagen and Reykjavik. Magic Ice is a marvelous world made of several tonnes of ice. The ice bar is created by internationally known ice artists and is remade several times a year. The end result is an amazing ice-blue world where visitors are overwhelmed by the dramatic music and lighting. Magic Ice is the gateway to an adventure far from reality’s everyday life. You get a sense of being north of the polar circle, where you get a drink served in a glass made of ice. Booking@magiciceslo.no.

Kristian IV’s gate 12 - 920 31 300
www.magicice.no

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**Peppes Pizza**

We offer our original classics with deep crust, Classic Chicago or our new Freestyle California pizza series with a thin sourdough crust. We also have a variety of other dishes on our menu such as tasty salads, Peppes Burgers and Calzone. Come and enjoy our informal and cozy atmosphere. Welcome to Peppes!

Oslo S - Karenslyst allé 18
Holmenveien 5 - Stortingsgaten 4
Lørenveien 42 - Nydalsveien 36
Henrik Ibsens gate 100
Karl Johans gate 1
2222 5555
www.peppes.no
**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

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**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

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**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 revelers. 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 7 - 22 47 44 77
www.scotsman.no

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**Tjuvholmen Sjømagasin**

On Tjuvholmen - “the islet of thieves” - as close to the water and the fjord as you can come, with a view of the Astrup Fearnley Museum, you will find Tjuvholmen Sjømagasin. Their ethos is quality and a passion for seafood. They want to be an experience centre 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 shellfish concept.

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

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**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 - 920 70 999
www.vaaghals.com

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**Ingierstrand Bad**

Ingierstrand Bad is a unique seaside bath on the eastern side of Oslo. The facility was designed by the Norwegian architects Ole Lind Schistad and Elvind Moestue and was completed in 1934. Today the building has been refurbished and is used as a banquet hall and restaurant during the summer months. The restaurant can be rented for private gatherings from April and we help you tailor your event for all occasions. In the summer we offer everything from lunch to whole evenings for both small and large groups. The beautiful view creates a great setting for any occasion.

Ingierstrandveien 30, 1420 Svartskog
www.ingierstrandbad.no
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 tall and narrow. All together they look like a barcode. In Bjørvika there is also The Norwegian National Opera & Ballet in an award winning building where visitors are invited to stroll on the roof and enjoy the view. By the sea near the Opera you’ll find the new Sørenga district, with modern apartment complexes, a variety of good restaurants and a great seaside bath.

Tjuvholmen
Over 20 different architects contributed to designing the buildings that make up Tjuvholmen, a new, modern neighbourhood by the seafront just past Aker Brygge. On the outermost point lies one of Oslo’s main attractions, the Astrup Fearnley Museum, created by master architect Renzo Piano. It consists of three pavilions under one big glass sail. The exclusive The Thief hotel is also to be found in this area.

Vulkan
One of Oslo’s most interesting new urban development projects is Vulkan. Innovative, environmentally friendly architecture defines this neighborhood in the heart of Oslo. Among new apartment complexes and office buildings is Mathallen Oslo, a food market in a converted industrial hall. A little further down the river lies the Design and Architecture Norway (DogA) centre.

Holmenkollen
The famous skijump in Holmenkollen was designed by the Danish company JDS Architects. Inside the hill is the world’s oldest ski museum, open every day of the year. From the top of the jump tower there is a panoramic view of Oslo.
Oslo’s nightlife is diverse, with each neighbourhood displaying its own particular style.

**City centre and Karl Johans gate**
In the middle of the city nightclubs fill with party-loving people of all ages, especially on Friday and Saturday nights. Respected jazz clubs like the Nasjonal Jazzscene and Herr Nilsen are also 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 neighbourhoods along the seafront are full of trendy bars and restaurants like Thief Bar and Ling Ling. On sunny summer days, Lekter’n and other eateries are full of people having a great time.

**Frogner og Majorstua**
The west side of Oslo is the place for champagne partying and nice outfits, and on weekends it gets very busy at the clubs around Solli plass and along Hegdehaugsveien.

**Gay Oslo**
Oslo’s diverse nightlife has a big gay scene. Visit the forever young London Pub or check out the atmosphere at Elsker or César Bar & Café.
WHAT’S ON?

Oslo’s rich cultural and sports scene makes it a year-round destination.

You can buy tickets to most festivals at Oslo Visitor Centre

Festivals

Pop and rock play the lead role at the popular summer festivals Over Oslo (June), Piknik i Parken (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 March Holmenkollen hosts the World Cup in cross country skiing, ski jumping, Nordic combined and biathlon. 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

On December 10th and 11th each year the Nobel Peace Prize is celebrated in Oslo, with an awards ceremony in Oslo Town Hall and a torch procession in the city centre in honour of the winner. Throughout the year you can see relevant exhibitions and learn more about the award at Nobel Peace Centre.
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, show and standup, Folketeatret and Latter at Aker Brygge have great performances almost year round.