SPECTACULAR!  
-A MUST SEE...
FAMOUS EXPLORATION SHIPS, 
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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”  “Unexpectedly fantastic”  “Adventure Ahoy!”
“Impressively executed!”  “Inspiring and fun”  “Great museum! A must!!!

See THE NANSSEN PHOTOGRAPHS, a temporary exhibition showing ALL images from the First Fram Expedition!
Number One on TripAdvisor’s list of Top Attractions in Norway 2022.

www.frammuseum.no

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www.frammuseum.no

www.frammuseum.no
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.
Welcome to Oslo

Oslo is a modern and diverse city in constant growth – new neighborhoods are emerging and old ones are being developed and transformed.

The compact city center is easy to explore, both on foot, by bicycle or public transport. More than half of Oslo is covered by forests and parks, which makes Oslo a green city in the summer and at the same time an attractive winter destination. Go skiing or take a toboggan ride in the forest, or how about a dip in the fjord with a warming sauna session afterwards?

Oslo is full of cultural and culinary highlights. If you want to discover the capital’s new cultural buildings and other exciting things happening in the fjord city of Oslo, a trip along the Harbor Promenade is recommended. Start in Bjørvika, where you will find new MUNCH - Edvard Munch’s spectacular new home, the city’s main library Deichman Bjørvika and our beautiful Opera building. Further west at Aker Brygge is the newly opened National Museum - the Nordic region’s largest art museum.

No other city in Norway has such a varied restaurant selection as Oslo! Here you will find everything from exciting street food and traditional Norwegian food to world-class gourmet restaurants.

New beautiful hotel buildings have opened in 2022, including Sommerro and ATT Revier, which have taken culinary and cultural experiences to a new level.

Enjoy discovering your Oslo!

Christian Lunde
CEO, VisitOSLO

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The final edit was in December 2022.
Oslo Guide 2023 ©
Østbanehallen
Food for all tastes in the heart of Oslo

At the end of Karl Johan, Oslo’s central parade street, is the historic Østbanehallen. What used to be an old station building is now a gathering point in the middle of Oslo for those of you who live in or travel to the city. Here you will find several restaurants, bars, cafés, and quality shops, including Oslo Visitor Center and Comfort Grand Hotel Central, under one roof.

We offer traditional Norwegian food together with flavors from all over the world – from Japan to America, Italy and England – right in the center of Oslo.

It has never been nicer to wait for the train.

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.
OSLO

The city is located at the innermost point of the Oslo fjord. A green and modern city with a population of 700,000. Oslo’s history goes back 1000 years, but it only became the capital city of Norway after the constitution was drafted in 1814.

At visitoslo.com you will find more information and inspiration for your stay in Oslo.
Norwegian culture from Ibsen to SKAM

Take the tram to Solli plass, climb the stairs up to the stately building from 1913, enter through Norway’s oldest preserved revolving door and past frescoes by Per Krohg, Axel Revold and Emanuel Vigeland. Experience some of the most spectacular objects from Norwegian cultural history, from Ibsen and Grieg to Karpe and SKAM, in the award-winning exhibition "Opplyst" ("Enlightened").

Catch an event on one of our stages, and have a coffee in atmospheric Kafé Ä, before you continue into Kartsenteret (The Map Centre), and the adventurous history of the Nordic region told through maps.

In the spring and summer of 2023, you can gain insight into a cultural field where Norway has been internationally pioneering - the music genre Black metal.

Free access.
Experience older and modern art, contemporary art, architecture and design, all under one roof and in completely new ways.

Plan your visit: nasjonalmuseet.no/en/
The art center at Høvikodden is 15 minutes from the center of Oslo and is ranked high on the New York Times list of must-sees in Oslo. The legendary figure skater and film star Sonja Henie created Henie Onstad together with her husband to show tomorrow’s art today. In exhibition halls of no less than 4,000 m2, temporary and permanent exhibitions are held, and you can experience modernism, contemporary art, photography, music, and an art workshop for children. In addition to exceptional architecture and art, explore magnificent outdoors with fjord, beach, forest, and dining both outside and inside.

Welcome!
More info: www.hok.no
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 offers ski courses and rental of skis, snowboards and associated equipment.

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. Skis and equipment can be rented at Skimore Oslo.

Tobogganing
Korketrekkeren is Oslo’s largest and most popular toboggan run — 2 kilometers long with a fall height of a dizzying 255 meters.

Ice skating
In Oslo you will find many great ice rinks. Oslo Municipality is responsible for many of these, including in Spikersuppa and Frogner Stadion with skate rental.

Winter all year round
At Lørenskog, 17 minutes from Oslo Central Station, is SNØ, a large, indoor winter arena where the winter wonderland never ends. Here you can snowboard, alpine ski and cross-country ski all year round, or try ice climbing on the Mammut-wall. Equipment and clothing can be rented at the facility.
Welcome to Teknisk museum

Play and learn in Norway’s most fun family museum, with more than 100 try-it-yourself installations and 25 themed exhibitions on industry, technology, science and medicine.

New exhibitions, guided tours and knowledge shows, workshops and activities. Explore physical phenomena, oil and gas, energy forms, mathematics, aircrafts, trains, cars, music machines, plastics, watches and clocks, our bodies, IT, and outer space.

Café with small delicious dishes and a completely magical museum shop.

Large and exciting weekend and holiday program for the whole family!

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

Opening hours: Tue, Wed, Fri 9-16, Sat-Sun 10-17. Open late on Thursdays. Mon closed. Special opening hours during holidays.

tekniskmuseum.no
WELCOME TO
THE VIKING PLANET
Explore Viking history in a new and exciting way!

The world’s first digital Viking museum allows you to explore the life 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 and experience the everyday life of the Vikings, join a voyage, 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.

Our new attractions are an interactive timeline of the most important events in the Viking Age as well as an interactive experience about the most significant Viking battles. Explore the Oseberg and Gokstad ships as well as many others objects digitally – all on loan from Museum of the Viking Age. Ferd, our new VR game, lets you fight against Vikings using a bow and arrow as well as a sword.

Visit our wonderful museum shop packed with Viking-inspired products.

See www.thevikingplanet.com for opening times and prices.
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 head out of the city centre and into the forest, it is a good idea to rent a bicycle from Skimore Oslo. Viking Biking offers rentals 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 city centre there are a number of islands with great swimming and picnic opportunities. The sea route can also be used when exploring some of the city's museums. The Bygdøy ferries are a familiar sight on the fjord.

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 City” 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 Frognerstyreren, 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.
Trollcruise are proud creators of maritime experiences on the Oslofjord since 1980. Fjord cruises are an unforgettable experience whether you are alone, as a couple, or with family or friends.

**Dinner cruise** 640,-
3-hour dinner cruise on a sailing ship with shellfish buffet
Daily from 1 July - 31 August at 6:30 p.m 🐦 + 🥗 + 🍗

**Live Music Sing-along on a sailing ship** 700,-
3-hour cruise with a troubadour, sing-along and picnic basket on board a unique sailing ship
Wednesdays from 24 June - 30 August at 6:30 p.m

**Fjord cruise - Oslofjord Sightseeing** 440,-
2 hour guided sightseeing cruise on board an electric boat
Daily 11 a.m. 1:30 p.m, and 4 p.m*

**Combo ticket bus and boat** 700,-
A bus and boat combination experience, Hop on Hop off bus and a Fjord Cruise 🎟 + 🚤 = 🎉

**Event cruise**
17 May, 23 June and 5 August: Party cruise with DJ Steve Aioli
June 3: Swing’it Show Cruise «anno 1920’s»
June 30: Pride Cruise 🏳️‍🌈
30 October: «Octoberfest» Cruise

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**Fjord Sightseeing**  NOK 439
2 hours. This is the classic Oslo fjord sightseeing, passing the fortress, the Opera House and idyllic islands with small summer houses.

**Winter Fjord Sightseeing**  NOK 439
2 hours. Fjord Sightseeing, as described over. We sail via the museum peninsula Bygdøy on our way back. Here you find the Polar ships FRAM and Gjøa, the Kon-Tiki raft, the Maritime Museum and Norsk Folkemuseum. You can take the next boat to Oslo after 2,5 hours, or a public transportation bus. The calls at Bygdøy are at 12:15 and 14:45.

**Norwegian Evening on the Fjord**  NOK 595
3 hour evening cruise on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. Additional departures in May: 13 to 22 and 26 to 29 June: 4, 5, 11, 12, 18 and 19

**Blues, Jazz and Rock Cruise**  NOK 649
3 hour evening cruise with live music on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. Saturdays: Blues Tuesdays: Jazz Fridays in July: Rock

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*seasonal
Bus tours
A bus tour in Oslo gives you a nice overview and access to the city's attractions and museums. In addition you get to see the city in a comfortable way. H.M.K. offers bus tours with guides and Strømma Norway and Hop on have hop-on-hop off buses with audio guides.

Boat tours
If you want to experience Oslo from the sea side, you can go on a guided boat trip with Båtservice Sightseeing, Trollcruise, Brim Explorer or The Fjords. The tours run almost all year round, although the choice of tours is largest in the summer.

Guided walks
Guided walks are offered in the city center and in the countryside. The guide companies Oslo Guidebureau and OsloWay show you the city, while Oslo Hiking offers forest hikes. They all take you to both famous attractions and hidden gems. The guides speak many languages, and you can choose between regular walks or a private guide.

Bicycle tours and running tours
If you want to increase your heart rate while exploring the city, there are more and more options. Viking Biking offers guided bicycle tours and Oslo Running Tours takes you on a jogging trip to the attractions in the city center.

Sightseeing with Oslo Pass
With free access to attractions and transport, you can tailor your Oslo sightseeing yourself. Oslo Pass 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.

SIGHTSEEING
A guided tour is an educational and fun way to experience the city.
**H.M.K. SIGHTSEEING TOURS**

*The best way to explore Oslo in a day!*

- Modern, Air-Conditioned Coaches
- Live guiding in English by authorized Oslo guides
- Museums included

### OSLO PANORAMA TOUR

27.01 - 31.12 Daily, except: 22.04, 13.05, 17.05, 16.09, 25.12
City highlights, Holmenkollen Ski Jump, Vigeland Sculpture Park

| 3 Hours | 500 NOK |

### OSLO DISCOVERY TOUR

15.03 - 30.10 Daily, except: 22.04, 13.05, 17.05, 16.09
City highlights, Holmenkollen Ski Jump, Vigeland Sculpture Park, Fram Museum & The Norwegian Folk Museum

| 6 Hours | 890 NOK |

### OSLO GRAND TOUR

01.04 - 30.10 Daily, except: 22.04, 13.05, 17.05, 16.09

| 8 Hours | 1250 NOK |

- Meeting time 09:30 – 09:45
- All tours start at 10:00!
- Meeting point: Haakon VII’s gate (street) 1, near “Sprell” toy store.

BUY TICKETS on www.sightseeingoslo.com or at Oslo Visitor Centre.

50% discount for children 4-15 years old.

H.M.KRISTIANSSENS AUTOMOBILBYRÅ AS • TEL. (+47) 480 83 102 / (+47) 22 78 94 00
www.sightseeingoslo.com

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**FERRIES TO THE MUSEUMS**

SINCE 1898

2023

Best buy!

March 31 to October 1

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09:10 to 17:50 in June, July and August
09:45 to 17:10 in April, May and September

Crossing: 10 minutes

- Norwegian Museum of Cultural History
- Kon-Tiki Museum
- Norwegian Maritime Museum
- Polar Ship Fram
- Holocaust Center

Visit www.nyc.no

TICKETS
City Hall pier 3
and
www.nyc.no
Oslo is a compact city with short distances to all major attractions. 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.
MUSEUMS & ATTRACTIONS

In Oslo the distance between major attractions is short, and the city has over 50 museums where you can experience everything from historical treasures to world-class art.

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 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. Attractions marked with the Oslo Pass logo are free with Oslo Pass.

01 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: A150,-/C0,-/S100,-
Open: See www.afmuseet.no
Transport: Bus 54 to Tjuvholmen. Tram 12 to Aker Brygge.
Address: Strandpromaden 2 Tel: 22 93 60 60
www.afmuseet.no

02 Cinemateket

Cinemateket is the place for film history and film art. In the country’s two best cinema auditoriums you can see both old classics and new films. The films are presented in the best possible way, in original viewing formats or in newly restored editions. Several of the films are parts of series, so you can explore specific eras, styles, directors or genres. Cinemateket organizes the Oslo silent film festival Oslo stumfilmfestival and the 70mm festival, and is also the arena for many of the city’s other film festivals. Cinemateket has undergone extensive reconstruction and will reopen in a new guise and with even better cinema facilities in April 2023.

Tickets: See cinemateket.no
Address: Dronningens gate 16 Tel: 22 47 45 89
www.cinemateket.no

03 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

www.visitoslo.com/attractions
EXPERIENCE AKERSHUS FORTRESS

04. BESØKSSENTERET AKERSHUS FESTNING
05. AKERSHUS SLOTT
06. FORSVARSMUSEET
07. NORGES HJEMMEFRONTMUSEUM

700 years of history

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. Group tours. Cafe and shop.

Price: A100,-/C40,-/S60,-/P60,-
Open: 1/9-30/4: Mon-Sun 10-16 1/5-31/8: Mon-Sun 10-17
Address: Bygning 62, Akershus festning Tel: 23 09 35 82
www.forsvarsmuseet.no

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

Akershus Slott

Akerhus 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: Free admission
Tickets for drop-in tours: A100,-/C40,-/(0-6 yrs free)/S60,-/P60,-
Family ticket (2+4): 250,-
Open: 1/9-30/4: Mon-Sat 10-16, Sun 12-16
The castle may close at short notice due to events.
Address: Bygning 2, Akershus festning Tel: 23 09 35 35 53
www.akershusfestning.no

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 tableaus with themes from the fortress’s 700-year history. Guided tours throughout the year: Sat-Sun at 12 and 13 in Norwegian and at 14 in English. 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+4): 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

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Family ticket (2+4): 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
08 Det kongelige slott
The castle is the most important of the royal residences and was inaugurated in 1849. It is open to the public in summer, with guided tours 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 Nationaltheater
Address: Slottsplassen 1
www.kongehuset.no

09 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. 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 Sollis plass
Address: Parkveien 50
www.kongehuset.no

10 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.
Price: Free admission
Open: All days. See fineart.no
Transport: Bus 21, 54. Tram 12, 13, 19
Address: Filippstad Brygge 2 Tel: 22 01 24 20
www.fineart.no

11 Historisk Museum
Experience some of the most exquisite objects from the Norwegian Viking Age ever found. Get to know the war culture, the journeys and how society changed during the Viking Age. In our exhibitions we display items from Norway’s largest collection of ethnographic and historical objects, from the Stone Age to recent times. What did the people of the past think, believe and know? How did they manage their lives, assets and knowledge?
Price: A120,-/C90,-/P90,-/Groups (10+) 70,-
Open: See www.historiskmuseum.no
Transport: Tram 11, 17, 18 to Tullinlekkja and 13, 19 to Nationaltheatret
Address: Frederiksgate 2 Tel: 22 85 19 00
www.historiskmuseum.no

12 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 12-15. Guided tours as desired
Transport: Metro to Stortinget or tram 12, 13 and 19
Address: Kongens gate 6 Tel: 21 49 49 21
www.kreftforeningens.no/vitensenteret

13 Kunstnernes Hus
Discover exciting exhibitions in iconic halls! Kunstnernes Hus is one of Norway’s most important exhibition venues and mediators of contemporary art. The house opened in 1930 as an independent artist-run foundation. We are a bustling arena for art and culture with changing exhibitions, tours and events. If you are interested in films, you can visit our own independent cinema, Kunstnernes Hus Kino. On the first floor you will find Loftus Samvirkelag - restaurant, bar and café with a famous pizza menu and outdoor seating.
Price: A120,-/S60,-/Under 30 year: 60,-/Member: 0,-
Open: See kunstnerneshus.no
Transport: Metro to Nationaltheatret. Tram to Holbergs plass
Address: Wergelandsveien 17 Tel: 22 85 34 10
www.kunstnerneshus.no

14 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 A and frescoes of Emanuel Vigeland, Axel Revold and Per Krohg make the building on Sollis plass, from 1913, worth a visit by themselves.
Price: Free admission
Open: Mon-Fri 9-21, Sat 10-18
Subject to changes during Christmas and summer
Transport: Buss 30 and 31 and tram 12 and 13 to Sollis plass
Address: Sollis plass, Henrik Ibsens gate 110 Tel: 23 27 60 00
www.nb.no

15 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.
Closed to the public 1.1-2.4. due to rebuilding work.
During this period you can see the Peace Prize Exhibition 2022 in Oslo City Hall.
Price: A150,-/C70,- (under 12)/C50,- (over 12)/S100,-
Open: See our website www.nobelpeacecenter.org.
Address: Rådhusplassen Tel: 48 30 10 00
www.nobelpeacecenter.org
16. Nasjonalmuseet
The new National Museum is centrally located at Rådhusplassen. The museum is a world-class exhibition venue for Norway’s entire collection of art, architecture and design. In the collective exhibition you will find works by key Norwegian and international artists, and in the large luminous exhibition hall on the roof, temporary exhibitions are shown. In the museum you will also find restaurants, a library, a museum shop and a roof terrace with a view of the city and the Oslo Fjord.

Plan your visit: nasjonalmuseet.no/en
Address: Brynjulf Bulls plass 2
Tel: 21 98 20 00
www.nasjonalmuseet.no/en

17. Library and documentation archive
The National Museum’s library is open to everyone, whether you want to immerse yourself in art or just stop by to read in a magazine. The library’s collection is among the largest in the Nordic region, with literature on visual arts, architecture, design and crafts, and archives related to Norwegian art and the museum’s collection.

Open: See nasjonalmuseet.no/en
Address: Entrance Donning Mauds gate 2
Tel: 21 98 21 75
biblioteket@nasjonalmuseet.no
dokumentasjonsarkivet@nasjonalmuseet.no
www.nasjonalmuseet.no/en

18. The Station Master’s house
You will find The Station Master’s house in front of the National Museum.

Museum shop
In the shop in The Station Master’s house you will find products inspired by the museum’s collection, with a focus on gifts for children.

Bollebar
The child-friendly cafe takes bun baking to new heights! Here you are served buns with salty and sweet fillings, combined with coffee from Tim Wendelboe or squash.

Address: Brynjulf Bulls plass 2
Tel: 22 22 30 00
www.bollebar.no

19. Nasjonalmuseet – Arkitektur
The National Museum – Architecture has temporary exhibitions with both contemporary and historical themes. The museum building is a destination in itself. It is a juxtaposition of classicism and modernism - a meeting between Christian Heinrich Grosch and Sverre Fehn, two central architects in Norwegian art history.

Shop
In the museum shop you will find gifts and literature relating to architecture, landscape architecture and interiors.

Plan your visit: nasjonalmuseet.no/en
Address: Bankplassen 3
Tel: 21 98 20 00
www.nasjonalmuseet.no/nasjonalmuseet_arkitektur

www.visitoslo.com/attractions
20 Nordisk Bibel- og Bokmuseum

The first and only Bible museum in the Nordic region, with a collection of over 6000 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. Tours in Norw. Ger. and Eng. Shop.

Price: A90,-/C0,-  Webinar: Free
Open: Tue-Wed 12-17, Thu 11-16, 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

21 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.oslo.kommune.no

22 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: Sun-Wed 11.30-18, Thu-Sat 11.30-22.00
Transport: Bus to Vika Atrium. Tram to Aker Brygge
Address: Strandpromenaden 11, Tjuvholmen Tel: 415 48 080
www.thesalmon.com

23 The Viking Planet

The world’s first digital Viking museum. The Viking Age is resurrected with the help of VR technology, holograms, interactive screens and 270-degree film. Here you can use all your senses to learn about the Vikings. Explore digital versions of the Oseberg and Gokstad ships as well as many other objects on loan from Museum of the Viking Age. Learn about the most significant Viking battles as well as the most important events in Viking history in our interactive installations. Fight against Vikings with a bow and arrow in our new interactive VR game, Ferd. Museum shop.

Tickets and opening times: See www.vikingplanet.com
Transport: Walking distance from Nationaltheateret
Adresse: Fridtjof Nansens Plass 4  Tel: 469 42 495
www.thevikingplanet.com

24 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. Guid. tours on request.
Price: A75,-/C40,-/S40,-/P40,-
Open: 17/1-18/6 and 19/9-3/12: Tues-Thurs 9:30-14 Sat, Sun 11-16, Mon, Fri closed
Transport: Metro 1 to Freet station
Address: Lille Frens vei 4 Tel: 22 46 85 73
www.barnekunst.no

25 TBS Gallery

Experience sculptures, paintings and drawings by visual artist Tore Bjørn Skjølsvik. The artist has works around the whole country that focus on Norwegian culture, social life and history. Several of the works can be found at TBS Gallery. The gallery is located in a beautiful mansion from the 19th century that includes a former horse stable. With our various cultural offerings, location and sculpture park, we are an exciting alternative to Vigelandsparken.
Price: Free admission
Open: See tbsgallery.no
Address: Oscars gate 23 Tel: 938 66 935
www.tbsgallery.no

26 Vigelandmuseet

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: See vigeland.museum.no
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

27 Vigelandsparken

Vigeland Sculpture 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
Experience Oslo with us

28. Bymuseet
The Museum of Oslo is beautifully located in Frognerparken, among the historical buildings and courtyard of Frogner Manor. Here you can experience the history of Oslo in a new way, and get to know the history behind today’s diverse metropolis. The museum gives you a unique insight into the city’s history from the Middle Ages to the present day. You will find a variety of exhibitions about city history, urban development, the people in the city and conditions that characterize today’s Oslo. Nice café and museum shop.

Tickets and opening times: see oslomuseum.no
Transport: Bus 20 or tram 12 to Frogner plass
Address: Frognerveien 67 in Frognerparken
Tel: 23 28 41 70
www.oslomuseum.no

29. Teatermuseet
Get to know Oslo’s exciting theatre history and discover treasures from the theatre stage. Original costumes, props, photographs and scenography models tell the story of the Oslo theatre’s development, historical productions, and the people who have shaped the city’s theatre history. Teatermuseet is co-located with the Museum of Oslo in beautiful Frognerparken. Nice café and museum shop.

Tickets and opening times: see oslomuseum.no
Transport: Bus 20 or tram 12 to Frogner plass
Address: Frognerveien 67 in Frognerparken
Tel: 23 28 41 70
www.oslomuseum.no

30. Interkulturelt Museum
Take a trip to Oslo’s most diverse area and enjoy a different museum experience. Through unique exhibitions you get an insight into current societal topics, art, culture and prejudices. Here you can evaluate your own prejudices, challenge your own ideas and expand your understanding of other cultures. The Intercultural Museum is housed in the premises of the old Grenland prison, and the former prison cells are used today as unique exhibition spaces.

Tickets: Free admission
Open: see oslomuseum.no
Transport: Metro to Grenland
Address: Tøyenbekken 5 Tel: 22 05 28 30
www.oslomuseum.no

31. Arbeidermuseet
The Arbeidermuseet is idyllically located in the old factory environment by Akerelva. Here you can experience the city’s worker history and gain an insight into the industrial adventure that unfolded along the river. Get to know the people who worked in the factories and hear about their working lives, everyday lives and living conditions.

Interesting museum shop. The visit to the museum can be combined with a coffee and waffle in historic surroundings in the cultural café Hønse-Lovisa’s hus.

Tickets: Free admission
Open: see oslomuseum.no
Transport: Tram 11, 12 and 18 to Biermanns gate
Address: Sagveien 28 Tel: 23 28 41 70
www.oslomuseum.no
The Botanical Garden is an oasis in the middle of Oslo. The garden covers 150 acres, has over 7500 plant species, and is part of the Natural History Museum. In the Botanical Garden you will find, among other things, greenhouses, mountain gardens, Viking gardens, willow gardens, herb gardens and sensory gardens. We have guided tours and different activities all year round. You will find willow sculptures and artistically decorated benches.

In the middle of the garden, you will find a nice cafe.

Price: Free admission
Open: Botanical Gardens 1/4-30/9: 7-21 /10-31/3: 7-17
Greenhouses: 1/4-30/9: 10-20 /10-31/3: 10-17
Transport: All metros to Tøyen and bus 20 to Tøyenparken
Address: Sars’ gate 1/Monradsgate
www.nhm.uio.no
The Ekeberg Park lies in the beautiful green hills overlooking Oslo and is a wonderful place to enjoy tours and activities. Visit our website to book a guided activity center for children, it's a lovely place to enjoy tours with two restaurants, a museum and the Håkkespettene landscape, with spectacular views of the city and the fjord. Norway 2022! Open todo.

Price: A140,-/C50,-/S50,-/P100,-/Family 300,-
Open: 1/9-31/5: Mon-Sun 10-17 1/6-31/8: Mon-Sun 10-18 1/9-31/5: Mon-Sun 10-17 1/6-31/8: Mon-Sun 10-18
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøyosenveien 37 Tel: 23 86 41 50
www.norsolkemuseum.no

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: A120,-/C50,-/S50,-/P100,-/Family (2+5) 300,-
Open: 1/1-14/6 & 16/8-20/12: Tue 10-15, Thu 14-18, Sun 11-16 20/6-20/8: Tue & Fri 10-15, Wed & Thu 10-18, 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 18 50 00
www.norskfolkemuseum.no
44 Oscarshall
Summer palace on Bygdøy, built on behalf of King Oscar I. Oscarshall was completed in 1852 and is considered to be one of the country's most important national romantic monuments. The summer palace is open to the public in the summer with guided tours in Norwegian. The surrounding park is open at the same times and is accessible without a ticket. Tickets for the tours are sold via 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

45 Norsk Teknisk Museum
Explore, play and learn in more than 25 themed exhibitions and around 100 try-it-yourself installations. Experience industry, science, technology and medicine in Norway's most fun family museum. Exhibitions, guided tours and knowledge shows, workshops and activities. Physical phenomena, oil and gas, energy forms, mathematics, aircrafts, trains, cars, music machines, plastics, watches and clocks, our bodies, IT, and outer space. Café and shop.
Price: A165/-/C110,- (over 3 yrs) /S110,-/P110,-
Open: Tue, Wed, Fri 9-16, Sat-Sun 10-17. Longer open each Thursday. Mon closed. Special opening hours during holidays.
Address: Kjelsåsveien 143 Tel: 22 79 60 00
www.tekniskmuseum.no

46 Holmenkollen
“The blue and the green and the city in between”.
At the top of Holmenkollbakken you can experience a 360-degree panoramic view of the city, the Oslofjord and Oslo forest. In addition you will find a souvenir shop and a ski simulator. For information about our zipline Kollensvevet, see www.kollensvevet.no
The Ski Museum and Hoppkafeen will be closed in 2023 due to renovation. The ski jump tower will remain open as normal. See updated information on our website.
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

47 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

48 Roseslottet
Art, culture – and nature. This spectacular outdoor art installation highlights the values of democracy, the rule of law and humanism. The installation contains around 300 paintings and installations by Vebjørn and Eimund Sand. Roseslottet is on Time Magazine’s list “The World’s 100 Greatest Places”. Nice hiking areas and cozy little cafe and shop. Welcome to the golden castle in the forest above Oslo!
Price: A180,-/C100,-/S100,-/P140,-
Open: 1/1-30/4: All days 10-17, Thursday 10-20
1/5-30/9: All days 10-18, Thursday 10-20
1/10-31/12: All days 10-17, Thursday 10-20
Transport: Metro 1 to Frognerstøten
Address: On top of the hill above Frognerseteren
Tel: 901 13 205 www.roeslottet.no

49 Skimore Oslo
One of Scandinavia's largest and most beautiful climbing parks, only 50 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 bravest 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

50 Skimore Oslo
The largest ski resort in the Oslo area only 30 minutes from the 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

51 SNØ
Norway’s only indoor ski center is only 17 minutes from Oslo S, and is open all year round. At SNØ you can go cross-country skiing, downhill skiing, snowboarding, freeskiing or ice climbing on the world’s highest indoor ice wall. The alpine slope has three slopes of varying difficulty, and you will also find a snow park with rails and big jump, a beginner’s area and a cross-country track that hangs from the ceiling inside the facility. In the warm part of SNØ there is clothing and equipment rental, shops and eateries.
Season: Open all year
Tickets: snooslo.no/products
Transport: Train or bus to Lørenskog station
Address: Nofsann 1, 1470 Lørenskog Tel: 916 31 490
www.snooslo.no
52 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 tours 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

53 Henie Onstad Kunstsenter
A leading arena for national and international art, with a broad exhibition program and a central art collection. Sal Merz, Sonja Henie-room and Yayoi Kusama’s Hymn of Life are permanently installed. In 2023, Marc Chagall, New Visions, Per Barclay and Magdalena Abakanowicz will be exhibited. The art centre is surrounded by scenic nature by the fjord. Large sculpture park, concert programme, bathing beach and art laboratory for children. Cafe and shop.
Price: A130,-/CO,-/S70,-
Open: Tue-Sun 11-17, Thu 11-21. Mon closed. See 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

54 Bærums Verk
Welcome to Bærums Verk, a unique shopping area in idyllic surroundings. Verksgata with the old workers' houses from the 18th century has shops, galleries and workshops, and the old foundry building is today a modern trading house with many shops you will not find anywhere else. 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.
Handelshuset: Mon-Fri 10-20, Sat 10-18
Verksgata: Mon-Fri 10-17, Sat 10-16, Sun 12-16
Transport: Visit www.baerumsverk.no
Address: Verksgata 15, 1353 Bærums Verk Tel: 67 13 00 18
www.baerumsverk.no

55 Blaafarveværket
Blaafarveværket has three new exhibitions in 2023!
This year's main exhibition is “The National Museum in Stockholm visits Blaafarveværket”. At Nyfoss the log barn is filled with antique carpets. The Kittelsen Museum at the Kobolt Mines gets a visit from Fredrik Skavlan's drawings. Guided mine tours, eateries with home-cooked food, exciting shops, Children's Farm and great trekking and park areas.
Price: See www.blaa.no
Open: 13/9-24/9. Details on blaa.no
Transport: See www.blaa.no
Address: Koboltveien 11, 3340 Åmot Tel: 32 77 88 00
www.blaa.no

56 Bjørneparken i Flå
Norway's wildlife center
The Bear Park invites you to magical encounters with bears, moose, lynx, leopards, foxes, wolves and many more. Hand feed the moose and participate in the feeding of the other animals. With large, natural habitats and a focus on the environment, animal welfare and conservation, Bjørneparken is an experience you won't forget soon, and it is one of Norway's most popular parks.
Price: See www.bjorneparken.no
Open: 1/4-15/10. 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

57 Hadeland Glassverk
The glass works was founded in 1762. Here you can see glass-blowing up close and try your hand at glassblowing yourself. Hadeland Glassverk's adventure centre consists of: 11 shops, glass cabin, 6 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
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

58 Kistefos
Welcome to beautiful Kistefos. Here you can experience world-class architecture, industrial history and art exhibitions. The 50 acre sculpture park has 52 works by prominent contemporary artists. The signature building The Twist is a gallery, a bridge and a sculpture in itself and has received numerous awards for its startling design. The Industrial Museum with its “living factory” gives you a unique insight into modern industrial history. Kistefos offers an outdoor cafe, museum shop and an activity park for children.
Price: See www.kistefosmuseum.no
Open: May-October. See www.kistefosmuseum.no
Transport: 60 min from Oslo and Gardermoen.
Address: Samsmoveien 41, 3520 Jevnaker Tel: 61 31 03 83
www.kistefosmuseum.no

59 Sølvgruvene og Norsk Bergverksmuseum
Join us on a train ride into the mountains to the King's Mine, and experience the exciting history of Kongsberg Silver works. During the summer season, there are daily departures to the King's Mine, while the rest of the year we give tours on request. For the adventurous, we also offer exciting mining safaris. If you do not have the opportunity to join one of the scheduled trips, you can book directly with us. The museum’s permanent exhibitions can be found in the old smelting hut at Sølvverket, which is located in the center of Kongsberg.
Tickets, opening hours and train departures:
See www.norskbergverksmuseum.no
Address: Se www.norskbergverksmuseum.no Tel: 91 91 32 00
www.norskbergverksmuseum.no
www.geolaben.no
FOOD & DRINK

Expect great meals when you visit Oslo. The city’s diverse food culture is reflected in the large variety of restaurants serving both world-class food and street food from all corners of the world. Many places also focus on Norwegian food traditions and local quality ingredients.

Oslo Visitor Centre
The Official Tourist Information
Located inside Østbanenhalen, Oslo Central Station
Opening hours: www.visitoslo.com

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- Other discounts

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www.visitoslo.com/en/restaurants-nightlife
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 good wine list as well as a bar that serves you cocktails. Inside we have 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

Gamle Raadhuis
Oslo’s first town hall was built in 1641 and today houses the Gamle Raadhuis Restaurant, which has been a restaurant since 1856. The kitchen follows the seasons of our long country with a main focus on the traditional, but also with other exciting compositions based on exquisite Norwegian ingredients offered by local producers. Next to the restaurant we have a cozy fireplace lounge and a small chambre séparée. Our rustic wine cellar, which can also be used for dining, houses the contents of our extensive wine list. In summer, you have the opportunity to visit Raadhusgården, our hidden oasis with outdoor seating.
Nedre Slottsgate 1 - 22 42 01 07
www.gamleraadhuis.no

Festningoen Restaurant
Festningoen 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 fjordside outdoor area can sit up to 300 guests.
Myntgata 9 - 22 83 31 00
www.festningoenrestaurant.no

Duckpin
Duckpin is your new gathering place in the city centre. A different eatery with a great passion for American BBQ food and drink. Duckpin is a long-awaited game changer for social fun where you can play Duckpin bowling, which is short lane bowling with small bowling pins. With a new twist and different game rules we make it easier to participate, regardless of if you want to hit pins or just hang out with your friends. On the second floor we have two karaoke rooms, arcade games, a boxing machine and many varieties of pinball. We are most happy when there is an atmosphere of festive fun, bubbles and shakes!
Torggata 26 - 47 51 22 54
www.duckpin.no

Grand Café
In 1874 Grand Café opened its doors, in the time when Oslo was still called Christiania. The café was the regular haunt of luminaries such as Ibsen, Hamsun, Vigeland and Nansen, in addition to a number of “Christiania 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

Kafé Oslo
As the heart of Litteraturhuset, where the entire cultural life of the capital gathers, Kafé Oslo serves traditional Norwegian, unfancy “folk gourmet”. Chef Abrahamsen and team serve classic three course meals, a tasty lunch menu, and our fantastic “Litt Mat”, taste explosions from around the world with the best of Norwegian ingredients. The large selection of drinks is exciting, and you can spoil yourself with this while following debates, litterature readings, or if you just want to enjoy a glass. Follow us on social media or book your table at post@kafeoсло.no.
Wergelandsvæien 29 - 21 54 85 71
www.kafeoslo.no

Grilleriet
Rustic dining experiences and a cozy atmosphere welcome you at Grilleriet. Much of Grilleriet’s unique character is that most of the food is prepared on a Josper charcoal grill. The grill is the very heart of the restaurant and the kitchen, and with the possibility of a temperature of close to 500 degrees, it ensures that the meat retains its juiciness. The Nordic ingredients are at the center and this means an exciting variation that follows the seasons. Experience chef’s table, where you sit close to the chefs who share their passion for food.
68 Ling Ling

At the far end of Aker Brygge you will find the Cantonese Ling Ling by Hakkasan - a luxurious restaurant concept. The wavy iconic building houses a restaurant, lounge, rooftop, outdoor seating and chambre séparée. The restaurant has a futuristic look that invites you to a sensual experience with good food, drinks, mingling and memorable evenings. Ling Ling’s experienced chefs deliver seasonal menus that offer a mix of classic Hakkasan dishes and innovative dishes with Norwegian ingredients in a Cantonese way. This is the perfect place for everything from dinner with friends to business dinners. Norway boasts some of the world’s best maritime produce, and Ling Ling wants to uncover the best of the best. The supply of produce depends on the season you are in, and the a la carte menu at Ling Ling reflects this during the year. From April to October, the restaurant expands with a large outdoor seating area.

Stranden 30  -  24 13 38 00
www.linglingoslo.com

69 Lofoten Fiskerestaurant

At Lofoten at Aker Brygge it’s always about fresh ingredients. This means that Lofoten can present a maritime menu of a high international standard. The restaurant is characterized by a warm and informal atmosphere, and is suitable for everything from business lunches and larger parties to nice family dinners. Norway boasts some of the world’s best maritime produce, and Lofoten wants to uncover the best of the best. The supply of produce depends on the season you are in, and the à la carte menu at Lofoten reflects this during the year. From April to October, the restaurant expands with a large outdoor seating area.

Strandpromenaden 11  -  41 54 80 80
www.lofoten-fiskerestaurant.no

70 Lorry

The cultural institution Lorry is one of Oslo’s most popular and mythical restaurants, known for its cozy atmosphere both inside and out, with burning fireplaces, pizza chefs in action and an informal and lively atmosphere. Here you enjoy the best flavors from Italy. In the pizza kitchen, Roman pizza is baked in a stone oven and otherwise on the menu you will find pasta, meat, fish, starters, salads and desserts. You will also find vegetarian, vegan and gluten-free options.

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

71 Olivia

Olivia is one of Oslo’s most visited Italian restaurants, known for its cozy atmosphere both inside and out, with burning fireplaces, pizza chefs in action and an informal and lively atmosphere. Here you enjoy the best flavors from Italy. In the pizza kitchen, Roman pizza is baked in a stone oven and otherwise on the menu you will find pasta, meat, fish, starters, salads and desserts. You will also find vegetarian, vegan and gluten-free options.

Aker Brygge - Strand 3
Eger - Karl Johans gate 23 b
Hegdehaugsveien - Hegdehaugsyn 34
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Østbanenall - Jernbanetorget 1
Lillestrøm - Storgata 14, Lillestrøm
www.olivia.no - 23 11 54 70

72 Peppes Pizza

In Oslo’s central spots you will find Peppes Pizza, a pizza restaurant that has been liked & shared since 1970. With us you can enjoy food in a cozy and informal atmosphere. We have a varied menu with our original classics; Classic Chicago with a thick base or Peppes Italian with a thin base. We also have a large selection of other dishes such as salads, Peppes burger and tempting desserts. Come and visit us for a taste of real Norwegian pizza history!

Oslo S - Kønsløys allé 18
Stortingsgaten 4 - Lerenvien 42
Nydalsveien 36 - Henrik Ibsens gate 100
Karl Johans gate 1
22 22 55 55
www.peppes.no

73 Di Sopra Di Sotto

Di Sopra Di Sotto is located on the ground floor of Rebel Oslo in Universitetsgata 2, and is part of the new Tullinkvartalet district. At Di Sopra Di Sotto you can enjoy tasty Italian dishes, carefully selected wines and a wonderful atmosphere. With a wine cellar with over 15,000 bottles and more than 1,000 different wines, Di Sopra Di Sotto offers one of Oslo’s best wine experiences. Their chambre séparée has room for 18 people, and the wine room, which has space for 10 people, can also be booked if you want to have a private party. Although both food and wine are of very high quality, the atmosphere is down-to-earth and informal.

Universitetsgata 2  -  92 27 82 55
www.disotto.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 - 41 54 80 80
www.thesalmon.com

75 Sanguine Brasserie

Sanguine Brasserie has an open location in the Opera’s foyer, making the restaurant an excellent place to experience the Opera’s elegant architecture and lively atmosphere. Sanguine Brasserie serves hot and cold lunches and dinners inspired by the Mediterranean Sea. In winter, it is sheltered behind the house’s glass facade, and the magnificent view of the Oslo Fjord is in a class of its own. Throughout the summer season, the outdoor seating can be used, with beautiful views of the new Opera Beach and the inner Oslofjord. Here you can also order food during breaks in performances in the Opera & Ballet.

Kirsten Flagstads plass 1  -  21 42 21 42
www.sanguinebrasserie.no
76 The Scotsman

The Scotsman focuses on good, traditional pub food and an exciting selection of draft beers and ale. We showcase the best of pub culture and are an inclusive meeting place in the middle of the city. We cover all needs, including sports and games, Friday beers, weekly live music and karaoke for those who enjoy singing and dancing.

At The Scotsman we have something for everyone and we reckon you’ll want to come back again and again.

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

77 Sjemagasinet

Sjemagasinet is beautifully located on the water’s edge at Tjuvholmen, with a view of the Astrup Fearnley Museum. Sjemagasinet wants to be an experience center for food. Here quality and passion for seafood has 100% focus. The restaurant offers everything from the sea’s culinary treasures and a light meal in the Fish Shop, to lunch with business associates, family get-togethers and larger events. Experience a different fish and shellfish concept.

Tjuvholmen Allé 14 - 23 89 77 77
www.sjemagasinet.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 very first restaurants to open in Barcode in Bjørvika. The restaurant has taken its name from the historic boat discovery that was made during the area’s excavations.

Since October 2014, Vaaghals has been the place where unique Norwegian ingredients and good Norwegian and international dishes meet. The food comes to the table as we ourselves would like to serve good friends. Good meals result from the gatherings around good flavors and a good atmosphere. Here you will share, enjoy, talk and drink!

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

80 Williamsburg

Williamsburg is a modern urban American craft beer, wine and bourbon bar located at Spikersuppa on Karl Johan. With us you can enjoy something tempting in your glass or American-inspired food. We work with local ingredients and the classic döner kebab is prepared on our rotisserie grill. With 24 cask beer lines that are changed regularly, you are guaranteed to find something that suits you. Every day you can experience the great after-work atmosphere, and at weekends we serve brunch and the ‘Williamsburg by Night’ concept with a DJ that creates feel-good vibes.

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

81 Mathallen Oslo

The city’s first food hall is a place for experiences, shopping, enjoyment and learning, a place where a lot of the focus is on food and drink. It is meant to be for everyone and our goal is for you to find inspiration and culinary joy in a generous and pleasant atmosphere. The building is an old industrial hall which today houses around 30 different shops and restaurants. On Torget - right in the heart of the hall - one can sit together and bring food from everywhere in Mathallen. Or you can visit one of the restaurants and enjoy food and drink there. Mathallen is located in the middle of Vulkan, a small ‘town in the town’ where east Oslo meets west Oslo.

Vulkan 5 - 40 00 12 09
www.mathallen.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

83 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
**Bjørvika and Oslobukta**
In Bjørvika there is the iconic Barcode row of buildings as well as the Norwegian National Opera & Ballet, located in an award winning building where visitors can stroll up on the roof. Next door is the new MUNCH museum and the new Deichman main library.

**Aker Brygge and Tjuvholmen**
The new National Museum is located between Oslo City Hall and Aker Brygge, with Tjuvholmen as the nearest neighbor. The buildings that make up Tjuvholmen were designed by 20 different architects. At the far end is one of Oslo’s main attractions, the Astrup Fearnley Museum.

**Holmenkollen and Roseslottet**
The famous ski jump in Holmenkollen is a landmark that can be seen from many places in and around the city. From the top of the jump tower there are panoramic views of Oslo. The temporary art installation and war memorial Roseslottet, made by the artist brothers Vebjørn and Eimund Sand, is at Frognerseteren. The installation’s five characteristic gold sails are clearly visible from the city and the surrounding area.

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**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.
Festivals
Pop and rock play the lead role at the popular summer festivals Over Oslo, Piknik i Parken, Tons of Rock and Øyafestivalen. Fans of other music genres can find their own favorite festivals at Oslo International Church Music Festival, Inferno Metal Festival, Oslo International Jazz Festival, Oslo Chamber Music Festival, ULTIMA Contemporary Music Festival, and Oslo World. 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 Nobel Peace Prize is awarded in December each year.

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 have performances almost year round.

WHAT’S ON?
Oslo’s rich cultural and sports scenes make it a year-round destination.
Hovedlinjer i sentrale Oslo Central Oslo key lines

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

ruter.no / Kundesenter Jernbanetorget
ruter.no / Customer center Jernbanetorget

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.