



CREW ONLY

DISCOUNTS AND FREE ENTRY

Crew



Port of Oslo



WELCOME TO OSLO

Oslo is the capital city of Norway. Throughout history, the sea has been the main communication link, connection us with the rest of the world. Thousands of seafarers have sailed in and out of the Oslo Fjord. We hope this crew manual will be a tool for you to make the most of your stay.

Once you get off the ship you will be stepping on the Oslo Harbour Promenade





SIGHTSEEING & TRANSPORT



BOATSERVICE SIGHTSEEING

DISCOUNT

20 % on all regular boat departures gives these crew prices:

Ferry to the museums at Bygdøy, return ticket: NOK 72

FJORD SIGHTSEEING

2 hrs, NOK 312

LUNCH CRUISE (SHRIMP NATUREL)

NOK 352

EVENING SHRIMP CRUISE

3 hrs, NOK 428

WHERE?

City Hall Pier 3

MORE INFO

www.nyc.no



TROLLCRUISE SIGHTSEEING

FREE ENTRY

Free entrance to the All-Electrical Oslofjord Sightseeing. Enjoy the cruise on the fjord with an audio guide.

Show your crewing card when entering.

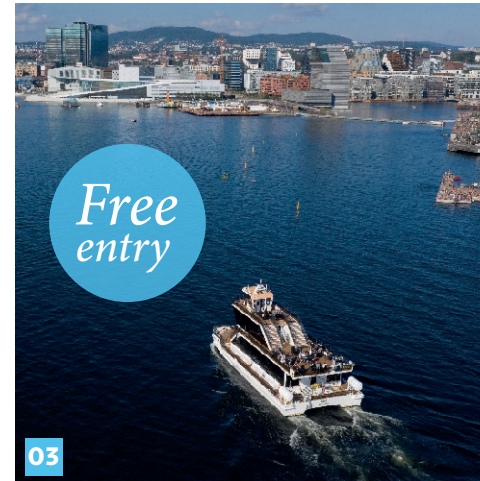
15% Crew discount on our DINNER cruise and on our LIVE music cruise
CODE: i-am-crew

WHERE?

City Hall Pier 2

MORE INFO

www.trollcruise.no



BRIM EXPLORER

FREE ENTRY

For our SILENT OSLO FJORD CRUISE when showing your crewcard (Daily at 10:30 & 13:30)

25% discount on OSLO DINNER CRUISE & BRUNCH & BUBBLES (Required to book in advance)

WHERE?

City Hall Pier 2

MORE INFO

www.brimexplorer.com



THE FJORDS

DISCOUNT

We offer you an environmentally friendly cruise on the Oslofjord with 50% discount when showing your crewcard.

The cruise has a duration of 1,5 hours and shows you the city shoreline, lighthouses and the picturesque islands in the inner part of the Oslofjord. We look forward to see you on board!

WHERE?

Langkaia 1

MORE INFO

www.norwaysbest.com/en



HOP ON HOP OFF CITY SIGHTSEEING

FREE ENTRY

This is the most convenient way to explore Oslo, with easy boarding at the cruise terminal and stops at all major attractions. Hop on and off as often as you like. Free entry for crew after 12:00.

Popular stops include Oslo's main shopping street (Karl Johans Gate), Vigeland Sculpture Park, Bygdøy, and the Opera House.

WHY CHOOSE US?

Central stops with wide city coverage, simple and flexible sightseeing, ideal for limited shore time.

WHERE?

12 stops across Oslo

MORE INFO

www.stromma.com



HOP ON

FREE ENTRY

Hop On welcomes all cruise crew to a free hop on - off sightseeing in Oslo, 2 hours after passengers have gone ashore or equivalent, 2 hours after the ship's anchorage time.

Hop On Hop Off Sightseeing Oslo. The best way to do some sightseeing in Oslo is to take our Hop-on Hop-off Oslo. City sightseeing bus tour to enjoy this beautiful city at your own pace.

Welcome on board and have fun!
You can hop on and off wherever you want!

WHERE?

HopOn has 12 stops in Oslo

MORE INFO

www.hopon.no



OSLO GUIDE BUREAU OSLO CITY WALKS

FREE ENTRY

Please show your crew ID before the tour.

SAT 14-16: OSLO CITY HIGHLIGHTS

A perfect introduction for first - time visitors as it covers many of the must see attractions.

SUN 14-16: HISTORIC RIVER WALK

Walk along Oslo's green lung and the cradle of Norway's industrialisation: Akerselva. The walk also includes a visit at "Mathallen".

MON 17-19: THE CITY OF CONTRASTS

The topic of this tour is the rapid urban development taking place in Oslo at the moment.

WHERE?

Starts at Østbanehallen
Inside Oslo Visitor Centre
www.osloguide.no



RUTER GET AROUND TOWN

Ruter offers tram, buss, metro and ferry services, all on the same ticket, helping you to get around Oslo and Akershus.

Download the RuterReise-app and plan your journey easily, using your smartphone. Buy your ticket at our Customer Service Centre on Oslo S central station.

Tickets are also available in the RuterBillett-app and at many newsagents.

WHERE?

More than 4000 stops across region

MORE INFO

www.ruter.no/en



MUSEUMS & ATTRACTIONS



THE FRAM MUSEUM

FREE ENTRY & FREE WI-FI

Show crew ID

The Polar Exploration Museum.

Fram and *Gjøa* are the world's most famous polar exploration ships!

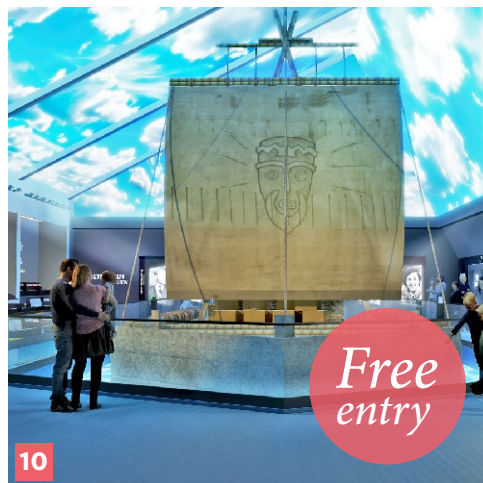
Explore both historic vessels. Ride the waves on *Fram*, with the brand new projection show surrounding the ship, and enjoy all the new features for young and old. Widescreen cinema. Freezing cold polar simulator. Children's activity area. Exhibitions in 10 languages. Café with outdoor pavilion. Museum store with exclusive gifts. The Fram Museum is open **every** day, all year.

WHERE?

Bygdøy, Bygdøynesveien 39

MORE INFO

www.frammuseum.no



THE KON-TIKI MUSEUM

FREE ENTRY & FREE WI-FI

Show crew ID

In 1947, Thor Heyerdahl (1914–2002) stunned the world by crossing the Pacific on a fragile balsawood raft, redefining human exploration. Step into a spectacular exhibition featuring the original Kon-Tiki raft, surrounded by an immersive ocean-and-sky installation that brings the journey to life. Discover the original reed ship *Ra II* and explore the enduring mysteries of Easter Island. Be inspired by Heyerdahl's courage and his legacy as an environmental activist. The Kon-Tiki Museum is open **ever** day, all year and includes a souvenir shop.

WHERE?

Bygdøy, Bygdøynesveien 36

MORE INFO

www.kon-tiki.no



NORWEGIAN MARITIME MUSEUM

FREE ENTRY & FREE WIFI

Show crew ID

The Norwegian Maritime Museum showcases traditional boats from the Norwegian coastline and remarkable archaeological finds — including Norway's oldest known boat. Step into the KLINK boatbuilding workshop to experience a genuine Viking boat and get a close-up look at our full-scale reconstruction. Located at Bygdøyenes on the Bygdøy peninsula, the museum also offers a souvenir shop and the scenic Café FJORD.

WHERE?

Bygdøy, Bygdøynesveien 37

MORE INFO

www.marmuseum.no



NORSK FOLKEMUSEUM

FREE ENTRY & FREE WIFI

Show crew ID

Meet the people of Norway and experience history and culture from our many regions. Hosts in traditional costumes welcome you into typical farmhouses, city homes and the wooden stave church from around 1200. Activities make history come alive in the Open-Air Museum: handicraft, baking, folk music & dance. Indoor exhibits: historical urban and rural interiors, artifacts, clothes and handicraft. Café with varied menu and large souvenir shop with unique products.

WHERE?

Bygdøy, Museumsveien 10

MORE INFO

norskfolkemuseum.no/en



THE NORWEGIAN HOLOCAUST CENTER

FREE ENTRY

Show crew ID

The Norwegian Center for Holocaust and Minority Studies is a research, education and documentation center in Oslo focusing on the Holocaust, other genocides and the situation of minorities in contemporary societies.

The Center hosts a permanent exhibition on the Holocaust and the fate of the Norwegian Jews during the Second World War. There are also temporary exhibitions and an underground bunker that can be visited with a guide on weekends and holidays.

WHERE?

Huk Aveny 56

MORE INFO

www.hlsenteret.no/english



THE NATIONAL MUSEUM OF ART, ARCHITECTURE AND DESIGN

FREE ENTRY

Show crew ID

The National Museum is a must-see destination for anyone visiting Norway and the Nordic region. As the largest art museum in the Nordics, it showcases art, architecture and design from antiquity to the present. Experience Edvard Munch's iconic *The Scream*, along with other Nordic and international masterpieces. Enjoy the café, explore the design shop, and visit the rooftop terrace in summer for panoramic views of Oslo's harbour.

WHERE?

Brynjulf Bulls plass 2

MORE INFO

www.nasjonalmuseet.no/en



ASTRUP FEARNLEY MUSEET

FREE ENTRY

Show crew ID

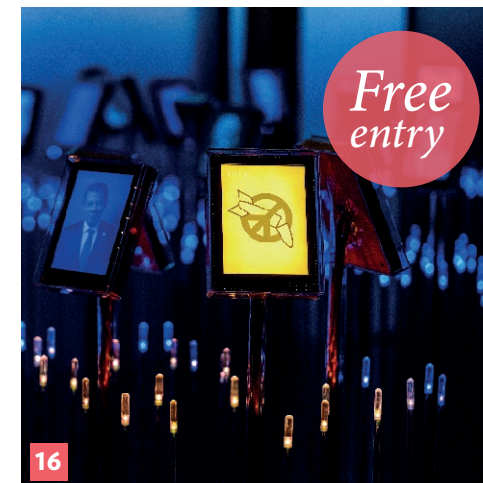
Astrup Fearnley Museet is a private museum of contemporary art at Tjuvholmen in Oslo, Norway. The museum shows changing exhibitions by leading international and Norwegian contemporary art and houses the Astrup Fearnley Collection. Visit the exhibitions for free by showing your crew identity card. Stop by our museum shop for souvenirs and design products, and enjoy a swim at the beach in front of the museum.

WHERE?

Strandpromenaden 2

MORE INFO

www.afmuseet.no



NOBEL PEACE CENTER

FREE ENTRY

Show crew ID

Welcome to the Nobel Peace Center – the museum for the «world's most prestigious prize». It presents the Peace Prize laureates and their work, and tells the story of Alfred Nobel and the Peace Prize itself. The museum has an exciting combination of changing and permanent exhibitions relating to war, peace and conflict resolution. Experience the history behind the Nobel Peace Prize for free, by showing your Crew Identity Card.

WHERE?

By the City Hall. Brynjulf Bulls pl. 1

MORE INFO

www.nobelpeacecenter.org/en



THE VIKING PLANET DIGITAL MUSEUM

FREE ENTRY

Show crew ID

The Viking Planet is the world's first digital Viking museum that offers engaging, unique, and immersive exhibitions. Experience the Viking Age through thrilling virtual time travel: climb aboard a longship, defend your village, and come face-to-face with life-sized holograms and interactive 3D artifacts. Create lasting memories at innovative selfie stations, and do not forget to bring home your souvenir! All exhibitions are available in 12 languages. Free Wi-Fi and App Guide, Viking-themed souvenir store.

WHERE?

Fridtjof Nansens plass 4

MORE INFO

www.thevikingplanet.com



PARADOX MUSEUM

FREE ENTRY

Show crew ID

Book your tickets online with the promocode: CRUISECREW

Paradox Museum invites you to step into a playful, interactive world. Explore exhibits that trick your mind, challenge perception, and surprise your senses. Learn the science behind the illusions, laugh, and take photos that will amaze your friends. Discover our interactive exhibits that challenge your senses and show how easily your brain can be tricked. You'll learn about perception, physics, and perspective, all while having a lot of fun.

WHERE?

Rosenkrantz gate 11

MORE INFO

www.paradoxmuseum.com



THE HISTORICAL MUSEUM

FREE ENTRY

Show crew ID

What did the people of the past think, believe, and know? Take a journey to our house of many wonders. Learn about the Norwegian medieval period and gain insight into wonderfully diverse cultures from across the world through our ethnographic exhibitions. Experience our Viking exhibition VIKINGR. See gold treasures, ornate swords, and the world's best preserved Viking helmet. The new exhibition features the most exquisite objects from the Norwegian Viking Age.

WHERE?

Frederiks gate 2

MORE INFO

www.khm.uio.no/english



THE NORWEGIAN OPERA & BALLET

DISCOUNT & FREE WI-FI

20% on tickets to guided tours
Show crew ID

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 on the roof and into our spacious foyer. We offer guided tours in English every Saturday and Sunday which give you an insight into what happens behind the scenes before the curtains are drawn.

Visit our restaurant or the Operashop. Welcome!

WHERE?

Kirsten Flagstads plass 1

MORE INFO

www.operaen.no



THE NORDIC BIBLE AND BOOK MUSEUM

FREE ENTRY & FREE WI-FI

Show crew ID

This museum is the only one of its kind in the Nordic countries and is based on a collection of more than 6,000 Bibles. The exhibition includes an original page from a 15th century Gutenberg Bible, as well as unique hand-written manuscripts dating back to the 13th century. You will also find a miniature Bible collection with the world's smallest Bible and a King James Version exhibition. At the Medieval printing press visitors can have their very own Bible page printed. Museum shop. Guided tours in English and Norwegian.

WHERE?

Nedre Slottsgate 4c

MORE INFO

www.nobimu.no/en



IBSEN MUSEUM & TEATER

FREE ENTRY & FREE WI-FI

Show crew ID

Discover the life and works of Norway's greatest playwright, Henrik Ibsen! Explore immersive exhibits, guided tours, and the restored apartment where Ibsen lived. Don't miss this opportunity to dive into Norwegian culture and history!

WHERE?

Henrik Ibsens gate 26

MORE INFO

www.ibsenmt.no



SALT

DISCOUNT

20% on tickets on morning sauna 07:00–14:00
Show crew ID

Feel the warmth, breathe deeply, and slow down before the city wakes. Saunas by the Oslofjord, guided aufguss rituals, cold plunges. Step out on the pier, soak in fresh sea air, and sip coffee or tea before diving back in. A perfect morning ritual, whether easing into your day or boosting your wellness routine.

- Saunas by the Oslofjord
- Guided sauna rituals
- 2,5 hours session
- Central location in Oslo

WHERE?

Langkaia 1

MORE INFO

www.salted.no



TBS GALLERY

FREE ENTRY

Show crew ID

TBS Gallery is an art centre featuring the work of the sculptor and painter Tore Bjørn Skjølsvik. The gallery is located in a property that includes a villa and a former stable, surrounded by a lush sculpture garden. With its idyllic setting, sculpture garden and the ambience of a working artist's studio, TBS Gallery is a gallery for all seasons and welcomes visitors throughout the year. Some of the sculptures and paintings are on permanent display, while others are for sale.

WHERE?

Oscars gate 23

MORE INFO

www.tbsgallery.no



THE ROSE CASTLE

FREE ENTRY

Show crew ID

The Rose Castle is an art installation and an educational project that aims to tell the story of the occupation of Norway and the basic principles of democracy, the rule of law and humanism that were then put out of force. The artistic language aims to engage, challenge and confront. In short, bring to life.

WHERE?

Above Frognerseteren Metro station

MORE INFO

www.roseslottet.no



HOLMENKOLLEN SKI MUSEUM AND JUMP TOWER

FREE ENTRY

Show crew ID

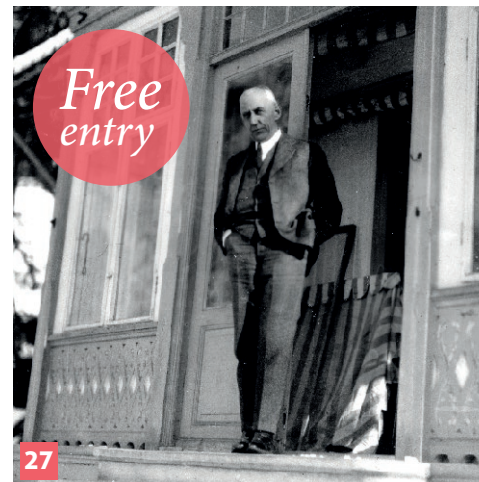
Experience Oslo's best view from the top of the jump tower. Experience a panoramic view of Oslo and the surrounding areas. The Ski Museum is newly renovated and display items from the polar explorers Fridjof Nansen and Roald Amundsen. The museum presents over 5000 year of ski history. In addition we have a cafe, a ski simulator and a museum shop.

WHERE?

Kongeveien 5

MORE INFO

www.holmenkollen.com



ROALD AMUNDSENS HOME

FREE ENTRY

Show crew ID or contact us up front.

The home of the polar explorer and national hero Roald Amundsen, exactly as he left it in 1928, never to return. Our guests are invited into this time capsule and get to be acquainted with one of Norway's greatest nation builders on a personal level, from his representational rooms to his office and bedroom, and even his bathroom cupboard still intact with his toiletries. Roald Amundsen's home is a Swiss-style villa situated beautifully right on the fjord only 30 minutes drive from Oslo city centre.

WHERE?

Roald Amundsens vei 192

MORE INFO

amundsen.mia.no



HADELAND GLASSVERK

FREE ENTRY

Show crew ID

Free entry to the interactive exhibition, Leonardo da Vinci – 500 years of experience, 9. May - 16. August. Discover the true genius of Leonardo da Vinci as an inventor, artist, scientist, anatomist, engineer, architect, sculptor and philosopher in the most comprehensive exhibition on Leonardo da Vinci to ever tour the world. Hadeland Glassworks enjoys an idyllic setting on the southern shore of the lake Randsfjorden, just an hour's drive from Oslo.

WHERE?

Hadeland

MORE INFO

www.hadeland-glassverk.no



Free
entry

29

KISTEFOS

FREE ENTRY

Show crew ID

Kistefos is one of Europe's most important sculpture parks for contemporary art. Built on the grounds of a historical pulp mill, Kistefos today comprises an industrial museum, two art galleries and an impressive sculpture park in scenic surroundings.

The Twist is a gallery, a bridge, and a sculpture, all in one!

Kistefos is described as "a must-see cultural destination" by The New York Times.

Express from Oslo bussterminal to Kistefos:
www.vy.no/en/travelling-with-us/jevnaaker

WHERE?

Jevnaker. 1 hour drive from Oslo.

MORE INFO

www.kistefosmuseum.no



FOOD



RORBUA

DISCOUNT

Show crew ID

If you want to experience something special from Norway, look no further than Rorbua, a pleasant and informal restaurant situated on Aker Brygge. Our menu specializes in the culinary traditions of Northern Norway, offering dishes such as boknafish, whale, and reindeer.

WHERE?
Stranden 72

MORE INFO
rorbua.as



HARD ROCK CAFE

DISCOUNT

Show crew ID

Welcome to Norway's vibrant capital, a city where modern Scandinavian design meets rich cultural history! Hard Rock Cafe is proud to be located right in the heart of Oslo, next to Oslo Central Station, just a short walk from the legendary Opera House, Munch Museum, and several other attractions that Oslo has to offer. Here, you can enjoy the best of urban life, green parks, waterfront views, and now, the legendary Hard Rock experience!

WHERE?
Jernbanetorget 1

MORE INFO
cafe.hardrock.com/oslo



BØNDER I BYEN

DISCOUNT

Show crew ID

We serve classic Norwegian cuisine – authentic flavors from the fjords, mountains, and forests. Our dishes are rooted in tradition and crafted with care, using ingredients from local farmers, fishermen and hunters. We take pride in using seasonal, locally sourced products and wild game from Norwegian nature. Here, you'll experience the true taste of Norway – a blend of tradition and modern urban dining. Welcome to an authentic Norwegian food experience!

WHERE?
Seilduksgata 15

MORE INFO
bonderibyen.no



SHOPPING



OSLO CRUISE TERMINAL

10% DISCOUNT & FREE WI-FI

We are located at Søndre Akershus, Oslo Cruise Ship pier, next to the cruise ships. Oslo Cruise Terminal is Oslo's largest sweater, gift and souvenir shop, with more than 500 m². We have a great variety and selection of the most popular Norwegian products. Inside the Cruise Terminal we also have ticket service and restrooms. We also have a popular fully licenced café. In cooperation with Global Blue, we operate tax refund service, so all tax-free checks from Norway will be refunded in either cash or credit card in the service centre.

WHERE?

Søndre Akershus Quay, Skur 35



WAY NOR

15% DISCOUNT & FREE WI-FI

We invite you to an unforgettable shopping experience in our two-storey flagshipstore of 800 m² in the very heart of Oslo. Way Nor has been offering quality souvenirs since 1985 and we warmly welcome you to see our selection of clothing for all weather conditions and our wide range of souvenirs and gifts. Please note that we also have two other fantastic stores; one of them located 100 meters from the central station and the other just 50 meters from the newly re-opened Munch Museum.

WHERE?

Lille Grensen 7, Karl Johansgate 2-6
Munch Brygge

MORE INFO

www.waynor.no





OSLO VISITOR CENTRE

Oslo Visitor Centre is located in Østbanehallen next to Oslo Central Station. Entrance from inside the hall. Our employees know and love Oslo, and will do their best to help you make the most of your stay.

FREE WI-FI

Connect with your own phone. You will also find different screens and brochures in the visitor centre where you can find information and inspiration for your visit.

EVENT CALENDAR

Our event calendar will give you a wide variety of great happenings to choose from. www.visitoslo.com/en/whats-on

CONTACT

info@visitoslo.com
www.visitoslo.com

MONEY TRANSFER/ CURRENCY EXCHANGE

Forex at Oslo Central Station
in Østbanehallen and at Karl Johans gate 2
www.forex.se/en/find-us/karl-johans-gate-2-oslo

POST OFFICE

Vika Postkontor
Klingenberggata 7 B
Hours:
Mon–Fri 08.00–20.00
Sat 10.00–15.00
www.posten.no



..... THE HARBOUR PROMENADE

DISCOUNT & FREE ENTRY MAP

To find out where the attractions in this brochure are just correspond numbers in list with numbers on map



Port of Oslo



Oslo

www.visitoslo.com • www.oslohavn.no