



OSLO GUIDE



ENTER THE
WORLD OF VIKINGS

THE FIRST DIGITAL VIKING MUSEUM AWAITS!

PAGES 14, 15, 44



SPECTACULAR!

- A MUST SEE...

FAMOUS EXPLORATION SHIPS,
POLAR BEARS & MODERN VIKINGS!

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



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



"Amazing experience" "The best thing to see in Oslo" "One of the best
museums I've ever seen" "Unexpectedly fantastic" "Adventure Ahoy!"
"Impressively executed!" "Inspiring and fun" "Great museum! A must!!"

*Norway's highest ranked museum through the last nine years and
Oslo's Top Attraction in 2024.*

www.frammuseum.no

- Reviews from Google &
 **tripadvisor**



38





VISIT THE LOUVRE OF CHILDREN'S ART

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

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

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



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



Nobel Peace Center / Johannes Grønseth

NOBEL PEACE CENTER

GET INSPIRED BY
THE PEOPLE WHO
CHANGE THE WORLD

Nobel Peace Center
– a unique museum in the heart of Oslo

Oslo



Welcome to Oslo

Oslo is a modern and diverse city in constant growth – new neighbourhoods emerge, and old ones develop and get transformed. The compact city centre is easy to explore, both on foot, by bicycle or public transport.

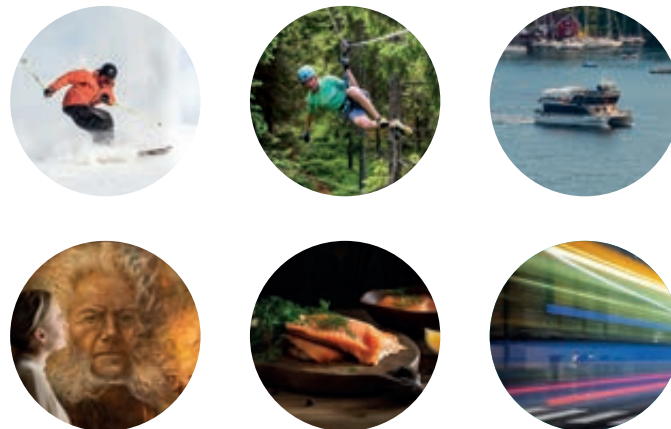
With more than half the city covered by forests and parks, Oslo is a green oasis in the summer and an attractive winter destination when the snow falls. How about a ski trip or toboggan ride in the forest, a dip in the fjord followed by a sauna session, or a trek through history along the urban Akerselva river?

If you want to discover the capital's newest cultural buildings and other exciting things happening in the fjord city of Oslo, a trip along the Harbour Promenade is a great idea. Start in Bjørvika, where you will find the monumental MUNCH Museum – Edvard Munch's spectacular new home, as well as the city's main library Deichman Bjørvika, and our impressive Opera House. Continuing west alongside the fjord you will pass historical Akershus Fortress before reaching the National Museum – the Nordic region's largest art museum, at Aker Brygge. Don't forget to visit the wonderful Astrup Fearnley Museum, hugging the fjord at the end of Tjuvholmen.

With its wide selection of restaurants, Oslo has also established itself as an international food destination. The city can proudly show off 14 Michelin stars spread across 11 restaurants in 2024, making Oslo a true culinary highlight. Whether you are looking for innovative taste experiences at a Michelin restaurant, street food from all corners of the world, or Norwegian home cooking, Oslo will always have something to tempt your taste buds.

Enjoy discovering your Oslo!

Christian Lunde
CEO, VisitOslo



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Front cover: The Viking Planet

WISP Kreativt Studio AS is not responsible for any errors in or changes to the information provided in this guide. The final edit was in December 2024. Oslo Guide 2025©





DEN
NORSKE
OPERA
&
BALLET

WELCOME TO
THE OPERA

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 Hotel Grand 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.

For more information about our performances, guided tours, opening hours and ticket sales, visit operaen.no

OPERAEN.NO

Photo: Martina Pippich

OSLO

At the very end of the Oslo fjord lies Oslo, a green and modern city with a population of 717,000. 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 Karpe

Get close to Norway's history and cultural heritage through exhibitions, events, tours, and many exciting experiences. Take the tram to Solli plass, climb the stairs 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 "Enlightened". Catch an event on one of our stages and have a coffee in the atmospheric National Library bar, before you move into the Map Centre and the adventurous history of the Nordic region told through maps.

The National Library collects and preserves everything that is published in the Norwegian public domain. It contributes to increasing interest in, and knowledge about, Norwegian history and cultural heritage. Free access.



National Library of Norway

Henrik Ibsens gt. 110
www.nb.no

UNIQUE IN EUROPE

Lorry



65

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TBS GALLERY

MUSEUM & CULTURAL CENTRE

Sculpture · Painting

tbsgallery.no

📍 Oscars gt. 23, 0352 Oslo ✉ post@tbsgallery.no
☎ (+47) 938 66 935

Tap and go



The fastest way is with the Airport Express train

Children under 16 travel for free

Departures every
10 minutes



flytoget.no

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.

Experience exhibitions and science shows and join workshops and activities for the whole family. Explore physical phenomena, oil and gas, forms of energy, mathematics, planes, trains, cars, plastics, music machines, clocks and watches, the human body, data and telephony and outer space.

Cafe with delicious snacks and a completely awesome museum shop.

Big and exciting weekend and holiday program for everyone!



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-Fri 9-16, Sat-Sun 10-17.
Mon closed.
Special opening hours during holidays.

tekniskmuseum.no



teknisk
museum

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. Experience the everyday life of the Vikings, join an expedition, climb aboard a Viking ship, defend a Viking village and take a photo 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 other 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.



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

Alpine Skiing, Snowboarding and Cross-country Skiing

At Holmenkollen you will find **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. Another rental opportunity right beside Holmenkollbakken is **Bull Superski**, with cross-country equipment rental. 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.

Tobogganing and Ice Skating

Korketrekkeren is Oslo's largest and most popular toboggan run — two kilometres long, with a fall height of a dizzying 255 meters. Sleds can be rented from **Skimore Oslo** and **Akeforeningen**. 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.

Sauna

Urban sauna culture has taken Oslo by storm. In the city centre several options have appeared for combining a trip to the sauna with a refreshing bath in the fjord, all year round! Look for **SALT Art & Music**, **Mad Goats**, **KOK Oslo** or **Oslo Badstuforening**, along the harbour promenade. **The Well** is the Nordic region's largest and most feature rich spa and wellness centre, in a 10,500 square metre building with 11 pools, 15 saunas and steam baths.

WINTER ACTIVITIES

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





EXPERIENCE THE BEAUTIFUL
HENIE ONSTAD KUNSTSENTER AT
HØVIKODDEN — ONLY 15 MINUTES
FROM CENTRAL OSLO.

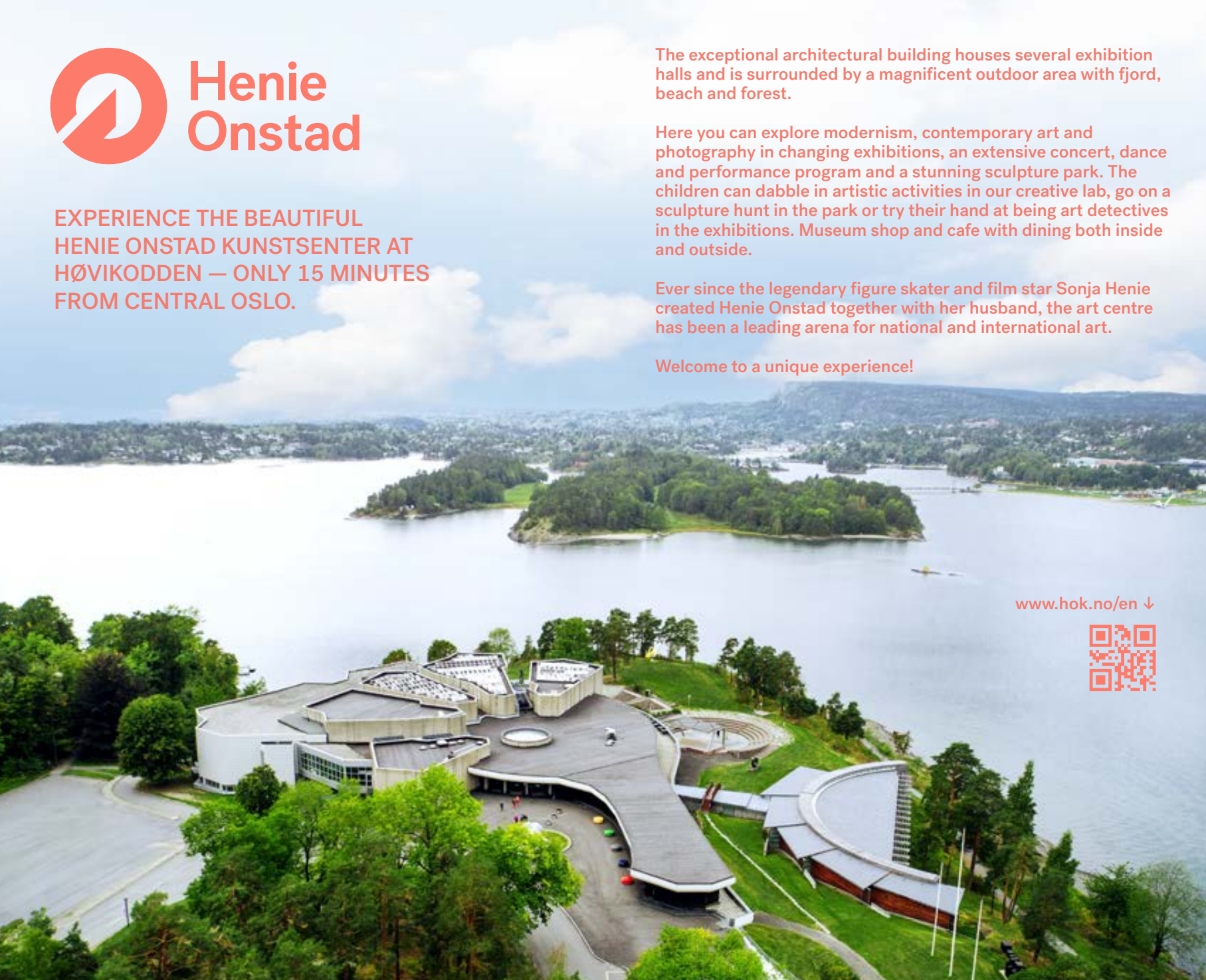
The exceptional architectural building houses several exhibition halls and is surrounded by a magnificent outdoor area with fjord, beach and forest.

Here you can explore modernism, contemporary art and photography in changing exhibitions, an extensive concert, dance and performance program and a stunning sculpture park. The children can dabble in artistic activities in our creative lab, go on a sculpture hunt in the park or try their hand at being art detectives in the exhibitions. Museum shop and cafe with dining both inside and outside.

Ever since the legendary figure skater and film star Sonja Henie created Henie Onstad together with her husband, the art centre has been a leading arena for national and international art.

Welcome to a unique experience!

www.hok.no/en ↓





Astrup Fearnley Museet

The Astrup Fearnley Museum is one of the Nordic countries' foremost museums for contemporary art. The museum manages the extensive Astrup Fearnley collection and presents temporary exhibitions both with works from the collection and new productions by artists from all over the world.

Beautifully located at the far end of Tjuvholmen, a stroll along the harbour promenade from Oslo City Hall and Aker Brygge, the museum building is a destination in itself. It was designed by the Italian architect Renzo Piano and is surrounded by the Tjuvholmen sculpture park overlooking the fjord.

Welcome!

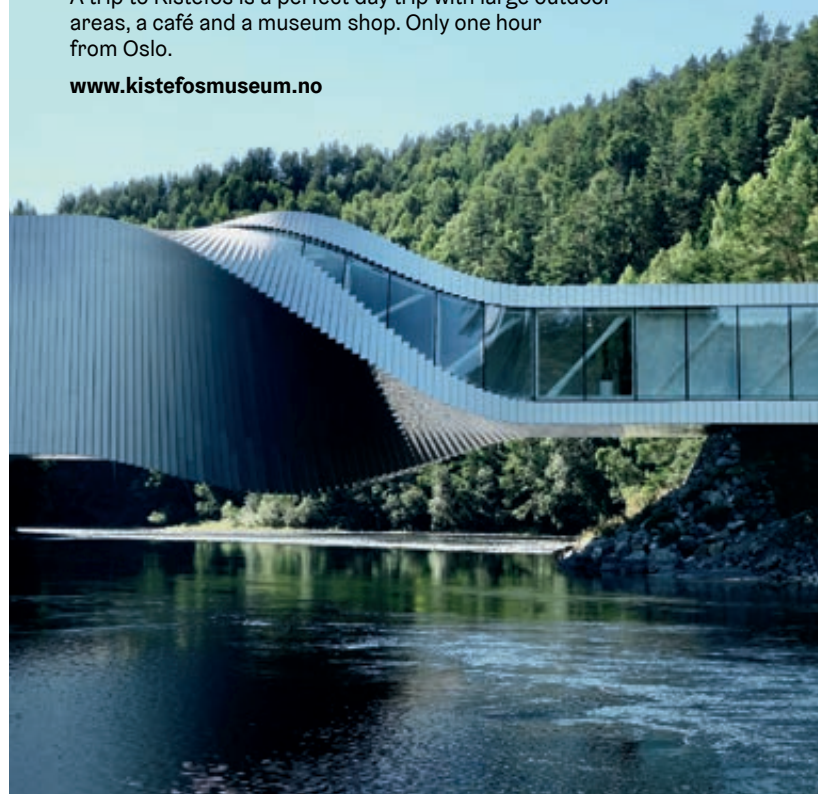
A CULTURAL DESTINATION WITH A TWIST

Kistefos can offer world-class architecture, industrial history, art exhibitions and one of Europe's most important sculpture parks for contemporary art, with more than 54 works in scenic surroundings.

The signature building The Twist is a gallery, a bridge and a sculpture in itself. The Twist has received numerous awards for its eye-catching design. Kistefos is referred to as a "must-see cultural destination" by The New York Times and the museum has received Tripadvisor's "Travelers' Choice" award for the fifth year in a row.

A trip to Kistefos is a perfect day trip with large outdoor areas, a café and a museum shop. Only one hour from Oslo.

www.kistefosmuseum.no



KISTEFOS





ria



Currency Exchange

0 Commission and VIP rates*



Looking for quick and convenient currency exchange in Norway? Get the most out of your money with Ria's competitive rates.

We take care of your Norwegian Kroner, so you can focus on having fun and creating memories as you discover Oslo's charm.

*Bring this brochure to any of our Ria stores, and we'll waive the currency exchange fee.

Stand face to face with the world's best-preserved Viking helmet.



In the exhibition VÍKINGR you can admire some of the most impressive treasures from the Norwegian Viking Age.

The Historical Museum houses Norway's largest collections of archaeological and ethnographic objects, from the Stone Age, through the Viking Age and the Middle Ages, right up to our own time.

Welcome!

Historical
Museum

historiskmuseum.no
Frederiks gate 2





Oslo Visitor Centre

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



BUY THE OSLO PASS HERE

Experience more. Pay less.

- Includes entry to 30 museums
- Includes public transport
- Other discounts



Oslo Pass – the official City Card



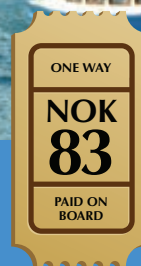
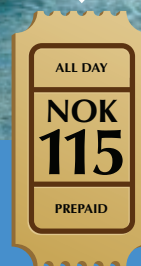
SINCE 1898

2025

FERRIES TO THE MUSEUMS



Best buy!



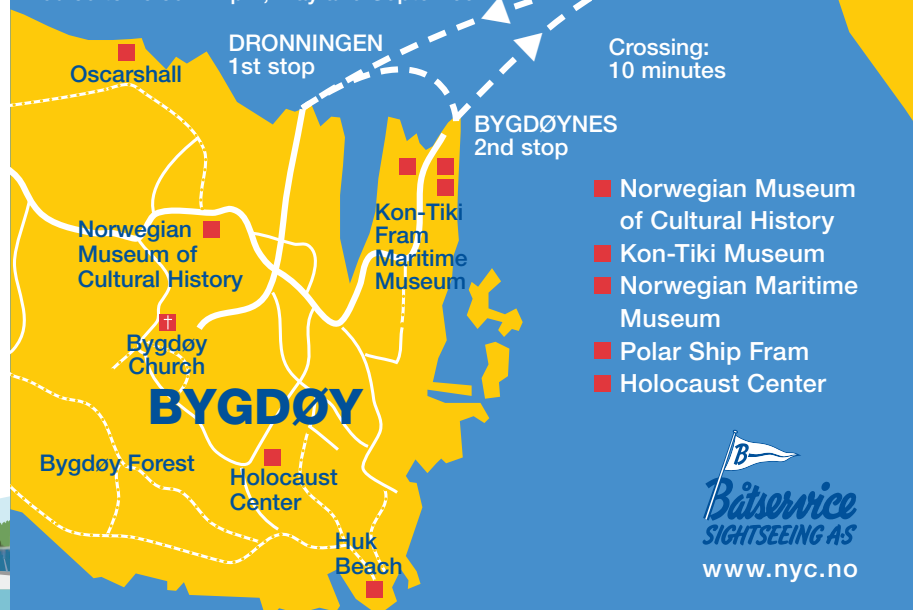
TICKETS
City Hall pier 3
www.nyc.no



April 4 to October 5

09:10 to 17:50 in June, July and August

09:50 to 16:50 in April, May and September



Båtservice
SIGHTSEEING AS
www.nyc.no

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 your bicycle seat! With the city bikes from Oslo Bysykel, adults can easily and affordably see as much of the city as possible on their own. At visitoslo.com you will find an overview of operators that offer guided bike tours in the city and local forests.

Boat trips and island hopping

A boat trip is the best way to experience the Oslo Fjord. 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.

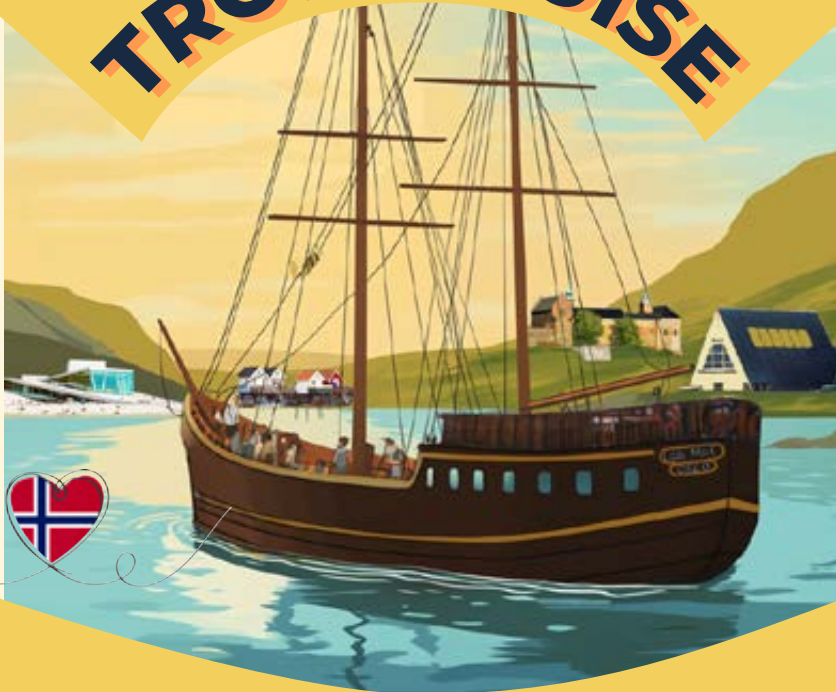
Walking tours in the city and surrounding woods

The harbor promenade stretches 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 Frognersteteren, 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



DINNER & SIGHTSEEING & EVENT FJORD CRUISES IN OSLO

ELECTRIC
BOAT



zero
emission
cruise

SIGHTSEEING



**DINNER & LIVE
MUSIC CRUISES**

TROLLCRUISE.NO



SCAN FOR TICKETS

DEPARTURES:

RÅDHUSBRYGGE 4
RÅDHUSBRYGGE 2
Oslo



**HOP ON BUS &
CRUISE COMBO**



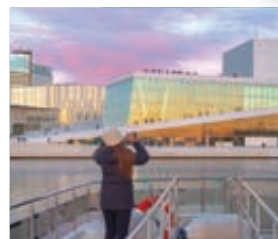
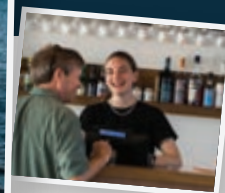
THEME EVENTS

100% Electric

See Oslo Silently



Brim Explorer



Silent Oslo Fjord Cruise

- Live in-person guiding
- Indoor saloon & outdoor deck
- Sail past key landmarks on the fjord

Times
10:30 - 12:30
13:30 - 15:30

Duration
2 hours

650 NOK



Brunch & Bubbles

- Brunch menu & welcome drink
- Panoramic views of the fjord
- Sail past key landmarks on the fjord

Times
13:30 - 16:00

Duration
2.5 hours

890 NOK



Oslo Dinner Cruise

- Curated seasonal 3-course dinner by Restaurant Einer
- Sail past key landmarks on the fjord

Times
18:00 - 20:30

Duration
2.5 hours

1490 NOK

Free wifi

Café & bar

Toilets

Free tap water



www.brimexplorer.com

Meeting point: Rådhusbrygge 2, Oslo



SIGHTSEEING

A guided tour is an educational and fun way to experience the city.

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 **Strømme Norway** and **Hop on** have hop-on-hop off buses with audio guides.

Boat and Kayak Tours

If you want to experience Oslo from the seaside, 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. **Mad Goats** offers guided tours with kayak, as well as SUP-rental.

Guided Walks

Guided walks are offered in the city centre and in Oslo's forests. The guide companies **Oslo Guidebureau**, **Viking Biking & Hiking**, **ByK**, **Key Guides** and **OsloWay** show you the city, while **When In Norway** 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** and **Oslo Bike Rental** offers guided bicycle tours and **Oslo Running Tours** takes you on a jogging trip to the attractions in the city centre.

Sightseeing With Oslo Pass

With free access to attractions and transport, you can tailor your Oslo sightseeing yourself. **Oslo Pass** can be physically purchased at the **Oslo Visitor Centre** and several other places in the city. With the **Oslo Pass app**, you get **Oslo Pass** directly on your phone. The **Oslo pass** covers all public transport in Oslo zones 1 and 2.



THE FJORDS



ENJOY AN ECO-FRIENDLY

FJORD CRUISE

Experience the beautiful inner parts of the Oslofjord.

From the pier opposite the Oslo Opera House, we sail along the spectacular city shoreline, between exquisite small islands, passing famous landmarks and historical places.



 **BOOK NOW**



Free audioguiding with
Voice of Norway app.

www.thefjords.no

SINCE 1946

OSLO FJORD

sightseeing

2025



Mini Cruise

NOK 239

11:00 12:00 13:00

50 minute guided sightseeing tour on a wooden sailing ship.
The tour gives a fascinating view of the harbour, the fortress, the Opera house and the green hills surrounding the city.

14:00 15:00
May 18 - Sep 7

Fjord Sightseeing

NOK 479

10:30 13:00 15:30

2 hours. This is the classic Oslo fjord sightseeing, passing the fortress, the Opera house and idyllic islands with small summer houses. Food and beverages for sale on board.

April 11 - Oct 5
High season
Extra: 11:30 14:00
June 27 - Aug 31

Winter Fjord Sightseeing

NOK 479

10:30 13:00

2 hours. Fjord Sightseeing, as described over. Returning via the museums at Bygdøy at 12.15 and 14.45. Guests taking the first cruise, can hop off and visit the museums for 2 ½ hours before taking the next boat back. "A real polar experience!"

Oct 6 - April 10

Norwegian Evening on the Fjord

NOK 659

19:00

3 hour evening cruise on board a sailing ship. Traditional Norwegian prawn buffet is included in the price.

NOTE: Certain evenings in June will be booked by groups, and will not be available for individuals.

May 8 - Aug 31
18:00
Sep 1 - Oct 5

Blues, Jazz and Rock Cruise

NOK 699

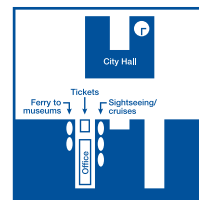
19:00

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
NEW: Jazz also Sundays in August: 3, 10, 17, and 24.

May 31 - Aug 30
Sat, Tue, Fri in July
Except June 3, 10 and 17

Tickets: City Hall pier 3 Booking: www.nyc.no Tel: 23 35 68 90

Tickets



Båtservice
SIGHTSEEING AS

45 46 47 56

19 Blindern

44 57

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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.

24
27
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Majorstua

St. Hanshaugen

Bislett

Grünerløkka

Frogner

City Center

Tøyen

Bygdøy

Grønland

Gamlebyen

Ekeberg

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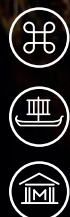
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MUSEUMS & ATTRACTIONS

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.

ADULT 24



Oslo Pass is an easy and affordable way to explore the city's museums and sights. It 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

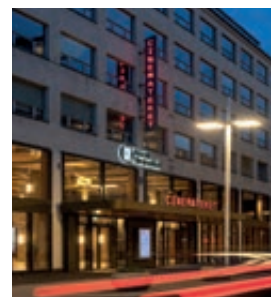


The Astrup Fearnley Museum is one of the Nordic region's foremost museums for contemporary art. The museum manages the extensive Astrup Fearnley collection and presents temporary exhibitions both with works from the collection and new productions by artists from all over the world. Beautifully located at Tjuvholmen, the museum building is a destination in itself. It was designed by the Italian architect Renzo Piano and is surrounded by the Tjuvholmen sculpture park overlooking the fjord.

Price: A180,-/C0,-/S100,-

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

Opening times in July and August: Mon-Sun 11-17, Thurs 11-19
Address: Strandpromenaden 2 **Tel:** 22 93 60 60
www.afmuseet.no



02 Cinemateket

The Norwegian Film Institute operates Cinemateket in Oslo as a central arena for the dissemination of film history and film art in Norway. On the program you will find both great classics and lesser-known works from film history, and new movies of special interest. Barnas cinematek ("The Children's Cinematek") is Cinemateket's offering for children of all ages, with cinema programs every weekend and a separate playroom for the very youngest. Cinemateket also has events aimed at young people, including film screenings at discounted prices, and school screenings.

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.

For more information about our services, performances, tours, opening times and buying tickets, see www.operaen.no.

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

EXPERIENCE AKERSHUS FORTRESS

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

700 years of history



**AKERSHUS
FESTNING**

ANNO 1299



04 Besøkssenteret Akershus Festning

The visitor center is located in the Artillery building, the "long red house" from the 1770s, right by Karpedammen. Experience temporary exhibitions and tableaus about the facility's more than 700-year history. Drop-in tours of the fortress area throughout the year: Sat-Sun at 12, 13 and 15 in Norwegian and at 14 in English. Daily in 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



05 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 included.
Open: 1/1-31/4 and 1/9-14/12 sat, sun 12-17
2/5-31/8 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 53
www.akershusfestning.no



06 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



07 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.

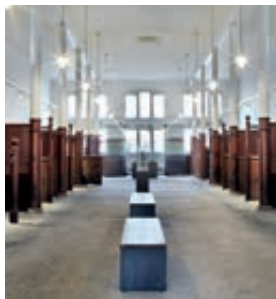
Price: A100,-/C40,-/S60,-/P60,-/Groups (min 10 per.) 60,-
Family: 250,- (2 adults + children under 18)
Open: 1/9-30/4: Mon-Sun 10-16 1/5-31/8: Mon-Sun 10-17
Transport: Tram 12 to Konstraskjæret. Metro to Stortinget
Address: Bygning 21 Akershus festning Tel: 23 09 31 38
www.hjemmefrontmuseet.no



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 via www.ticketmaster.no. Any remaining tickets are sold at the entrance. Change of Guard every day at 13:30. Performance by H.M. The King's Guard some days during the summer season.

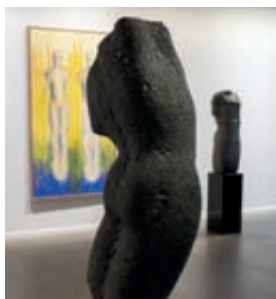
Price: For times and prices, see the Royal Household website
Open: Late June to mid-August.
Transport: Bus 30, 31. Tram 13, 19. Metro to Nationaltheateret
Address: Slottsplassen 1
www.kongehuset.no



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 www.ticketmaster.no. Remaining tickets are available on site.

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



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. Tram 12, 13, 19
Address: Filipstad Brygge 2 Tel: 22 01 24 20
www.fineart.no



11 Historisk Museum

Come face to face with the world's best-preserved Viking helmet and explore magnificent swords and other iconic treasures from the Viking Age. Immerse yourself in the museum's rich church art from the Middle Ages and gain a unique insight into the world's cultural diversity. The Historical Museum is a treasure chest with Norway's largest collection of ethnographic and historical objects.

Tickets and opening hours: See www.historiskmuseum.no
Transport: Tram 11, 17, 18 to Tullinløkka and 13, 19 to Nationaltheatret
Address: Frederiks gate 2 Tel: 22 85 19 00
www.historiskmuseum.no



12 IBSEN Museum & Teater

Take part in a journey back in time and experience the world-renowned playwright's last home in Oslo, where he wrote his last two plays. Take a tour of Ibsen's apartment and get a unique and vivid insight into small and big moments in his life and work. Today, the apartment appears, with its original interior, as it did when Henrik lived there for the last 11 years of his life with his wife Suzannah. The museum also has an exhibition that gives a deeper insight into Ibsen's thoughts, inspirations and creative processes.

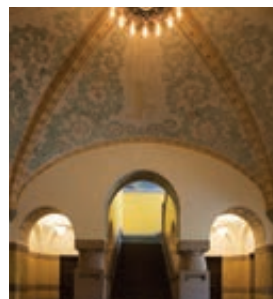
Price: A195,-/C0,-/S140,-/P150,-
Open: See ibsenmt.no
Transport: Metro, tram or bus to Nationaltheatret station
Address: Henrik Ibsens gate 26 Tel: 40 02 35 80
www.ibsenmt.no



13 Kunstneres Hus

Discover exciting exhibitions in iconic halls! Kunstneres 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, Kunstneres Hus Kino. On the first floor you will find Lofthus Samvirkelag - restaurant, bar and café with a famous pizza menu and outdoor seating.

Price: A130,-/S70,-/Under 30 years: 70,-/Under 18: Free
Open: See kunstnereshus.no
Transport: Metro to Nationaltheatret. Tram to Holbergs plass
Address: Wergelandveien 17 Tel: 22 85 34 10
www.kunstnereshus.no



14 Nasjonalbiblioteket

Experience Norwegian cultural history from the Middle Ages to the present day in 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 National Library bar v/Credo and frescoes of Emanuel Vigeland, Axel Revold and Per Krohg alone make the building on Solli plass, from 1913, highly worth a visit.

Price: Free admission.
Open: Mon-Fri 9-21, Sat 10-18
 Subject to changes during Christmas and summer
Transport: Bus 30 and 31 and tram 12 and 13 to Solli plass
Address: Solli plass, Henrik Ibsens gate 110 Tel: 23 27 60 00
www.nb.no



15 Nobels Fredssenter

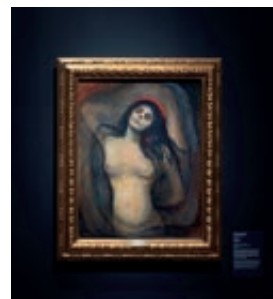
Explore the world's most prestigious prize and get inspired by the people who change the world. Through exciting exhibitions and events, we present the story of the Nobel Peace Prize, Alfred Nobel and the peace prize laureates - in addition to a special exhibition about the most recent peace prize. Step into the surreal universe of photographer Erik Johansson in the exhibition The Echo Chamber and be inspired to look beyond your own echo chambers. The Nobel Peace shop has a selection of books and products reflecting the exhibitions and topics relating to the peace prizes.

Tickets and opening hours: Plan your visit on our website
Address: Brynjulf Bulls Plass 1 Tel: 48 30 10 00
www.nobelpeacecenter.org

16. Nasjonalmuseet
17. Library and documentation archive
18. The Station Master's House
19. Villa Stenersen



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16 Nasjonalmuseet



The National Museum is centrally located by Rådhusplassen. The museum is a world-class exhibition venue for Norway's entire collection of art, architecture and design.

In the permanent 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 3

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 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.

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

In the **National Museum shop** you will find a good selection of books and products inspired by the collection.

The **fashion library International Library of Fashion Research** with around 10,000 books, magazines, catalogues, lookbooks, and other printed materials.

Bollebar

This 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.

www.bollebar.no

Address: Brynjulf Bulls plass 2

Tel: 22 22 30 00



19 Villa Stenersen

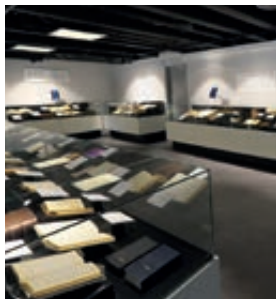
Villa Stenersen was designed by Arne Korsmo and is considered one of the most central buildings in Norwegian functionalism. The house is one of Korsmo's best-known works and was commissioned by the art collector and financier Rolf E. Stenersen in 1937-1939. The villa's conservation status is protected by the Directorate of Cultural Heritage.

You are most welcome to view the property up close! Feel free to take a walk in the garden or around the house. Villa Stenersen is open for tours in the summer.

Address: Tuengen allé 10 C

Tel: 21 98 20 00

www.nasjonalmuseet.no/en



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: A130,-/C0,- **Webinar:** Free

Open: Tue-Wed 12-17, Thu 11-18, Fri-Sun 11-16. Closed Mon.

Transport: Metro to Stortinget. Tram to Øvre Slottsgate.

Address: Nedre Slottsgate 4c Tel: 40 10 57 77

www.nobimu.no



21 Oslo Rådhus



Oslo City Hall opened in 1950 and is decorated with beautiful motifs from Norwegian history, culture and working life. Here the city's political and administrative leadership is located, and the municipal representation takes place with small and large events. This is also where the Nobel Peace Prize is awarded on Dec 10. Visit the website for up-to-date information about Oslo City Hall, opening times and tours.

Open: For updated information, see our website

Address: Fridtjof Nansens plass

www.rft.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. Here you can learn about the whole process, from roe to export-ready salmon. You can also see a live stream from one of our facilities on 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: Every day 11.30-22

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.thevikingplanet.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: 14/1-22/6 and 16/9-8/12: Tue-Thu 9.30-14,

Sat-Sun 11-16, Mon, Fri closed

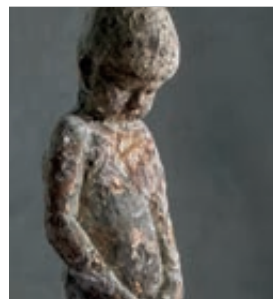
23/6-14/8: Tue-Thu 11-16, Sat-Sun 11-16, Mon, Fri closed

Closed: 11/4-22/4, 15/8-15/9, 9/12-13/1 and public holidays

Transport: Metro 1 to Frøen station

Address: Lille Frøens vei 4 Tel: 22 46 85 73

www.barnekunst.no



25 TBS Gallery

Experience sculpture and painting by visual artist Tore Bjørn Skjølsvik. The artist has works throughout the country that tell about Norwegian culture, social life and history, and several of these can be seen at the TBS Gallery.

Skjølsvik works in a traditional style without being bound by traditions; his goal is sensuality, warmth and faithfulness to nature. The gallery is in a beautiful mansion from the 19th century, with a former stable and a small sculpture park. Welcome.

Tickets and opening hours: See tbsgallery.no

Transport: Metro or train to Nationaltheateret.

Bus: 21 - Homansbyen. Tram: 19 - Homansbyen.

Address: Oscars gate 23 Tel: 938 66 935

www.tbsgallery.no



26 Vigelandmuseet



Close to Vigeland Sculpture Park is one of Norway's most beautiful museums. Experience an 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: A120,-/C0,-(0-17 year), 70,-(18-25 year)/H100,-

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

28. You have
29. barely
30. scratched
31. the surface

oslo
museum



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 cafe and museum shop.

Tickets and opening times: see oslomuseum.no

Transport: Bus 20 or tram 12 to Frogner plass

Address: Halvdan Svartes gate 58 in Frognerparken

www.oslomuseum.no



29 Teatermuseum



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. Teatermuseum is co-located with the Museum of Oslo in beautiful Frognerparken. Nice cafe and museum shop.

Tickets and opening times: see oslomuseum.no

Transport: Bus 20 or tram 12 to Frogner plass

Address: Halvdan Svartes gate 58 in Frognerparken

www.oslomuseum.no



30 Interkulturelt Museum



Take a trip to Oslo's most diverse district and enjoy a different museum experience. Get an insight into current societal topics, art, culture and prejudices in unique exhibitions. 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 Grønland prison, and the former prison cells are used today as unique exhibition spaces.

Tickets and opening times: see oslomuseum.no

Transport: Metro to Grønland

Address: Tøyenbekken 5

www.oslomuseum.no



31 Arbeidermuseum



Arbeidermuseum is idyllically located in the old factory environment by Akerselva. 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 cafe Høse-Lovisa's hus.

Tickets and opening times: see oslomuseum.no

Transport: Tram 11, 12 and 18 to Biermanns gate

Address: Sagveien 28

www.oslomuseum.no

N Natural History Museum

One ticket for all the experiences!

- 32 Geological and zoological exhibitions
- 33 The Botanical Garden
- 34 The Climate house
- 35 The Natural History Library



32 Geological and zoological exhibitions

Experience 4.5 billion years of natural history. Meet dinosaurs and other prehistoric animals, explore the evolution of life, see rocks from the moon and some of the world's most beautiful crystals, and go on a journey of discovery among stuffed animals from all over the world. At the Natural History Museum, you can also experience exhibitions about climate change and the Botanical Garden. The museum ticket gives entry to all the exhibitions.

Price: A180,-/C90,-/S90,-/P140,-
Open: 1/4-9/10: All days 10-17 10/10-31/3: Tue-Sun 10-17, closed Monday. Closed: 17/5, 24-26/12, 31/12, 1/1
Transport: All metros to Tøyen and bus 20 to Tøyenparken
Address: Sars' gate 1/Monrads gate
www.nhm.uio.no



33 Botanisk hage

The Botanical Garden is a museum area and a green oasis in the middle of Oslo. The garden covers 37 acres with 4,500 plant species from all over the world. The garden has two greenhouses and is divided into different gardens, such as mountain garden, Viking garden, willow garden, herb garden, sensory garden and rock garden. In the middle of the Botanical Garden there is also a pleasant cafe. The Botanical Garden is part of the Natural History Museum.

Price: Free admission
Open: 1/4-30/9: 7-21 1/10-31/3: 7-17
Greenhouses: 1/4-30/9: 10-21 1/10-31/3: 10-17
Transport: All metros to Tøyen and bus 20 to Tøyenparken
Address: Sars' gate 1/Monrads gate
www.nhm.uio.no



34 Klimahuset

Experience an interactive and different exhibition about climate and climate change. Learn the difference between weather and climate, sneak a peek into a future that is three degrees warmer, and get a taste of being in the middle of a tropical storm. In the Climate Garden outside, the youngest children can explore weather and nature phenomena through activities and installations. The house is located in the Botanical Garden and is part of the Natural History Museum. The ticket gives access to the rest of the museum.

Price: A180,-/C90,-/S90,-/P140,-
Open: 1/4-9/10: All days 10-17 10/10-31/3: Tue-Sun 10-17. Closed: 17/5, 24-26/12, 31/12, 1/1
Transport: All metros to Tøyen and bus 20 to Tøyenparken
Address: Sars' gate 1/Monrads gate
www.nhm.uio.no



35 Naturhistorisk bibliotek

In our library, young and old visitors can immerse themselves in a myriad of books about nature. There are also activities for the little ones, such as Lego, animal figures, puzzles, and fossils that you can touch. The library is part of The Science Library at the University of Oslo and is the first natural history library with children and young people as its target group. You will find us in the basement of the geological exhibitions.

Tickets: Admission requires a museum ticket and the library has the same opening hours as the exhibitions.
Transport: All metros to Tøyen and bus 20 to Tøyenparken
Address: Sars' gate 1/Monrads gate
www.nhm.uio.no



36 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 housed in a former synagogue from 1921. Exhibitions: "Remember Us in Life - Jewish Destinies 1940-1945", "The Jewish Year" and the outdoor exhibition "Shtetl - A World That Was". Shop with books and Judaica.

Price: A60,-/C30,-/S40,-/P40,-
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 20 84 00
www.jodiskmuseumoslo.no



37 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 sculptures. The artworks are scattered along a large historical and natural landscape, with spectacular views of the city and the fjord. With two restaurants, a museum and the Hakkespettene activity centre for children, it's a lovely place to enjoy tours and organise get-togethers. Visit our website to book a guided tour, and check opening times for the park and museum.

Open: Daily, all year to the public
Transport: Tram 13 and 19 to Ekebergparken
 Bus 34 and 74 to Ekeberg Camping
Address: Kongsveien 23 Tel: 21 42 19 19
www.ekebergparken.com



38 Frammuseet



Come on board *Fram* og *Gjøa*, the world's most famous polar ships. Experience a storm on deck with our award-winning video show around *Fram*, and explore an expedition-ready ship under deck! Join Roald Amundsen in a plane to reach the North Pole, a brand new 4D cinema experience. Opens in June 2025. Exhibitions in 10 languages. Café with outdoor seating. The world's largest polar bookstore. TripAdvisor: Norway's top rated museum for the past nine years, and Oslo's top attraction in 2024! Open *every* day.

Price: A180,-/C70,-/S70,-/P140,-/Family (2+5) 400,-
Open: 1/9-31/5: Mon-Sun 10-17 1/6-31/8: Mon-Sun 9.30-18
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøyneveien 39 Tel: 23 28 29 50
www.frammuseum.no



39 HL-Senteret



The HL Centre is a research, documentation, and communication centre with a focus on the Holocaust, other genocides, and the conditions of minorities in modern society. The centre has, among other things, a Holocaust exhibition, a historical bunker, and the exhibition "IN/VISIBLE - Everyday Racism in Norway". Guided tours on weekends and public holidays, as well as weekdays during the school summer holidays. Villa Grande has a beautiful garden and café with outdoor seating in the summer.

Price: A120,-/C50,-/S50,-/P70,-/Family (2+3) 180,-
Open: See www.hlsenteret.no
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Huk aveny 56 Tel: 22 84 21 00
www.hlsenteret.no



40 Kon-Tiki Museet



Thor Heyerdahl became world famous when he crossed the Pacific Ocean in 1947 with Kon-Tiki. Later he carried out expeditions with the reed boats Ra, Ra II and Tigris, with a strong commitment to the environment and world peace. The original Kon-Tiki raft, with an underwater exhibition with whale sharks, and the Ra II are the museum's main attractions. There are also exhibitions about archaeological excavations, e.g. on Easter Island. Activity corner for children with its own raft. An Oscar-winning documentary is shown daily at 12.

Price: A180,-/C70,-/S70,-/P140,-/Family (2+3) 400,-
Open: See www.kon-tiki.no
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøyneveien 36 Tel: 23 08 67 67
www.kon-tiki.no



41 Norsk Folkemuseum



Open-air museum: Gol Stave Church from the 13th century, farms, houses and environments show people's lives in Norway, both past and present. In the summer, the museum is filled with daily activities, hosts in costume, folk music, handicrafts, and farm animals. The rest of the year there are visible interiors, weekend activities and varied themed days. Large annual Christmas market with a unique atmosphere. Exhibitions: Folk art, folk costumes, church art, Sami cultural treasures, homes and interiors from town and country.

Price: A195,-/C0,-/S140,-/P150,-
Open: 1/5-5/10: Mon-Sun 10-17 6/10-30/4: Tue-Sun 11-16
 Closed: 1/1, 17/5, 24/12, 25/12
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April - Oct)
Address: Museumsveien 10 Tel: 22 12 37 00
www.norskfolkemuseum.no



42 Norsk Maritimt Museum



Norway is a small country, but big out on the sea. In our exhibitions you will meet the Viking, the sailor and the ship-owner, and they all tell their story! See archaeological finds from Oslo. Experience one of the Viking boats from the Gokstad find in the KLINK boat workshop! Here we are also building a Viking boat! For children: "Traveling with the Chief and Sally Jones". Board the ship Queen of Congo and set sail! "Discover the Sea" - myths of monsters and heroes of the sea. Cafe and shop. Outdoor dining May-Sept.

Price: A180,-/C0,-/S120,-/P150,-
 Common tickets with Kon-Tiki and Frammuseet
Open: See www.marmuseum.no
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Bygdøyneveien 37 Tel: 24 11 41 50
www.marmuseum.no



43 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 and English. 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: Normally open June - August
Transport: Bus 30. Ferry from Rådhusbrygge 3 (April-Oct)
Address: Oscarshallveien
www.kongehuset.no



44 Norsk Teknisk Museum



Explore, play and learn in more than 25 themed exhibition and around 100 try-it-yourself installations at Norway's most fun family museum! Experience industry, science, technology and medicine in exhibitions, tours, activities, science shows and workshops. Café and an awesome museum shop.

Price: A165,-/C110,- (over 3 yrs) /S110,-/P110,-
Open: Tue-Fri 9-16, Sat-Sun 10-17. Mon closed.
 Special opening hours during holidays.
Transport: Bus, train and tram. Easy access by car. Parking.
Address: Kjelsåsveien 143 Tel: 22 79 60 00
www.tekniskmuseum.no



45 Holmenkollen and the Ski Museum



"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. The ski museum gives you a unique insight into over 5,000 years of skiing history. In addition you will find a museum shop, café and ski simulator.

For information about our zipline Kollensvevet, see www.kollensvevet.no

Price: A195,-/C95,-/S175,-/P175,-/Family ticket (2+2) 485,-
Open: See holmenkollen.com for updated opening hours
Transport: Metro 1 to Holmenkollen
Address: Kongeveien 5 Tel: 916 71 947
www.holmenkollen.com



46 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: A130,-/C75,-/Family ticket (2+2) 350,-
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
www.skisimulator.no



47 Roseslottet



This spectacular outdoor art installation highlights the values of democracy, the rule of law and humanism. The installation accommodates approx. 300 paintings and installations by Vebjørn and Eimund Sand. Activity map and rebus for children. The Rose Castle was on Time Magazine's list of "The World's 100 Greatest Places" in 2021. Nice hiking areas and a nice cafe and shop. Welcome to the golden castle above Oslo!

Price: A180,-/C100,-/S100,-/P140,-/Family ticket (2+3) 500,-
 Children under 7 years free
Open: Every day all year 11-17, Thursday 11-20
Transport: Metro 1 to Frognerstøtten (50 m from entrance)
 Free parking: At Øvreseterstjern (300 m from entrance)
Address: On top of the hill above Frognerstøtten
 Tel: 901 13 205 www.roseslottet.no



48 Henie Onstad Kunstsenter



A beautiful art centre in scenic surroundings by the fjord, with a wide-ranging exhibition programme, sculpture park, art lab for children, concert programme, café, shop and beach. Henie Onstad is a leading arena for international art with a central art collection. Yayoi Kusama's Hymn of Life, the Sonja Henie room and Sal Merz are on permanent display. In 2025, Skredsvig, the Sveaas' Art Foundation Collection, Taeuber-Arp & Arp, Migra-Tas, and Sandberg will be exhibited.

Price: See www.hok.no
Open: Tue-Sun 11-17, Thu 11-20. 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



49 Bærums Verk

Welcome to Bærums Verk, a unique shopping area in idyllic surroundings. Verksgata with old workers' houses from the 1700s 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. Historical hiking, including entrance to the oven museum, must be booked in advance.

Handelshuset: Mon-Fri 10-20, Sat 10-18
Verkgata: 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



50 Kistefos

Welcome to beautiful Kistefos. Here you can experience world-class architecture, industrial history and art exhibitions. The 50 acre sculpture park has 54 works by prominent contemporary artists. The signature building The Twist is a gallery, a bridge and a sculpture itself. The Twist has received numerous awards for its eye-catching design. The Industrial Museum with its "living factory" gives you a unique insight into modern industrial history. Kistefos offers an outdoor café, museum shop and an activity park for children.

Price: See www.kistefosmuseum.no
Open: May-October. See www.kistefosmuseum.no
Transport: 1 h. from Oslo and Gardermoen. Direct bus from Oslo
Address: Kistefosveien 24 Tel: 61 31 03 83
www.kistefosmuseum.no



51 Sølvgruvene og Norsk Bergverksmuseum

Join the mine train 2.3 km into the mountain to The King's Mine and experience the exciting history of Kongsberg Silver Works. In the summer season there are daily departures, and the rest of the year we offer tours on request. For the adventurous, we have mine safaris! The silver mines are in Saggrenda. The museum's permanent exhibitions are in the old smelting hut in the center of Kongsberg, where you can see, among other things, the world's largest collection of native silver. Here you will also find the museum's learning and activity room for children and youngsters, the Geolab!

Tickets, opening hours and train departures:
 See www.norskbergverksmuseum.no
Address: Se www.norskbergverksmuseum.no Tel: 91 91 32 00
www.norskbergverksmuseum.no

ACTIVITIES

Oslo is a green capital surrounded by forests and the fjord. Wonderful nature experiences await you. Head out on foot, by bike and on skis.



52 Oslo Guidebureau

Book your private guide with us and explore Oslo with a local. We only use licensed guides that will be able to explain and show Oslo in-depth and in an efficient way. We will meet you where you are staying in the city center and explore the heart of Oslo together either by walking, by public transportation or by a private vehicle. We can guide inside the museums, let you enjoy the fjord, the islands and the streets of Oslo. We also have open guided walks: Saturdays, Sundays, Mondays and Wednesdays. Welcome to Oslo!

Season: All year
Booking: www.osloguide.no
Address: Tollbugata 27
More information: Info@osloguide.no Tel: 22 42 28 18



53 When in Norway

When in Norway is Oslo's most complete provider of varied nature experiences in Oslo's forests, on the Oslofjord and in Oslo's green lungs. The activities vary from simple half-day trips in the forest, to guided bicycle tours in the center of Oslo, to island hopping in the Oslofjord. We also offer wonderful city walks with local storytelling and tastings of traditional Norwegian food. In addition we offer friend and company events with team building, workshops, courses, catering and competitions in the forest.

Season: All year
Booking: www.wheninnorway.no
Address: Jernbanetorget 1
More information: www.wheninnorway.no
Tel: 22 20 80 00



54 Viking Biking & Hiking

Oslo's premier provider of outdoor tours. One of the greenest capital cities in the world should be discovered in a green way. The locals love Oslo because of its great nature, whether that be amazing urban parks and Royal Palace gardens, sea cliffs along the coast or a wild forest perched high above the city. Our guides get you in touch with the city like a local, going beyond the usual talking points to share this unique urban setting defined by nature, calmness and the wonderful concept of "friluftsliv".

Season: Year-round activities, both biking and hiking
Booking: www.vikingbikingoslo.com
Address: Please check website for various starting points
More information: info@vikingbikingoslo.com
Tel: 41 26 64 96



55 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 from your kayak - a unique experience! You don't need any prior knowledge, and we adapt the trips according to the guests' level and needs.

Season: May-September
Tickets: www.oslokayaktours.no
Transport: Bus 42 to Sjølyst or 20/31 to Skøyen Station
Address: Drammensveien 164 Tel: 92 42 35 96
www.oslokayaktours.no



56 Skimore Oslo

WINTER: Only 30 minutes from the city centre is Oslo's largest alpine resort, with everything from easy to advanced slopes and parks for all skill levels. All slopes are floodlit in the evenings. Ski school, ski workshop and ski rental.

SUMMER: One of Scandinavia's largest and most impressive climbing parks. Choose between mini trails, family trails and tough trails up to 20 meters above the ground. The climbing park has several ziplines, the longest of which is a whopping 230 metres.

Season: Winter: November-April. Summer: May-October
Tickets: Skimore App (Google Play/App Store)
Transport: Metro to Voksenkollen
Address: Tryvannsveien 64 Tel: 22 14 36 10
www.skimore.no



57 SNØ

Norway's only indoor ski center is only 17 minutes from Oslo S. At SNØ you can go cross-country skiing, downhill skiing, snowboarding, freeskipping or ice climbing on the world's highest indoor ice wall.

The alpine hill has three slopes of varying difficulty, and you will also find a snow park with rails and 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.

Tickets: snooslo.no/products
Transport: Train or bus to Lørenskog station
Address: Snøfonna 5, 1470 Lørenskog Tel: 916 31 490
www.snooslo.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.



59 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 whether 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



58 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



60 Gamle Raadhus

Oslo's first town hall was built in 1641 and today houses the Gamle Raadhus 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 on 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.gamleraadhus.no

61 Grand Café

Grand Café opened its doors in 1874, 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





62 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. Nordic ingredients are at the center, which means an exciting variation that follows the seasons. Grilleriet underwent a renovation in autumn 2023 and welcomes new and old guests to beautiful and modern premises! PS. Did you know that you can have breakfast at Grilleriet every single day?

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



64 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.

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

63 Havsmak

Havsmak is located in the Opera House itself. A gem of a seafood restaurant that takes pride in offering a pure and exclusive taste experience. The secluded atmosphere is in perfect contrast to the bustling city life outside. The interior is inspired by Nordic nature, which gives a hint of what is on the menu. Here you enjoy, as the name suggests, delicious flavours from the sea. First-class ingredients are a matter of course, and there is always a focus on fresh products in season. On the wine list, you will surely find flavours that harmonize with the meal. The menu is inspired by culinary art from all over the world, but our kitchen composes the dishes with a tangible, traditional, Nordic precision.

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



65 Lorry

The cultural institution Lorry is one of Oslo's most popular and legendary restaurants, with a history dating back to 1880. Known for tasty and traditional dishes served in generous portions, and over 200 types of beer. Lorry has a broad Norwegian and international menu and is today a household name in the capital with its two floors where all walls, ceilings and stairs are wallpapered with art, sculptures, antiques, stuffed animals and colourful model boats. The outdoor cafe with its 65 wonderful works of art is Oslo's cosiest. Lorry appeals to a broad target group, politicians, business-people, journalists, actors, writers, artists, cultural figures, and many others.

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



66 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 serves up fantastic seafood experiences in open and welcoming surroundings.

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



68 Sjømagasinet

Sjømagasinet is beautifully located on the water's edge at Tjuvholmen, with a view of the Astrup Fearnley Museum. Sjømagasinet 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.sjomagasinet.no

67 The Scotsman

At Scotsman you get good traditional pub food and an exciting selection of draft beer and ale. We are an inclusive meeting place in the middle of the city, where you get the best of pub culture. Whether you want sports and games, Friday beer, or weekly live music, The Scotsman is your natural first choice. Every Thursday we organize an international quiz in English that is open to everyone. We also have a 600m² brand new floor with sports, karaoke, traditional darts, and a private room for events. At Scotsman we have something for everyone, making you want to come back again and again.

Karl Johans gate 35 - 22 47 44 77
www.scotsman.no



69 Solsiden Restaurant

Solsiden is a seafood restaurant where we only use the best fresh produce the coast has to offer. In addition to 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) and lobster. 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", 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





70 Stortorvets Gjestgiveri

Stortorvets Gjestgiveri is a renowned restaurant with deep roots in Norwegian history and food culture. The menus are based on Norwegian cuisine and combine inspiration from historical roots with contemporary exploratory playfulness. Stortorvet is perfect for both dinner and lunch and has one of Oslo's best backyards. Gjestgiveriet is located in one of Oslo's oldest buildings and has been a popular meeting place since the early 1700s. Here you can eat, drink and enjoy yourself in historic surroundings.

Grensen 1 - 23 35 63 60
www.stortorvet.no



72 O'Connor's Irish Pub

Since the early 20th century, when Effi Melhuus ran Aftenhjemmet, Korsgata 31 has been known for community and unity. This was an important meeting place where people met to share stories and bond with each other. Today we carry on the legacy. With an impressive selection of ales, whiskeys and cocktails, our extensive drinks menu will take you on a journey through the best of Ireland. We also serve simple food that goes well after work or as an evening snack. If you want a game of billiards, you can have so at our pool table. O'Connor's isn't just a pub, it's a community. We look forward to welcoming you and creating good memories. Sláinte!

Korsgata 31 - 47 90 72 69
www.oconnors.no/oslo

71 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 produce and great Norwegian and international dishes meet. The food arrives on the table in the same way that we like to serve good friends. Good meals result from 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



73 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 a place 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 enjoy food from everywhere in Mathallen. Or you can visit one of the restaurants and have 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



74 Sabaki

Sabaki opened in the Skøyen district in August 2023. The restaurant offers a visual and gastronomic experience in Japanese and Asian cooking. Dim sum and crispy duck meet sushi, sashimi and Robbataiyaki - a preparation method where wonderful produce is grilled over an open flame. Here you can, among other things, be served grilled fish, ox or lamb. With Japanese precision and high quality, Sabaki offers an experience for all the senses.

Drammensveien 126 B - 40 00 05 43
www.sabaki.no



76 Ekebergrestauranten

The Ekeberg restaurant lies in the hills over-looking Bjørvika, the waterfront and the medieval park. Experience panoramic views of the Oslo fjord, the islands, the Opera, the city and Holmenkollen. The building itself consists of several social areas, so that everyone can find a room they will enjoy. 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

75 Abelone

Abelone Kitchen & Bar is a restaurant with a fondness for delicious food, the good life, and live music. We are a down-to-earth bar and eatery with a great appetite for beer and culinary delights. At the bar, you'll find a wide selection of drinks. We have a dedicated cocktail menu that adds a flavorful twist to the classics, and which also changes seasonally. Our food menu is perfect for those looking for lunch or dinner in the heart of Oslo. The menu focuses on dishes that represent the good life: cheese omelets, grilled meats, fried chicken, gourmet burgers, and more. With a stage at the front of the restaurant, we offer live music every weekend.

Brugata 11 - 91 37 81 53
www.abeloneoslo.no



77 Grønland Boulebar & Spiseri

Norway's first indoor boules bar! We are the only establishment in Oslo that offers boules combined with delicious meals, drinks, and exciting events. It's not just on the boules courts that you get a taste of France. Our kitchen has found the same inspiration, offering French cuisine in an informal way. With a total of five indoor and two outdoor boules courts, arcade games and two bars, we offer activities for those who want a complete experience. For Formula 1 enthusiasts we have two racing rigs where you can test your skills, and every week we offer a quiz, opera pub, pub poker and live jazz.

Grønlandsleiret 27 - 90 71 65 27
www.gronlandboule.no



Hovedlinjer i sentrale Oslo Central Oslo key lines

Ruter#



T-bane
Metro



Trikk
Tram



Buss
Bus



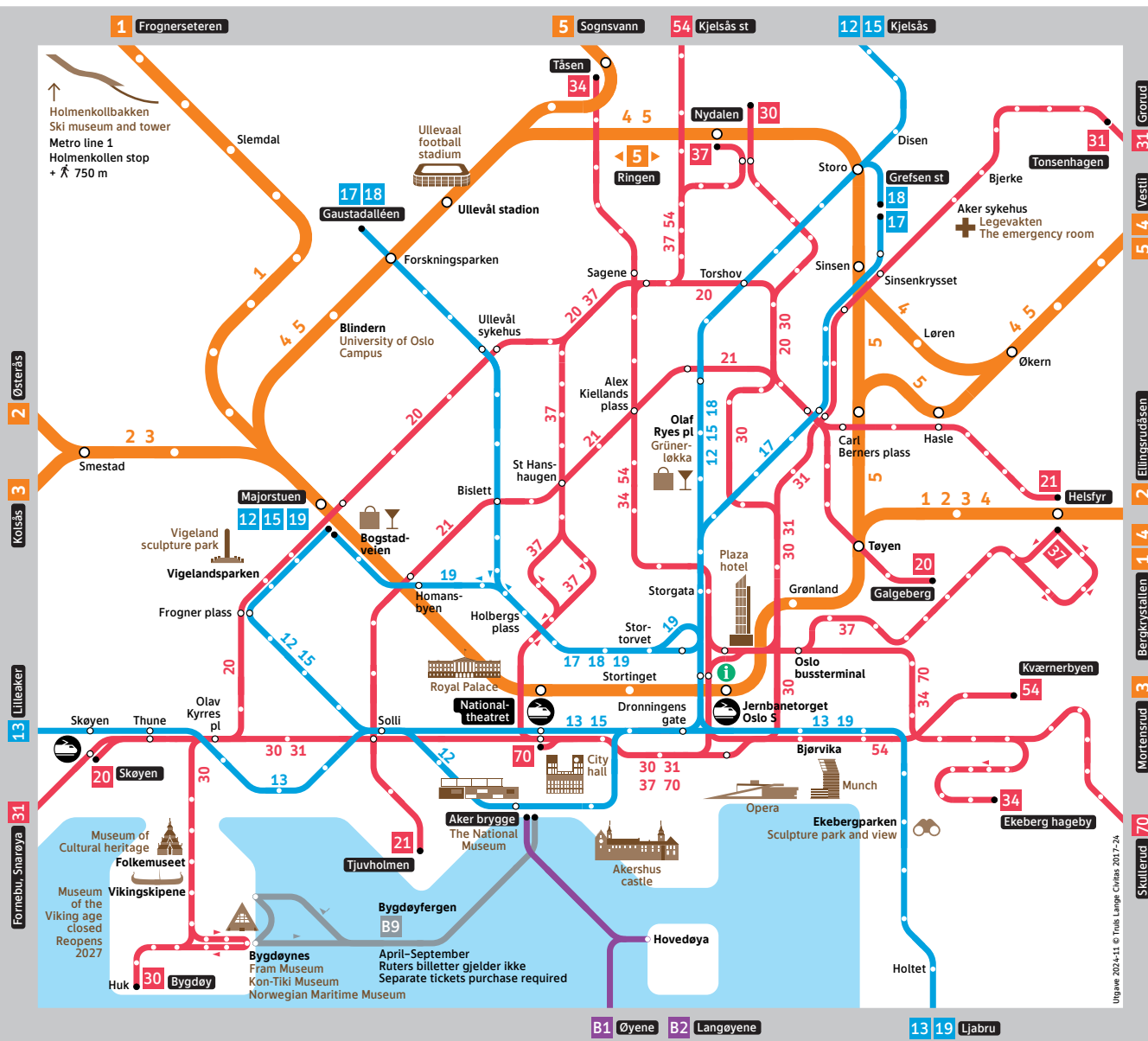
Båt
Ferry



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



ruter.no / Kundensenter 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.

Ruter#

