



Photo: DigitalMammoth/Shutterstock.com



Anna Jedynak/Shutterstock.com



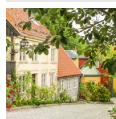
William Perugini/Shutterstock.com



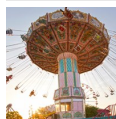
Vladimir Mucibabic/Shutterstock.com

Known for its seamless blend of natural beauty and modern urban life, Oslo offers a unique Scandinavian experience. From its iconic waterfront, dotted with sleek architecture, to its cultural landmarks like the Viking Ship Museum, the Munch Museum, and the Royal Palace, Oslo delights visitors with its rich history and contemporary charm. With a thriving arts scene, innovative cuisine, and a commitment to sustainability, Oslo is a dynamic city that captivates travellers with its stunning landscapes, friendly locals, and progressive spirit.

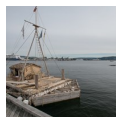
Featured



Damstredet & Telthusbakken
Damstredet & Telthusbakken is a picturesque area in central Oslo with charac...



Tusenfyrd Amusement Park
Located just 20 kilometres south of Oslo in Vinterbro, Tusenfyrd is Norway's...



Kon-Tiki Museum
Thor Heyerdahl, a Norwegian adventurer and ethnographer, earned internationa...



Sognsvann Lake
Sognsvann Lake, a beloved recreational area, is conveniently located just a ...



National Museum – Architecture
The combination of classical and modernist architecture makes

Top 5



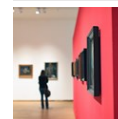
Oslo Opera House
An iconic city landmark, the white-oblique building of the Opera House is lo...



Aker Brygge & Tjuvholmen
Aker Brygge is a lively and very popular area situated right by the fjord. I...



Vigeland Park
Located in Frogner Park, Vigeland Park is home to more than 200 sculptures i...



Munch Museum
Boasting an impressive 13 floors and 11 exhibition spaces, the Munch Museum,...



Akershus Fortress
Originally constructed as a medieval fortress in 1299 by King Håkon V, it wa...

THE CITY



Krzysztof Zalewski/Shutterstock.com

Nestled between the Oslofjord and the surrounding green hills, Oslo is a vibrant city which has evolved from its humble origins as a Viking settlement to become a thriving modern metropolis.

Founded around the year 1000 AD by the Viking king Harald Hardrada, Oslo served as an important trading hub. Throughout the Middle Ages, the city experienced various power struggles and changed hands between Norwegian, Danish, and Swedish rulers.

In 1624, a devastating fire razed much of the city to the ground. This catastrophe presented an opportunity for King Christian IV of Denmark-Norway to redesign Oslo, granting it city status and renaming it Christiania.

The city flourished under Danish rule and later came under Swedish control during the Napoleonic era. Fast forward to 1905, when Norway gained independence from Sweden, and Christiania regained its original name, Oslo, as the capital of the newly established Norwegian state.

The early 20th century witnessed significant urban development, with grand public buildings and cultural institutions shaping the city's

skyline.

In recent years, Oslo has become renowned for its sustainable practices and environmental initiatives, including its eco-friendly transportation. Parks and green spaces are integral to Oslo's urban fabric, providing residents and visitors with ample opportunities to connect with nature.

Today, Oslo is a cosmopolitan city, blending a modern and innovative outlook with its historical charm. It is home to world-class museums, including the iconic Viking Ship Museum and the Munch Museum. The city's culinary scene is thriving, with a diverse range of international cuisines and a strong emphasis on locally sourced ingredients.

DO & SEE



Scharfsinn/Shutterstock.com

Oslo is a lively city, brimming with museums, art, and entertainment, ensuring visitors are constantly engaged and, therefore, never bored. In the heart of the city, one can easily transition from exploring Viking history and charming old wooden neighbourhoods to immersing themselves in the hip districts with innovative architecture and contemporary art. The cityscape is alive with frequent festivals and concerts, scattering delightful melodies and festivities throughout Oslo.

Oslo Opera House



An iconic city landmark, the white-oblique building of the Opera House is located right next to the harbour and was constructed to

emulate a floating glacier. Offering a rich program of opera and ballet, this emblematic building has oak interiors, street-level windows, and a shimmering marble rooftop. To climb it and enjoy great views over Oslo and its fjord is a must for every visitor.

Photo: Medvedeva Oxana/Shutterstock.com

Address: Kirsten Flagstads Plass 1, Oslo

Phone: +47 21 42 21 21

Internet: operaen.no/en

Email: post@operaen.no

Aker Brygge & Tjuvholmen



Aker Brygge is a lively and very popular area situated right by the fjord. It has witnessed enormous development since the days when it

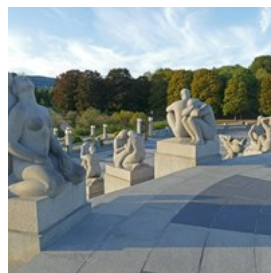
used to be a shipyard up until the 80s. Now, visitors and locals come here for shopping, al fresco dining at one of the countless restaurants and bistros, or just to take a stroll along the waterfront.

Tjuvholmen is an area located on a peninsula adjacent to Aker Brygge, between Pipervika and Filipstad. It has also undergone remarkable transformations throughout its history. Once a bustling dock, shipyard, and warehouse district, Tjuvholmen has evolved into a modern hub characterised by innovative architecture and bustling with stylish apartments and trendy restaurants.

Tjuvholme also hosts many art galleries, a sculpture park, and a city beach. Here you'll also find the Astrup Fearnley Museum of Modern Art, housed in a spectacular wooden building designed by Renzo Piano.

Photo: byggarn.se/Shutterstock.com

Vigeland Park



Located in Frogner Park, Vigeland Park is home to more than 200 sculptures in bronze, granite, and cast iron by Norwegian artist Gustav Vigeland,

and is one of Norway's most popular tourist attractions. Every year, over one million visitors come here to discover this curious park and its sculptures, including the mighty Monolith, The Angry Boy, and the touching Wheel of Life sculpture. There is also a museum displaying the works of Gustav Vigeland, plus temporary art exhibitions.

Photo: Milan Sommer/Shutterstock.com

Address: Nobels Gate 32, Oslo

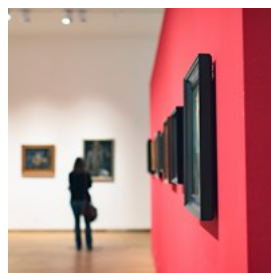
Opening hours: The park is open 24/7. The museum is open from Tue-Sun 10am-5pm

Phone: +47 23 49 37 00

Internet: vigeland.museum.no/en

More Info: The park is open to visitors all year round at no cost.

Munch Museum



Boasting an impressive 13 floors and 11 exhibition spaces, the Munch Museum, known simply as Munch, houses a remarkable collection of 26,000 works by Munch, including 1,183 paintings, providing a comprehensive exploration

of Munch's artistic legacy. Notably, visitors can marvel at the iconic painting "The Scream", which is on permanent display within the museum.

Photo: Ysbrand Cosijn/Shutterstock.com

Address: Edvard Munchs Plass 1, Oslo

Opening hours: Sun-Tue 10am-6pm, Wed-Sat 10am-9pm

Phone: +47 23 49 35 00

Internet: www.munchmuseet.no/en

Email: info@munchmuseet.no

More Info: Near the Oslo Opera House

Akershus Fortress



Originally constructed as a medieval fortress in 1299 by King Håkon V, it was later transformed into a Renaissance castle and royal residence under

the reign of King Christian IV. Throughout the centuries, this historic landmark has stood witness to pivotal events that have shaped the country's history. Guided tours are available daily.

Photo: Paulo Miguel Costa/Shutterstock.com

Address: Grev Wedels Plass 5, Oslo

Phone: + 47 23 09 39 17

Internet:

kultur.forsvaret.no/forsvarets-festninger/akershus-festning

Royal Palace



The neo-classical Royal Palace lies right at the end of Karl Johann Gate and makes for a very impressive sight. The park, which surrounds

the palace, is a popular picnic and sunbathing spot thanks to its grassy areas and majestic trees. Every day at 1:30 pm the guard changing ceremony takes place.

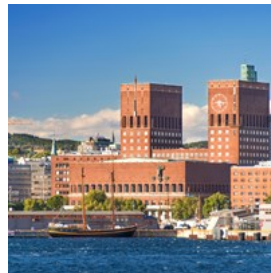
Photo: Ahnjo/cc by-sa 4.0/Wikimedia(image cropped)

Address: Slottsplassen 1, Oslo

Phone: +47 22 04 87 00

More Info: The palace is accesible during summer season with guided tours only.

Oslo City Hall (Rådhuset)



The double-towered building made of red bricks housing the city council, the city's administration, and various other municipal

organisations is a major symbol of the city. The interiors are decorated with scenes of Norwegian culture, history, and working life from the first half of the 20th century. The ceremony for the Nobel Peace Prize awarding is held here every year.

Photo: Nanisimova/Shutterstock.com

Address: Rådhusplassen 1, Oslo

Opening hours: Daily 9am-4pm

Phone: +47 23 46 12 00

Internet: www.oslo.kommune.no/oslo-city-hall

Bygdøy



Bygdøy is a beautiful peninsula not far from district Frogner. There are many popular museums here, but the peninsula is also a

well-appreciated recreational area during the summer months, with beaches, hiking trails, and cycling paths.

Photo: Maria Endermar/Shutterstock.com

Address: Bygdøy, Oslo

Damstredet & Telthusbakken



Damstredet & Telthusbakken is a picturesque area in central Oslo with characteristic wooden houses from the 19th

century. These two narrow and winding streets, lined with colourful houses are the perfect way to take a break from the hustle and bustle of the city and experience some authentic old-Norway atmosphere. Surrounding this idyllic setting, you'll find the peaceful Egeberggløkka, an area boasting allotment gardens, as well as the medieval Gamle Aker Kirke (Old Aker Church), adding to the historical charm of the surroundings.

Photo: Arnsdale/Shutterstock.com

Norwegian Museum of Cultural History



Norsk Folkemuseum is an extensive open-air museum at Bygdøy displaying more than 150 traditional buildings from all around Norway,

including the impressive Gol Stave Church from around 1200. Craft demonstration, animal feeding and horse and carriage riding are among the many activities available daily through the summer. An indoor exhibition showcases traditional handicraft items, national costumes, and folk art, and offers exceptional insight into Sami history and culture.

Photo: vyskoczilova/Shutterstock.com

Address: Museumsveien 10, Oslo

Opening hours: Daily 10am-5pm

Phone: +47 22 12 37 00

Internet: norskfolkemuseum.no/en

Email: post@norskfolkemuseum.no

Museum of Cultural History



At the Museum of Cultural History, visitors will find a vast collection of artefacts that span Norwegian history, tracing back from the Ice

Age to the era of Christianity. With a particular emphasis on the Viking period and the Middle Ages, it comprehensively explores these significant chapters. On the upper floors, visitors can immerse themselves in an ethnographic museum that showcases rotating exhibitions, offering a glimpse into diverse cultures and traditions.

Photo: Vidariv/cc by-sa 3.0/Wikimedia(image cropped)

Address: Frederiksgate 2, Oslo

Opening hours: Tue-Sun 10am-5pm, Mon closed

Phone: 47 22 85 19 00

Internet: www.historiskmuseum.no/english/

Email: info@khm.uio.no

Botanical Garden



Escape the bustling energy of Oslo at the Botanical Garden, where you'll find a serene oasis of expansive greenery.

Established in 1814, it holds the distinction of being Norway's oldest garden. It features an Arboretum showcasing approximately 1,800 plant varieties, including an array of exotic species, plus a scent garden and wooden sculptures by British artist Tom Hare.

Photo: Nanisimova/Shutterstock.com

Address: Sars Gate 1, Oslo

Opening hours: Sat-Thu 7am-9pm, Fri 7am-5pm

Phone: +47 22 85 16 30

Internet: www.nhm.uio.no/english/index.html

Tusenfryd Amusement Park



Located just 20 kilometres south of Oslo in Vinterbro, Tusenfryd is Norway's largest amusement park. With a wide range of attractions to choose from, including a thrilling wooden roller coaster, carousels, and exciting long rides, a visit to Tusenfryd promises a fantastic time for both children and adults.

Photo: rustycauck/Shutterstock.com

Address: Fryds Vei 25, Vinterbro

Opening hours: Daily 10:30am-7pm

Phone: +47 64 97 64 97

Internet: www.tusenfryd.no/en

Email: firmapost@tusenfryd.no.

Holmenkollen Ski Museum



Nestled at the base of Holmenkollbakken, a renowned ski jumping hill in Oslo, the Holmenkollen Ski Museum is an absolute must-visit for

sports enthusiasts. Established in 1923, it holds the esteemed title of being the world's oldest ski museum. It takes visitors on a journey through 4,000 years of skiing history, offering fascinating insights and exhibits. Furthermore, a visit to Holmenkollbakken provides an extraordinary experience, as you ascend to the top of the ski jump hill and behold breathtaking panoramic views of Oslo and its picturesque fjord. For added excitement, try the ski simulator to get a taste of the thrill of jumping from Holmenkollen.

Photo: Marcel Alsemgeest/Shutterstock.com

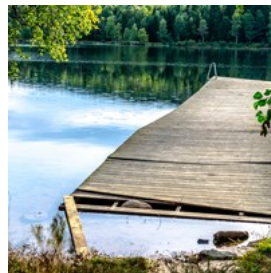
Address: Kongeveien 5, Oslo

Phone: +47 91 67 19 47

Internet: www.skiforeningen.no/en/holmenkollen/

Email: post@skiforeningen.no

Sognsvann Lake



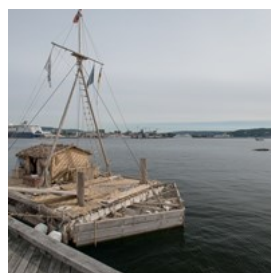
Sognsvann Lake, a beloved recreational area, is conveniently located just a stone's throw away from Oslo's city centre. Throughout

the winter, the landscape comes alive with skiers, while in the summer, the approximately 3-kilometre path encircling the lake attracts numerous walkers and runners. This picturesque destination offers a plethora of activities, including picnicking, swimming, and fishing, providing endless opportunities to enjoy the great outdoors.

Photo: Tim M/Shutterstock.com

Address: Sognsvann Lake, Oslo

Kon-Tiki Museum



Thor Heyerdahl, a Norwegian adventurer and ethnographer, earned international fame for his expeditions across the Pacific Ocean on board the Kon-Tiki and Ra in 1947. And at the Kon-Tiki Museum, you can follow the intriguing events during his expeditions and their significance to world history. See the actual balsa and papyrus rafts, and learn more about Heyerdahl's travels.

Photo: Nanisimova/Shutterstock.com

Address: Bygdøynesveien 36, Oslo

Opening hours: Daily 9:30am-6pm

Phone: +47 23 08 67 67

Internet: www.kon-tiki.no

Email: kon-tiki@kon-tiki.no

National Museum — Architecture



The combination of classical and modernist architecture makes the building signed by two of the most important Scandinavian architects,

Fehn and Grosch, an attraction in itself. Here you can find changing exhibitions related to different historical periods, with photos, models, and drawings, as well as a gift shop and café.

Photo: Jean-Pierre Dalbéra/cc by 2.0/Wikimedia(image cropped)

Address: Bankplassen 3, Oslo

Opening hours: Mon-Fri 10am-3pm, Sat & Sun closed

Phone: +47 21 98 20 00

Internet: www.nasjonalmuseet.no

Email: info@nasjonalmuseet.no

Norwegian Maritime Museum



The Norwegian Maritime Museum is located on the Bygdøy peninsula. Here, visitors can enjoy fascinating environmental exhibitions about fishing, shipbuilding, sailing, marine archaeology, and an impressive collection of boat models and marine paintings.

Photo: [sirtravelalot/Shutterstock.com](https://www.shutterstock.com)

Address: Bygdøynesveien 37, Oslo

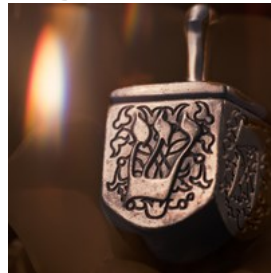
Opening hours: Mon-Sat 10am-5pm, Sun 11am-4pm

Phone: +47 24 11 41 50

Internet: marmuseum.no/en

Email: fellespost@marmuseum.no

Center for Studies of the Holocaust & Religious Minorities



The Centre for Studies of Holocaust and Religious Minorities showcases a modern exhibition that sheds light on the Holocaust. Through a

combination of powerful imagery, immersive sounds, films, artefacts, and informative textual documents, the exhibition chronicles the tragic genocide of European Jews. It also highlights the Nazi State's systematic mass murder and persecution of other targeted groups and minorities.

Photo: Robert Zunikoff/Unsplash

Address: Villa Grande, Huk Aveny 56, Oslo

Opening hours: Daily 10am-6pm

Phone: +47 22 84 21 00

Internet: www.hlsenteret.no/english

Email: post@hlsenteret.no

DINING



[LMspencer/Shutterstock.com](https://www.shutterstock.com)

Oslo is an exceptionally modern capital with a large variety of ethnic cuisines, gourmet restaurants, and traditional eateries. Norway's capital is also one of the most expensive cities in the world. For that reason, prices are generally high. However, if you are travelling on a budget, cheaper alternatives serving good quality food can also be found all around the city.

Sanguine Brasserie



Sanguine Brasserie sits in the middle of the iconic Opera House's foyer. You can visit during day time, have a coffee in the sun, or combine a grand

dinner with an opera show. Serving Norwegian classics and some international dishes, Sanguine's menu changes every month.

Photo: Mostovyi Sergii Igorevich/Shutterstock.com

Address: Oslo Opera House, Kirsten Flagstads Plass 1, Oslo

Opening hours: Daily noon-8pm

Phone: +47 21 42 21 42

Internet: www.sanguinebrasserie.no/english

Email: post@opera-huset.no

Syverkiosken



Syverkiosken has become an iconic symbol of Oslo, offering affordable and delicious hot dogs — arguably the best ones in Norway. The boiled

wieners are prepared following a family recipe, wrapped in a sort of thick potato pancake, and served with a wide range of traditional toppings.

Photo: Skumer/Shutterstock.com

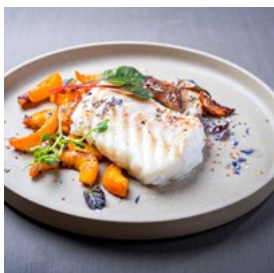
Address: Maridalsveien 45B, Oslo

Opening hours: Mon-Fri 10am-11:30pm, Sat & Sun noon-11:30pm

Phone: +47 94 85 90 91

Internet: www.instagram.com/syverkiosken

Ekebergrestauranten



The first thing that strikes you as you enter the Ekeberg restaurant is the magnificent view over the Oslo fjord, the islands, and the city. This

restaurant was first built in 1916 but was modified into its current appearance in 1929, following a design competition. Ekeberg consists of several restaurants, a bar/lounge, an outside venue, and a fine dining restaurant upstairs.

Photo: hiphoto/Shutterstock.com

Address: Kongsveien 15, Oslo

Opening hours: Mon-Sat noon-9pm, Sun noon-8pm

Phone: +47 23 24 23 00

Internet: www.ekebergrestauranten.com/english

Email: post@ekebergrestauranten.com

Cheap Eats in Oslo



While it's true that eating out in Oslo can be pricey, the city also offers a range of wallet-friendly choices that cater to travellers looking to save

some money.

Here are some suggestions for affordable eats in the city:

- Syverkiosken: an iconic hot dog stand on Maridalsveien 45B.
- Illegal Burger: charcoal grilled, homemade burgers served at two locations: Møllergata 23 & Olaf Ryes Plass 4.
- Freddy Fuego Burrito Bar: freshly-made burritos in the heart of Oslo on Hausmanns Gate 31a.
- Mamma Pizza Osteria: tasty pizza and pasta for a great price on Dronningens Gate 22.
- Munchies: popular hamburger restaurant with several locations around Oslo: Thorvald Meyers Gate 36A, Pløens Gate 4 & Skovveien 4.
- Haralds Vaffel: waffle shop on Olaf Ryes Plass 3.
- Tuk Tuk Thai: Thai restaurant on Møllergata 8.

Photo: Igor Rand/Unsplash (cropped)

Theatercaféen



A classic Viennese-style venue located inside the elegant Continental Hotel and just in front of the National Theatre,

Theatercaféen is one of the most popular eateries in Oslo. The focus is on national cuisine, with Norwegian classics from both sea and land prepared with local, fresh ingredients.

Photo: Mateusz Gzik/Shutterstock.com

Address: Stortingsgaten 24/26, Oslo

Opening hours: Tue-Sat 11am-11pm, Sun & Mon closed

Phone: +47 22 82 40 50

Internet: www.theatercafeen.no/english

Email: bord@theatercafeen.no

Asylet



Nestled within the city's oldest wooden house, Asylet is a charming bar and restaurant that invites you to savour classic Norwegian dishes

in an inviting and rustic setting. When the sun graces the city, bask in the summer vibes on their terrace, soaking up the rays. And as winter sets in, find solace by the comforting fireplace, enveloped in a cosy ambience.

Photo: Paul Einerhand/Unsplash

Address: Grønland 28, Oslo

Opening hours: Mon-Fri 11am-midnight, Sat noon-midnight, Sun noon-10pm

Phone: +47 22 17 09 39

Internet: asylet.no/en/

Email: bestilling@asylet.no

Munchies Grünerløkka



Munchies is a budget-friendly choice that boasts some of the best burgers (including plant-based ones) and fries in Oslo. With three

branches conveniently located throughout the city, it's easy to satisfy your cravings. Munchies also offers a selection of quality craft beers to complement your meal.

Photo: veryulissa/Shutterstock.com

Address: Thorvald Meyers Gate 36A, Oslo

Opening hours: Mon-Thu 11am-10pm, Fri & Sat 11am-3am, Sun 11am-11pm

Internet: www.munchies.no

Alex Sushi



Modern interiors, top-quality ingredients, and innovative cuisine have made Alex Sushi one of the most popular sushi restaurants in town. The

food is prepared just in front of the customers' eyes and the menu offers a broad choice of different combinations of tastes and cooking styles.

Photo: prapass/Shutterstock.com

Address: Cort Adelers Gate 2, Oslo

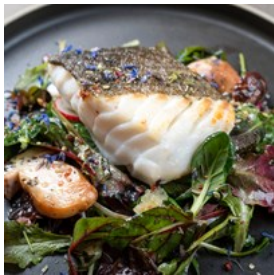
Opening hours: Mon-Sat 4pm-11pm, Sun closed

Phone: +47 22 43 99 99

Internet: www.alex sushi.no

Email: alex@alex sushi.no

Louise Restaurant & Bar



Louise Restaurant & Bar is situated on the premises occupied by the Aker boat workshop in the 1920s. Many unique artefacts from Oslo's

naval history were utilised for its interior decoration. The restaurant overlooks the beautiful Oslo fjord and the Akershus Fortress across the water and offers prime-quality seafood based on seasonal Norwegian ingredients. In the summer, the outside area is very popular.

Photo: hiphoto/Shutterstock.com

Address: Stranden 3, Oslo

Opening hours: Mon-Thu 11am-10:30pm, Fri & Sat

11am-3am, Sun noon-9:30pm

Phone: +47 22 83 00 60

Internet: www.restaurantlouise.no/engelsk

Email: booking@restaurantlouise.no

Delicatessen



Delicatessen is a popular eatery serving classic and modern Spanish tapas dishes as well as salads and sandwiches in a casual atmosphere. The

jamon and manchego and the saffron and chorizo croquettes come highly recommended.

Photo: Takin' Shotz/Shutterstock.com

Address: Søndre Gate 8, Oslo

Opening hours: Sun-Wed noon-10pm, Thu & Fri noon-11pm,

Sat noon-midnight

Phone: +47 22 46 72 00

Internet: delicatessen.no/en/grunerlokka/

Email: post@cres.no

Trattoria Popolare



Located in an old brewery, Trattoria Popolare serves classic Italian dishes made from seasonal and fresh ingredients in a casual

setting, along with a wide selection of wine to accompany your dish.

Photo: Piyato/Shutterstock.com

Address: Trondheimsveien 2, Oslo

Opening hours: Mon 11am-9pm, Tue-Fri 11am-10pm, Sat

noon-10pm, Sun noon-9pm

Phone: +47 40 67 52 31

Internet: www.popolare.no

Email: post@popolare.no

Palace Grill



Palace Grill is an intimate, gourmet restaurant specialising in seafood dishes. It features a ten-course menu, plus a live music

bar, and an outdoor club area for DJ sets. During the summer, don't miss the opportunity to relax in their lovely beer garden while savouring a refreshing drink of your choice.

Photo: valeriiarnaoud/Shutterstock.com

Address: Solligata 2, Oslo

Opening hours: Mon-Sat 5pm-3am

Phone: +47 23 13 11 40

Internet: palacegrill.no

Hanami



Hanami is an elegant Japanese restaurant situated at the picturesque Tjuvholmen, providing an enchanting waterside dining

experience. With its focus on sushi and robata grill dishes, Hanami presents the ideal venue to indulge in Japanese cuisine amidst a stunning backdrop.

Photo: Wuttisit Somtui/Shutterstock.com

Address: Kanalen 1, Oslo

Opening hours: Mon-Wed 11am-midnight, Thu & Fri

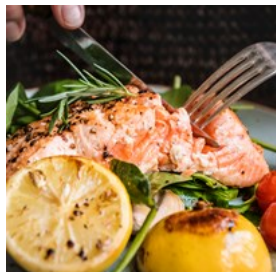
11am-2am, Sat 1pm-2am, Sun 4pm-10pm

Phone: +47 22 83 10 90

Internet: hanami.no/en/

Email: post@hanami.no

Stortorvets Gjæstgiveri



In the town centre lies one of Oslo's oldest buildings where people have gathered since the early 1700s. Here you can eat, drink, and admire the historic surroundings while sampling some authentic Norwegian dishes.

Photo: Rawpixel.com/Shutterstock.com

Address: Grensen 1, Oslo

Opening hours: Tue-Sat noon-10pm, Sun & Mon closed

Phone: +47 23 35 63 60

Internet: stortorvet.no

Email: bestilling@storgjest.no

Bølgen & Moi



Bølgen & Moi is located in an old power station and is definitely worth a visit. The restaurant offers a diverse menu for both lunch and dinner

featuring salads, sandwiches, and an extensive selection of wines to be enjoyed in its industrial-chic setting.

Photo: Inspired by Maps/Shutterstock.com

Address: Bygdøy Allé 53, Oslo

Phone: +47 24 11 53 53

Internet: www.bolgenogmoi.no/en/restaurant-gimle-en/

Yaya's Restaurant Vika



A laid-back environment where you can indulge in a variety of traditional Thai cuisine at a very reasonable price, have a drink at the beach bar and enjoy the happy reggae tones.

Photo: jutamas/Shutterstock.com

Address: Munkedamsveien 53B, Oslo

Opening hours: Sun-Thu 4pm-9pm, Fri & Sat 4pm-10pm

Phone: +47 22 83 71 10

Email: feedback@yayas.no

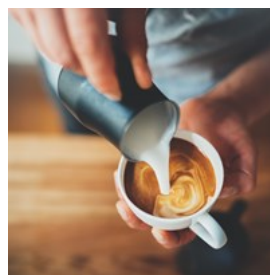
CAFÉS



Jacob Lund/Shutterstock.com

Cosy espresso bars, charming bakeries, and tasty snacks can be found in every corner of Oslo's districts, and the proximity to sublime landscapes surely makes a coffee break in the city a delightful one.

Tim Wendelboe



Extremely popular micro-roastery and espresso bar, Tim Wendelboe serves prime-quality coffee-based beverages and makes for the perfect place to experience

the Nordic coffee culture. All beans are self-sourced and hand-roasted in the shop.

Photo: ImYanis/Shutterstock.com

Address: Grüners Gate 1, Oslo

Opening hours: Mon-Fri 8:30am-6pm, Sat & Sun 11am-5pm

Internet: timwendelboe.no

Email: brenneriet@timwendelboe.no

Café Sør



Café Sør seamlessly transitions from a cosy, intimate café during the day to an exciting club atmosphere at night.

Throughout the day, patrons can relax and enjoy a laid-back ambience while savouring aromatic coffee and exploring their light lunch menu. As the sun sets, the atmosphere transforms, and Café Sør unveils its vibrant nightlife persona. The space comes alive with energetic DJ sets and a tantalizing selection of cocktails, inviting guests to let loose and dance the night away.

Photo: Jacob Lund/Shutterstock.com

Address: Torggata 11, Oslo

Opening hours: Sun & Mon noon-1:30am, Tue-Thu noon-2:30am, Fri & Sat noon-3:30am

Internet: www.cafesor.no

Email: post@cafesor.no

Pascal



Pascal is a famous French café and patisserie celebrated for its delectable cakes, pastries, and petit fours crafted to the highest international standards. Indulge in a tempting array of confections that will transport your taste buds to the streets of France. Alongside their irresistible sweet treats, Pascal also serves

delightful and authentic French dishes for a satisfying lunch experience.

Photo: Anne-Sophie/cc by 2.0/Flickr(image cropped)

Address: Henrik Ibsens Gate 36, Oslo

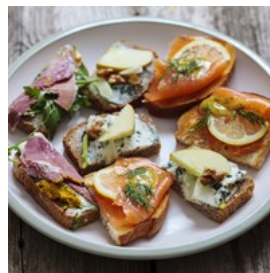
Opening hours: Mon-Sat 11am-5pm, Sun noon-5pm

Phone: +47 22 55 00 20

Internet: www.pascal.no/restauranter/henrik-ibsensgate-36/

Email: post@pascal.no

Skansen



Skansen is a stylish café and restaurant ideally located right by Christiania Plaza, with an amazing view over Rådhusplassen, drenched

in sunlight until late in the evening during the summer. The menu mostly contains classics, including Norwegian fish, shrimp, and mussels.

Photo: Magdanatka/Shutterstock.com

Address: Rådhusgata 32, Oslo

Phone: +47 24 20 13 11

Internet: cafeskansen.no

Email: bordbestilling@cafeskansen.no

Hjemme hos Svigers



Located in an old postal office on the picturesque Bygdøy peninsula, this family-run café embraces a warm and inviting atmosphere with an

interior decorated with antiques that add to its cosy charm. Their menu is thoughtfully curated, with a focus on gluten- and lactose-free options. Indulge in their homemade burgers, refreshing salads, and comforting soups, all crafted to cater to dietary preferences and restrictions.

Photo: Brent Hofacker/Shutterstock.com

Address: Fredriksborgveien 16, Oslo

Opening hours: Tue-Sun 11am-6pm, Mon closed

Phone: +47 22 55 62 26

Internet: cafehjemmehossvigers.no

Email: cafehjemmehossvigers@gmail.com

Åpent Bakeri



Åpent is a cosy little bakery located in the city centre of Oslo serving prime-quality pastries, home-baked with fresh ingredients and following

traditional recipes. Besides pastries and cakes, you will also have an excellent choice of salads and hot drinks to be enjoyed on the outside patio.

Photo: [ampersandphoto/Shutterstock.com](https://www.shutterstock.com/ampersandphoto)

Address: Inkognito Terrasse 1, Oslo

Opening hours: Mon-Fri 7:30am-5pm, Sat 8am-5pm, Sun 9am-4pm

Phone: +47 92 04 65 43

Internet: www.apentbakeri.no

Email: post@apentbakeri.no

Fuglen



Drop by Fuglen to have an aromatic coffee or choose from well-selected tea flavours from Asia.

During the night, the café turns into a cocktail bar

and you get the chance to try some of the best cocktails in the city while mingling. Fuglen is also a vintage design shop and everything from furniture to plates and cutlery is for sale here.

Photo: [kikovic/Shutterstock.com](https://www.shutterstock.com/kikovic)

Address: Universitetsgata 2, Oslo

Opening hours: Mon & Tue 7am-9pm, Wed & Thu 7am-11pm, Fri 7am-2am, Sat 9am-2am, Sun 9am-9pm

Internet: fuglen.no

Email: cadre@fuglen.no

Stockfleths



Stockfleths is a well-regarded café chain in Oslo, known for its high-quality espresso drinks and loose teas.

This modern coffee shop

is a favourite spot for many locals and the biggest of the seven locations across the city. They also serve baked goods, cakes and sandwiches.

Photo: [baranq/Shutterstock.com](https://www.shutterstock.com/baranq)

Address: Prinsens Gate 6, Oslo

Opening hours: Mon-Fri 7am-6pm, Sat 10am-6pm, Sun closed

Phone: +47 40 09 23 64

Internet: stockfleths.as

Café Sara



Centrally located, Café Sara has more of a pub-like atmosphere with cosy wooden interiors and a backyard garden.

The menu features

burgers, burritos & BBQ dishes, which are served until late at night.

Photo: [Yulia Davidovich/Shutterstock.com](https://www.shutterstock.com/YuliaDavidovich)

Address: Hausmanns Gate 29, Oslo

Opening hours: Mon-Sat 11am-3:30am, Sun 1pm-3:30am

Phone: +47 22 03 40 00

Internet: www.instagram.com/cafesaraoslo/

Email: kontakt@cafesara.no

Café Laundromat



Café Laundromat is based on an unusual concept: not only can you have a cup of coffee or a meal, but you can also do your laundry at the same time.

They serve a variety of meals like burgers, salads, and pizzas. Grab a book from their big collection, have a snack and sip some coffee while waiting for your laundry.

Photo: locrifa/Shutterstock.com
Address: Underhaugsveien 2, Oslo
Opening hours: Daily 10am-1am
Phone: +47 21 38 36 29
Internet: www.laundromat.no
Email: post@laundromat.no

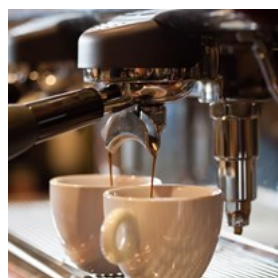
Javelin Coffee & Tea



A cosy neighbourhood café, Javelin serves delicious homemade cakes, sandwiches, and soups along with plenty of hot drinks in a relaxed and quiet atmosphere.

Photo: suriyachan/Shutterstock.com
Address: Bøgata 10, Oslo
Opening hours: Mon-Wed 8am-6pm, Thu & Fri 8am-8pm, Sat 10am-8pm, Sun 10am-6pm
Phone: +47 98 63 89 04
Internet: www.kampenbar.no
Email: kampenkaffebar@gmail.com

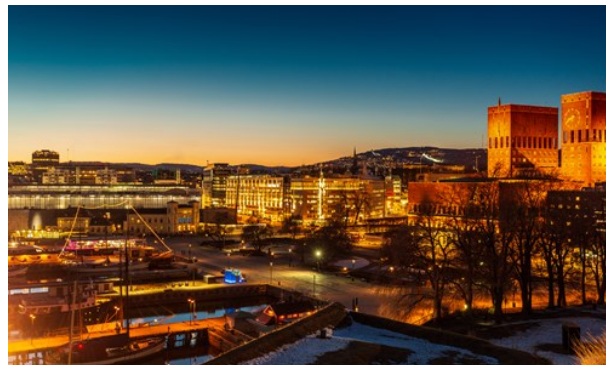
Espresso House



Espresso House is a well-established café brand in Scandinavia. Oslo is not an exception and invites you to a place where quality coffee and quaint ambience go hand in hand. Sit back and sip on their delicious coffee and enjoy an irresistible pastry.

Photo: Lostry7/Shutterstock.com
Address: Nordre Gate 18, Oslo
Opening hours: Daily 8am-7pm
Internet: no.espressohouse.com/en

BARS & NIGHTLIFE



basiczto/Shutterstock.com

Oslo offers an abundance of options for an enjoyable evening, with a vibrant selection of top-notch wine bars, renowned clubs, and innovative night spots. Whether you prefer fancy cocktail bars or more chilled venues, the central area of the city caters to diverse tastes.

For those seeking a more laid-back experience, Grünerløkka is the perfect destination. Here, you can unwind with a refreshing beer in the company of a relaxed crowd.

Torggata Botaniske



A lush cocktail bar with climbing plants covering the ceiling and its own greenhouse. The interiors are simple and classy while the superb cocktails are made with high-quality spirits and fresh ingredients grown in their greenhouse. The cocktail list changes according to the season.

Photo: Jacob Lund/Shutterstock.com
Address: Torrgata 17B, Oslo
Opening hours: Sun-Thu 5pm-1am, Fri & Sat 2pm-3am
Internet: www.torggatabotaniske.no
Email: post@torggatabotaniske.no

Territoriet



Territoriet is a wine bar with an intimate atmosphere offering almost 400 different wines, most of which are available by the glass.

They have wines for every taste and price range that can be enjoyed with some cheese and finger food. All the music at Territoriet is played on vinyl and can be also chosen by customers.

Photo: MaksLogvinov/Shutterstock.com

Address: Markveien 58, Oslo

Opening hours: Mon-Thu 4pm-1am, Fri 3pm-1am, Sat-Sun noon-1am

Internet: www.territoriet.no/english

Email: karin@territoriet.no

Blå



Blå is an alternative live music venue hosting numerous concerts that vary from indie to rock to jazz bands. They have both Norwegian and

international artists performing early in the evenings and then, as time progresses, Blå turns into a vibrant nightclub with DJ sets. They also have a great outdoor terrace on the banks of the Akerselva River.

Photo: Melinda Nagy/Shutterstock.com

Address: Brenneriveien 9C, Oslo

Opening hours: Mon-Thu 4pm-midnight, Fri-Sun noon-3am

Internet: www.blaaoslo.no

Aku-Aku



Aku-Aku is a popular Tiki Bar which transports its guests to a Polynesian oasis with its colourful decorations and

atmosphere. Known for boasting Norway's largest rum selection, it offers an impressive array of cocktails that cater to every taste. Additionally, Aku-Aku also serves its own tap beer, and while the drinks may be a little pricey, they remain within the average price range for Oslo.

Photo: Shyripa Alexandr/Shutterstock.com

Address: Thorvald Meyers Gate 32, Oslo

Internet: www.akuaku.no

Email: post@akuaku.no

Bar Boca



The smallest bar in Oslo, Bar Boca is a cosy venue with 1950s decor serving some of the best cocktails in town. The selection is huge and the bartenders

are always ready to make off-the-list cocktails on the spot. They also serve craft beer and wine.

Photo: Adam J Horwitz/Shutterstock.com

Address: Thorvald Meyers Gate 30, Oslo

Opening hours: Mon & Tue 4pm-1am, Wed & Thu 4pm-2am, Fri & Sat 2pm-3am, Sun 2pm-1am

Internet: www.instagram.com/barbocaoslo/

The Villa



The Villa is an underground club where live DJs spin electronic music on two different dance floors.

Photo: Melinda Nagy/Shutterstock.com

Address: Møllergata 23-25, Oslo

Opening hours: Fri-Sat 10pm-3am

Phone: +47 93 25 57 45

Internet: www.instagram.com/thevillaoslo/

Email: post@thevilla.no

Dattera til Hagen



Dattera Til Hagen is a colourful bar and café on two floors with a popular backyard beer garden.

The café serves tapas, salads, burgers, and

pasta. They also host regular events like concerts, improv theatre, and stand-ups. On the weekends, there are DJs on both floors.

Photo: Joey_Danuphol/Shuttersyock.com

Address: Grønland 10, Oslo

Phone: +47 22 17 18 61

Internet: dattera.no

Email: kontakt@dattera.no

The Dubliner Folk Pub



The Dubliner Folk Pub brings the lively spirit of Ireland to the heart of Oslo with its large selection of beers and delicious pub fare, along

with weekly live folk music and big-screen sports.

Photo: Kirill Z/Shutterstock.com

Address: Rådhusgata 28, Oslo

Opening hours: Mon 3pm-midnight, Tue-Fri 3pm-3am, Sat

1pm-3am, Sun 1pm-midnight

Phone: +47 22 33 70 05

Internet: www.dubliner.no

Email: post@dubliner.no

T.G.I. Fridays



A well-established chain restaurant serving American food, beer, and cocktails in a festive and casual environment.

Photo: Monkey Business Images/Shutterstock.com

Address: Stranden 39, Oslo

Phone: +47 45 83 24 35

Internet: fridays.no

SHOPPING



Daniel_Dash/Shutterstock.com

In Oslo, you'll discover a wide array of shopping options. From sprawling shopping malls and department stores to unique boutiques and charming shopping streets, the Norwegian capital has got it all. Additionally, antique shops, flea markets, and local handicraft shops are also very popular with both locals and visitors alike.

Sunday Market at Blå



The Sunday Market in Ingensgate, also known as The Sunday Market at Blå, is a handicraft and second-hand market, which takes place every Sunday all year around. Designers and craftsmen sell their handmade products, like ceramics, knitwear, glass, jewellery, paintings, and soap.

Usually, some street-food stalls are also present.

Photo: Helge Høifødt/cc by-sa 3.0/Wikimedia(image cropped)

Address: Ingens Gate, Oslo

Opening hours: Sun noon-5pm

Phone: +47 41 32 99 54

Internet: linktr.ee/oslosundaymarket

Email: sondagsmarkedet@kunaoslo.no

Aker Brygge



Situated by the stunning Oslo fjord, Aker Brygge is a sought-after neighbourhood where shopping and dining converge. With over 30

diverse shops, it offers a vibrant array of fashion, design, flowers, books, jewellery, home decor, and cosmetics. Along the boardwalk, Aker Brygge boasts a lovely strip of restaurants, creating an inviting ambience for indulging in al fresco dining.

Photo: Grisha Bruev/Shutterstock.com

Address: Aker Brygge, Oslo

Internet: www.akerbrygge.no

Email: post@akerbrygge.no

Oslo City



One of the biggest shopping malls in Oslo and the most visited in Norway, Oslo City has more than 90 shops and eateries spread over five

floors. Here you'll find shops selling everything from clothes, shoes and accessories to music, home decor and electronic devices.

Photo: veryulissa/Shutterstock.com

Address: Stenersgata 1, Oslo

Opening hours: Mon-Fri 10am-10pm, Sat 10am-8pm, Sun closed

Phone: +47 40 00 73 70

Internet: oslo-city.steenstrom.no/

Cappelens Forslag Bookshop



Cappelens Forslag is an independent bookshop selling used, new, and antiquarian titles of both rare and cult literature.

The books are mostly in English, but also in Norwegian and other languages. They also have a small selection of vinyl and photographs as well as a cosy café.

Photo: GaudiLab/Shutterstock.com

Address: Bernt Ankers Gate 4B, Oslo

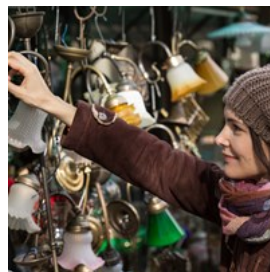
Opening hours: Mon-Fri noon-6pm, Sat noon-3pm, Sun closed

Phone: +47 93 66 59 93

Internet: www.instagram.com/cappelensforslag/

Email: post@cappelensforslag.no

Birkelunden Flea Market



Held every Sunday, all year round, this bric-a-brac market is worth experiencing even if you're not planning to buy anything. Here you'll

find countless stalls selling a range of everything, from books and clothing items to kitchen utensils and small pieces of furniture.

Photo: Rishiken/Shutterstock.com

Address: Birkelunden Park, Oslo

Opening hours: Sun noon-7pm

Gutta på Haugen



A well-stocked deli shop with top-quality cheeses, sausages, cold cuts, olive oils, and sweet treats, both Norwegian and international. They also

sell fresh produce and ice cream. Be sure to try the traditional Brunost (brown cheese) and the Norwegian flatbread.

Photo: Artens/Shutterstock.com
Address: Ullevålsveien 45, Oslo
Opening hours: Daily 8am-7pm
Phone: +47 22 60 85 12
Internet: www.gutta.no
Email: nettbutikk@gutta.no

Paleet



Situated on the bustling Karl Johans gate, Paleet is a sophisticated shopping gallery exuding style and elegance.

Within its walls, you'll discover a curated collection of over 30 high-end fashion and lifestyle shops, along with inviting bars, cafés, and gourmet restaurants.

Photo: nd3000/Shutterstock.com
Address: Karl Johans Gate 37-43, Oslo
Opening hours: Mon-Fri 10am-8pm, Sat 10am-6pm, Sun closed
Phone: +47 23 08 08 11
Internet: paleet.no/english/
Email: paleet@klpeiendom.no

Chillout



A travellers' paradise, Chillout is a one-of-a-kind shop, which combines a bookshop, a travel agency, a travel gear shop, and a café all under

the same roof. At the entrance level, you'll find all sorts of travel-related products and apparel while downstairs you will find their impressive travel books collection. The guides, maps, and photography books, although for sale, you are free to browse through them while sipping on

one of the internationally-inspired hot beverages from the café.

Photo: Kimrawicz/Shutterstock.com
Address: Markveien 55, Oslo
Opening hours: Mon-Fri 10am-7pm, Sat 10am-6pm, Sun noon-5pm
Phone: +47 22 35 42 00
Internet: chillout.no

Arkaden



Located in Karl Johans Gate, in the heart of Oslo, Arkaden is a compact shopping centre featuring a mix of shops, services, and casual eateries.

Photo: Syda Productions/Shutterstock.com
Address: Karl Johans Gate 5-7, Oslo
Opening hours: Mon-Fri 10am-8pm, Sat 10am-6pm, Sun closed
Phone: +47 22 17 05 71
Internet: arkaden.no
Email: arkaden@olavtho.no

Eger



Located in the heart of Oslo's main shopping street, Eger is a trendy high-end department store representing more than 300 international

brands from the most elegant shops, plus restaurants, and cafés.

Photo: Syda Productions/Shutterstock.com
Address: Karl Johans Gate 23B, Oslo
Opening hours: Mon-Fri 10am-7pm, Sat 10am-6pm, Sun closed
Internet: egeroslo.no/en/
Email: info@egeroslo.no

Bærums Verk



Just a few miles outside of Oslo, you'll find Bærums Verk, a charming village founded over 400 years ago to increase the

Dano-Norwegian iron production. Today, it has transformed into a bustling haven of eateries, shops, galleries, and workshops.

At Bærums Verk, many of the shops are dedicated to showcasing the artistic talents of local craftsmen, featuring a wide range of hand-made products—from intricate quilts to pottery, jewellery, and stunning glasswork, this village has got it all. Whether you're in search of a unique hand-crafted souvenir or simply yearning for a leisurely stroll, Bærums Verk is the perfect destination to satisfy your desires.

Photo: Alexander Ottesen/cc by 2.0/Flickr(image cropped)
Address: Bærums Verk

Steen & Strøm

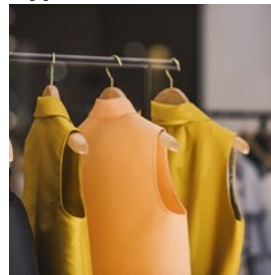


Steen & Strøm is a high-end department store with seven floors filled with well-known, Norwegian, Scandinavian, and

international brands. In the basement, there is a food court with many restaurants and specialised deli shops.

Photo: Mockey Business Images/Shutterstock.com
Address: Nedre Slottsgate 8, Oslo
Opening hours: Mon-Fri 10am-7pm, Sat 10am-6pm, Sun closed
Internet: steenogstromoslo.no
Email: info@steenogstromoslo.no

Byporten



Byporten is a shopping centre with more than 70 shops and several restaurants and cafés in the middle of downtown Oslo, right next to Oslo

Central Station. Here you will find everything from clothes and accessories to shoes, beauty products, electronics, and housewares.

Photo: Creative Lab/Shutterstock.com
Address: Jernbanetorget 6, Oslo
Opening hours: Mon-Fri 10am-9pm, Sat 10am-8pm, Sun closed
Phone: +47 92 61 44 80
Internet: byporten.no
Email: byporten@byporten.no

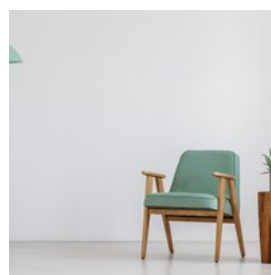
Bryggeriutsalget Grünerløkka



Beer store featuring one of the widest selections of beers in Norway—over 300 labels, including gluten- and alcohol-free options.

Photo: Piotr Piatrouski/Shutterstock.com
Address: Nordre gate 18, Oslo
Opening hours: Mon noon-8pm, Tue-Fri 10am-8pm, Sat 10am-6pm, Sun closed
Phone: +47 41 37 27 22
Internet: bryggeriutsalget.no
Email: kontakt@bryggeriutsalget.no

Utopia Retro Modern



Utopia Retro Modern is a design gallery that specialises in the finest works of design, art, and decorative arts. Its focus lies particularly on

Scandinavian and Italian design.

Photo: Photographee.eu/Shutterstock.com

Address: Bygdøy Allé 60, Oslo

Opening hours: Tue-Fri 12:30pm-6pm, Sat 1pm-4pm, Sun & Mon closed

Phone: +47 21 30 48 85

Internet: www.utopiaretromodern.com

Email: info@utopiaretromodern.com

TOURIST INFORMATION



Beas777/Shutterstock.com

Passport/Visa

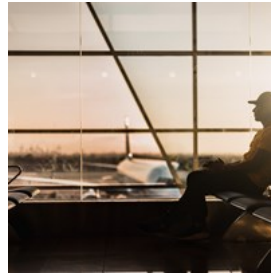


Norway can be visited visa-free for up to 90 days by citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country.

International (non-Schengen) travellers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport but must have a valid ID with them during their stay.

Photo: ConvertKit/Unsplash

Oslo Airport (OSL)



Oslo's main airport (OSL), also known as Oslo Gardermoen Airport or simply Gardermoen, is situated 50 kilometres north of the Norwegian capital. The airport coaches and high-speed trains depart regularly for central Oslo.

The train takes about 20 minutes and there are two trains to choose from:

- The Airport Express Train (Flytoget)
- Vy (formerly NSB), the national Norwegian railway company

There are also several buses to take from the airport, one of them is Airport Express Coach (Flybussen) which runs every 20 minutes every day between the airport and the city centre.

Taxis are represented at the airport, just head over to the taxi information desk in the arrival hall where you will get information about the fixed rates of the different taxi companies. They can also help you book a taxi, otherwise, the taxi rank is just outside the arrival hall.

Photo: Marco López/Unsplash

Address: Edvard Munchs Veg, Gardermoen

Phone: +47 64 81 20 00

Internet: avinor.no/en/airport/oslo-airport

TORP Sandefjord Airport (TRF)



TORP Sandefjord Airport (TRF) is located in Sandefjord, approximately 120 kilometres southwest of Oslo's city centre.

Torp-Ekspressen coaches will take you to Oslo's

bus terminal from the airport.

Vy (formerly NSB) has a train service to Oslo that runs from the train station by the name of Torp, located between Stokke and Sandefjord. There is a connected shuttle bus service between the airport and the train station that takes approximately 4 minutes.

Taxis and car rental companies are also represented at the airport.

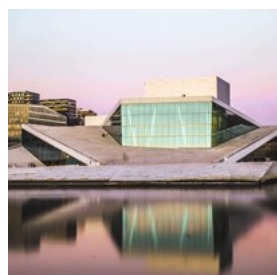
Photo: CHUTERSNAP/Unsplash

Address: Torpveien 130, Sandefjord

Phone: +47 33 42 70 00

Internet: torp.no/en/welcome-to-torp-sandefjord-airport

Best Time to Visit



The best time to visit Oslo is in late spring and during the summer, as the temperatures rise and you can enjoy numerous outdoor activities. It can still get chilly, however, so make sure to pack proper clothes. Spring and summer are some of the most popular seasons to travel to Oslo, especially from May to July. During this period, you will experience nearly 24 hours of daylight.

For those who are interested in winter sports, November to April are good periods to visit. In the north of the city, there are great skiing opportunities but be aware the temperatures are around freezing and the daylight hours are short.

Photo: Arsene M Øvrejorde/Unsplash

Public Transport



and local trains.

Oslo has convenient public transportation, and there are multiple options for travelling around the city, including buses, trams, subways, ferries,

The public transport system is operated by Ruter, and they are all part of the same ticketing and pricing system. Tickets can be purchased from Ruter's Customer Service Centre (in front of Oslo Central Station), from ticket machines at metro stations, or in most Narvesen and 7Eleven shops. Single tickets can be bought on the buses and ferries, but be aware it gets more expensive than tickets bought in advance. There is also Ruter's mobile ticket app where you can buy single, 24-hour, 7-day, and 30-day tickets before boarding.

Photo: Ant Rozetsky/Unsplash

Internet: ruter.no/en/

Taxi



than if you book one by telephone.

You can easily catch a taxi from one of Oslo's many taxi stands or call ahead to book. Do not try to hail cabs on the street, fares are more expensive

Oslo Taxi
+47 02323

Norgestaxi
+47 08000

Photo: Maik Winnecke/Unsplash

Post



In addition to the regular post offices, many grocery stores have a postal service. Stamps are also available from most newsagents and tobacconists.

Photo: Ali Bakhtiari/Unsplash

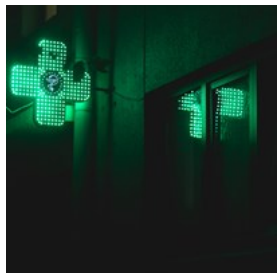
Address: Grønland Post Office - Olafsiangangen 5, Oslo

Opening hours: Mon-Fri 9am-6pm, Sat 10am-3pm, Sun closed

Phone: +47 22 03 00 00

Internet: www.posten.no

Pharmacy



In Oslo, some of the largest pharmacy chains include Vitusapotek, Ditt Apotek, and Apotek 1. The pharmacy Vitusapotek on Jernbanetorget is open around the clock.

Photo: Dima Mukhin/Unsplash

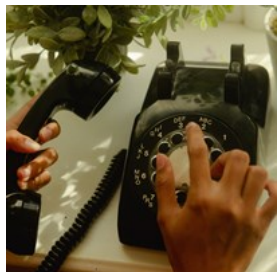
Address: Vitusapotek - Jernbanetorget 4B, Oslo

Opening hours: 24/7

Phone: +47 23 35 81 00

Internet: www.vitusapotek.no

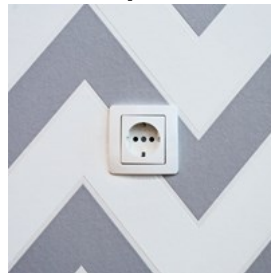
Telephone



Country code: +47 Area code for Oslo: 022, 023 or 024

Photo: Wesley Hilario/Unsplash

Electricity



230 V, 50 Hz

Photo: Neven Krcmarek/Unsplash

Population

702,543 (2022)

Currency

Norwegian Kroner (NOK) 1 krone = 100 øre

Opening hours

Shops are normally open Mon-Fri 10am-6pm and Sat 10am-4pm. Department stores are open Mon-Fri 10am-8pm and Sat 9am-6pm.

Newspapers

VG (Verdens Gang) — www.vg.no

Aftenposten — www.aftenposten.no

Dagbladet — www.dagbladet.no

Emergency numbers

Police: 112

Fire Brigade: 110

Ambulance: 113

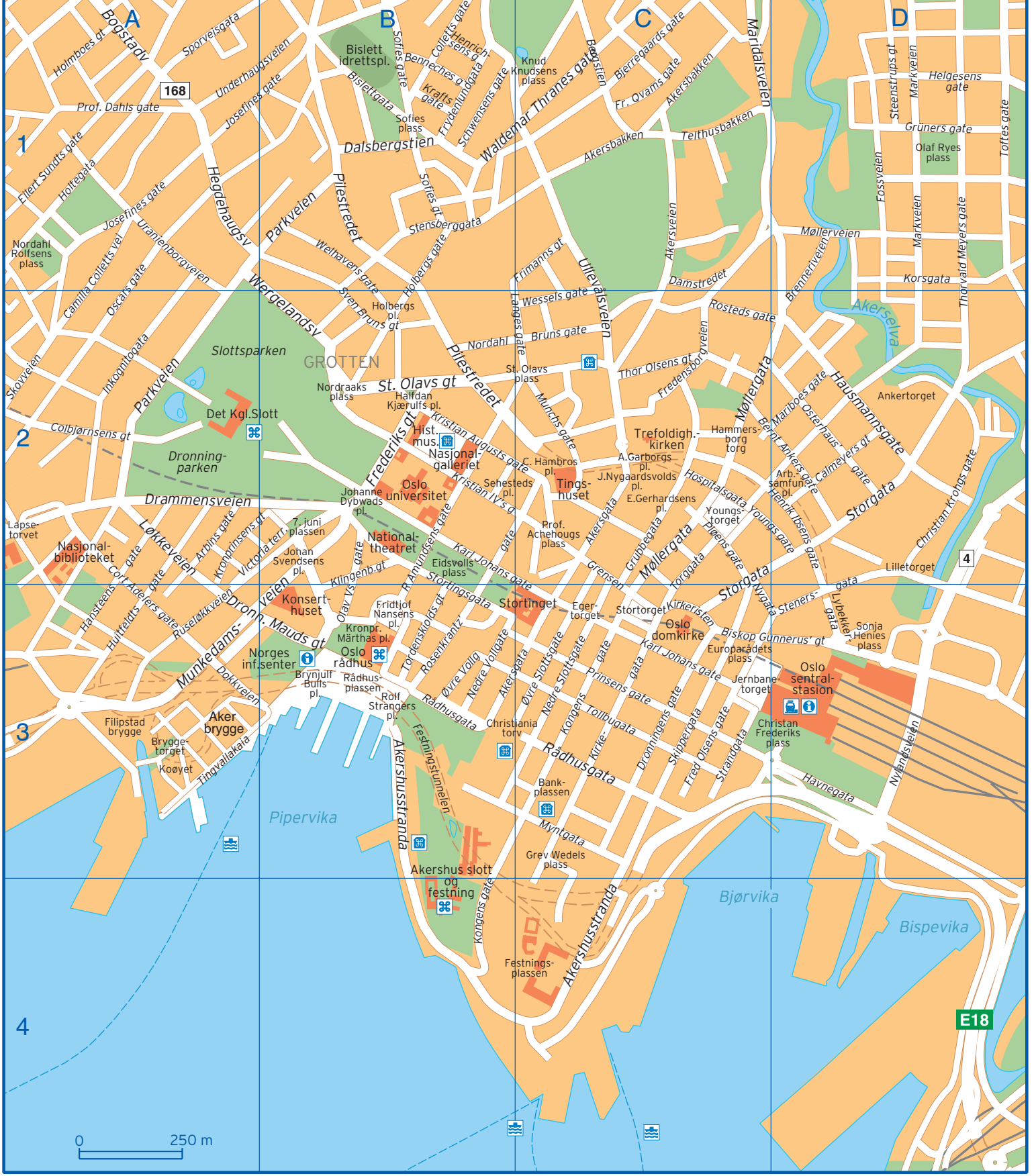
Tourist information

Oslo Visitor Centre (Østbanehallen, next to Oslo Central Station)

Jernbanetorget 1, Oslo

+47 23 10 62 00

Open Mon-Sat 9am-6pm, Sun 9am-4pm



168

1

2

3

4

A

B

C

D

0 250 m

E18

Destination: Oslo

7. juni plassen	B2	Frimanns gate	C1	Munkedamsveien	A3 B2 B3
Akersbakken	C1	Frydenlundgata	B1	Myntgata	C3
Akersgata	B3 C2 C3	Grensen	C2 C3	Møllergata	C2 D2
Akershusstranda	B3 C4	Grev Wedels plass	C3	Møllerveien	D1
Akersveien	C1	Grubbegata	C2	Nedre Slottsgate	C3
Ankertorget	D2	Grüners gate	D1	Nedre Vollgate	B3
Arbeidersamfunnets plass	D2	Halfdan Kjærulfs plass	B2	Nordahl Bruns gate	B2 C2
Arbins gate	A2	Hammersborg torg	C2	Nordahl Rolfsens plass	A1
Arne Garborgs plass	C2	Hansteens gate	A3	Nordraaks plass	B2
Bankplassen	C3	Hausmannsgate	D2	Nygata	C3 D3
Benneches gate	B1	Havnegata	D3	Nylandsveien	D3
Bergstien	C1	Hegdehaugsveien	A1	Olaf Ryes plass	D1
Bernt Ankers gate	C2 D2	Helgesens gate	D1	Olav Vs gate	B2 B3
Biskop Gunnerus' gate	C3 D3	Henrichsens gate	B1	Oscars gate	A1 A2
Bislettgata	B1	Henrik Ibsens gate	C2 D2	Osterhaus' gate	D2
Bjerregaards gate	C1	Holbergs gate	B1 B2	Parkveien	A2 B1
Bogstadveien	A1	Holbergs plass	B2	Pilestredet	B1 B2
Brenneriveien	D1 D2	Holmboes gate	A1	Pløens gate	C2
Bryggetorget	A3	Holtegate	A1	Prinsens gate	C3
Brynjulf Bulls plass	B3	Hospitalsgata	C2	Professor Achehougs plass	C2
C. Hambros plass	C2	Huitfeldts gate	A3	Professor Dahls gate	A1
Calmeyers gate	D2	Inkognitogata	A2	Roald Amundsens gate	B2 B3
Camilla Colletts vei	A1 A2	Jernbanetorget	C3 D3	Rolf Strangers plass	B3
Christan Frederiks plass	C3 D3	Johan Nygaardsvolds plass	C2	Rosenkrantz' gate	B2 B3 C2
Christian Krohgs gate	D2	Johan Svendsens plass	B2	Rosteds gate	C2 D2
Christiania torv	B3 C3	Johanne Dybwads plass	B2	Ruseløkkveien	A3
Colbjørnsens gate	A2	Josefines gate	A1 B1	Rådhusgata	B3 C3
Colletts gate	B1	Karl Johans gate	B2 C3	Rådhusplassen	B3
Cort Adelers gate	A2 A3	Kirkegata	C3	Schwensens gate	B1
Dalsbergstien	B1	Kirkeristen	C3	Sehesteds plass	B2 C2
Damstredet	C1	Klingenberggata	B2 B3	Skippergata	C3
Dokkveien	A3	Knud Knudsens plass	C1	Skovveien	A2
Drammensveien	A2	Kongens gate	B3 B4 C3	Sofies gate	B1
Dronning Mauds gate	A3 B3	Korsgata	D1	Sofies plass	B1
Dronningens gate	C3	Koøyet	A3	Sonja Henies plass	D3
Egertorget	C3	Krafts gate	B1	Sporveisgata	A1
Eidsvolls plass	B2	Kristian Augusts gate	B2 C2	St. Olavs gate	B2
Eilert Sundts gate	A1	Kristian IV's gate	B2	St. Olavs plass	B2 C2
Einar Gerhardsens plass	C2	Kronprinsens gate	A2 B2	Steenstrups gate	D1
Europarådets plass	C3 D3	Kronprinsesse Märthas plass	B3	Stenersgata	D2 D3
Festningsplassen	B4 C4	Langes gate	B2 C2	Stensberggata	B1
Festningstunnelen	B3	Lapsetorvet	A2	Storgata	C3 D2
Filipstad brygge	A3	Lilletorget	D2	Stortingsgata	B2 B3
Fossveien	D1	Lybekkergata	D3	Stortorget	C3
Fred Olsens gate	C3	Løkkeveien	A2	Strandgata	C3
Fredensborgveien	C2	Mariboers gate	D2	Sven Bruns gate	B2
Frederikke Qvams gate	C1	Maridalsveien	C1	Telthusbakken	C1
Frederiks gate	B2	Markveien	D1	Thor Olsens gate	C2
Fridtjof Nansens plass	B3	Munchs gate	C2	Thorvald Meyers gate	D1 D2

Destination: Oslo

Tingvollakaia	A3	Underhaugsveien	A1 B1	Wessels gate	C2
Toftes gate	D1	Uranienborgveien	A1	Youngs gate	C2 D2
Tollbugata	C3	Victoria terrasse	A2 B2	Youngstorget	C2
Tordenskiolds gate	B3	Waldemar Thranes gate	B1 C1	Øvre Slottsgate	C3
Torggata	C2 C3	Welhavens gate	B1 B2	Øvre Vollgate	B3
Ullevålsveien	C1 C2	Wergelandsveien	A1 B2		

Information is subject to change. Please contact your Lifestyle Consultant for the most up-to-date recommendations.