

# OSLO

Between the Oslo Fjord and the green hills of Osloomarka lies the Norwegian capital. The combination of city life and easy access to outdoor activities makes Oslo a unique destination. Oslo is the biggest city in Norway, and has been the country's capital since 1814. The Government and Parliament are located here, and at the end of Oslo's main street, Karl Johan's gate, you find the Royal Palace.

Oslo has everything you would expect from a capital. The city offers an abundance of attractions, shopping possibilities and a flourishing cultural life, and a choice of restaurants which is almost unparalleled in Scandinavia.



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This company meets high standards of social and environmental impact.

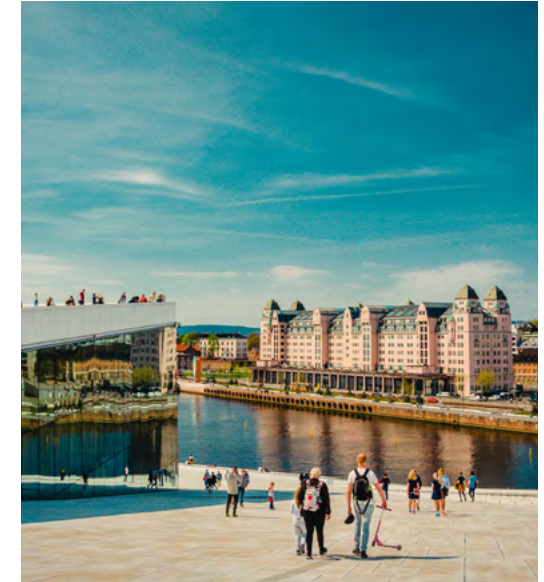
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## FROM THE AIRPORT

The main airport, Oslo Airport Gardermoen, is located 45 km north of Oslo. The most common way to get to Oslo from the main airport is on the airport express train, Flytoget. The express train departs every 10 minutes and takes 20 minutes. The cost is approx. NOK210 per person one way, with discounts for seniors and children. All trains arrive at Oslo Central Station (Oslo S), located right in the centre.

A taxi or private transfer takes up to 45 minutes, and is more expensive. The fixed airport taxi rate starts at about NOK1,000, with surcharges for larger vehicles, off-peak hours, weekends and holidays. It's best to book a taxi from the bus/information desk; if you catch it from outside, you might end up paying double!

Oslo is also easy to reach from Sandefjord Airport Torp, although a transfer to the city centre takes longer.



## CULTURE FASCINATIONS

### The National Museum & the Munch Museum

The National Museum is located by the pier at Aker Brygge, and is a brand new building open from 11 June 2022. It boasts 90 rooms of exhibitions, which gives you a cultural and historic journey through Norway. The new Munch Museum is located next to the Oslo Opera and hosts a large collection of works by famous painter Edward Munch.

### Akershus Fortress (Akershus festning)

The building of Akershus Castle and Fortress was commenced in 1299 under king Håkon V. The medieval castle, which was completed in the 1300s, had a strategically important location at the very end of the headland, and withstood a number of sieges throughout the ages.

**The Norwegian National Opera & Ballet (Den Norske Opera & Ballet)** - The new opera house offers a rich and varied programme from three stages: The Main House (1369 seats), Second House (400 seats) and the Studio (200 seats). The Opera Roof and Foyer are also used for concerts.

**Fram Museum - The Polar Ship Fram** - FRAM is the strongest wooden ship ever built and still holds the records for sailing farthest north and farthest south. You are welcome to come aboard the ship and to see how the crew and their dogs lived and managed to survive in the coldest and most dangerous places on earth.



## CULINARY EXPERIENCES

Oslo Street Food is 1800 square metres of street food from all corners of the earth, with a capacity of up to 900 hungry patrons at a time. Enjoy your breakfast, lunch or dinner with a selection of sixteen restaurants and four bars right in the centre of Oslo. The building itself is a beautiful, historic landmark, as it once housed Oslo's first public bath, built in 1925.

**Brutus** is located just behind the police station in Grønland. Here you'll be served nature wine by some of the city's leading nature wine experts. Book a table and try the six-course menu, or just drop in for some snacks at the bar. You'll enjoy both! The Icelandic chef prepares the dishes with simple ingredients, with vegetables at the centre. Here's a chance to taste traditional Scandinavian specialties such as pork ribs or mackerel, with a modern twist.

**The ice cream shop and crêperie Gioia** (Italian for 'joy') is located in the street Eckersbergs gate in Frogner. It's run by Frenchman Pierre Espic and his wife Higinia d'Agrossi-Espic. Pierre makes all the ice cream himself, and proudly presents his newest creations to anyone who asks. This is the place to try Oslo's best crêpes, both sweet and savoury. You can have your ice cream or crêpe inside or outside, or as take-away if you prefer that.



## MORE RESTAURANTS

**Ekebergrestauranten** - About half-way up the hillside of forested Ekeberg hill you can spot this elegant restaurant that caters for a variety of tastes and appetites.

Address: Kongsveien 15, 0193 Oslo  
Tel: +47 23 24 23 00

**De Fem Stuer** - This is the restaurant at the Holmenkollen Park Hotel Rica offering international cuisine with a Norwegian slant; the dishes are based on fresh seasonal Norwegian raw materials. The restaurant's cooks participate in international competitions, both as individuals and on the national team. Again, check the prices as they are in the high range.

Address: Kongeveien 26, 0787 Oslo  
Tel: +47 22 92 20 00

**Engebret Café** - Enter through a low corner building originating from the 1700's and experience a selection of seafood entrées as well as varieties of game during the hunting season. It's well worth a visit!

Address: Bankplassen 1, 0151 Oslo  
Tel: +47 22 82 25 25



**Lofoten Fish Restaurant** - This is an elegant, yet cosy and relaxed restaurant with an exquisite maritime menu and in a prime location. It is a definite luxury item however, so check the prices before entering.

Address: Stranden 75, 0250 Oslo  
Tel: +47 22 83 08 08

**Theatercafeen** - Exuberant and bustling, lively and unique. Theatercafeen is part of Norwegian cultural history and an absolute must for every visitor to Oslo. This legendary Vienna-style café is featured on the New York Times list of the world's ten most famous cafés, and has indisputably been the city's most popular dining and meeting place for over 100 years.

Address: Stortingsgata 24-26, 0177 Oslo  
Tel: +47 22 82 40 50

**Frognerseieren Restaurant: Finstua** - Located in historical surroundings, high up in the Holmenkollen hills. The place has a magnificent view of the city and the Oslo Fjord, and a kitchen that presents the best of traditional Norwegian cooking.

Address: Holmenkollveien 200, 0791 Oslo  
Tel: +47 22 92 40 40



## OUR SECRETS

Our secret spot is a place where we visit each time we go to Oslo - Bygdøy peninsula. Whilst it is the home of many of the famous museums, it is also a lovely spot for picnics, riding, swimming and walking. You can get there by boat or bus and after the museums; head to the park (just ask a local for directions). The area follows a circular path and you will meet many Norwegians exercising and enjoying the peacefulness of the area.

Be sure to buy some strawberries and waffles if any are for sale. You can swim along the way and during a hot summer's afternoon, the place is packed with people having BBQs on little portable hotplates.

## THE VIKING PLANET

The Viking Planet is a 1600 square meter interactive entertainment center located next to the Oslo City Hall. This is the first of several Viking Planets to be launched in Norway and abroad in the years to come. Step back in time and learn more about the Viking Heritage.

Address: Fridtjof Nansens plass 4, 0160 Oslo  
Phone: +47 912 42 323



## GRÜNERLØKKA

Through Oslo, from north to south, runs the river Akerselva. Along the river there are parklands and walking trails, but also remains of Oslo's industrial history. Grünerløkka lies on the east side of the river, behind the old industrial buildings. Here you will discover numerous little cafés, restaurants and bars. Grünerløkka is also a popular shopping district, with original design shops and many vintage and second-hand stores.

Grünerløkka is a good place to enjoy urban outdoor activities: walk or ride a bike alongside Akerselva river, play football or have a picnic in one of the parks. There is also a lot of fun stuff

to do indoors, like visiting the indoor playground Eventyrfabrikken or testing your climbing skills at Vulkan climbing centre.

## OSLO PASS

We highly recommend the Oslo Pass while visiting the city. It gives you free entry to more than 30 museums and attractions, free travel on all public transport within zone four, free parking in all Oslo municipal car parks, free entry to outdoor swimming pools, free guided walking tours, discounts etc. The Oslo Pass lets you devote your entire trip to activities without the hassle of booking and buying.



To find out what's happening in Oslo, download the "Oslo - Official City App" to keep yourself updated on all the events and festivals that are taking place, as well as the latest information about the attractions around the city.

The app "Oslo Offline Street Map" allows you to navigate through Oslo Street Maps even if you don't have access to any internet, perfect to avoid roaming charges!