

TROMSØ

Tromsø is a city in the very northernmost part of Norway. It is almost 350 km north of the Arctic Circle and is one of the best places to view the spectacular Northern Lights in winter. Tromsø is a surprise to most visitors: Here you find art, history, sophistication, good food and an infamous nightlife in a bustling, tiny city. All of it, though, is surrounded by spectacular scenery that is visible from everywhere in town.

TRAVELLING INTO TROMSØ

Most travellers will be arriving into the small and modern airport and the distance into town is short. The cheapest public transport option to the city centre is public bus 24, 40 and 42, from across the airport parking lot (wait at the bus stop closest to the sea for transport into town). The bus ride is about 20-30 minutes, and costs approximately NOK 40-50. See Tromsø [public transport planner](#).

There is also a dedicated Airport Express Bus ([Flybussen](#)) that will take you straight into the town centre, only stopping at a few hotels along the way (costs about 100-150 NOK). Taxis are also available, for about 200-300 NOK (extra on Sundays).



ACTIVITIES

The Capital of the North has a rich cultural life. Several important events are held during the Northern Lights season such as the [Tromsø International Film Festival](#) and the [Polar Night Half Marathon](#) in January, the [Northern Lights Festival](#) and the Sami Week in February, the [Silent Film Days](#) in April, and much more - [see what's on during your visit](#). The New Year's Eve Concert and the Northern Lights Concerts at the [Arctic Cathedral](#) are also popular among the visitors and the locals.

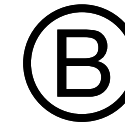
Botanical Gardens - A must in Tromsø for those interested in Arctic plants is a visit to the [Botanical Gardens](#). Due to the Gulf Stream, Tromsø is able to grow many plants that would not survive at similar latitudes elsewhere on the planet. It's the world's northernmost botanic garden, and it is open from late May to early October.

Polar & Arctic Museums - A must is a visit to the excellent [Polar Museum](#) and [Arctic Museum](#) near the town centre. There are several museums to choose from so have a sneak preview at the Tourist Information desk and pick the one that interests you the most.

Craft & Design - Tromsø also has a lot of design and craft shops so make time to explore these shops. In particular, the [glass blowing shop](#) near the Polaria museum is fascinating and you will often see the actual craft of glassblowing. Check with the [Tourist Information desk](#) as to the times for the farmers and craft markets during your stay.

Fjellheisen - Take a [cable car up the mountain](#). The Cable car runs from [Sollivegen](#) in Tromsdalen up to the mountain ledge Storsteinen (421 m above sea level) in just four minutes. From the viewing platform at the upper station, you can enjoy spectacular panoramic views of Tromsø and the surrounding islands, mountains and fjords.

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The city enjoys midnight sun from May 18 to July 26. During this period, the sun is always above the horizon. Popular viewpoints include the [Tromsø Bridge](#), the front of the [Arctic Cathedral](#) and most prominently the Upper Station of the Cable Car.

OUR LOCAL FOOD TIPS

Tromsø's cuisine is inspired by a mix of traditional North Norwegian dishes and new, exciting cultures, based on fresh, locally sourced produce.

Mathallen Tromsø ([Grønnegata 58/60](#)) is a temple of the Arctic with plenty of fresh Northern Norwegian ingredients. Delicacy groceries such as cheese, meat and especially fish all have places in their own counters. Norway's best cheeses lie side by side with famous names from abroad, making it sharp in this competition. One can enjoy both lunch and/or dinner at Mathallen.

Maskinverkstedet ([Nordøstpassasjen 49](#)) is a culinary gem in Tromsø, housed in a preserved 1911 industrial workshop that combines historic charm with a cosy, inviting atmosphere. The menu celebrates Northern Norwegian food culture, featuring fresh local ingredients in dishes like salmon, king crab, reindeer fillet, and halibut, all expertly prepared and paired with a curated wine list. Attentive service and delicious flavours make it a must-visit - be sure to book in advance!



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MORE RESTAURANTS...

A number of good seafood restaurants are worth the extra kroner, and especially in the winter, when the cod reaches the coast, there is a lot of good eating. It all comes at a price, though. Do note, however, that cheap food is relatively expensive in Tromsø (as in Norway in general), whereas exclusive food is relatively good value. In other words, a little extra money increases the experience immensely.

Fiskekompaniet

This restaurant has excellent fresh fish, and a menu of modern Norwegian cuisine. Enjoy huge seafood platters and the beautiful view.

Address: [Killengreens gate](#), 9007 Tromsø

Website: www.fiskekompani.no

Tel: +47 77 68 76 00

Skarven Kro

Skarven Kro is an informal place – licensed to sell beer and wine. They also serve simple dishes like seal lasagne, seaweed and shellfish soup, fresh mussels, reindeer soup and beef casserole, along with fresh waffles, lefse (a thin pancake served buttered and rolled) and other treats.

Address: [Strandtorget 1](#), 9008 Tromsø

Website: www.skarven.no/international

Tel: +47 77 60 07 20

In winter, the sun is below the horizon between November 26 and January 15. Because the city is surrounded by mountains, the period is prolonged a few days. In the city centre, the sun is not visible between November 21 and January 21. However, there is some daylight for a few hours, and often there are beautiful colours at midday.