



Oslo

Photo: HBarrison



dalbera

Oslo is one of the wealthiest cities in Europe, thanks to the country's thriving oil industry. This is visible in its glass-covered skyscrapers, its new subway and, of course, in a whole bunch of trendy restaurants, bars and shops. This beautiful city is situated right next to the Oslo fjord and it is constantly expanding and developing.



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Top 5

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**DogA**

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## THE CITY



Photo: dalbera

Around the fourteenth century Oslo had a population of 3,000 and was the home of King Håkon V, famous for his Akershus Castle and Fortress. In 1624, the city was destroyed in a large fire. Denmark's King Christian IV rebuilt it, but renamed the city Christiania. In 1925, the name was changed back to Oslo. In the 19th century, Oslo experienced many of the same changes as other large cities across Europe. Industrialization made its mark on the Akerselva district, and the city grew quickly.

The central parts of Oslo, around the Karl Johans Gate Boulevard and the Royal Palace, are simply referred to as Centrum, the centre. Noteworthy sights in this area are the Stortinget Parliament building and Oslo Cathedral. Akershus castle and fortress are located in the heart of the city right next to the Oslo fjord. Another big tourist attraction is Aker Brygge, right across the water from Akershus fortress. Here you can find restaurants, shopping malls, cosy promenade areas and the terminal for the Nesodden boats.

Kvadraturen is a historical area with seventeenth century Danish buildings not far from there. Trendy Grünerløkka district at Akerselva, offers some of the better bars and shops. Neighbouring Grønland is known for its colourful and multicultural range. Frogner and Majorstuen, in western Oslo, are fashionable parts of the city with shops and restaurants that attract many people.

## DO & SEE



Oslo is a bustling city that will never leave you bored for things to do. There are frequently festivals and concerts all around the city. Each season has its own charm and there is just as much activity in winter time as it is in summer.

### Vigeland Park

The most exceptional of Oslo's popular attractions is the Vigeland Park. Over one million visitors come to see the work of sculptor Gustav Vigeland, including the mighty Monolith and the touching Wheel of Life sculpture.

Address: Nobelsgt. 32, Oslo

Internet: [www.vigeland.museum.no](http://www.vigeland.museum.no)

More Info: Enter from Kirkeveien road

### Munch Museum

Edvard Munch has a unique position in the history of art, as one of the expressionism's early pioneers. The Munch Museum hosts a unique collection of more than 1.100 of Munch's paintings. This makes the Munch Museum a unique starting point to explore the majority of Munch's world-renowned works. Major works will always be on display in the museum.

Address: Tøyengata 53, Oslo

Phone: +47 23 49 35 00

Internet: [www.munch.museum.no](http://www.munch.museum.no)

Email: [info.munch@munchmuseet.no](mailto:info.munch@munchmuseet.no)

### Historical Museum

At the Historical Museum you can learn about everything from the Ice Age to Christianity in Norway with focus on the Viking period and the medieval collection. You will also

find the Coin Cabinet, the oldest mummy ever found and the Ethnographic exhibitions of the Ancient Egypt.

Address: Frederiksgate 2, Oslo  
Phone: +47 228 599 12  
Internet: [www.khm.uio.no](http://www.khm.uio.no)

### Viking Ship Museum

The Viking Ship Museum presents great Viking ship discoveries from Gokstad, Oseberg and Tune as well as other finds from Viking tombs around the Oslo Fjord including the world's two best-preserved wooden Viking ships built in the 9th century. Here you can find small boats, sledges, cart with exceptional ornamentation and implements, tools, harness, textiles and household utensils.

Address: Huk Aveny 35, Oslo  
Phone: +47 2213 5280  
Internet: [www.ukm.uio.no](http://www.ukm.uio.no)  
Email: [info@ukm.uio.no](mailto:info@ukm.uio.no)

### DogA



DogA, the Norwegian Centre for Design and Architecture, was established by Norsk Form and the Norwegian Design Council in 2005, as a meeting place for design, architecture and related disciplines. DogA is located in a converted power station by the Aker River, hosting a number of exhibitions, conferences and seminars.

Address: Hausmanns gate 16, Oslo  
Phone: +47 23 29 28 70  
Internet: [www.doga.no](http://www.doga.no)  
Email: [info@dog.no](mailto:info@dog.no)

### Holmenkollen Ski Museum & Tower



The Holmenkollen Ski Museum & Tower is a must see when visiting Oslo. The views of the city and the fjord from the ski jump are fantastic. The ski museum

traces the history of skiing through 4 000 years.

Address: Kongeveien 5, Oslo  
Internet: [www.holmenkollen.com](http://www.holmenkollen.com)

### The Kon-Tiki Museum

Thor Heyerdahl earned international fame for his expeditions on board the Kon-Tiki and Ra. See the actual balsa and papyrus rafts, and learn more about Heyerdahl's travels.

Address: Bygdøyenesveien 36, Oslo  
Phone: +47 23 08 67 67  
Internet: [www.kon-tiki.no](http://www.kon-tiki.no)

### Akershus Castle and Fortress

King Christian IV's old defences offer nice places to walk. There are two museums on the grounds - the Defence Museum and the World War II Resistance Museum.

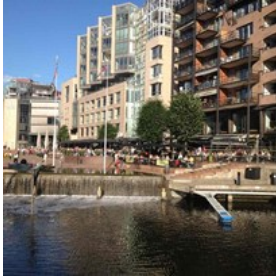
Address: Akershuskaiaen, Oslo  
Internet: [www.akershusfestning.no](http://www.akershusfestning.no)

### Oslo Opera House

One of the most popular tourist attractions in Oslo is the Opera House that was finished in Bjørvika the winter of 2007-2008. This architecturally impressive building with its 38.500 m<sup>2</sup> has about 1,100 rooms and the exterior is dressed with white marble.

Address: Kirsten Flagstads pl. 1, Oslo  
Phone: +47 21 42 21 21  
Internet: [www.operaen.no](http://www.operaen.no)

### Tjuvholmen



Tjuvholmen is an area located on a peninsula adjacent to Aker Brygge. This neighbourhood has gone through many changes, being a dock, shipyard, warehouse

area and is today owned by private developers with apartments and trendy restaurants.

Address: Tjuvholmen, Oslo  
Phone: +47 815 68 666  
Internet: [www.tjuvholmen.no](http://www.tjuvholmen.no)

### The National Museum - Architecture



The combination of classical and modernist architecture makes the building signed to two of the most important architects, Fehn and Grosch, and is an attraction in itself.

Here you can visit different exhibitions, the museum shop and cafe.

Address: Bankplassen 3, Oslo  
Opening hours: Closed on Mondays  
Internet: [www.nasjonalmuseet.no](http://www.nasjonalmuseet.no)

### Museum of Contemporary Art



The collection at the Museum of Contemporary Art includes Norwegian and foreign works from the period after 1945. They offer changing exhibitions, a shop and cafe.

Address: Bankplassen 4, Oslo  
Opening hours: Closed on Mondays  
Internet: [www.nasjonalmuseet.no](http://www.nasjonalmuseet.no)

### Norwegian Maritime Museum

The Norwegian Maritime Museum is located on the waterfront at Bygdøyenes on the Bygdøy peninsula. Visitors

can enjoy fascinating environmental exhibitions about fishing, ship building, shipping, marine archaeology and impressive collections of boat models and marine paintings.

Address: Bygdøyenesveien 37, Oslo  
Phone: +47 24 11 41 50  
Internet: [www.marmuseum.no](http://www.marmuseum.no)  
Email: [fellespost@marmuseum.no](mailto:fellespost@marmuseum.no)

### Sognsvann

The Norwegians are active, in many ways. They are sporty and happy, and you can see this if you make the trip out to the lake Sognsvann. During the winter there are skiers everywhere, and in the summer many people walk or run the approximately 3 kilometres around the lake. This is a perfect place to surround yourself with nature and fresh air!

Address: Sognsvann, Oslo

### Bygdøy

Bygdøy is a beautiful peninsula not far from the district Frogner. Here are many popular museums, a few examples are the Viking Ship Museum, the Kon-Tiki Museum, The HL Centre (Holocaust Centre), The Marine Museum and the Norwegian Folklore Museum.

Address: Bygdøy, Oslo

### Aker Brygge



Aker Brygge is like a magnet, it draws you in, and once you have been here, you want to return. It is a lively area situated right by the fjord that has seen enormous

development since 1982, when it was a ship yard.

You can go shopping here, sit down at one of the countless restaurants or simply take a stroll along the water.

Address: Aker Brygge, Oslo  
Phone: +47 22 83 26 80  
Internet: [www.akerbrygge.no](http://www.akerbrygge.no)

### Oslo City Hall

Oslo City Hall is a major symbol of the city itself and it figures on countless postcards. It does make a pretty sight, especially with the Oslo Fjord and Aker Brygge in the background.

The event that gets most attention here is the Nobel Peace Prize.

Address: Oslo City Hall, Oslo

### Tusenfyrd Amusement Park

Tusenfyrd is an amusement park about 45 minutes outside of Oslo and the name translates into "a thousand pleasures". You will find many entertaining rides and attractions here, a few examples are SpeedMonster, ThunderCoaster and SuperSplash.

Address: Ås, Vinterbro  
Phone: +47 64 97 64 97  
Internet: [www.tusenfyrd.no](http://www.tusenfyrd.no)

### The Royal Palace



The Royal Palace lies right at the end of Karl Johann Street, and makes for a very impressive sight. Every day at 1.30 pm they change the guards, which can be fun to

watch. The park surrounding the palace is a popular picnic and sun-bathing spot.

Address: Slottsplassen 1, Oslo  
Phone: +47 22 04 87 00  
Internet: [www.kongehuset.no](http://www.kongehuset.no)

### The Botanical Garden

The Botanical Garden in Oslo is a nice retreat from the hustle of the city, with green and lush gardens. The

Arboretum holds about 1,800 different plants. The garden was established in 1814, which makes it the oldest one in Norway.

Address: Sars' gate 1, Oslo  
Phone: +47 22 85 17 00

### DINING



Photo: Bernt Rostad

Oslo is a truly modern capital with a large variety of ethnic cuisines, fast food outlets, gourmet restaurants and classic eateries such as Theatercaféen. Prepare for high prices, the oil revenues have made Oslo into one of the world's most expensive cities.

### Stortorvets Gjæstgiveri

In the town centre lies one of Oslo's oldest building where people have gathered since the early 1700's. Here you can eat, drink and enjoy the historic surroundings, whether you are alone or want to bring along 300 of your friends and colleagues. The friendly waiters and chefs are focused on quality and exciting taste experiences.

Address: Grensen 1, Oslo  
Opening hours: Mon-Sat 11 am-11 pm. Closed on Sundays  
Phone: +47 23 35 63 60  
Internet: [www.stortorvets-gjestgiveri.no](http://www.stortorvets-gjestgiveri.no)

### Dubliner Irish Folk Pub

This is a lively venue that offers Irish dance classes on Monday nights and Irish music sessions on Tuesday. Wednesday and Saturday nights usually entail live music.

Address: Rådhusgt. 28, Oslo

Phone: +47 22 33 70 05  
Internet: [www.dubliner.no](http://www.dubliner.no)

### **Brasserie Sanguine**

The Opera House has about 1,100 rooms and in the middle of the foyer lies Brasserie Sanguine. The Opera House is dressed with white marble, so if you choose to sit at the outside area we recommend sun glasses. You can visit during day time, have a coffee in the sun or combine a grand dinner with an opera show.

Address: Kirsten Flagstads pl. 1, Oslo  
Phone: +47 21 42 21 42  
Internet: [www.brasseriesanguine.no](http://www.brasseriesanguine.no)

### **The Ekeberg Restaurant**

The first thing that strikes you as you arrive at 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 typical appearance in 1929 after a design competition. Ekeberg is comprised of several restaurants, a bar/lounge, an outside venue and a fine dining upstairs.

Address: Kongsveien 15, Oslo  
Phone: +47 23 24 23 00  
Internet: [www.ekebergrestauranten.com](http://www.ekebergrestauranten.com)

### **Louise Restaurant & Bar**

The Louise Restaurant & Bar is situated in the same premises that was used by Aker Mechanical Workshop in the 1920's. The interior design has utilized many unique artefacts from Oslo's naval history. The view faces the beautiful Oslo fjord and you can see the Akershus fortress across the water. In the summer the outside area is open and the crowded Aker Brygge Street is very entertaining.

Address: Stranden 3, Aker Brygge, Oslo  
Phone: +47 22 83 00 60  
Internet: [www.restaurantlouise.no](http://www.restaurantlouise.no)  
Email: [bordbestilling@restaurantlouise.no](mailto:bordbestilling@restaurantlouise.no)

### **Theatercaféen**

This is a truly classic Vienna style café where you can join

politicians, bankers, authors and the acting elite from the National Theatre across the street. Lately, the menu has changed to having a more continental flair and elegance.

Address: Stortingsgaten 24, Oslo  
Phone: +47 22 82 40 50  
Internet: [www.hotelcontinental.no](http://www.hotelcontinental.no)

### **Vann & Brød**

Vann & Brød means "Water & Bread" since this building originally served as a prison. Inside, you can learn more about the interesting history and at the same time enjoy the delicious tapas served in quaint little ceramic bowls.

Address: Tøyenbekken 5, Oslo  
Phone: +47 28 92 68  
Internet: [www.vannogbrod.no](http://www.vannogbrod.no)

### **Bølgen & Moi Briskeby**

The Bølgen & Moi Briskeby is situated in an out-of-use power station, a real experience. The cuisine is best described as modern brasserie.

Address: Løvenskiolds gate 26, Oslo  
Internet: [www.bolgenogmoi.no](http://www.bolgenogmoi.no)

### **Palace Grill**

Despite its name, this is not a steakhouse but an intimate top class restaurant specializing in fish and seafood. It was one of the first places to serve Golden Redfish. During the summer there is a nice beer garden in the back.

Address: Solligata 2, Oslo  
Phone: +47 23 13 11 40  
Internet: [www.palacegrill.no](http://www.palacegrill.no)

### **Alex Sushi**

Sushi is quite popular in Oslo, so being known as the best sushi place in town does not come easy. However, the modern interior as well as the top quality of the food and excellent service have made Alex Sushi into one of the most popular sushi restaurants.

Address: Cort Adelers Gate 2, Oslo  
Internet: [www.alex sushi.no](http://www.alex sushi.no)

Email: alex@alexsushi.no

### Yaya's

It does not matter if Oslo one day is suffering from typical Scandinavian weather, inside Yaya's you can always find shelter in an authentic Thai environment. Have a drink at the beach bar and enjoy happy reggae music while you wait for a table.

Address: Munkedamsv 53b, Oslo  
Phone: +47 22 83 71 10  
Internet: www.yayas.no

### The Great India

The Great India is situated in downtown Oslo right across from the National Gallery. Colourful decorations and fabrics transport you right into the glory of India and the food has an abundance of flavours.

Address: Kristian Augustsgate 14, Oslo  
Internet: www.thegreatindia.no

### Delicatessen

Delicatessen is a tapas restaurant that got its name from a French movie about a landlord that serves human flesh to his tenants. Although the origin of the name is quite bizarre, the restaurant is really inviting.

Address: Søndregate 8, Oslo  
Phone: +47 22 46 72 00  
Internet: www.delicatessen.no

### Trattoria Popolare

Trattoria Popolare is an Italian restaurant located in an old brewery that serves lunch and dinner every day of the week. Examples of what you can find on the a la carte menu are antipasti, ravioli and Panini.

Address: Trondheimsveien 2, Oslo  
Phone: +47 21 38 39 30  
Internet: www.popolare.no

### Hanami

Hanami serves Japanese fusion food in an enchanting environment inspired by nature with a modern twist. Its

excellent location at beautiful Tjuvholmen is yet another reason to experience a dinner here.

Address: Tjuvholmen, Kanalen 1, Oslo  
Phone: +47 22 83 10 90  
Internet: www.hanami.no

### Night Hawk Diner

Night Hawk Diner lies in the very popular neighbourhood Grünerløkka. They give you the feeling of America, and has all the American favourites on the menu like barbecue, milkshakes and pancakes deluxe.

Address: Seildukgata 15, Oslo  
Phone: +47 96 62 73 27  
Internet: www.nighthawkdiner.com

## CAFES

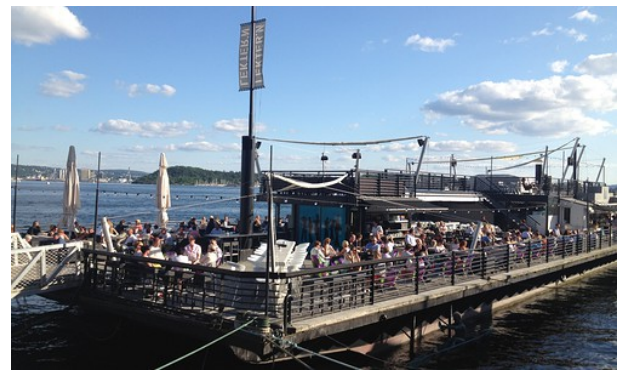


Photo: Jonas Stenberg

Oslo has a teeming urban feel as well as proximity to a sublime landscape and every district has its own characteristic mark. Hence you can easily find a cosy café in Oslo to rest your legs.

### Les crêpes d'Elen



well worth a visit.

This cosy crêperie serves genuine crêpes made of buckwheat. The coffee is delicious and that, combined with the prices that are modest in Oslo terms, make it

Address: Niels Juls Gate 29, Oslo

Phone: +47 40 08 58 96  
Email: [lescrepesdelen@gmail.com](mailto:lescrepesdelen@gmail.com)

### **Café Sør**

Café Sør, which means Café South, is during the day time a café with coffee, tea and lunch on the menu. It is very popular among Norwegians and Swedes alike and always packed with people. At night it turns into Club South, with new DJ's every night.

Address: Torggata 11, Oslo  
Phone: +47 41 46 30 47  
Internet: [www.cafesor.no](http://www.cafesor.no)

### **Dattera til Hagen**

Dattera til Hagen is most famous for the cosy outside area in the backyard. Day and night, Dattera is a great place to go for tapas, salads, hamburgers or coffee. They also arrange concerts, stand up and debates.

Address: Grønland 10, Oslo  
Phone: +47 22 17 18 61  
Internet: [www.dattera.no](http://www.dattera.no)

### **Pascal**

When former US president Clinton visited Pascal, he could barely pull himself away. Pascal Dupuy's chain of patisseries celebrated their 10-year anniversary in 2005. Their cakes, pastries and petit fours are of the highest international standard.

Address: Henrik Ibsens gate 36, Oslo  
Phone: +47 22 55 00 20  
Internet: [www.pascal.no](http://www.pascal.no)

### **Café Skansen**

Café Skansen is ideally located right by Christiania Plaza, with an amazing view over Rådhusplassen and on top of that, drenched in sun until late in the evening. The menu is traditional, with coffee as well as shrimp and mussels if you are in the mood for a proper meal.

Address: Rådhusgt. 32, Oslo  
Phone: +47 24 20 13 11  
Internet: [www.cafeskansen.no](http://www.cafeskansen.no)

### **Asylet**

Asylet has a great atmosphere with an open fireplace to heat up frozen limbs in winter and a relaxed backyard to soak up the sun in summer. Grønland is a multi-cultural area close to the Central Station.

Address: Grønland 28, Oslo  
Phone: +47 221 709 39  
Internet: [www.asylet.no](http://www.asylet.no)

### **Kjøkken og Bar**

Kjøkken og Bar has all the ingredients for a memorable coffee talk - freshly made espresso, cookies, brownies, juice and much more. If you are in a hurry and cannot afford quality time, you can just take the coffee with you.

Address: Møllergt. 16, Oslo  
Internet: [www.kjokkenogbar.no](http://www.kjokkenogbar.no)

### **Ett Glass**

Ett Glass lies in downtown Oslo and is a very popular café. The concept to serve coffee in a glass has spread and most cafés now use the same idea. There are two floors and the atmosphere is warm and inviting.

Address: Karl Johans gate 33, Oslo  
Phone: +47 91 77 53 90  
Internet: [www.ettglass.no](http://www.ettglass.no)  
More Info: Entrance from Rosenkrantz gate

### **Tekehtopa**

Tekehtopa is an anagram for Apoteket, which means "the pharmacy", and the interior reflects that same notion. The St Olavs Plass is a charming square with a fetching fountain in the middle.

Address: St Olavs Plass 2, Oslo  
Phone: +47 22 20 33 23  
Internet: [www.cafetekehtopa.rhli.org](http://www.cafetekehtopa.rhli.org)

### **United Bakeries**

United Bakeries has been inspired by French pastries and recipes. It offers croissants, tasty bread and of course the Norwegian specialty wheat buns.



Address: Valkyriegata 9-11, Oslo  
Internet: [www.united-bakeries.no](http://www.united-bakeries.no)

## BARS & NIGHTLIFE



Photo: Angie Linder

Oslo has a lot of fun places to go when you are ready for a night on the town. The areas in the city have different characteristics. The central part has a lot to offer, but if you want a more relaxed evening you should head to Grünerløkka for a beer. In Grønland you can buy the cheapest beer in Oslo while Frogner offers a more elegant atmosphere.

### Dattera til Hagen

A branch of the modern classic Fru Hagen, but with a younger crowd. Café on the ground floor, music and bar upstairs.

Address: Grønland 10

### Bar Boca

Bar Boca is a good place to meet up before the evening really gets going. Here you can find retro interior, exciting clientele, and drinks mixed with care. This is a great place for talking, as Bar Boca does not start playing music until midnight.

Address: Thorvald Meyers gate 30, Oslo  
Phone: +47 22 04 13 77

### Café Con Bar

Café Con Bar lies on the border of the Grünerløkka and Grønland neighbourhoods. It has a cool 1950's inspired

decor and an interesting menu for those who need a bite to eat.

Address: Brugata 11, Oslo  
Phone: +47 22 05 02 00  
Internet: [www.cafeconbar.no](http://www.cafeconbar.no)

### Sosialen

Sosialen is at its best during summer time, when the DJ's keep the atmosphere high in the backyard. Many people call this venue their favourite hang out in Oslo, much thanks to the friendly staff.

Address: Møllergata 13, Oslo  
Opening hours: Closed on Sundays  
Internet: [www.sosialen.com](http://www.sosialen.com)

### SOLiis

SOLiis is located on Solli Plass and hosts many high profile parties. They have an inside and an outside area and boasts some of the best DJ's and bartenders around.

Address: Henrik Ibsens gate 90, Oslo  
Phone: +47 21 89 90 20  
Internet: [www.soliis.no](http://www.soliis.no)

### Onkel Donald

Onkel Donald is an appreciated venue in Oslo, thanks to a chill ambience and always a great mixed crowd. In the summer, the whole place moves outside to a fenced in area right by Nationaltheateret.

Address: Universitetsgata 26, Oslo  
Phone: +47 23 35 63 10

### Aku-Aku

The Aku-Aku Tiki Bar knows exactly how to prepare your Mai Tai's so that you will feel like you are on vacation on a Polynesian island paradise. Find that Hula skirt you have been wanting to wear and start your exotic night out.

Address: Thorvald Meyers gate 32, Oslo  
Phone: +47 41 17 69 66  
Internet: [www.akuaku.no](http://www.akuaku.no)

### **Justisen**

Justisen gets its charm partly from the culturally protected building from the 19th century in which it is housed. It is a great place to sit down with good friends and have a couple beers. During the weekends it might be difficult to hear each other though, as it gets quite crowded.

Address: Møllergata 15, Oslo  
Phone: +47 22 42 24 72  
Internet: [www.justisen.no](http://www.justisen.no)

### **Blå**

Blå is mostly known for its great outside terrace. They host many memorable concerts that vary from hip hop to electronic house and jazz.

Address: Brenneriveien 9c, Oslo  
Internet: [www.blaaoslo.no](http://www.blaaoslo.no)

### **The Villa**

In 2007 this club was voted as the best club in Oslo and it is still going strong. This is where you will find the trendy hipsters dancing to techno music and eating pizzas in the adjoining restaurant Hell's Kitchen.

Address: Møllergata 23, Oslo  
Opening hours: Fri-Sat 11 pm-3 am  
Phone: +47 93 25 57 45  
Internet: [www.thevilla.no](http://www.thevilla.no)

### **Fridays American Bar**

TGI Fridays is a popular name that most people recognize. Next to the restaurant in Oslo you can find the Fridays American Bar that offers a huge selection of drinks and music.

Address: Stranden 39, Oslo  
Phone: +47 24 13 31 00  
Internet: [www.fridays.no](http://www.fridays.no)

### **Champagneria**

For all Champagne lovers out there, the Champagneria is most probably a great find. They offer many different types

of the sparkly drink and it is a good place to start an evening out.

Address: Frognerveien 2, Oslo  
Phone: +47 21 94 88 02  
Internet: [www.champagneria.com](http://www.champagneria.com)

### **IL Barbera**

IL Barbera located in Aker Brygge serves cheap beer, coffee and tapas. Here you can go for lunch or dinner, an After Work or spend an evening drinking Champagne.

Address: Filipstad Brygge 1, Oslo  
Phone: +47 216 684 40  
Internet: [www.ilbarbera.no](http://www.ilbarbera.no)

### **Åpenbar**

Sundays at Åpenbar are full of fun, music and cheap beer. You can find Åpenbar in Aker Brygge and it is claimed to be a great spot for people watching.

Address: Stranden 1, Oslo  
Internet: [www.aapenbar.no](http://www.aapenbar.no)

### **New Orleans Workshop Jazzclub**

If you enjoy jazz you can go to the New Orleans Workshop Jazzclub. You can have a look at the website for upcoming concerts and events.

Address: Grensen 1, Oslo  
Internet: [www.neworleansworkshop.com](http://www.neworleansworkshop.com)  
Email: [jazz@neworleansworkshop.com](mailto:jazz@neworleansworkshop.com)

### **Badstugata**

At Badstugata 1 you can find the nightclub with the same name. This is a place that offers drinking, eating and dancing, individually or all at the same time. The weekends are full of party people dancing to the DJ beats, while weekdays are calmer.

Address: Badstugata 1, Oslo  
Opening hours: From 4 pm  
Phone: +47 22 20 82 55

## Jaeger

If you want to go out on a weekday you can go to Jaeger. This club hosts popular club nights during the whole week. Here you can also go to concerts and after parties.

Address: Grensen 9, Oslo  
Internet: [www.jaegeroslo.no](http://www.jaegeroslo.no)  
Email: [info@jaegeroslo.no](mailto:info@jaegeroslo.no)

## SHOPPING



Photo: Anne-Sophie

You will find everything in Oslo! Shopping malls, department stores, small boutiques, shopping streets with hundreds of small shops and retailers, charming antique shops, flea markets, suppliers of exclusive international brand names and local handicraft shops.

The city centre around Karl Johans gate is a pedestrian precinct with several chains like H&M and Benetton. Larger shopping malls and department stores in the area are Oslo City, Byporten, Glassmagasinet, Steen & Strøm, Paleet and Aker Brygge.

### Bogstadveien/Hegdehaugsveien

Majorstuen comprises of the two streets Bogstadveien and Hegdehaugsveien, here you will find a good mix of exclusive brands, mid-price clothing and value clothes at shops like Hennes & Mauritz and Vero Moda. You can easily spend the whole day strolling up and down these two streets.

Address: Bogstadveien, Oslo

## Grünerløkka

Grünerløkka is the place to look for young, Norwegian designers. Small, independent shops with clothes, pottery and handicrafts are presented as well as second hand book and record shops. You will also find some of the chain stores here.

Address: Grünerløkka, Oslo

## Sunday Market at Blå

The Sunday Market at Blå is open every Sunday from 12 pm to 5 pm. This is a nice place to stroll around and discover a wide array of designers and crafters both indoors and outdoors. The market also holds some second hand vendors offering clothing and shoes for bargain prices.

Address: Brenneriveien 9, Oslo  
Internet: [www.sondagsmarkedet.blogspot.se](http://www.sondagsmarkedet.blogspot.se)

## Paleet

Paleet lies on the main street Karl Johan and is a classy department store with more than 30 posh stores, most of them designer shops. Oslo's largest book store Tanum is located within Paleet as well as some interesting art work collections.

Address: Karl Johans gate 37-43, Oslo  
Phone: +47 23 08 08 11  
Internet: [www.paleet.no](http://www.paleet.no)

## Eger Karl Johan

Eger Karl Johan is a trendy high end fashion house where you can find the most exclusive brands. There are more than 125 different fashion and beauty brands available here.

Address: Karl Johans gate 23 B, Oslo  
Opening hours: Mon-Fri 10 am-7 pm. Sat 10 am-6 pm  
Internet: [www.egerkarljohan.no](http://www.egerkarljohan.no)

## Byporten

Byporten is a shopping centre with more than 70 shops and several restaurants and cafés in the middle of

downtown Oslo. In the area you can find hotels and the Central Station.

Address: Jernbanetorget 6, Oslo  
Phone: +47 23 36 21 60  
Internet: [www.byporten.no](http://www.byporten.no)

### **Aker Brygge**

Aker Brygge is beautifully situated by the Oslo fjord and offers plenty of entertainment in addition to the 65 shops in the shopping centre along the busy street. There are also plenty of restaurants and cafés in this area.

Address: Bryggegata 9, Oslo  
Phone: +47 22 83 26 80  
Internet: [www.akerbrygge.no](http://www.akerbrygge.no)

### **Arkaden**

Arkaden holds many special stores specific for the young, a few examples of these are: Body Map, Gossip, Belle Shoes and Neo Tokyo.

Address: Karl Johansgt. 5-7, Oslo  
Phone: +47 22 17 05 71  
Internet: [www.thonshopping.no/arkaden](http://www.thonshopping.no/arkaden)

### **Flea Market**

This is Norway's answer to Camden Market in London. This multi-cultural market has a range of everything from washing machines to jewellery and clothing. Every Saturday, irrespective of the weather, this place is crowded with salespersons and buyers. Here you can find anything!

Address: Olafiagangen, Grønland, Oslo

### **GlasMagasinet**

The department store GlasMagasinet at Stortorvet dates back to the 1860's. Here you can find almost everything you need - the latest trends, food, interior design and much more.

Address: Stortorvet 9, Oslo  
Opening hours: 10 am-7 pm  
Internet: [www.glasmagasinet.no](http://www.glasmagasinet.no)

### **Oslo City**

This is one of Oslo's, and Norway's, most famous shopping centres. On the 3,100 square metres you can find numerous shops like H&M, Bianco, The Body Shop and Clas Ohlson.

Address: Stenersgaten 1, Oslo  
Phone: +47 815 44 33  
Internet: [www.oslocity.no](http://www.oslocity.no)

### **Steen & Strøm**

The Steen & Strøm Magasin has seven floors filled with all types of shops. Go to Michael Kors for the latest trends or Filippa K for some Swedish fashion, the choices here are endless.

Address: Nedre Slottsgate 8, Oslo  
Opening hours: 10 am-7 pm  
Internet: [www.steenogstrommagasin.no](http://www.steenogstrommagasin.no)

### **Bærums Verk**

A few miles outside Oslo you can find Bærums Verk, an area full of restaurants, shops, museums, galleries and outdoor areas. The Bærums Verk dates all the way back to 1610.

Address: Verksgata 15, Bærum, Oslo  
Phone: +47 67 13 00 18  
Internet: [www.baerumsverk.no](http://www.baerumsverk.no)

### **Norway Shop**

The Norway Shop is perfect for tourists and can be found right next to the City Hall. This is a good place to find Norwegian souvenirs, knitwear, gifts and typical Norwegian products.

Address: Fridtjof Nansens plass 9, Oslo  
Phone: +47 22 42 87 00  
Internet: [www.norwayshop.com](http://www.norwayshop.com)

### **Zara**

This world famous brand soon has a store in every mid-size town and in Oslo there are a couple of outlets. Here you can find the latest fashion for men, women and

children, everything from street wear to the more up-dressed look.

Address: Karl Johan, 25, Oslo  
Phone: +47 22 825 880  
Internet: [www.zara.com](http://www.zara.com)

### **Mango**

At Mango, the urban young woman finds everything from sleek work-wear to the fabulous cocktail dress to reasonable prices. Match your new outfit with the perfect shoes and accessories that you also find here. There are several shops across the city.

Address: Metro Senter, Bibliotekgata 30, Oslo  
Phone: +47 679 023 31  
Internet: [www.mango.com](http://www.mango.com)

### **H&M**

This Swedish chain, that you nowadays find almost everywhere in the world, provides high street fashion for both men and women at prices suiting everyone. In Oslo you can find H&M in various locations throughout the city.

Address: Karl Johansgt. 5-7, Oslo  
Phone: +47 638 700 00  
Internet: [www.hm.com](http://www.hm.com)

### **Diesel Store**

Edgy, cool, filled with attitude and of course the Jeans. Diesel is one of those stores that you enter and you just feel the personality. Take a look at their signature jeans, the popular fragrance or their cool accessories.

Address: Bogstadveien 50, Oslo  
Phone: +47 2300 7777  
Internet: [www.diesel.com](http://www.diesel.com)

### **Cubus**

The Norwegian clothes chain Cubus is almost the equivalent to the Swedish H&M. Here you can find the latest, affordable fashion for women as well as men's and kids' fashion. There are several outlets throughout the city.

Address: Karl Johansgate 4-6, Oslo

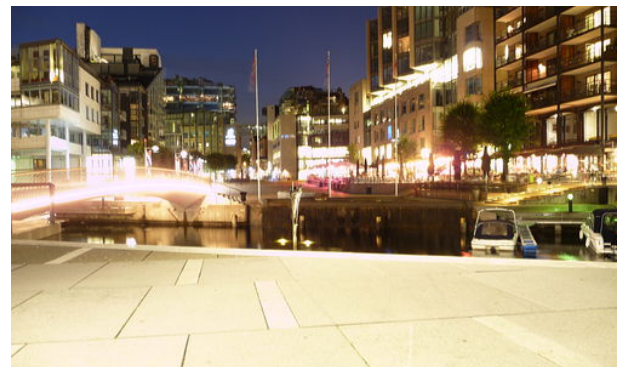
Opening hours: From 10 am. Closed on Sundays.  
Phone: +47 22 33 56 25  
Internet: [www.cubus.com](http://www.cubus.com)

### **Dressmann**

In the same group as Cubus you can find Dressmann. This shop is perfect for all men who are looking for either a casual or more dressed up look. You can find Dressmann ideally located in the city centre.

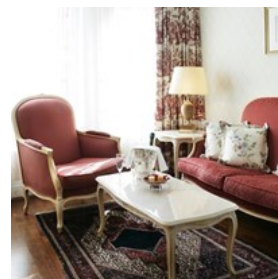
Address: Stenersgt. 1, Oslo  
Phone: +47 22 05 91 06  
Internet: [www.dressmann.com](http://www.dressmann.com)

## **ACCOMMODATIONS**



The capital of Norway is called "The Green Capital" because of all the beautiful parks. Oslo is situated in a fjord surrounded by forest-covered mountains, a perfect city to stay in for both city people and nature lovers.

### **Hotel Bristol**



This elegant hotel is half a mile from Oslo Central Station and a 2-minute walk from the main street Karl Johans gate. It has free Wi-Fi, along with free gym and sauna

access.

Hotel Bristol's bright rooms have a TV and minibar. All feature charming, antique-style furniture and interiors.

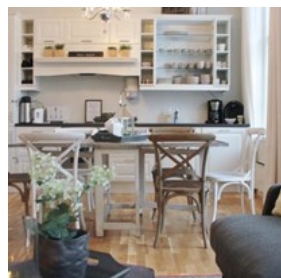
Guests can try traditional Norwegian food at the Bristol

Grill, which has an English-pub feel. A popular meeting point for politicians, musicians and actors since the 1920s, the Library Bar features live piano music. Hambro's Café has classic décor and a varied menu of light dishes.

Bristol Hotel is only a 3-minute walk from the National Theatre and the National Gallery.

Address: Kristian IVs Gate 7, Oslo  
Internet: [www.booking.com/hotel/no/bristol.html](http://www.booking.com/hotel/no/bristol.html)

### Ellingsens Pensjonat



This central Oslo B&B, a 2-minute walk off the popular Bogstadveien shopping street, is just 70 metres from Rosenborg Tram Stop. It features free Wi-Fi and rooms with a fridge and electric kettle.

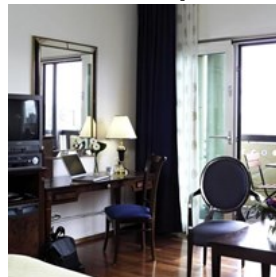
Free toiletries are found in all rooms at Ellingsens Pensjonat, as well as a wash basin. Guests can choose rooms with either private or shared bathroom facilities.

A kiosk, children's playground and laundry room are on site, as well as free access to a gym. Breakfast and packed lunches are also available at Ellingsens.

Vigeland Sculpture Park is 1.5 km away, while the smaller Uranienborg Park is 150 metres from the B&B. The Royal Palace is 10-minute walk away.

Address: Holtegata 25, Oslo  
Internet: [www.booking.com/hotel/no/ellingsens-pensjonat.html](http://www.booking.com/hotel/no/ellingsens-pensjonat.html)

### Thon Hotel Opera



with flat-screen TVs.

Overlooking the Oslo Opera House, this hotel is only 100 yards from Oslo Central Train Station. It features a large breakfast buffet, a fjord-view restaurant and modern rooms

Each room at Thon Hotel Opera include armchairs, minibars and a variety of TV channels. Free Wi-Fi is available throughout the property.

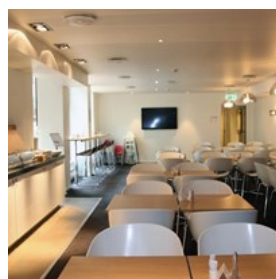
Fresh fruit, homemade bread and both hot and cold dishes are served at breakfast. Hotel Opera's popular restaurant, Scala, offers Norwegian specialties as well as international dishes. Evening cocktails can be enjoyed at the Tosca Bar.

The gym at Thon Hotel Opera features an outdoor terrace and views of the waterfront. For relaxation, guests can visit the opera-themed lounge.

Attractions such as the Akershus Fortress and the National Theater are within a 15-minute walk of the property. In addition, the express train to Oslo Gardermoen Airport is just around the corner.

Address: Dronning Eufemias gate 4, Oslo  
Internet: [www.booking.com/hotel/no/thon-opera.html](http://www.booking.com/hotel/no/thon-opera.html)

### Thon Hotel Astoria



only 820 ft away.

This hotel offers good-value accommodations just a few steps from the shops, restaurants and cafés of Karl Johans gate, Oslo's main street. Oslo Central Station is

Free Wi-Fi is provided in all rooms at Thon Hotel Astoria. Some have flat-screen TVs, hardwood floors and work

desks.

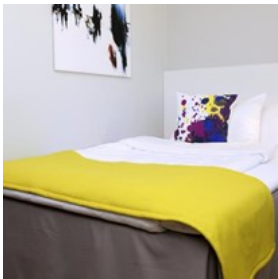
Within 15 minutes' walk of Thon Astoria are attractions such as the Royal Palace, the 13th-century Akershus Fortress and Aker Brygge, a popular shopping and entertainment district.

Thon Hotel Astoria is certified as an environmentally friendly hotel.

Address: Dronningensgate 21, Oslo

Internet: [www.booking.com/hotel/no/thon-astoria.html](http://www.booking.com/hotel/no/thon-astoria.html)

### Thon Hotel Vika Atrium



Situated right next to the Aker Brygge shopping and entertainment area in Oslo, the Thon Hotel Vika Atrium has free Wi-Fi and rooms with flat-screen cable TVs. The

Nobel Peace Center is a quarter mile away.

All the brightly decorated guest rooms at Thon Vika Atrium Hotel have a minibar and a private bathroom with a shower. Some rooms include a bathrobe, slippers and in-room safe.

The stylish Restaurant Vika serves a breakfast buffet each morning. A children's buffet is available during the summer. Free tea and coffee is available at all times.

The hotel has a gym, and a 24-hour front desk for guests' convenience.

Viktorvet Tram Station is just under a quarter of a mile away. Oslo Concert Hall is a 5-minute walk from the hotel.

Address: Munkedamsveien 45, Oslo

Internet: [www.booking.com/hotel/no/thon-vika-atrium.html](http://www.booking.com/hotel/no/thon-vika-atrium.html)

### Radisson Blu Hotel Nydalen, Oslo



This hotel is by the Aker River, right across from Nydalen Metro Station. Oslo city center is a 10-minute metro ride away. Guests can enjoy free Wi-Fi, gym and sauna

access.

Radisson Blu Nydalen's modern rooms have a minibar, TV and electronic safe. Some include a sitting area.

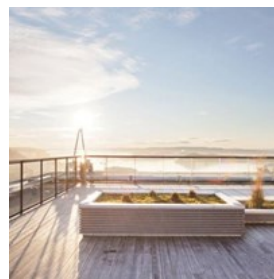
Circo Bar & Restaurant mixes Nordic ingredients with Mediterranean flavors. Dishes include Norwegian tapas and seafood platters. The lounge has live sports on a wide-screen TV.

Nydalen Train Station is 165 ft from Radisson Blu Hotel Nydalen. Oslo International Airport is only a 35-minute train ride away.

Address: Nydalsveien 33, Oslo

Internet: [www.booking.com/hotel/no/radisson-sas-nydalen.html](http://www.booking.com/hotel/no/radisson-sas-nydalen.html)

### Opera Apartments



These apartments are within 200 metres of Oslo Central Station and Oslo Opera House. They offer free Wi-Fi, and a modern kitchen with all equipment. All have a

dishwasher and washing machine.

Bright, open-plan living rooms with a flat-screen TV, DVD player and sofa are standard at Opera Apartments. Some provide Oslo Fjord views, while others have floor-to-ceiling windows with city views. Most apartments have a balcony.

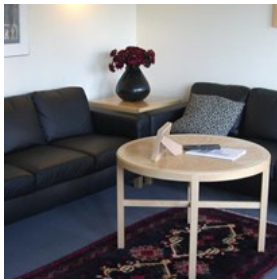
Guests have access to a rooftop terrace with views over Oslo. Various restaurants and cafés are within 500 metres

of Apartments Opera.

Karl Johans Gate shopping street is just 300 metres away, while Medieval Ruin Park is about 6 minutes' walk from the apartments.

Address: Dronning Eufemias gate 12, Oslo  
Internet: [www.booking.com/hotel/no/opera-apartments.html](http://www.booking.com/hotel/no/opera-apartments.html)

### Gaustad Hotel



This hotel is right next to Rikshospitalet Tram Stop, a 15-minute ride to central Oslo. Located in a quiet area, surrounded by greenery, it offers rooms with a

refrigerator.

Gaustad Hotell's bright and airy rooms feature a work desk, TV and hardwood floors. The modern and spacious bathroom facilities are private. Guests have access to a shared room with a TV and DVD player and the cozy lobby area with a fireplace.

An on-site restaurant offers buffet and menu options of both local and international dishes. During warm months, guests can eat out on the terrace. Gaustad also serves a popular breakfast buffet.

The Oslo Airport Gardermoen Shuttle Bus Røa-Bekkestua stops outside the hotel. Ullevaal Stadium is a 20-minute walk away. Gaustad Hotel is next to Rikshospitalet University Hospital and is the official patient hotel for the hospital.

Address: Sognsvannsveien 20, Oslo  
Internet: [www.booking.com/hotel/no/gaustad-hotell.html](http://www.booking.com/hotel/no/gaustad-hotell.html)

### Perminalen Hotel



This budget hotel is 270 yards from the main street, Karl Johans Gate, and an 8-minute walk from Oslo Central Train Station. It provides free Wi-Fi access and a popular

breakfast buffet.

Perminalen Hotel has guest rooms with private bathrooms and dormitory rooms with shared bathrooms. All rooms have a TV.

Free Wi-Fi access is available in Hotel Perminalen's public areas. Affordable lunch and dinner dishes are served in the cafeteria. During the summer, guests can dine in the back garden.

The staff can recommend local restaurants or offer tips on city attractions.

Address: Øvre Slottsgate 2, Oslo  
Internet: [www.booking.com/hotel/no/perminalen.html](http://www.booking.com/hotel/no/perminalen.html)

### Radisson Blu Plaza Hotel, Oslo



Located in central Oslo, this 37-story hotel features a state-of-the-art gym, a rooftop restaurant and modern rooms with free Wi-Fi. Oslo Central Train Station is 110 yards

away.

All stylish rooms of Radisson Blu Plaza Hotel, Oslo include a writing desk, satellite TV and a tea/coffee maker. Many rooms offer magnificent views of the center of the city and Oslo Fjord.

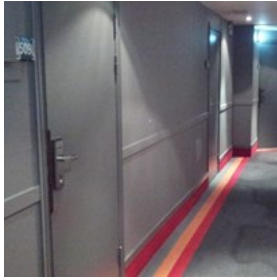
The 34 Restaurant & SkyBar offers a variety of dishes on the menu as well as an extensive wine list. Chilled beers and ales are available at the casual Galway Bar.



Recreation options at Radisson Blu Plaza Hotel include a sauna, swimming pool and pool table.

Address: Sonja Henies Plass 3, Oslo  
Internet: [www.booking.com/hotel/no/radisson-sas-plaza.html](http://www.booking.com/hotel/no/radisson-sas-plaza.html)

### P-Hotels Oslo



Just 220 yards from Oslo's main street, Karl Johans Gate, this hotel offers rooms with DVD players and free Wi-Fi. The Stortinget Metro Station is just around the

corner.

P-Hotels Oslo's breakfast package consists of a sandwich and fruit, delivered to each guest room. During daytime, free hot drinks and fruits are available in the lobby.

Within a 20 minute walk of Oslo P-Hotels is the vibrant Aker Brygge district, which has many restaurants, bars and shops.

Oslo Central Station is less than a 15 minute walk from P-Hotels Oslo, and the Oslo Gardermoen Airport shuttle stops right outside the door.

Address: Grensen 19, Oslo  
Internet: [www.booking.com/hotel/no/p-hotels-oslo.html](http://www.booking.com/hotel/no/p-hotels-oslo.html)

### Lysebu Hotel



Lysebu Hotel is located at Tryvannshøyden Hill above Oslo, less than half a mile from the Voksenkollen metro station. It offers excellent dining, free Wi-Fi and free

private parking.

All rooms at Hotel Lysebu have a work desk, and a private

bathroom with shower. Some rooms feature a flat-screen TV and panoramic views of Sørkedalen Valley and Norefjell Mountain.

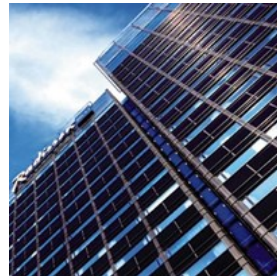
The in-house restaurant serves Norwegian cuisine and features large panoramic windows and Nordic art on the walls. During summer, guests can dine out on the terrace.

The hotel has a wine cellar and can arrange wine-tasting sessions. Art exhibitions and live music events are sometimes hosted by the hotel. Other facilities include large grounds, an indoor swimming pool and a lounge with fireplace.

Popular activities among guests include skiing, hiking and cycling. The center of Oslo is a 30 minute metro ride away.

Address: Lysebuveien 12, Oslo  
Internet: [www.booking.com/hotel/no/lysebu.html](http://www.booking.com/hotel/no/lysebu.html)

### Radisson Blu Scandinavia Hotel, Oslo



This hotel is just a 4 minute walk from Oslo's Royal Palace. It offers free gym, pool and sauna access plus great city and fjord views from the 21st-floor cocktail bar. All

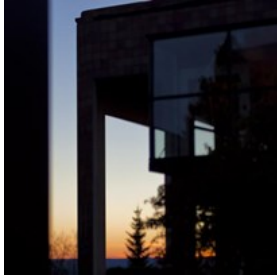
rooms at Radisson Blu Scandinavia Hotel have satellite TV and air conditioning. Rooms on higher floors offer views of the city or the Oslofjord. Free Wi-Fi is available throughout the building.

The Lagoon Relaxation Area provides a welcome haven after a day of sightseeing or shopping. Children can play safely in the video-monitored playroom. Guests can enjoy excellent panoramic views in Radisson Blu Scandinavia's Summit 21 bar.

Local trams and the airport shuttle bus stop right outside the hotel.

Address: Holbergsgate 30, Oslo  
Internet: [www.booking.com/hotel/no/radisson-sas-scandinavia.html](http://www.booking.com/hotel/no/radisson-sas-scandinavia.html)

### Soria Moria Hotell



Just a 4-minute drive from Holmenkollen Ski Jump, this hotel is half a mile from Voksenkollen Metro Station. It provides free Wi-Fi, along with free access to an indoor swimming pool, sauna and gym.

Renovated in 2013, all rooms at Soria Moria Hotell include a flat-screen TV, minibar and a work desk. Each room has Jensen beds with Egyptian cotton linens. Some rooms offer views of Oslo.

Guests can enjoy scenic city views from Soria Moria's terrace and a seasonal dinner menu of Norwegian cuisine in the restaurant. Free private parking is also available on site.

Tryvann Ski Centre and Winter Park is a 5-minute drive away. Central Oslo is 7.5 miles from the Soria Moria Hotell og Konferansesenter. Popular activities in the surrounding area include hiking and cycling.

Address: Voksenkollvn. 60, Oslo  
Internet: [www.booking.com/hotel/no/soria-moria-hotell-og-konferansesenter.html](http://www.booking.com/hotel/no/soria-moria-hotell-og-konferansesenter.html)

### Thon Hotel Slottsparken



Thon Hotel Slottsparken is next to the Royal Palace in Oslo, a 5-minute walk from Karl Johans Gate shopping street. It offers free Wi-Fi and fully-equipped rooms with kitchenettes.

All rooms at Thon Slottsparken Hotel include a cable TV

and a work desk. Some rooms feature microwave ovens.

Guests can work out in the fitness center or relax in the sauna.

A large buffet breakfast is served every morning in the dining room. Guests can also enjoy free coffee in the lobby area at all times.

The National Gallery is a 5-minute walk from the hotel. The National Theater is less than half a mile away.

Address: Wergelandsveien 5, Oslo  
Internet: [www.booking.com/hotel/no/thon-slottsparken.html](http://www.booking.com/hotel/no/thon-slottsparken.html)

### Hotel Continental



The elegant Hotel Continental is centrally located in Oslo, only 500 ft from Oslo's main street, Karl Johan. It is the only 5-star hotel in Norway, and offers free in-room

Internet access.

The individually decorated rooms at Continental Hotel include a cable TV, minibar and an in-room safe. Bathrooms include amenities and a separate shower and bathtub.

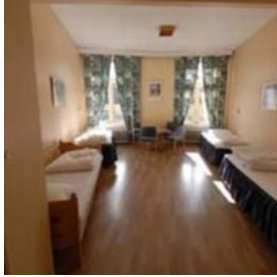
Recreation options include a free 24 hour gym on the 5th floor and a lobby lounge featuring Edward Munch lithographs.

Guests can enjoy fine dining at Restaurant Eik Annen Etage. The historic Theatercaféen has been the Oslo's most popular dining and meeting place for over 100 years. Drinks and snacks can be enjoyed at the maritime-style Steamen Café.

The National Theater is just across the street. The Royal Palace is a 5-minute walk from the hotel.

Address: Stortingsgaten 24/26, Oslo  
Internet: [www.booking.com/hotel/no/continental.html](http://www.booking.com/hotel/no/continental.html)

### Cochs Pensjonat



Housed in an early 1900s building in Oslo, Cochs Pensjonat offers free Wi-Fi and rooms with private bathrooms and kitchenettes. Karl Johans Gate shopping street is a

10-minute walk away.

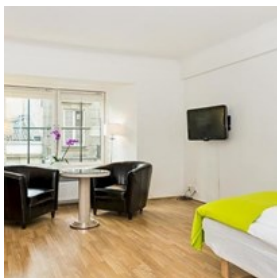
All rooms at Pensjonat Cochs feature hardwood floors and a flat-screen cable TV.

Guests at Cochs Pensjonat can enjoy breakfast at a discounted rate at KafèCaffé, 260 ft from the hotel. A vending machine with drinks is available in the TV lounge.

The surrounding streets have plenty of stores, bars and restaurants. Welhavens Gate Tram Stop is a 2-minute walk away. The Royal Palace is 1200 ft from the hotel.

Address: Parkveien 25, Oslo  
Internet: [www.booking.com/hotel/no/cochs-pensjonat.html](http://www.booking.com/hotel/no/cochs-pensjonat.html)

### Oslo Apartments - Dronningensgate 15



Set a 2-minute walk from Karl Johans Gate Shopping Street, these apartments include free Wi-Fi access and a kitchenette. Oslo Central Station is a 5-minute walk

away.

A flat-screen TV and a washing machine are featured in all apartments at Oslo Apartments - Dronningensgate 15. Each has a bathroom with shower and free toiletries.

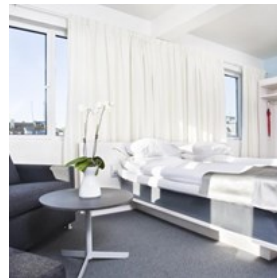
Guests can prepare meals in the kitchenettes, which feature a stove, fridge and microwave. Several restaurants

are found in the surrounding area.

Kirkegata Tram Stop is 100 metres away. Akershus Fortress is a 10-minute walk from Dronningensgate 15.

Address: Dronningensgt 15, Oslo  
Internet:  
[www.booking.com/hotel/no/oslo-apartments-dronningensgate-15.html](http://www.booking.com/hotel/no/oslo-apartments-dronningensgate-15.html)

### Thon Hotel Gyldenløve



Surrounded by trendy boutiques, cafés and restaurants, this designer hotel is located Bogstadsveien, Oslo's elegant shopping street. It offers

stylish rooms with flat-screen TVs, free Wi-Fi and late breakfast on weekends.

The bright rooms of Thon Hotel Gyldenløve feature work desks, minibars and a variety of TV channels. Bathrooms are complete with hairdryers, bath products and underfloor heating.

Gyldenløve Hotel's breakfast room features designer furniture and large windows overlooking Oslo's elegant Frogner district. The varied breakfast buffet includes fresh fruit, organic options and both hot and cold dishes.

Attractions such as the Royal Palace and the Frogner Park are both reached within 10 minutes by foot. Local buses stop nearby, and the Rosenberg tram stop is just outside the door.

Thon Hotel Gyldenløve is certified as an environmentally friendly hotel and registered with the Eco-Lighthouse label.

Address: Bogstadveien 20, Oslo  
Internet: [www.booking.com/hotel/no/thon-gyldenlove.html](http://www.booking.com/hotel/no/thon-gyldenlove.html)

### First Hotel Grims Grenka



Grims Grenka is half a mile from Oslo Central Train Station and a 15 minute walk from the Aker Brygge district. It offers flat-screen TVs, free Wi-Fi and a rooftop bar and

terrace.

First Hotel Grims Grenka's stylish rooms have luxury beds with Egyptian cotton bed linens. Some bathrooms have waterfall showers, while all feature quality toiletries and in-bathroom audio speakers.

Grenka's Madu Restaurant mixes old and new cooking methods to create a modern twist on traditional Scandinavian cuisine. The seasonal ingredients are mostly organic, and many dishes are served raw.

Guests can try a cocktail in the slick Ghost Lounge or enjoy city views from Q Lounge, the summer rooftop bar. The staff will gladly recommend local attractions such as the 13th-century Akershus Castle.

Address: Kongensgate 5, Oslo  
Internet: [www.booking.com/hotel/no/first-noble-house.html](http://www.booking.com/hotel/no/first-noble-house.html)

### ESSENTIAL INFORMATION



Photo: Martin Stabenfeldt

#### Exchange Office

FOREX Bank is since 1965 the Scandinavian market leader in foreign currencies. Since mid-2003 FOREX Bank also offers a growing range of other banking services deposits, loans, payment services, transaction services and credit and debit cards. FOREX Bank is centrally located throughout Scandinavia with more than 130 branches. At FOREX Bank you can buy foreign currency free of charge, at hours that suit you.

Phone: +46 200 222 220  
Internet: [www.forex.se](http://www.forex.se)

#### Gardermoen Airport

Oslo's main airport Gardermoen is situated 50 kilometres north of the Norwegian capital. The airport coaches and high-speed trains depart regularly for central Oslo. A single journey is NOK 160 (NOK 260 return) on the bus. Taxis and car rental companies are represented at the airport.

Avis  
+47 67 25 55 10

Europcar  
+47 64 81 05 60

Oslo Taxi  
+47 02323

Address: Gardermoen Airport, Oslo  
Phone: +47 64 81 20 00  
Internet: [www.osl.no](http://www.osl.no)  
More Info: Prices updated May 2014

### **Sandefjord Airport Torp**

Sandefjord Airport Torp is located in Sandefjord, approximately 120 kilometres south-west of Oslo city centre. Torp-Ekspressen coaches charge NOK 240 (NOK 420 return) for the journey to Oslo's bus depot. NSB has a new train service from Oslo to a new train station by the name of Sandefjord Lufthavn Torp, located between Stokke and Sandefjord. There is a shuttle bus between the airport and the train station. Taxis and car rental companies are represented at the airport.

Avis  
+ 47 33 46 95 50

Europcar  
+ 47 33 46 42 00

Vestfold Taxisentral  
+ 47 33 42 02 00

Tønsberg Taxi  
+ 47 33 30 11 11

Address: Sandefjord Airport, Oslo  
Phone: +47 33 42 70 00  
Internet: [www.torp.no](http://www.torp.no)  
More Info: Prices updated May 2014

### **Moss Airport Rygge**

Moss Airport Rygge lies about 66 kilometres south-east of Oslo. You can travel by NSB train (Rygge station), bus or car. Taxis and car rental companies are represented at the airport.

Address: Moss Airport Rygge, Oslo  
Phone: +47 69 23 00 00  
Internet: [www.ryg.no](http://www.ryg.no)

### **Public Transport**

There are multiple options for travelling around Oslo, including buses, subways, streetcars and ferries. Tickets can be purchased from a ticket machine or a 7Eleven store. Pre-bought tickets cost NOK 30 while a ticket bought on board costs NOK 50.

Address: Jernbanetorget 1, Oslo  
Internet: [www.ruter.no](http://www.ruter.no)  
More Info: Prices updated May 2014

### **Taxi**

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 from taxi stands than if you book one by telephone.

Oslo Taxi  
+47 02323  
[www.oslotaxi.no](http://www.oslotaxi.no)

Norgestaxi  
+47 080 00  
[www.norgestaxi.no](http://www.norgestaxi.no)

Taxi2  
+47 02202  
[www.taxi2.no](http://www.taxi2.no)

### **Post**

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

#### **Main Post Office:**

Address: Dronningens gate 15, Oslo  
Phone: +47 22 40 90 50  
Internet: [www.posten.no](http://www.posten.no)

### **Pharmacy**

There are several small and big outlets around the city. The pharmacy Vitusapotek on Jernbanetorget is open

around the clock.

Vitusapotek:

Address: Jernbanetorget 4b, Oslo

Opening hours: Around the clock

Phone: +47 233 581 00

Internet: [www.vitusapotek.no](http://www.vitusapotek.no)

### Telephone

Country code: +47

Area code: 022, 023 or 024 to Oslo

### Electricity

230 V, 50 Hz

### Population

634,000

### Currency

Norwegian Kroner (NOK) 1 krone = 100 øre

### Opening hours

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

### Newspapers

VG (Verdens Gang)

Aftenposten

Dagbladet

Natt & Dag

### Emergency numbers

Police: 112

Fire Brigade: 110

Ambulance: 113

### Tourist information

Oslo Tourist Information

Roald Amundsens gate, Oslo

Opening Hours

October-April: Mon-Sun 9 am-4 pm

May-September: Mon-Sun 9 am-6 pm

+47 815 30 555



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	Holtegata	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	Koøyvet	A3	Sonja Henies plass	D3
Egertorget	C3	Krafts gate	B1	Sporveigata	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	Mariboegate	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





Tingvallakaia	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		