



Reaching Oslo from the airport

The international airport in Oslo, the Oslo Airport Gardermoen (OSL) is located about 50 km from the city centre.

Public trains

The public trains operated by **Vy** are the most ideal. The trains have 2-3 departures per hour, and take about 25 minutes for about 129 NOK (12 EUR) per trip. All train and bus tickets are available online and can also be bought at the ticket machines at either the arrival halls or train stations.

Airport-shuttle express

You can also use either the **Airport Express Train** (Flytoget) or the **Airport Express Bus** (Flybussen). The train takes about 20 minutes, while the bus takes roughly 50 minutes to reach the city centre with prices between 250-260 NOK (around 25 EUR) per trip.

Taxi

A trip by taxi from Oslo Airport to the city center takes about 40 minutes. Prices vary depending on the time of day and the number of people in the travel party. However, taxi drivers in Norway are obligated to offer you a fixed fare before you start your journey, and it ranges normally between 889 to 1089 NOK (75 to 100 EUR) per trip. Oslo Taxi, Norges Taxi, and Christiania Taxi are all good options.



Public transportation

Bus, tram and metro

Download the "Ruter" App or access it online. Both versions can be used to navigate around the city and easily reach your destination. Tickets can be bought directly on the Ruter app, or at kiosks, sales outlets and service points like Ruter S, Narvesen, 7-Eleven, Deli De Luca and Mix.

If you want to visit other cities in Norway, connections can be found, and tickets can be bought through the "**Vy**" app or on their website.



Emergency numbers

Firefighters **110**

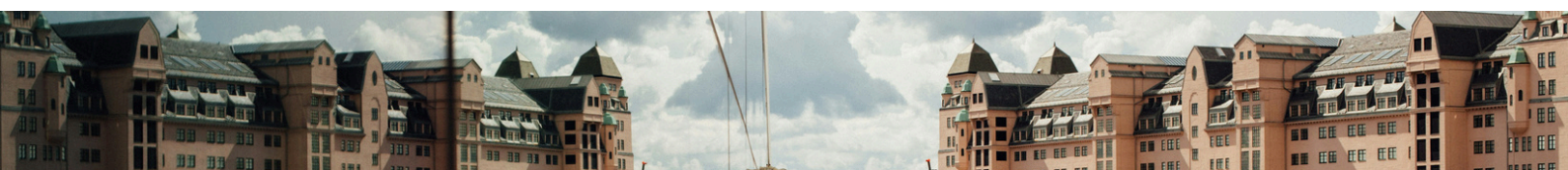
Police **112**

Medics **113**



Currency

The national currency in Norway is the Norwegian Krone (NOK). 1 EUR is currently about 11.5 NOK. Card payments are widely accepted, although it is still good to have some cash on hand for smaller purchases when needed. Foreign currencies, including the Euro, are generally not accepted, so it is best to exchange your currency for NOK if need be.

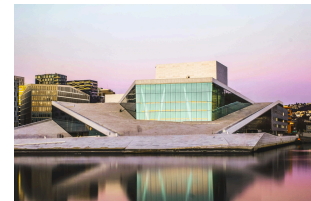




Tourist attractions

The Norwegian National Opera and Ballet

Located in the heart of Oslo's waterfront, it is an architectural masterpiece known for its striking, iceberg-like design. Opened in 2008, the building invites visitors to walk on its sloping roof for panoramic city views. Inside, it houses world-class performances of opera and ballet, with a focus on both classical and contemporary works.



Deichman Bjørvika Library (also festival venue)

As Oslo's main public library, it is a cutting-edge cultural hub overlooking the Oslo Fjord. Opened in 2020, the award-winning building spans six floors, offering vast reading spaces, creative workshops, a cinema, and even a robot-assisted book-sorting system. More than just a library, it's a vibrant meeting place for literature, learning, and innovation.



Akershus Fortress and Castle

This is a medieval fortress and a historic stronghold dating back to the late 13th century. Once a royal residence and military defence site, the castle has witnessed centuries of Norwegian history. It was strategically located at the very end of the headland and withstood a number of sieges throughout the ages. It has also been used as a palace and a prison. Today, visitors can explore its medieval halls, dungeons, and museums while enjoying panoramic views of the city and harbour.



The Royal Palace

Situated at the heart of Oslo, the Royal Palace is the official residence of the Norwegian monarch. Built in the early 19th century, the palace stands surrounded by beautiful parkland and offers a glimpse into Norway's royal history. Visitors can explore the palace grounds and watch the changing of the guard ceremony, while guided tours provide insight into the royal family's life and the palace's impressive architecture.



The City Hall

Oslo's City Hall, known for its striking modernist architecture, is home to the city's government and also hosts the Nobel Peace Prize ceremony every year. The building, completed in 1950, features impressive murals that depict Norway's history and culture. Visitors can explore its halls and learn about Oslo's political and artistic heritage.



The Parliament

The Norwegian Parliament, or Storting, is housed in a stunning 19th-century building in the heart of Oslo. This iconic structure is not only a seat of government but also a symbol of Norway's democracy. Guided tours offer a chance to learn about the country's political history and the workings of its legislative process.



Vigeland Sculpture Park

Vigeland Sculpture Park, located in Frogner Park, is one of Oslo's most visited attractions. Designed by sculptor Gustav Vigeland, it features over 200 sculptures in bronze, granite, and wrought iron, showcasing the human condition in all its forms. The park's central feature is the dramatic Monolith, a towering column of intertwined figures.



Ekebergparken Sculpture Park

Ekebergparken Sculpture Park is a unique outdoor museum located on the hills overlooking Oslo. The park combines nature and art, with sculptures by renowned artists such as Salvador Dalí and Auguste Rodin scattered throughout the forested landscape. Visitors can enjoy both the art and the breathtaking views of the city and fjord.



Fram Museum

The Fram Museum, located on the Bygdøy Peninsula, is dedicated to Norway's polar exploration history. The museum is home to the Fram, the world's strongest wooden ship, which was used in expeditions to the Arctic and Antarctic. Exhibits showcase the challenges of polar exploration, with interactive displays that bring the explorers' adventures to life.





Museums

Munch

Home to the world's largest collection of world-renowned Norwegian artist Edvard Munch (1863–1944), the museum's new building, opened on Oslo's waterfront in 2021 houses several galleries and performance spaces over 13 floors.

Norsk Folkemuseum

Norsk Folkemuseum is Norway's largest museum of cultural history showing how people lived in Norway from 1500 to the present through its collections from around the country.

22nd of July Centre

A commemoration and learning centre that disseminates knowledge about the terrorist attacks in Oslo and on the island of Utøya on 22 July 2011.

Nobel Prize Museum

Drawing on the Nobel Prize's unique combination of fields – natural sciences, literature, and peace, the museum organises exhibitions, school programmes, and lectures, and with the help of videos, donated artefacts, and in-depth guided tours and dialogues, introduces visitors to freedom fighters, writers, and scientists whose contributions have greatly benefited humankind.

Norway's Resistance Museum

Norway's Resistance Museum is located in a 17th-century building at Oslo's historic Akershus Fortress. Founded by former resistance members, it aims to preserve and share the stories of courage and resilience shown by Norwegians during World War II.

The Viking Planets & VR

The world's first digital Viking Age Museum using technological tools and entertainment devices of tomorrow to offer guests a wide selection of unique experiences and exhibitions centred around the Viking Age.

Museum of Holocaust and Religious Minorities in Oslo

A research, education, and documentation centre focusing on the Holocaust and other genocides, historical and contemporary antisemitism, and the conditions of minorities today.

National Museum

Mandated to develop, conserve, research, make available and promote public knowledge about Norway's biggest collection of art, architecture and design, the museum presents permanent exhibitions of objects from its collection, and temporary exhibitions of loaned and own material.





Restaurants

Apent Bakeri

BIT Union

Spor av Nord

Tim Wendelboe

Matthallen Oslo

Oslo Street Food Court

Backstube

Paradis Gelateria

The Salmon

Lofoten Fiskerestaurant

Østbanehallen

Egon restaurant

Peppe's pizza

Mamma pizza Oslo

Lutlaget L/L

Greek Bakery and Coffee 'YASOU'



Activities

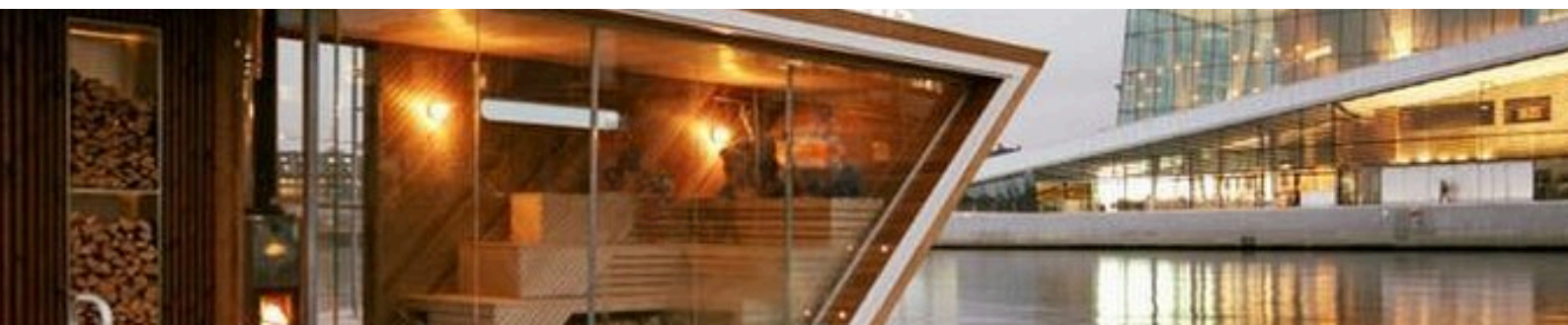
Saunas

Sauna culture is increasingly becoming a significant part of Norwegian life, with the practice of alternating between heat and cold – such as jumping into a cold lake after a sauna – being particularly popular. Below are some options you might want to consider in Oslo if it interests you.

- **KOK** – floating sauna
- **SALTED** – located on the bay by the Oslo Fjord providing a more party and drinking vibe
- **Kongen Marina Sauna and Restaurant**

Auxiliaries

- **Painting & pottery class**
- **Cruising the Oslo Fjord**
- Make your own jewellery, bracelets and necklaces while enjoying your coffee or drinks at **Smykbar**
- **Tips on free things to do in Oslo**



Walking around the city

- **Blå** – a nice walking area with a Sunday market
- **Bjervika** – a port district known for its striking contemporary architecture
- **Aker Brygge** – part of the Sentrum area known for its pier, where eateries with outdoor tables serve upscale Nordic and French cuisine
- **Damstredet & Telthusbakken** – popular for leisure walks, these cobblestone avenues feature historic, painted-wood homes
- **The Vigeland Park** – sculpture park & museum displaying the works of Gustav Vigeland, plus temporary art exhibitions



Shopping

Be sure to try Norwegian chocolates and the Norwegian 'polse' (sausage) from Narvesen.

You can find many shopping malls in Oslo like the **Oslo City** and you can also go vintage or second-hand shopping from the **UFF (chain)**.

Also, be careful when eating outdoors. Seagulls in Norway can be very bold and are known to snatch food from people, especially in public areas or near water.

Oslo Pass

A one-stop shop to help visitors explore Oslo conveniently and affordably offering free entry to over 30 museums and attractions and unlimited travel on public transportation within certain zones in the city.

Funfact: If you want to sound like a local, Oslo is actually pronounced as 'Owshlow'