

Oslo

QUINTESSENTIALLY

Oslo, Norway

Oslo is the oldest of the Scandinavian capitals with a history that goes back 1000 years to the time when the first settlements were built at the inlet of the Oslo fjord.

Today the city is characterized by a mix of old and new architecture, street art, parks, hills, museums, monuments, lakes, forests and the fjord. It is a vibrant city, excellent for business and shopping as well as cultural and outdoor activities.

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Exchange Rate

1 NOK = 0,084 GBP
1 GBP = 1.33 NOK

Official Language

Norwegian

Currency

NOK

Time

UTC +1

Electricity

The standard electrical voltage in Norway is 230v.
The majority of electrical outlets in Norway use a two-rounded plug.

Survival Skills

The population is small, the streets are brightly lit and most venues and clubs are well regulated. The chance of being the victim of crime is low, as the vast majority of crime is opportunistic. As long as you don't appear to be a target, you won't be treated as one.



Accomodation

Best places to stay in Oslo

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Hotel Continental

Stortingsgata 24, Oslo

A family enterprise for four generations, the hotel is over 100 years old and is situated in the heart of Oslo. The sights of this fascinating capital city are more accessible from here than from anywhere else. Hotel Continental is newly refurbished. The restaurants Theatercafeen and Eik 2etage are situated in the hotel and they also have a nice cocktail bar on the ground floor called Bohman.

The Thief

Landgangen 1, Oslo

With Oslo's most spectacular location on the coast of the capital's new waterfront district Tjuvholmen, The Thief will steal you away from everyday life. Looking out over the canals of Tjuvholmen and the Oslofjord, most of the 118 rooms offer great waterfront views.

The Grand Hotel

Karl Johans gt 31, Oslo

A Louis XVI revival style building on Oslo's main street, Karl Johan's Gate. The Grand Hotel is an internationally renowned hotel and the first choice for many heads of state and Nobel Prize winners. Its traditional style has been modernized and extended over the years and today it boasts 290 rooms, 15 conference rooms and a number of restaurants and bars. The Grand Hotel also features an exclusive spa by Artesia, with a swimming pool, a steam bath, saunas as well as a total of 7 treatment rooms and a private VIP area.

Holmenkollen Park Hotel Rica

Kongeveien 26, Oslo

Holmenkollen Park Hotel Rica is a hotel built in the distinctive Dragon style more than a century ago. It is located more than 350 meters above sea level, offering unique views of the city and the fjord. Here you will find activities that no other hotels in Oslo can offer. Within a stone's throw away from the hotel, you will find the Holmenkollen Ski Jump, the Ski Museum and can easily access various jogging trails in forest nearby.

Hotel Bristol

Kristian IV's gt. 7, Oslo

Hotel Bristol is located in the heart of Oslo's city center. It is only a short walk from the hotel to shopping opportunities on Oslo's main street Karl Johan's gate, the Royal Palace, museums, the waterfront area Aker Brygge and most of Oslo's other attractions. Bristol Spa offers quality spa treatments, where you receive professional service in a friendly and relaxing atmosphere. Hotel Bristol also has a fitness room that is free to use for their guests.

Clarion Collection Hotel Gabelshus

Gabelsgate 16, Oslo

Located in a residential area, with beautiful town houses, embassies, restaurants and cafes within walking distance the hotel itself dates back to 1912 but underwent a renovation in 2004 and is now a stylish and charming boutique hotel that provides an elegant and pleasant alternative for frequent travelers.

Frogner House Apartments

Skovveien 8, Oslo

Little homes away from home at different addresses with high standards yet homely feelings. Apartments vary in size from 14 to 70m² and all have their own kitchen and bathroom. An excellent choice for those who plan to stay longer or just simply prefer a modern service apartment to a hotel room.

Camillas Hus

Parkveien 31, Oslo

Camillas Hus is a unique hotel is situated in the most exclusive part of Oslo adjacent to the Royal Palace gardens. Camillas Hus has seven beautiful and individually decorated rooms – filled with classical furniture and fittings – with superior beds, large and comfortable bathrooms and all blended with twentieth-century standards for comfort, elegance and safety.

Amerikalinjen

Jernbanetorget 2, Oslo

Located right in the city centre of Oslo, Amerikalinjen is a vibrant boutique hotel named after the 19th century cruise ship line with the same name.



Awarded Cuisine

Michelin Stars in Oslo

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Maaemo ***

Schweigaardsgate 156, Oslo

A Nordic food temple that received three stars in the Michelin Guide for the second year in a row. At Maaemo the ingredients are of the highest importance. By using only the finest producers, who approach their product with love and understanding, this experimental fine dining restaurant hopes to help others rediscover the pride in using local produce. The drinks menu has been carefully selected to add an extra dimension to each of the courses on the seasonally set menu.

Statholdergaarden *

Rådhusgaten 11, Oslo

Among Oslo's best restaurants with a well deserved Michelin star. Each day chefs Bent Stiansen and Torbjørn Forster create a six-course gourmet menu full of surprises. The menu varies according to the time of the year and they pride themselves on using Norwegian produce when it is at its best.

Kontrast *

Maridalsveien 15 a, Oslo

Kontrast is a modern Scandinavian restaurant focusing on using ingredients that are both local and seasonal. Their main goals are to offer world class, organic and ethically sourced ingredients from Norway and to showcase the farmers who produce them.

Galt *

Frognerveien 12, Oslo

Galt serves a set menu consisting of the best Nordic seasonal products on the market in a relaxed atmosphere. The restaurant also has a lounge area, where you are able to order small courses or simply relax and enjoy a drink.



Dining Out

Restaurants in Oslo

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Bokbacka

Skovveien 15, Oslo

At Bokbacka the cook follows the ingredients and not the other way around. Their cuisine is based on hunting the best ingredients where and when they are at their best. It is their ambition to appeal to all the senses, and they strive to be inventive in what they do and to find the balance between the natural and the technical cooking techniques to be able to offer an unique experience. It's about seeing the simplicity in the raw product as well as being able to apply the best techniques to lift it to its full potential.

Toppheim

Henrik Ibsensgate 60C, Oslo

Toppheim serves good food in a relaxed and nice environment. Here you can enjoy a cocktail in the living room or enjoy various dishes in the dining room. They use raw materials right from farms around Oslo. The menu are based on small or sharing courses.

Hanani

Kanalen 1, Tjuvholmen, Oslo

Hanani's vision is to present Japanese fusion in the most outstanding way, both visually and in terms of flavour. When it comes to sushi and robata grill they are among the experts in Oslo.

Happolati

ST. Olavs Plass 2, Oslo

Happolati is a mix of Asian and Nordic cuisine and the restaurant works closely with local suppliers to make sure they will get the best produce during each season. The food is served to be shared by everyone around the table. The menu consequently changes according to season.

Festningen

Myntgata 9, Oslo

An elegant yet relaxed brasserie at Akershus Fortress with great views of City Hall Square and Aker Brygge. Located in Akershus Fortress' old prison, Festningen Restaurant offers à la carte and multi-course menus for both lunch and dinner.

A'Laise

Essendrops Gate 6, Oslo

Gourmet restaurant A'Laise serves French-inspired cuisine using only the best available ingredients both from Norway and abroad. The luxurious interior adds a touch of elegance to the ambience, while the professional staff warmly greet their guests and are knowledgeable about the produce. Look forward to selecting a favourite or two from the passing champagne trolley, mouthwatering amuse-bouche and beautifully presented dishes throughout the evening. Danish Chef and co-owner Ulrik Jepsen has experience from one and three Michelin-star restaurants and changes the menu according to the season, so whether you opt for the set menu or prefer à la carte, visiting this Frogner gem is always something to look forward to.

Kolonialen Bislett

Sofiesgate 16, Oslo

Kolonialen is a neighborhood restaurant with an informal atmosphere and international feeling. The casual interior is just as inviting for a morning coffee as it is to enjoy a delicious lunch or dinner. The menu is inspired by carefully chosen ingredients with the best meat, fresh fish and vegetables to create the best possible food at an affordable price. Kolonialen also has a great selection of wines.

Alex Sushi

Cort Adelers gt 2, Solli Plass, Oslo

One of Oslo's best sushi restaurants, Alex Sushi has a cool and clean atmosphere. A stylish restaurant with knowledgeable staff, good food and great wine list.

Teatercaféen

Stortingsgaten 24/26

Exuberant and bustling, lively and unique, part of Oslo's cultural history and an absolute must for every visitor to Oslo. The 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.

Nodee Sky

Dronning Eufemias gate 28, Oslo

Located on the 13th floor, the Sky bar offers a lounge and terrace with spectacular views and refreshing cocktails. On the 14th floor you'll find their intimate restaurant with about 50 seats and a 360 degree view of the capital which adds that extra special something to your evening. For a more private dining experience they also have a chambre séparée for 13 people with a spectacular view over the city. You can also rent the entire restaurant for a private event.

Nodee Barcode

Dronning Eufemias gate 28, Oslo

With an open-air kitchen, a robotagrill, 130 seats, high ceilings and an exciting interior a visit to Nodee Barcode provides intriguing experiences for both your stomach and your eyes. The head chef, Lung and his team, have put together a menu with some of the old favorites from Nodee Asian Cooking, mixed with new influences. They also have a fantastic chambre séparée for a more private atmosphere.

Dinner

Middelthuns gate 25, Oslo

Dinner has served food from the Szechuan and Cantonese cuisine in the heart of Oslo since 1990. The restaurant is divided into a main hall, a downstairs level and their latest addition with a seated area that used to be Bocata café. You can rent the entire downstairs level for up to 45 guests and there are two chambre séparées.

Ling Ling by Hakkasan

Stranden 30, Aker Brygge, Oslo

With indoor and outdoor dining areas overlooking Aker Brygge marina, a sweeping roof terrace and a hidden bar, Ling Ling begs to be explored. The Cantonese menu is inspired by both the signature cuisine at Hakkasan and by local ingredients of Norway, while the ever evolving cocktail list has been curated by the award-winning team in London.

Lofoten

Stranden 75, Aker Brygge, Oslo

At Lofoten, which has borrowed its name from a group of islands in northern Norway with fishing as its predominant industry, the menu is based on delicacies from the sea. The widely acclaimed food has a Continental profile. Dark lobsters swim in an aquarium immediately inside the entrance and heavenly scents of fish and shellfish waft out into the dining-room from the surprisingly small kitchen a few steps in.

Katla

Universitetsgata 12, Oslo

Katla offers a unique dining experience. The innovative dishes, created by Icelandic chef Atli Mar Yngvason, combine Nordic ingredients with cooking techniques and flavours from Latin America and Asia. The food is prepared right in front of you on lava-stoned, wood-fired grills and Mexican molcajetes. Yngvason is well known in Oslo for his previous restaurant Pjøltergeist.

Restaurant Einer

Prinsens gate 18, Oslo

Einer is a small restaurant in the heart of Oslo. Under the roof of a house from the 16th century they serve dinner consisting of either 4 or 6 courses, with Norway as their biggest inspiration.

Brasserie Paleo

Rosenkrantzgate 1, Oslo

The name Paleo comes from the word paleolithic, which refers to a lifestyle and a way of dealing with food. The modern paleolithic diet is about avoiding processed foods and using local products, seasonal vegetables and organically produced food.

Vaaghals

Dronning Eufemias gate 8, Oslo

A bright, contemporary restaurant with an open kitchen and a terrace, located on the ground floor of one of the modern 'barcode' buildings. Scandinavian menus feature dry-aged meat and many of the dishes are designed for sharing.



“See & Be Seen”

Lounges, bars, clubs and speakeasys

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Himkok

Storgata 27, Oslo

Behind an anonymous door in an alley in Oslo's city centre you will find one of the world's top 50 bars. It's a bar covering over three floors with its own distillery, backyard dining area and cider bar. There are bars on several floors, both indoors and outdoors, and the distillery is clearly visible. Himkok's address is Storgata and there is a small door there, but the main entrance is from Younggata. In nice short a and cozy bar with great drinks! Age group: 25+

Monkey Bar

Henrik Ibsensgt 60 B, Oslo

This club has no obvious logo or clear signage making it easy to walk past the place if you do not know it. Though relatively small premises with large dance floor there is also a separate lounge with seating areas that opens when the place begins to fill up. DJs play varied music. Age group: 23-30.

Nedre Løkka Cocktailbar

Thorvald Meyers gate 89, Oslo

Nedre Løkka Cocktailbar & Lounge specializes, as its name might suggest, in making good cocktails, inspired by both Grünerløkka's history and New York. The venue stretches over two floors with a separate lounge on the second floor that is perfect for both small and larger groups.

Stratos

Youngstorget 2 A, Oslo

Here you can enjoy deliciously grilled food, carefully selected beers, the summer sun and fantastic views from their roof terrace. "Stratos relax" evenings with various DJs are every Thursday to Saturday 20 June to 18 August. Age group: 23 - 35.

Champagneria

Frognerveien 2, Oslo

Champagneria offers a good selection of drinks with and without alcohol. The kitchen serves excellent tapas dishes in original, exciting premises with a good atmosphere and views of Frognerveien. The wine list is huge, with both affordable and exclusive solutions, with and without bubbles.

Takket Steen & Strøm

Nedre Slottsgate 8, Oslo

Takket Steen & Strøm is a fantastic venue in the city centre on the rooftop of the Steen & Strøm shopping center. It is mainly used as an event venue but at least once a month there is a big party going on.

Grand Café Vinkjeller

Karl Johans Gate 31, Oslo

This wine cellar can be found in the basement below the restaurant. It holds over 16,000 bottles and more than 1,500 wines from all around the world, and in all price ranges. They serve nibbles and snacks creating a perfect combination while you enjoy a glass of wine or two.

F6

Frognerveien 6, Oslo

With the vision of being to be unique cocktail bar in town, F6's menu consists of both classical and modern cocktails. F6 is proud to head first into new ventures within the realm of mixology, and they aspire to have something special to serve to everyone.

Andre till Høyre

Torggata 13, Oslo

A bar that makes you feel like home this place has been decorated just like an apartment. The apartment has three rooms, each with a different atmosphere. You can enjoy a drink served in the living room or go to the library where you have a full cocktail bar or sit down and have dinner in the kitchen.

ISM

Stortingsgata 12, Oslo

The concept here is based on the theme that all ends with – ISM, ex: Hedonism, Humanism, Futurism, conceptualism and so on. The theme changes once a year. On the first floor you will find the "crazy" drinks with, smoke, fire and other surprises. On the second floor you can enjoy the music and be served classical drinks that you all ready know, but with their own touch.

Torgata Botaniske

Torgata 17b, Oslo

This place is amazing and it feels like you have stepped right into a botanical world of wonder where the cocktails are rated as the best in Oslo. All around you, plants are growing and they even have their own specially conditioned room where they grow their own plants and many of them might even end up in your drink.

Summit

Holbergsgate 30, Oslo

A modern and sophisticated bar on the 21st floor of the Radisson Blu Scandinavia Hotel with great cocktails and spectacular views of Oslo and the Oslo Fjord.

Christiania

Nedre Vollgata 19, Oslo

A good restaurant that turns into a club during the weekends. They serve great cocktails with a gin and tonic menu and are known for their frozen cocktails.

Eight – The rooftop bar at Grand

Karl Johans gt 31

Eight is located on the eighth floor of the Grand Hotel with a beautiful view of Karl Johans gate below and is a popular and lively bar with a wide selection of cocktails. Here the focus lies on serving great cocktails and Nordic inspired drinks with great views.

Pier 42

Jernbanetorget 2, Oslo

Named after iconic Pier 42 in New York this bar is designed to blend the heritage of Amerikalinjen's cocktail culture with an unparalleled drinks menu reflecting the modern-day explorer. The centre of attention is the cocktail menu "Decades of our history" which is inspired by significant events that took place between 1919-2019 in both Norway and America.

Thief Bar

Landgangen 1, Oslo

Thief Bar serves up a cosy atmosphere and signature cocktails from award-winning bartenders. You will find a lively mix of locals and international hotel guests hanging out in the bar.

Thief Roof Bar

Landgangen 1, Oslo

Thief Roof Bar is a unique oasis with a great view over to the hills of Holmenkollen. The rooftop is open from April until late autumn. Portable glass walls, heater lamps and a sliding «cabriolet» roof top will keep you warm and dry in stormy weather.



The sights

What not to miss!

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Holmenkollen Ski Museum & Tower

Holmenkollen National Ski Arena is one of Norway's most visited tourist attractions and includes the Holmenkollen Ski Museum & Jump Tower, shops, a café and a ski simulator. Holmenkollen hosts World Cup Nordic skiing events every winter and the entire ski jump and arena was rebuilt for the 2011 FIS Nordic World Championships. Inside the ski jump is the world's oldest ski museum with 4,000 years of skiing history on display. The ski jump was designed by the Danish firm JDS Architects. Their design brings together all the amenities contained in the jump. Rather than having a series of dispersed pavilions, everything from the judge's booths and the Royal family to the souvenir shop and the entrance to the museum are contained in one holistic diagram. The jump is made out of 1,000 tones of steel and raised 60 meters in the air. The top is cut horizontally to accommodate a viewing platform with a panoramic view of Oslo and the surrounding areas.

The Norwegian National Opera & Ballet

Oslo's Opera House is located right in the harbour with an angled, white exterior that appears to rise from the water. It invites its visitors to climb its roof and enjoy panoramic views of Oslo and the fjord all year round. Large-scale windows at street level provide the public with glimpses of rehearsals and workshop activities. The building's interior is mainly oak and the main hall is shaped like a horseshoe reminiscent of classical theatres of the past. The opera is designed by the Norwegian architecture firm Snøhetta and has received several prestigious awards.

The Munch Museum

Edvard Munch has a unique position among Nordic painters and is considered a pioneer in expressionism. The Munch Museum's collection was left to the city of Oslo by the artist and consists of paintings, graphical prints and drawings. By constantly changing the exhibitions the museum presents the variety of his creations. Audio tours in Norwegian and in English are available.

Astrup Fearnley Museum

The Astrup Fearnley Collection is a collection of modern and contemporary art counted among the most significant of its kind in Northern Europe. The museum complements works from the permanent collection by rotating exhibitions with internationally renowned artists.

Nobel Peace Center

The Nobel Peace Prize museum has an exciting combination of changing and permanent exhibitions that promote popular interest in issues relating to war, peace and conflict resolution. The Peace Prize laureates are all presented on digital screens in the Nobel Field: a garden of 1000 fiber-optic lights. Don't miss the magical book about Alfred Nobel's life and work: the Electronic Wall Papers.

National Gallery

Norway's largest public collection of paintings, drawings and sculptures is found in the National Gallery, established in 1837. The gallery's central attractions include Edvard Munch's *The Scream* and *Madonna*, and paintings by Cézanne and Manet. The permanent exhibition shows highlights from the collection and national icons from the romantic period until the mid-1900s. Also on display are works by international painters and sculptors, including the French impressionists.

The Viking Ship Museum

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

The Kon-Tiki Museum

Thor Heyerdahl (1914-2002) gained worldwide fame when he crossed the Pacific Ocean on the balsawood raft *Kon-Tiki* in 1947. He followed this up with spectacular expeditions on the reed boats *Ra* and *Tigris*. At the Kon-Tiki Museum, guests can experience original vessels and up-to-date exhibits on Heyerdahl's expeditions, including *Kon-Tiki*, *Ra*, *Tigris*, *Easter Island*, *Fatu-Hiva*, *Tùcume*, *Galapagos*, a 30-metre cave tour, an underwater exhibit with a 10-metre model of a whale shark, Thor Heyerdahl's library, Thor Heyerdahl the person and Tiki pop culture.

The Mini Bottle Gallery

The Mini Bottle Gallery is the only one of its kind in the entire world and contains the world's largest collection of miniature bottles with 53,000 of them exhibited in 50 different installations in a 3-story building. There are bottles filled with fruits and berries, worms and mice, just to mention a few. If you are the adventurous kind, you can take the slide down to the horror room.

Vigeland Sculpture Park

Vigelandsparken is one of Norway's most visited attractions with more than one million visitors every year. The unique sculpture park is the life's work of the sculptor Gustav Vigeland (1869-1943) with more than 200 sculptures in bronze, granite and cast iron. The bronze statue of the little *Angry Boy* (*Sinnataggen* in Norwegian) is among the most famous sculptures along with the *Monolith* (*Monolitten*) and the *Wheel of Life* (*Livshjulet*).

Ekebergparken Sculpture Park

A sculpture and national heritage park with a strong international art collection surrounded by beautiful scenery with many spectacular lookout points. Ekebergparken is always open and is free to visit. There is also a museum (entrance fee) and a small art and design shop. Public guided tours during the summer season.

Walk-way by the Fjord

Oslo Fjord City spans from Frognerkilen, west of the city, to Sydhavna in the south. This is an area of about 2,260 km² in total. A vital part of the project is to build wide paths along the water to enable people to walk or cycle along the fjord and from one side to the other if they wish.

Outdoor Swimming

In Oslo you have a number of places to choose between for swimming outdoors. You can swim both in the fjord and in the lakes in the woods. City center: Tjuvholmen: Small beach for the little ones and access to the fjord for adults. Sørenga: Large seawater pool. Akerselva (Frysja, Brekkedammen, Stilla): Recreation and swimming area along the river between Maridalsvannet and the city center.

The new Munch Museum – Opens in 2020 in Bjørvika

In the new museum building you can visit 11 exhibition areas spanning over seven floors and explore many of the 28,000 works by Edvard Munch from the museum's collection. Munch's art is displayed in three permanent exhibitions and temporary exhibitions show works by renowned Norwegian and international artists as well as innovative contemporary artists. In addition to exploring the different exhibitions you can attend concerts, literary readings and discussions, debates and other cultural events or gather friends and family to enjoy fantastic meal and the spectacular view from the 13th floor. The museum also houses art workshops where you can experiment with different techniques and materials and other fun activities where children and adults can create inspiring art experiences together.

The public library: Deichman Bjørvika

In 2020 Deichman's main library will move to a brand-new facility located between The Oslo Opera House and Oslo Central Station in Bjørvika. With Deichman Bjørvika, Oslo aims to redefine what a library can be. The top floors will offer a magnificent view of the Oslo Fjord and the city's Opera House. Visitors will also have access to an on-site restaurant as well as a café and a bar.

The National Museum

In the fall of 2020 the new National Museum of Art, Architecture and Design will open in Oslo. The new museum's first temporary exhibition will be an extensive survey of new Norwegian contemporary art. The show will inaugurate the museum's spectacular space for temporary exhibitions that is situated on the roof of the building. As a declaration of love to the Norwegian art scene the curators have travelled the whole length of Norway in order to take the pulse of Norwegian art. With a keen eye for the mechanisms of exclusion and the value systems of the art world the project is an inquiry into what Norwegian art is at this exact moment.

