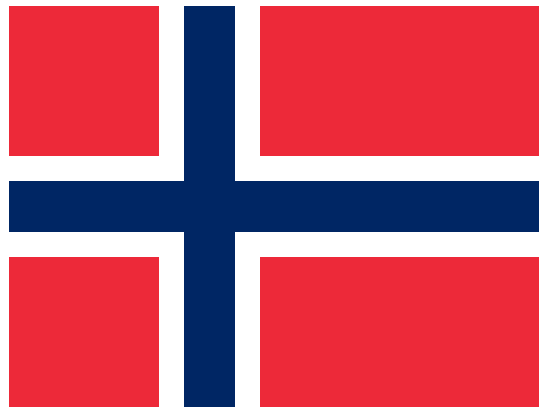




3-day Oslo Itinerary



Oslo



Oslo: A Nordic Cultural Haven

Welcome to Oslo, Norway's vibrant capital, where contemporary architecture meets rich Viking heritage. This comprehensive 3-day guide will immerse you in the city's fascinating museums, stunning outdoor spaces, and innovative cultural scene, perfect for first-time visitors.

Historical Overview

Oslo has a rich history dating back to 1040 AD, evolving from a Viking settlement into a modern cultural capital. The city seamlessly blends its historical heritage with cutting-edge architecture and design, creating a unique urban landscape that tells the story of Norway's past and present.

Iconic Landmarks

- Oslo Opera House: An architectural masterpiece with a walkable roof offering panoramic fjord views.
- The Royal Palace: The official residence of the Norwegian monarch, surrounded by beautiful gardens.
- Akershus Fortress: A medieval castle and fortress overlooking the Oslo Fjord.

Cultural Treasures

- National Museum: Home to Norway's largest collection of art, including "The Scream" by Edvard Munch.
- Munch Museum: A dedicated museum showcasing the works of Norway's most famous artist.
- Viking Ship Museum: Featuring well-preserved Viking ships and artifacts.

Charming Neighborhoods

- Grünerløkka: A trendy district known for its cafes, vintage shops, and street art.
- Aker Brygge: A popular waterfront area with restaurants, shops, and modern architecture.
- Karl Johans Gate: Oslo's main street, lined with shops, restaurants, and historic buildings.

Oslo Lifestyle

- **Cuisine:** Experience Nordic gastronomy at Mathallen Food Hall and local markets.
- **Outdoor Activities:** Embrace the Norwegian 'friluftsliv' (outdoor life) in numerous parks and green spaces.
- **Design:** Discover Scandinavian design in boutiques and museums throughout the city.

Green Spaces

- **Vigeland Park:** The world's largest sculpture park by a single artist.
- **Botanical Garden:** A peaceful oasis featuring diverse plant collections and themed gardens.

Practical Travel Tips

- **Transportation:** Utilize Oslo's efficient public transport system; consider an Oslo Pass for convenience.
- **Best Times to Visit:** May to September for mild weather; December for Christmas markets and winter activities.
- **Language:** English is widely spoken throughout the city.
- **Safety:** Oslo is one of the safest capital cities in the world.

3-Day Itinerary Highlights

Day 1: National Museum, Vigeland Park, Oslo Opera House, Aker Brygge

Day 2: Akershus Fortress, Karl Johans Gate, Nobel Peace Center, Grünerløkka

Day 3: Munch Museum, Botanical Garden, Mathallen Food Hall, Oslo Flea Market

This guide presents a curated selection of over 40 locations, allowing you to customize your Oslo experience. Each destination offers unique insights into Norwegian culture, art, and lifestyle.

Oslo is more than just a city; it's a testament to sustainable urban living and cultural innovation. As you explore its museums, parks, and neighborhoods, you'll discover why Oslo consistently ranks among the world's most livable cities.

Let this remarkable Nordic capital inspire you with its blend of nature, culture, and

modern urban life. Enjoy your adventure in Oslo!



Itinerary Preview

3 days

DAY 01

The National Museum

The Vigeland Park

Oslo Opera House

Aker Brygge

DAY 02

Akershus Fortress

Karl Johans gate

Nobel Peace Center

Grünerløkka

DAY 03

Munch

The Botanical Garden

Mathallen Oslo

Oslo Street Food





Daily Events



Day 1

09:00

The National Museum

Brynjulf Bulls plass 3, 0250 Oslo, Norway

11:00

11:45

The Vigeland Park

Nobels gate 32, 0268 Oslo, Norway

13:45

14:30

Oslo Opera House

Kirsten Flagstads Plass 1, 0150 Oslo, Norway

16:30

17:15

Aker Brygge

Aker Brygge, Oslo, Norway

19:15

Map for Day 1



Day 2

09:00

Akershus Fortress

0150 Oslo, Norway

11:00

12:15

Karl Johans gate

Karl Johans gt., Oslo, Norway

14:15

14:45

Nobel Peace Center

Brynjulf Bulls plass 1, 0250 Oslo, Norway

16:45

17:30

Grünerløkka

Grünerløkka, Oslo, Norway

19:30

Map for Day 2



Day 3

09:00

Munch

Edvard Munchs Plass 1, 0194 Oslo, Norway

11:00

11:45

The Botanical Garden

Sars' gate 1, 0562 Oslo, Norway

13:45

14:30

Mathallen Oslo

Vulkan 5, 0178 Oslo, Norway

16:30

17:15

Oslo Street Food

Torggata 16, 0181 Oslo, Norway

19:15

Map for Day 3





Spots



Norwegian Maritime Museum

Bygdøyenesveien 37, 0286 Oslo, Norway

Summary:

Shipping museum for marine archeology & paintings, plus boats, a cafe & terrace with fjord views.

Opening Hours:

Monday: Closed

Tuesday: 11:00 AM - 4:00 PM

Wednesday: 11:00 AM - 4:00 PM

Thursday: 11:00 AM - 4:00 PM

Friday: 11:00 AM - 4:00 PM

Saturday: 11:00 AM - 4:00 PM

Sunday: 11:00 AM - 4:00 PM

Phone:

24 11 41 50



St. Olav's Catholic Cathedral

Akersveien 1, 0177 Oslo, Norway

Opening Hours:

Monday: 7:30 AM - 6:30 PM

Tuesday: 7:30 AM - 6:30 PM

Wednesday: 7:30 AM - 6:30 PM

Thursday: 7:30 AM - 6:30 PM

Friday: 7:30 AM - 6:30 PM

Saturday: 7:30 AM - 6:30 PM

Sunday: 7:30 AM - 6:30 PM

Phone:

22 98 21 65



Oslo Street Food

Torggata 16, 0181 Oslo, Norway

Summary:

Hip food court featuring international eateries, bars & DJs, plus indoor & outdoor seating.

Opening Hours:

Monday: 11:00 AM - 11:00 PM

Tuesday: 11:00 AM - 11:00 PM

Wednesday: 11:00 AM - 11:00 PM

Thursday: 11:00 AM - 11:00 PM

Friday: 11:00 AM - 3:00 AM

Saturday: 11:00 AM - 3:00 AM

Sunday: 12:00 - 10:00 PM

Phone:

22 04 00 44



IBSEN Museum & Teater

Henrik Ibsens gate 26, 0255 Oslo, Norway

Summary:

Exhibits on the famous playwright in the home where he spent the last 11 years of his life.

Opening Hours:

Monday: 11:00 AM - 4:00 PM

Tuesday: Closed

Wednesday: Closed

Thursday: 11:00 AM - 4:00 PM

Friday: Closed

Saturday: 11:00 AM - 4:00 PM

Sunday: 11:00 AM - 4:00 PM



The Norwegian Museum of Cultural History

Museumsveien 10, 0287 Oslo, Norway

Summary:

Large open-air collection of Medieval buildings & indoor culture & lifestyle exhibits.

Opening Hours:

Monday: Closed

Tuesday: 11:00 AM - 4:00 PM

Wednesday: 11:00 AM - 4:00 PM

Thursday: 11:00 AM - 4:00 PM

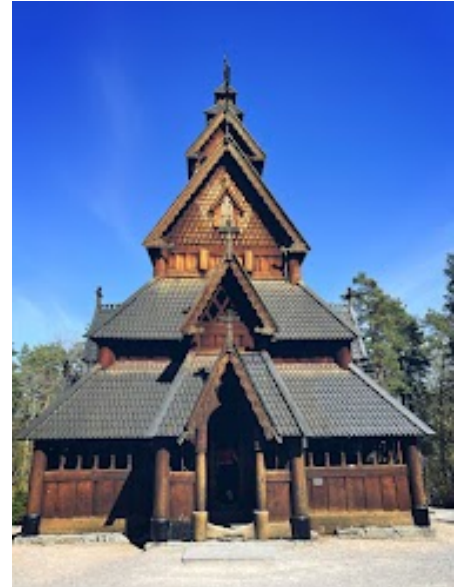
Friday: 11:00 AM - 4:00 PM

Saturday: 11:00 AM - 4:00 PM

Sunday: 11:00 AM - 4:00 PM

Phone:

22 12 37 00



IBSEN Museum & Teater

Henrik Ibsens gate 26, 0255 Oslo, Norway

Summary:

Exhibits on the famous playwright in the home where he spent the last 11 years of his life.

Opening Hours:

Monday: 11:00 AM - 4:00 PM

Tuesday: Closed

Wednesday: Closed

Thursday: 11:00 AM - 4:00 PM

Friday: Closed

Saturday: 11:00 AM - 4:00 PM

Sunday: 11:00 AM - 4:00 PM



The Royal Palace

Slottsplassen 1, 0010 Oslo, Norway

Summary:

Guided tours of the 19th-century residence of the King & Queen of Norway, plus parkland visits.

Phone:

22 04 87 00



Søndagsmarkedet i Inngensgate AKA 'Søndagsmarkedet på Blå'

Inngens gate 0551, 0551 Oslo, Norway

Opening Hours:

Monday: Closed

Tuesday: Closed

Wednesday: Closed

Thursday: Closed

Friday: Closed

Saturday: Closed

Sunday: 12:00 - 5:00 PM



National Theater

Johanne Dybwads plass 1, 0161 Oslo, Norway

Summary:

Imposing, 19th-century home to Norwegian theater, with 3 auditoriums hosting classic & new drama.

Opening Hours:

Monday: 12:00 - 7:30 PM

Tuesday: 12:00 - 7:30 PM

Wednesday: 12:00 - 7:30 PM

Thursday: 12:00 - 7:30 PM

Friday: 12:00 - 7:30 PM

Saturday: 12:00 - 6:00 PM

Sunday: Closed

Phone:

22 00 14 00



Oslo

Oslo, Norway



Holmenkollen Ski Museum

Kongeveien 5, 0787 Oslo, Norway

Summary:

High-tech museum for the history of sport & expedition skiing, with a ski simulator & tower views.

Opening Hours:

Monday: 10:00 AM - 4:00 PM
Tuesday: 10:00 AM - 4:00 PM
Wednesday: 10:00 AM - 4:00 PM
Thursday: 10:00 AM - 8:00 PM
Friday: 10:00 AM - 4:00 PM
Saturday: 10:00 AM - 4:00 PM
Sunday: 10:00 AM - 4:00 PM

Phone:

91 67 19 47



Deichman Bjørvika, Oslo Public Library

Anne-Cath, Vestlys plass 1, 0150 Oslo, Norway

Opening Hours:

Monday: 8:00 AM - 10:00 PM
Tuesday: 8:00 AM - 10:00 PM
Wednesday: 8:00 AM - 10:00 PM
Thursday: 8:00 AM - 10:00 PM
Friday: 8:00 AM - 10:00 PM
Saturday: 10:00 AM - 6:00 PM
Sunday: 10:00 AM - 6:00 PM

Phone:

23 43 29 00



Aker Brygge Promenade

Oslo, Norway

Opening Hours:

Monday: Open 24 hours
Tuesday: Open 24 hours
Wednesday: Open 24 hours
Thursday: Open 24 hours
Friday: Open 24 hours
Saturday: Open 24 hours
Sunday: Open 24 hours



Jewish Museum in Oslo

Calmeyers gate 15B, 0183 Oslo, Norway

Opening Hours:

Monday: Closed
Tuesday: 10:00 AM - 3:00 PM
Wednesday: Closed
Thursday: 2:00 - 6:00 PM
Friday: Closed
Saturday: Closed
Sunday: 11:00 AM - 4:00 PM

Phone:

22 20 84 00



Viking Ship Museum

Huk Aveny 35, 0287 Oslo, Norway

Summary:

Museum displaying 3 wooden, 9th-century Viking ships, plus artifacts recovered from burial chambers.

Phone:

22 13 52 80



Warhammer

Møllergata 5, 0179 Oslo, Norway

Opening Hours:

Monday: 11:00 AM - 7:00 PM

Tuesday: 11:00 AM - 7:00 PM

Wednesday: 11:00 AM - 7:00 PM

Thursday: 11:00 AM - 7:00 PM

Friday: 11:00 AM - 7:00 PM

Saturday: 10:00 AM - 6:00 PM

Sunday: Closed

Phone:

22 33 29 90



Munch

Edvard Munchs Plass 1, 0194 Oslo, Norway

Summary:

Over 26,000 works of art produced by Munch, as well as his effects, private library & tools.

Opening Hours:

Monday: 10:00 AM - 6:00 PM
Tuesday: 10:00 AM - 6:00 PM
Wednesday: 10:00 AM - 9:00 PM
Thursday: 10:00 AM - 9:00 PM
Friday: 10:00 AM - 9:00 PM
Saturday: 10:00 AM - 9:00 PM
Sunday: 10:00 AM - 6:00 PM

Phone:

23 49 35 00



Vestkanttorvet

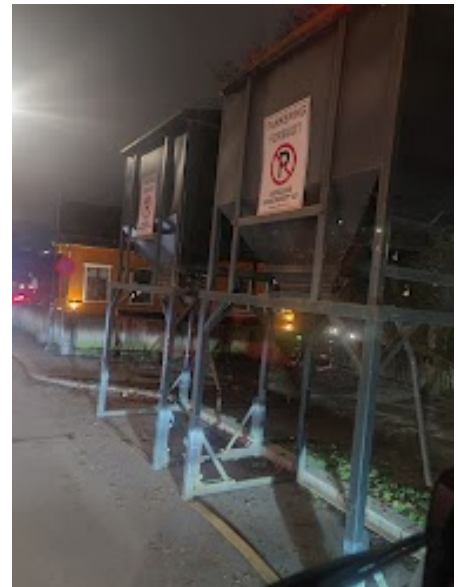
Professor Dahls gate, 0260 Oslo, Norway

Opening Hours:

Monday: Closed
Tuesday: Closed
Wednesday: Closed
Thursday: Closed
Friday: Closed
Saturday: 9:00 AM - 5:00 PM
Sunday: Closed

Phone:

48 15 47 38



Aker Brygge

Aker Brygge, Oslo, Norway

Summary:

Popular tourist destination known for its waterfront eateries, upscale clothing boutiques & marina.



The Botanical Garden

Sars' gate 1, 0562 Oslo, Norway

Summary:

Big indoor-outdoor botanical garden with themed groupings of international species, ponds & a cafe.

Opening Hours:

Monday: 7:00 AM - 5:00 PM

Tuesday: 7:00 AM - 5:00 PM

Wednesday: 7:00 AM - 5:00 PM

Thursday: 7:00 AM - 5:00 PM

Friday: 7:00 AM - 5:00 PM

Saturday: 7:00 AM - 5:00 PM

Sunday: 7:00 AM - 5:00 PM

Phone:

22 85 16 30



Kon-Tiki Museum

Bygdøynesveien 36, 0286 Oslo, Norway

Summary:

Museum detailing adventurer Thor Heyerdahl's life, with original reed boats & expedition artifacts.

Opening Hours:

Monday: 10:00 AM - 5:00 PM

Tuesday: 10:00 AM - 5:00 PM

Wednesday: 10:00 AM - 5:00 PM

Thursday: 10:00 AM - 5:00 PM

Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

Phone:

23 08 67 67



Oslo Opera House

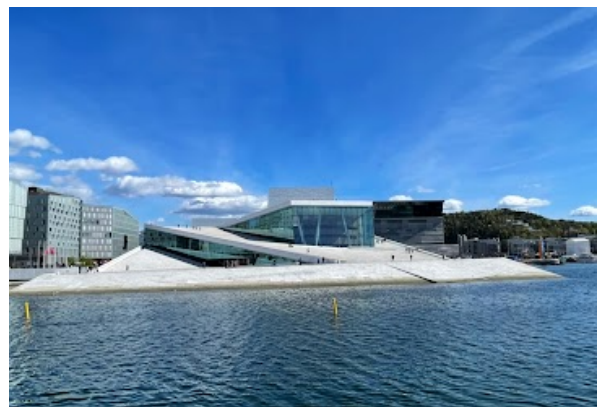
Kirsten Flagstads Plass 1, 0150 Oslo, Norway

Summary:

Striking, contemporary, harborside opera house & home to the Norwegian National Opera & Ballet.

Phone:

21 42 21 21



Nobel Peace Center

Brynjulf Bulls plass 1, 0250 Oslo, Norway

Summary:

Museum of the Nobel Peace Prize, Alfred Nobel & other laureates with temporary exhibitions & a shop.

Opening Hours:

Monday: Closed

Tuesday: 11:00 AM - 5:00 PM

Wednesday: 11:00 AM - 8:00 PM

Thursday: 11:00 AM - 5:00 PM

Friday: 11:00 AM - 5:00 PM

Saturday: 11:00 AM - 5:00 PM

Sunday: 11:00 AM - 5:00 PM

Phone:

48 30 10 00



Akershus Fortress

0150 Oslo, Norway

Summary:

Originally constructed in the 13th century, this fort contains 2 military museums & hosts events.

Opening Hours:

Monday: 6:00 AM - 9:00 PM

Tuesday: 6:00 AM - 9:00 PM

Wednesday: 6:00 AM - 9:00 PM

Thursday: 6:00 AM - 9:00 PM

Friday: 6:00 AM - 9:00 PM

Saturday: 6:00 AM - 9:00 PM

Sunday: 6:00 AM - 9:00 PM

Phone:

23 09 39 17



The Vigeland Park

Nobels gate 32, 0268 Oslo, Norway

Summary:

Sculpture park & museum displaying the works of Gustav Vigeland, plus temporary art exhibitions.

Opening Hours:

Monday: Open 24 hours
Tuesday: Open 24 hours
Wednesday: Open 24 hours
Thursday: Open 24 hours
Friday: Open 24 hours
Saturday: Open 24 hours
Sunday: Open 24 hours

Phone:

23 49 37 00



The National Museum

Brynjulf Bulls plass 3, 0250 Oslo, Norway

Summary:

Displays of Norwegian paintings & sculptures, with a focus on the 19th century, plus a stylish cafe.

Opening Hours:

Monday: Closed
Tuesday: 10:00 AM - 8:00 PM
Wednesday: 10:00 AM - 8:00 PM
Thursday: 10:00 AM - 5:00 PM
Friday: 10:00 AM - 5:00 PM
Saturday: 10:00 AM - 5:00 PM
Sunday: 10:00 AM - 5:00 PM

Phone:

21 98 20 00



Norwegian Museum of Science and Technology

Kjelsåsveien 143, 0491 Oslo, Norway

Summary:

Founded in 1914, this interactive museum contains 20,700 sq m of science & technology exhibits.

Opening Hours:

Monday: Closed

Tuesday: 9:00 AM - 4:00 PM

Wednesday: 9:00 AM - 4:00 PM

Thursday: 9:00 AM - 7:00 PM

Friday: 9:00 AM - 4:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

Phone:

22 79 60 00



Oslobukta

Operagata 29, 0194 Oslo, Norway



Mathallen Oslo

Vulkan 5, 0178 Oslo, Norway

Summary:

Indoor food market with cafes, eateries & specialty shops featuring small-scale Norwegian producers.

Opening Hours:

Monday: Closed

Tuesday: 10:00 AM - 8:00 PM

Wednesday: 10:00 AM - 8:00 PM

Thursday: 10:00 AM - 8:00 PM

Friday: 10:00 AM - 8:00 PM

Saturday: 10:00 AM - 8:00 PM

Sunday: 11:00 AM - 6:00 PM

Phone:

40 00 12 09



Oslo City Hall

Rådhusplassen 1, 0037 Oslo, Norway

Summary:

Administrative center/public venue with an art collection & host of the Nobel Peace Prize.

Opening Hours:

Monday: 9:00 AM - 4:00 PM

Tuesday: 9:00 AM - 4:00 PM

Wednesday: 9:00 AM - 4:00 PM

Thursday: 9:00 AM - 4:00 PM

Friday: 9:00 AM - 4:00 PM

Saturday: 9:00 AM - 4:00 PM

Sunday: 9:00 AM - 4:00 PM

Phone:

23 46 12 00



The Fram Museum

Bygdøynesveien 39, 0286 Oslo, Norway

Summary:

19th-century polar exploration ship in museum with expedition exhibits & northern lights shows.

Opening Hours:

Monday: 10:00 AM - 5:00 PM

Tuesday: 10:00 AM - 5:00 PM

Wednesday: 10:00 AM - 5:00 PM

Thursday: 10:00 AM - 5:00 PM

Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

Phone:

23 28 29 50



Frognerparken

Kirkeveien, 0268 Oslo, Norway

Summary:

Park known for Gustav Vigeland's sculpture installation & a manor house hosting the city museum.

Phone:

21 80 21 80



Radio Latin-Amerika

Maridalsveien 3, 0178 Oslo, Norway

Opening Hours:

Monday: Open 24 hours
Tuesday: Open 24 hours
Wednesday: Open 24 hours
Thursday: Open 24 hours
Friday: Open 24 hours
Saturday: Open 24 hours
Sunday: Open 24 hours

Phone:

22 11 04 45



Karl Johans gate

Karl Johans gt., Oslo, Norway

Summary:

Lively main street running from the Central Station to the Royal Palace with hotels, shops & cafes.



Grünerløkka

Grünerløkka, Oslo, Norway

