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1. Geographical location

Oslo, the capital and the largest city of Norway lies on Norway's southern coast at the head of Oslofjord which is a lake in the Skagerrak bay. Oslo's area is around 453 square kilometres which makes it one of the largest capitals in the world by area. Most of it is covered by forests. Oslo has 343 lakes with the largest being Maridalsvannet. The city also contains 40 islands. Oslo is divided in two parts, East Oslo and West Oslo by the river Akerselva.



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2. Neighbouring cities/countries

The Major Cities Close To Oslo(less Than 500 Kms) Are Bergen In Norway(307 Km), Gothenburg In Sweden (256km), Stockholm In Sweden(412 Km), Aarhus In Denmark(419 Km), Copenhagen In Denmark(484 Km) And Malmo In Sweden(496 Km).



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3. Significance

Oslo constitutes both a county and a municipality. Founded in the year 1040, and established as a "kaupstad" or trading place in 1048 by King Harald III, the city was elevated to a bishopric in 1070 and a capital under Haakon V around 1300. Oslo is the economic and governmental centre of Norway. The city is also a hub of Norwegian trade, banking, industry and shipping. It is an important centre for maritime industries and maritime trade in Europe. Oslo is considered a global city and ranked "Beta World City" in studies carried out by the Globalization and World Cities Study Group and Network in 2008.





4. History

The history of Oslo dates back to around 1000 AD when the first town like settlement appeared. Oslo first came to be regarded as the capital under the reign of King Haakon V who was the first King to reside in Oslo. He also started building the Akershus fortress. After a fire in 1624 that destroyed a lot of the city King Christian IV decided to rebuild the city below Akershus so the fortress could function as defense for the town. He also renamed the city Christiania after himself. Since 1536 Christiania was in a union with Denmark which changed in 1814 as a consequence of Napoleonic wars. Denmark ceded Christiania to Sweden and on 17 May Norway got its own constitution and the status of Christiania as the capital of Norway became official. In 1925 the name of the city was changed back to Oslo.

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5. Cultural identity

Oslo is the cultural centre for Norway and has a large number of cultural attractions.including many museums and galleries. The city also hosts a lot of musical events and is also a centre for performing arts. The government has invested a huge a large amount of money in cultural installations, facilities and festivals in the city. Some of the biggest cultural attractions are the Munch Museum dedicated to the works of Edvard Munch, Folkemuseet dedicated to folk art, Ekebergparken Sculpture Park, Vigeland Museum, The National Museum and many others. The city is also a literary hub with most great Norwegian authors having lived in the city at one point or the other. The city is also host to import international events like the Oslo Freedom Forum and the Nobel Peace Prize.

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6. Natural resources

What separates Oslo from other European capitals really is the nature. Where else can you be in the forest or on a beautiful Island in the Fiord literally 15 min away from the main shopping street? The Island is perfect for hot summer days, the forest is majestic and the pride of the city. And if you are here during winter, skiing or ice skating or snowboarding is almost obligatory. Pay nature a visit. Oslo is a large city with a lot of natural attractions be it its forests, lakes or islands. The islands are very popular destinations during the summer months. If you are a nature enthusiast you will be mesmerized by the forests around Oslo. In the winter there are plenty of sports on its mountains and lakes like skiing, ice skating or snowboarding. Oslo has nature reserves like Østensjøvannet lake which is host to around 200 species of birds or the Østmarka forested area which is very rich in wildlife. You can also go island hopping with a ferry among the popular islands Hovedøya, Lindøya, Nakholmen, Bleikøya, Gressholmen and Langøyene. There are also plenty of beaches to enjoy in the summer such as Tjuvholmen, Brekke Damen, Langøyene, Huk, Solvik and others.

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7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Holmenkollbakken

Holmenkollen Ski Jump is positioned on a hilltop facing the city that provides panoramic views. Also used as a concert venue, Oslo 's national ski festival is held in March which attracts the top ski-enthusiasts from around the world. Started in 1923, the Holmenkollen Ski Museum is the most ancient ski museum in the world and houses 4,000 years of skiing history that also includes rock carvings from the Stone Age. It shows polar equipment used in the expeditions of Fridtjof Nansen and Roald Amundsen.

Address: Kongeveien 5, 0787 Oslo, Norway

Zipcode: 0787

Location: 59.96402759999999, 10.667762000000039

Contact: +47 22 92 32 00

Website: http://www.skiforeningen.no/holmenkollen

Nearest Public Transport : Metro 1 stop Holmenkollen (the jump is a 10 minute walk away). Drive here or get a taxi.

Entry Fee: Adults: Nkr130 Children: Nkr65 Entry is free with the Oslo Pass

Open & Close Timing: June to August: 09:00hrs-20:00hrs May to September:

10:00hrs-17:00hrs October to April: 10:00hrs-16:00hrs

Time Required : 2

Expected Wait Time: 15 minutes

Buy Ticket: Yes

7.1.2. Norsk Folkemuseum

One of Europe's largest open air museums, Norsk Folkemuseum contains over 140 buildings mostly from the 17th and 18th centuries organized by region of origin. One of the attractions is Gamlebyen (Old Town) which is the reproduction of an early 20th-century Norwegian town adorned with a village shop, an old petrol station and demonstrations of cultural activities from that era. Another highlight is the Gol Stave from the 13th century and also an exhibition hall which displays Norwegian folk art, historic toys, national costumes, and an exhibition of the Sami culture.

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Address : Museumsveien 10, 0287 Oslo, Norway

Zipcode: 0287

Location: 59.9070548, 10.68596500000001

Contact: +47 22 12 37 00

Entry Fee : Adults: Nkr 125 Children: Nkr 40 Families: Nkr 250

Open & Close Timing: Mid-May to mid-September: 10:00hrs-18:00hrs Mid-September to mid-May: Monday to Friday: 11:00hrs-15:00hrs Saturday and

Sunday: 11:00hrs-16:00hrs

Time Required : 2

Expected Wait Time : 15 minutes

Buy Ticket: Yes

7.1.3. The Royal Palace

Construction of the Royal Palace started in 1925 under the reign of Charles III and was completed in 1849. The palace is a beautiful neo-classical style building with 173 rooms and is the current residence of the Monarch of Norway. What sets the Royal Palace apart from other Royal European places is its accessibility to the general public where you can roam around by participating in the guided tours available throughout the summer.

Address : Slottsplassen 1, 0010 Oslo, Norway

Zipcode: 0010

Location: 59.9170428, 10.727376899999967

Contact: +47 22 04 87 00

Website: http://www.kongehuset.no/

Entry Fee : Adults: Nkr 95 Children: Nkr 85

Open & Close Timing: Guided tours in Norwegian are available every 20 minutes from 11:00hrs-17:00hrs (12:00hrs-17:00hrs on Fridays) and in English at 12:00hrs, 14:20hrs and 16:00hrs.

Time Required : 2 Buy Ticket : No

7.1.4. The Viking Ship Museum (Vikingskipshuset)

If you are someone who is interested in the Viking history, then head to the Viking Ship Museum in Oslo which contains the ornaments, tools, harnesses,

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utensils, and skeletons from the ships. The major highlights are the 3 restored Viking ships - Oseberg, Gokstad, and The Tune dating back to the 9th century which were made of oak were pulled ashore and used as tombs.

Address : Huk Aveny 35, 0287 Oslo, Norway

Zipcode: 0287

Location: 59.90494479999999, 10.68440750000002

Contact : +47 22 13 52 80

Website: http://www.khm.uio.no/besok-oss/vikingskipshuset/

Entry Fee: Adults: Nkr 8 Children, Holders of Oslo pass: Free admission

Open & Close Timing: May to September: 09:00hrs-18:00hrs October to April:

10:00hrs-16:00hrs

Time Required : 1.5

Expected Wait Time: 30 minutes

Buy Ticket: Yes

7.1.5. Natural History Museum

Norway's oldest museum on the subject of natural history, the Natural History Museum at the University of Oslo is an abode to specimens of native wildlife, displays on the Solar System and Norwegian geology. Thronged by numerous visitors, you can also browse through a variety of minerals, meteorites, and even moon rocks. Don't miss out on the Paleontological section which houses Ida, the world's oldest complete primate fossil. The Botanical Gardens also form a part of the museum which is not only a natural relaxing spot but also has a scientific collection. You may walk through the greenhouses which contain a myriad of tropical plants.

Address: Sars' gate 1, 0562 Oslo, Norway

Zipcode : 0562

Location: 59.9199634, 10.77105499999933

Contact: +47 22 85 50 50

Website: http://www.nhm.uio.no/

Entry Fee : Adults: Nkr 50 Children: Nkr 25 Admission is free with the Oslo pass.

Open & Close Timing: Tuesday to Sunday: 11:00hrs-16:00hrs

Time Required: 1.5

Buy Ticket: No

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7.1.6. The Fram Museum

Pay a visit to the Fram Museum which is an abode to the Norwegian ice-defying 19th-century polar exploration ship. Fram was built in 1892 to withstand the onslaught of polar ice and was considered to be the strongest ship of its time. Designed by Colin Archer, it has an oval design that ensures it gets pushed up instead of being crushed when ice jostles against it. The museum also houses the Gjøa, which is the first ship to navigate the Northwest Passage. Step on board the ship and imagine life at sea, browse through the exhibits comprising of maps, pictures, artefacts from the expeditions and visit the exhibitions that depict the polar life and wildlife of the area. There is also a polar simulator which lets you experience the conditions of expeditions a hundred years ago.

Address : Bygdøynesveien 36, 0286 Oslo, Norway

Zipcode: 0286

Location: 59.90338130000001, 10.69972899999934

Contact: +47 23 28 29 50

Website: http://www.frammuseum.no/

Entry Fee: Adults: Nkr100 Children: Nkr40 Admission is free with the Oslo Pass. Open & Close Timing: June to August: 09:00hrs-18:00hrs May and September:

10:00hrs-17:00hrs October to April: 10:00hrs-16:00hrs

Time Required: 2

Expected Wait Time: 30 minutes

Buy Ticket: Yes

7.1.7. Akershus Fortress

Situated right in the city center, Akershus Fortress is a prominent part of Oslo's history and a must-visit in the city. Commenced in 1299 under King Håkon V for the protection of the city, the castle was modernized and converted into a Renaissance castle and Royal residence in the 17th century. The dungeons of the castle were used as prisons while the upper floors contain beautiful banquet halls and staterooms. Head to this fortress area which is a renowned venue for concerts, holiday celebrations and ceremonies. Still used for army events, guided tours are available during summer.

Address: 0150 Oslo, Norway

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Zipcode: 0150

Location: 59.9075859999999, 10.73708399999982

Contact: +47 23 09 39 17

Entry Fee: Adults: Nkr70 Children: Nkr30 Admission is free with the Oslo Pass. Open & Close Timing: Mid-June to mid-August: Guided tours are available at

11:00hrs, 13:00hrs and 15:00

Time Required: 2

Expected Wait Time: 30 minutes – 1 hour

Buy Ticket: Yes

7.1.8. Oslo Opera House

An iconic edifice placed right in the harbor, Oslo Opera House has an angled exterior that seems to be rising from the sea. Visitors can climb up the roof to enjoy panoramic views of Oslo and the fjord, peek through the large windows at street levels to catch glimpses of the rehearsals. The interior of the building is mostly oak and the main hall is shaped like a horseshoe similar to classical theaters. There are 3 stages for performances: The Main House (1,369 seats), Second House (400 seats), and the Studio (200 seats) and the roof, as well as a foyer, which is used for concerts. Guided tours are available in Norwegian and English and a list of upcoming performances can be found on the website and ranges from Nkr 100 to Nkr 745.

Address: Kirsten Flagstads Plass 1, 0150 Oslo, Norway

Zipcode: 0150

Location: 59.90748850000002, 10.753127500000005

Contact : +47 21 42 21 21

Website: http://operaen.no/

Nearest Public Transport : Bjørvika Bus Station

Entry Fee: Prices: Adults: Nkr 100 Children (4–16 years): Nkr 60 Culture card holders (youths) and students with valid student ID: Nkr 60 Oslo Pass: Adults (20% discount) NOK 80, children (20% discount) Nkr 48 (one ticket per pass)

Groups: Up to 15 people: Nkr 2000 16-25 people: Nkr 3000

Open & Close Timing: Guided tours in English: Monday to Friday and Sunday at 13:00hrs Saturday at 12:00hrs Guided tours in Norwegian: Monday to Saturday at 12:00hrs Sundays at 13:00hrs

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Time Required: 1

Expected Wait Time: 20 minutes

Buy Ticket: Yes

7.1.9. Astrup Fearnley Museum of Modern Art

Considered as one of the best across Northern Europe, Astrup Fearnley Museum of Modern Art is a haven of modern and contemporary art. Visit the permanent collection in the rotating exhibitions from internationally renowned artists. Marvel at the architecture of the building designed by the world-renowned Italian architect, Renzo Piano made up of 3 pavilions under one distinctive roof shaped like a sail.

Address : Strandpromenaden 2, 0252 Oslo, Norway

Zipcode: 0252

Location: 59.906808299999, 10.7215535999999

Contact: +47 22 93 60 60

Website: http://www.afmuseet.no/

Nearest Public Transport : Tjuvholmen Bus Station

Entry Fee : Members: Free admission General: Nkr 120 Student: Nkr 80 Children below 18, Oslo Pass holders: Free admission Guided tours: Nkr 2100 + admission fee per person

Open & Close Timing: Tuesday, Wednesday, and Friday: 12:00hrs-17:00hrs Thursday: 12:00hrs-19:00hrs Saturday and Sunday: 11:00hrs-17:00hrs Monday closed

Time Required : 2

Expected Wait Time: 10 minutes

Buy Ticket: No

7.1.10. National Gallery of Norway

Established in 1837, National Gallery of Norway is an abode to the enormous collection of drawings, paintings, and sculptures. Take a glance at the permanent and temporary exhibitions with the principal emphasis on art from all over Norway. Don't miss out on the highlights of the museum which are 'The Scream', 'Madonna', and 'The Dance of Life'.

Address: Universitetsgata 13, 0164 Oslo, Norway

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Zipcode: 0164

Location: 59.9161898, 10.7376093

Contact: +47 21 98 20 00

Website: http://www.nasjonalmuseet.no/

Nearest Public Transport : Tullinløkka Travel Terminal (Light Rail, Bus)

Entry Fee : Adults: Nkr 100 Senior/ Student: Nkr 50 Groups (minimum 10

people): Nkr 75 per person Children: Free admission

Open & Close Timing: Tuesday, Wednesday, and Friday: 10:00hrs-18:00hrs

Thursday: 10:00hrs-19:00hrs Saturday and Sunday: 11:00hrs-17:00hrs

Time Required : 2

Expected Wait Time: 10 minutes

Buy Ticket: No

7.1.11. Tusenfryd

Plunge into a world full of surprises at Tusenfryd Amusement Park and have a fun-filled day with your family and friends. Featuring attractions for all ages, hop on to some roller coasters, carousels, log rides, and much more. Jam-packed with rides and attractions for adults as well as kids, give yourself a heavy dose of adrenaline and don't forget to experience the new addition, SpinSpider, a spectacular ride that resembles a huge spider with a speed of 115km/hr.

Address : Fryds Vei 25, 1407 Vinterbro, Norway

Zipcode: 1407

Location: 59.7480679, 10.7782303

Contact: +47 64 97 64 97

Website: http://tusenfryd.no/

Nearest Public Transport: Tusenfryd Bus Station

Entry Fee : Over 120 cm: Nkr 399 95-120 cm: Nkr 329 Under 95 cm: Free admission

Senior: Nkr 229

Open & Close Timing: Hours of operations vary depending on the day of the week/month. The park usually opens at 10:00hrs and closes anywhere between 16:00hrs-19:00hrs depending on the day of the week. It is advisable to check the same once you finalize the day of visit.

Time Required: 12

Expected Wait Time: 15 minutes



Buy Ticket: Yes

7.1.12. Kon-Tiki Museum

Address : Bygdøynesveien 36, 0286 Oslo, Norway

Zipcode: 0286

Location: 59.9035075, 10.6979805999999

Contact: +47 23 08 67 67

Website: http://www.kon-tiki.no

Nearest Public Transport : Bygdøynes Bus Station

Entry Fee: Adults: Nkr 100 Children (ages 6–15): Nkr 40 Families (2+5): Nkr 200 Groups (minimum 10): Nkr 60 Students/seniors: Nkr 60 School groups: Free admission Tours deutime (maximum 20): Nkr 500

admission Tours daytime (maximum 30): Nkr 500

Open & Close Timing: November to February: Daily 10:00–16:00 March to May: Daily 10:00–17:00 June to August: Daily 09:30–18:00 September to October: Daily 10:00–17:00

Time Required: 1.5

Expected Wait Time: 10 minutes

Buy Ticket: No

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7.2. Free

7.2.1. Bogstadveien

Majorstuen comprises of the 2 streets Bogstadveien and Hegdehaugsveien where you will find a good blend of chic brands, mid-price clothing and value clothes at shops like Hennes & Mauritz and Vero Moda. Stroll up and down these streets for the entire day and you are surely going to fill your bags. It also hosts 2 annual car-free shopping events known as Bilfri Bogstadvei.

Address: Bogstadveien, 0366 Oslo, Norway

Zipcode: 0366

Location: 59.92715940000001, 10.72007450000001

Time Required : o Buy Ticket : No

7.2.2. Oslo Cathedral

Labeled as the main church for the Church of Norway Diocese of Oslo, this cathedral was first consecrated in 1697. Marvel at the beautiful stained glass windows and a painted ceiling which was done between 1936 and 1950. Among the highlights of the church is the altarpiece which is a 1748 model of the Last Supper and Crucifixion by Michael Rasch. The cathedral is used by the Norwegian Royal Family and the Norwegian Government for public events.

Address : Karl Johans gate 11, 0154 Oslo, Norway

Zipcode: 0154

Location: 59.91267560000001, 10.746452800000043

Contact: +47 23 62 90 10

Website : https://kirken.no/nb-NO/fellesrad/kirkeneioslo/menigheter/oslo-

domkirken/

Nearest Public Transport : Stortorvet Bus Station

Time Required: 0.5

Buy Ticket: No

7.2.3. The Vigeland Park

Vigeland Sculpture Park is one of the most renowned tourist destinations welcoming over a million visitors every year. The park is an abode to numerous

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life works of Gustav Vigeland and houses over 200 sculptures in bronze, granite, and cast iron. Gaze at the famous sculptures like the Angry Boy (Sinnataggen), Monolith (Monolitten) and the Wheel of Life (Livshjulet). The park is open to the public all year round.

Address: Nobels gate 32, 0268 Oslo, Norway

Zipcode: 0268

Location: 59.927029, 10.700865000000022

Contact: +47 23 49 37 00

Website: http://vigeland.museum.no/

Nearest Public Transport : Skøyen holdepass Bus Station Vigelandsparken Bus

Station

Open & Close Timing: Open 24 hours

Time Required : 1.5 Buy Ticket : No

7.2.4. Grünerløkka

Grünerløkka is the place where you will find tiny and interesting shops selling clothes, jewelry, ceramics, numerous galleries and shops for crafts and art as well as some great vintage stores. You can also visit many second-hand shops, especially on Markveien. However, note that many of the shops in Grünerløkka are open only for limited hours and for few days a week.

Address : Grünerløkka, 0555 Oslo, Norway

Zipcode: 0555

Location: 59.9238678, 10.757842299999993

Time Required : o Buy Ticket : No

7.2.5. Eger Karl Johan

Known as the largest market for high-end fashion products, Eger Karl Johan is situated in downtown Oslo at Egertorget Square and is thronged by shopaholics. It is home to over 300 international labels related to fashion, beauty, and lifestyle.

Address : Karl Johans Gate 23B, 0159 Oslo

Zipcode: 0159

Location: 59.9132211, 10.742032300000005

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Time Required : o Buy Ticket : No

7.2.6. BIT Oslo City

Oslo's famous shopping centers, BIT Oslo City is situated right in the center of the city and is scattered over 5 floors. It houses over several restaurants and close to 90 shops where you can find anything and everything from clothing, footwear and kitchenware to electronics, cosmetics, jewelry, and much more.

Address : Stenersgata 1, 0050 Oslo

Zipcode : 0050

Location: 59.91258689999999, 10.753545700000018

Time Required : o Buy Ticket : No

7.2.7. Steen & Strøm Magasin

Spread over 7 floors, Steen & Strøm Magasin is packed with Norwegian, Scandinavian, and international brands. You will find Bruuns Bazaar, Filippa K, Gant, Gucci, Hugo Boss, Lexington, Ralph Lauren and many others. Satisfy your hunger pangs while shopping at the basement food court where a huge variety of food awaits you.

Address: Nedre Slottsgate 8, 0153 Oslo

Zipcode: 0153

Location: 59.912046, 10.743036299999972

Time Required : o Buy Ticket : No

7.2.8. Byporten Shopping

This is a shopping center with more than 70 stores and several restaurants and cafés tucked right next to the Central Station. Byporten houses some small exotic shops and specialty stores not found elsewhere. Head here to buy some unique Norwegian souvenirs.

Address : Jernbanetorget 6, 0154 Oslo

Zipcode: 0154

Location: 59.91176969999999, 10.751550800000018

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Time Required : o Buy Ticket : No

7.2.9. Arkaden Shopping

Located at Karl Johans gate, this is a shopping center, especially for youngsters. It houses well-known chain stores as well as brands like Kouture, Neo Tokyo, Body Map, Gossip, Yummy Heaven and others.

Address : Karl Johans gate 5, 0154 Oslo

Zipcode: 0154

Location: 59.9116648, 10.74832570000001

Time Required : o Buy Ticket : No

7.2.10. Vestkanttorget Flea Market

With its presence at several locations in Oslo like the Birkelunden Park, the Vestkanttorget Flea Market is held every Sunday all round the year. Shop for some ceramics, glassware, vintage toys, books, lamps, countertops, electric goods, and various other items in this market.

Address: Professor Dahls gate 46B, 0260 Oslo, Norway

Zipcode: 0260

Location : 59.92422910000001, 10.713573499999939

Time Required : o Buy Ticket : No

7.2.11. Norway Shop

Found right next to the City Hall, Norway Shop is an exciting place to find Norwegian memorabilia, knitwear, gifts, and typical Norwegian products.

Address: Fridtjof Nansens Plass 9, 0160 Oslo, Norway

Zipcode: 0160

Location: 59.9122020000001, 10.73474699999997

Time Required : o Buy Ticket : No

7.2.12. Storting Building

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Renowned as one of the Europe's most charming parliaments, the Storting Building was built in 1866 in yellow bricks and stands as the supreme arena for political debates and decision-making for the Kingdom of Norway. Marvel at the architecture and get clicked at this seat of the Norwegian National Assembly.

Address : Storting building, Karl Johans gate 22, 0026 Oslo, Norway

Zipcode: 0026

Location: 59.9130629, 10.7402664999999

Nearest Public Transport : Øvre Slottsgate [trikk] Light Rail Station

Open & Close Timing: Open 24 hours

Time Required : 1 Buy Ticket : No

7.2.13. Frogner Park

Renowned as the largest park in Oslo, Frogner Park is a popular relaxation area for people from all over the city. Head here for a run, have a picnic and barbecue party, play badminton or just soak in the sun at this park. Marvel at Norway's largest collection of roses comprising of 14,000 plants belonging to 150 different species. Let your children have their share of fun in Norway's largest playground while you satisfy your hunger pangs at the café and restaurant nearby.

Address: Kirkeveien, 0268 Oslo, Norway

Zipcode: 0268

Location: 59.9264582999999, 10.7034734

Contact: +47 02180

Website : https://www.oslo.kommune.no/natur-kultur-og-fritid/tur-og-

friluftsliv/parker-og-friomrader/

Nearest Public Transport : Vigelandsparken Light Rail Station Vigelandsparken

Bus Station

Time Required : 1.5

Buy Ticket: No

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8. Adventure sports, Local sports, stadiums

Holmenkollen National Arena and Holmenkollbakken is the venue for biathlon and Nordic skiing. The venue hosts annual world cup tournaments and also the Holmenkollen Ski Festival. Football is one of the most popular sports in Norway and Oslo is home to several teams like Vålerenga, Lyn, Skeid, Stabæk, Mercantile and Frigg competing in the Norwegian league. The biggest football stadium in Oslo is Ullevål Stadion which is home to the Norwegian national football team. The city's main track and field venue is the Bislett stadium which also hosts the annual Bislett Games. Ice hockey is also popular in Norway with popular venues Oslo Spektrum, Jordal Amfi and Manglerudhallen.

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9. Spas and relaxation

Scandic Holmenkollen Park:

Address : Kongeveien 26, 0787 Oslo

Location: 59.96259440000001,10.663113299999964

Contact No: +47 22 92 20 00

• Artesia Spa Majorstuen:

Address : Majorstuveien 36, 0367 Oslo

Location: 59.9281277,10.71514209999998

Contact No: +47 22 82 50 00

DaiKai Norway AS:

Address : Arbins Gate 11, 0253 Oslo

Location: 59.91415009999999,10.725925999999999

Contact No: +47 23 08 38 88

• Tianlai Terapi Senter - Massasje i Oslo:

Address: Dronning Mauds Gate 3, 0250 Oslo

Location: 59.912499,10.730185000000006

Contact No : +47 21 44 52 44

Spa Miami:

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Address : Holbergs Gate 3, 0166 Oslo

Location: 59.9208215,10.73613999999998

Contact No : +47 22 11 49 29





10. Events calendar

Month

Events Inferno

Held at Rockefeller and John DEE Inferno is the most popular music festival for Black metal music in Norway. The Genre is popular in Norway and is well represented during this festival. Holmenkollen Ski Festival

This is a traditional Nordic ski festival held in Holmenkollen Oslo. The event has a long history being organized since 1892 except for world war II. The competitions include crosscountry skiing, biathlon and ski jumping.

Norwegian Wood Rock Festival

The Norwegian wood festival is held mid June every year in the open bath Frognerbadet in Oslo. The name of the festival comes from The Beatles song 'Norwegian Wood'. The festival features some of the biggest names in Music from all over the world as well as lesser known Norwegian bands.



Musikkfest

This musical festival is held on the first Saturday of June and is free for all. Lot of bands perform in around 25 parks, squares, streets and clubs. The concerts represents almost all genres of music. The festival was started in 1992.

Sommeroya Elektronica Festival

This festival is held on the islands Langøyene just outside Oslo dedicated to electronic and house music. You can camp on the island to enjoy the festival. Other than music the festival also presents street art, film screenings and exhibitions. Øyafestivalen

This festival started in 1999 has grown to become one of the biggest festivals in Norway. It is an annual musical event held in east Oslo. Around 60000 music lovers are drawn to the festival each year. The festival is host to both international and upcoming artists alike.

Oktoberfest

The Beer Festival from Germany

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comes to Norway. Enjoy different brands of beer and German music.



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11. Key local guides and tours

Having a local guide is beneficial to have a more in depth experience for the tourist. Norway requires guides to have a guiding license. If you are looking for a private guide you may book a guide from https://www.toursbylocals.com/Oslo-Tours. They have guides who meet the requirements for providing guided tours. Another option is booking a guide from http://tourguides.viator.com/. Their guides possess a guiding license or a tour guiding certificate.



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12. Transportation hubs

Oslo has three major airports: a) Oslo Airport, Gardermoen This is Oslo's largest airport. Direct flights are available to many destinations around the world. The airport is located 37kms Northeast of Oslo. There are numerous options to get from the airport to the city centre like: Flytoget (Airport express train): This is a high speed train network which takes less than 20 minutes to reach Oslo central station. Trains depart every 10 minutes. Tickets cost Nkr170 when bought in a ticket vending machine or by credit card and Nkr200 when bought from the ticket counter. The tickets are not valid for local transfers in Oslo. NSB operates trains via Oslo to Drammen, then on to Kingsberg or Skien. The trains depart every 30 minutes and take about 30 minutes to reach the city. Tickets cost Nkr90. Flybussen operates buses to Oslo city center which takes about 45 minutes and costs Nkr160. Taxis: Taxis should be ordered in the booth inside the terminal. They cost around Nkr700 or more to travel to the city center. b) Moss Airport, Rygge The airport is close to the city Moss and is 70kms from Oslo. It is Ryanair's main Norwegian hub, also there is some domestic service by Danish Air Transport. You may use these options to travel to the city from the airport: Rygge Ekspressen operates buses that reach the city in one hour. A one way ticket costs Nkr320, you can buy tickets from the bus driver. NSB operates buses between Rygge train station and Oslo central. A free shuttle bus leaves for Rygge train station before train departures. c) Sandefjord Airport Torp This is an airport located 118kms south of Oslo. Several budget airlines operate out of this airport. To travel to the city you may use: Torpekspressen operates buses between the airport and Drammen and Oslo. The journey takes around 1 hour 45 minutes. A one way ticket costs Nkr260. NSB operates trains between the airport and Oslo central. The train station is linked to the airport with a free shuttle service. Trains Oslo Central station is at the center of Norway's railway system, all lines go through this station. The station is served by trains from Denmark and Sweden. Bus Oslo is reachable by bus from most of Europe. The biggest operators of international buses are the Swedish Swebuss and Nettbuss. Boat Oslo is connected to Denmark and Germany by car ferry

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13. Transportation cost

Oslo has a comprehensive public transport system consisting of buses, trams, trains, metro (T-bane) and boats. The two main public transport hubs are Oslo Central Station and Nationaltheatret. All metro lines pass these stations. All trains pass Oslo Central Station and most trains pass Nationaltheatret. The Oslo transport system uses a zoning system. The price of travel is based on how many zones you pass through. A single ticket costs Nkr32 (Nkr16 for children) when purchased from a kiosk or ticket machine and Nkr50 (Nkr25 for children) when purchased on a bus or tram. There are family discounts available on weekends and public holidays. You may also purchase 24 hour, 7 day, 30 day, 365 day tickets or pay as you go credit. You can also bring your bicycle along and pay half ticket. Tickets can be purchased from the ticket app on your mobile phone, kiosks or Ruter's customer service centre and service points, ticket machines at stations and major interchanges, onboard buses, ferries or trams. The transport system is managed by Ruter and you may find detailed information about transportation from their website: https://ruter.no/en/ In addition to the above options you may also use bikes to get around using Oslo's public bike service from 6am to midnight except during winter (December-March). A keycard for bike usage is available for Nkr299. You may pick up a bike from any of the 100+ bike stations in and around the city station. Once you pick a bike, you must return it to a bike station in 3 hours. After that you may immediately pick another bike from the same or different bike station. To get around you may also use Taxis but they generally are quite expensive. In most cases the minimum charge by a taxi is Nkr80 which increases to Nkr160 at night. Taxis in Oslo are usually large comfortable cars like Volvo or Mercedes. All taxis accept VISA/Mastercard credit cards.

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14. Baggage allowance

There is no set limit on the amount of baggage you may bring on board but it is a good idea to travel light particularly during rush hours.



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15. Must try food and local savouries

Brunost & Ostehøvel (Brown cheese & slicer) is the quintessential Norwegian cheese it is made by boiling a mixture of milk, cream and whey for several hours. The milk sugar then turns into caramel which gives the cheese its brown color and the sweet taste. A traditional lunch in Norway consists of sliced bread with brown cheese on top. You can get Freia Melkesjokolade (Norwegian milk chocolate) everywhere you turn. Swiss chocolate is not bad, but this one is for connoisseurs often considered the best European dessert chocolate. "Et lite stykke Norge", Freia's slogan, means a little piece of Norway.





16. Restaurant & Nightlife

Food -

• Illegal Burger:

Address: Møllergata 23, 0179 Oslo

Location: 59.9157813000000,10.7486737000000

Contact No: +47 22 20 33 02

Open / Close Time: Monday-Thursday 16:00hrs-23:00hrs Friday-Sunday

15:00hrs-1:00hrs

Viet Nam House:

Address : Bernt Ankers gate 6B, 0183 Oslo

Location: 59.9160304,10.7522813000000

Contact No: +47 22 20 44 41

Open / Close Time : 12:00hrs-23:00hrs

Rice Bowl:

Address : Youngs gate 4, 0181 Oslo

Location: 59.9146136,10.750937399

Contact No : +47 22 41 20 06 Website : http://ricebowl.no/

Open / Close Time : Monday-Saturday 12:00hrs-21:00hrs Sunday

14:00hrs-20:00hrs

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Cafe Sara:

Address : Hausmanns gate 29, 0192 Oslo

Location: 59.9176067999999,10.7541490999999

Contact No : +47 22 03 40 00

Open / Close Time : Monday-Saturday 11:00hrs-3:30hrs Sunday

13:00hrs-3:30hrs

Mitsu Kafe & Sushi:

Address : Møllergata 42, 0179 Oslo

Location: 59.9180323,10.7506693000000

Contact No : +47 22 11 03 30

Open / Close Time : 10:00hrs-23:00hrs

Fenaknoken:

Address: Tordenskiolds gate 12, 0160 Oslo

Location: 59.911595,10.7351200000000

Contact No : +47 22 42 34 57

Open / Close Time : 10:00hrs-17:00hrs Sunday closed

The Nighthawk Diner AS:

Address : Seilduksgata 15, 0553 Oslo

Location: 59.9253608999999,10.7590407999999

Contact No : +47 966 27 327

Open / Close Time : Monday 7:00hrs-23:00hrs Tuesday and Wednesday 7:00hrs-1:00hrs Thursday and Friday 7:00hrs-2:30hrs Saturday

10:00hrs-1:00hrs Sunday 10:00hrs-23:00hrs

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Villa Paradiso Grünerløkka:

Address : Olaf Ryes plass 8, 0552 Oslo

Location: 59.923534999999,10.7575100000000

Contact No: +47 22 35 40 60

Open / Close Time : Monday-Friday 8:00hrs-23:00hrs Saturday-Sunday

10:00hrs-23:00hrs

Champagneria:

Address: Frognerveien 2, 0257 Oslo

Location: 59.915251,10.717065999999932

Contact No: +47 21 08 09 09

Open / Close Time : Monday-Tuesday 16:00hrs-1:00hrs Wednesday 16:00hrs-2:00hrs Thursday 16:00hrs-3:00hrs Friday 15:30hrs-3:00hrs

Saturday 13:00hrs-3:00hrs Sunday closed

Magic Ice Bar:

Address : Kristian IVs gate 12, 0164 Oslo

Location: 59.9154647,10.7378668999999

Contact No : +47 920 31 300

Open / Close Time: Monday-Thursday and Sunday 11:00hrs-23:00hrs

Friday-Saturday 11:00hrs-24:00hrs

Summit:

Address : Holbergs gate 30, 0166 Oslo

Location: 59.9179973,10.7335871999999

Contact No : +47 23 29 30 00

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Stratos Konferanse og Selskapslokaler:

Address : Youngstorget 2, 0181 Oslo

Location: 59.9145504,10.7496727000000

Contact No: +47 21 04 64 00

Open / Close Time : 9:00hrs-16:00hrs (Saturday and Sunday closed)

The Villa Oslo Dancing AS:

Address: Møllergata 23-25, 0179 Oslo

Location: 59.9157944,10.74857989999982

Contact No: +47 932 55 745

Open / Close Time: Friday-Saturday 23:00hrs-3:00hrs (Sunday-Thursday

closed)

Hard Rock Cafe Oslo:

Address : Karl Johans Gate 45, 0162 Oslo

Location: 59.9146481999999,10.7366574000000

Contact No: +47 400 06 260

Open / Close Time : Monday 11:00hrs-24:00hrs Tuesday-Wednesday

11:00hrs-1:00hrs Thursday-Friday 11:00hrs-3:00hrs Saturday

11:00hrs-24:00hrs Sunday 12:00hrs-24:00hrs

• Blå:

Address : Brenneriveien 9, 0182 Oslo Location : 59.92016,10.7528680000000

• Jæger:

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Address : Grensen 9, 0159 Oslo

Location: 59.91393060000001,10.743456000000037

Open / Close Time : Monday-Saturday 12:00hrs-3:30hrs Sunday

12:00hrs-24:00hrs



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17. Average meal cost

Meal, Inexpensive Restaurant: 160.00 kr Meal for 2 People, Mid-range Restaurant, Three-course: 800.00 kr McMeal at McDonalds (or Equivalent Combo Meal): 00.00 kr Domestic Beer (0.5 liter draught): 80.00 kr Imported Beer (0.33 liter bottle): 75.00 kr Cappuccino (regular): 37.56 kr Coke/Pepsi (0.33 liter bottle): 28.79 kr Water (0.33 liter bottle): 25.23 kr



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18. Shopping

Oslo has something for every kind of shopper. You can enjoy shopping in large malls or small boutiques. You will find hundreds of small shops and antique shops along with suppliers of exclusive international brand suppliers. 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, Glasmagasinet, Steen & Strøm, Paleet and Aker Brygge.



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19. Tourist benefits

The VAT rate is 25%. For visitors residing outside Norway, Sweden, Denmark or Finland if you shop at stores affiliated with Global Blue or Tax Free Worldwide Norway AS, you can receive a refund for VAT. You can receive refunds for purchases from the Airport before you check in.



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20. Essential local apps

Apps make travelling hassle free. Some of the apps that can be useful in Oslo are Oslo-Official City App, Oslo Metro, Oslo Pass, Oslo Map and Oslo travel guide.



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21. Driving

Norway adopts the European Union's legislation on driving licences through the EEA-agreement. Directive 2006/126/EC of the European Parliament and of the Council on driving licences hence entered into force in Norway on January 19th 2013. Driving licences issued in the EU/EEA are valid for driving in Norway as long as it is valid in the country it was issued. However, please note that heavy categories are valid only for 5 years from the date you took up residency in Norway. Driving licences issued outside the EU/EEA are valid for driving in Norway for up to 3 months after entering Norway. This also applies if you take up 'normal residence' in Norway.

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22. Travel essentials

The standard voltage in Oslo is 220 - 240 V and the standard frequency is 50 Hz. Electrical sockets (outlets) in Oslo are one of the two European standard electrical socket types: The "Type C" Europlug and the "Type E" and "Type F" Schuko. Although most laptops work with 220-240V electricity, you should make sure your other appliances can work with the voltage or you may purchase a step down transformer. Rain is quite common throughout the year especially in late summer and early autumn so you should carry a raincoat/umbrella. During winters the temperature usually is subzero so you might require heavy winter clothing. Pharmacies can be found all over Oslo including some that are open 24 hours. However if you are allergic to some medication or require some specific medicines it is better to carry your own.

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23. Essential clothes

The standard voltage in Oslo is 220 - 240 V and the standard frequency is 50 Hz. Electrical sockets (outlets) in Oslo are one of the two European standard electrical socket types: The "Type C" Europlug and the "Type E" and "Type F" Schuko. Although most laptops work with 220-240V electricity, you should make sure your other appliances can work with the voltage or you may purchase a step down transformer. Rain is quite common throughout the year especially in late summer and early autumn so you should carry a raincoat/umbrella. During winters the temperature usually is subzero so you might require heavy winter clothing. Pharmacies can be found all over Oslo including some that are open 24 hours. However if you are allergic to some medication or require some specific medicines it is better to carry your own.

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24. Local currency

The official currency of Norway is the Norwegian Kroner. I USD approximately equals Nkr 8.56. There are ATMs located throughout Oslo, you may have to pay \$5 or more as transaction fee. In addition banks may charge 3% as conversion charge. Although most establishments accept credit cards, you should keep cash handy for small exchanges.



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25. Change vendor's commission, ATM charges

There are ATMs located throughout Oslo, you may have to pay \$5 or more as transaction fee. In addition banks may charge 3% as conversion charge. Although most establishments accept credit cards, you should keep cash handy for small exchanges.



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26. Staying connected

There are several cafes, restaurants and buildings in Oslo that provide free wifi. A map can be found here http://www.wificafespots.com/wifi/city/NO--Oslo. In case you need internet regularly, you may rent a portable wifi hotspot from https://alldayinternet.com/internet-wifi-travellers-norway/. The hotspot can be delivered to you anywhere in Europe or you may have it ordered to your hotel in Oslo. There are three main mobile networks in Oslo: • Telenor • NetCom • Tele2 The coverage is good for all three operators. You may buy a SIM for Nkr100-Nkr200 with Nkr25 - Nkr50 credit. To buy a SIM you need your passport and address of your hotel. On average you can get 1 GB of data for Nkr120. Charging them online may be difficult as most providers only accept Nordic credit/debit cards but you may purchase vouchers at any convenience store.

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27. Time Zone

In Norway the standard time is Central European Time (UTC \pm 1:00). Daylight savings time is observed from last weekend of March to last Weekend of October when the time is UTC \pm 2:00



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28. Languages

The official language of Norway is Norwegian. Most people understand and speak English well, and can understand Swedish and Danish. It is not uncommon for Norwegians to have some knowledge of German, French or Spanish. Tourist information is usually printed in several languages.



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29. Political Scenario

Oslo is the capital of Norway as such the seat of Norway's national government. Most government offices are located at Regjeringskvartalet near the national parliament, the Storting. Oslo is both a municipality and county of Norway and it is represented in the Storting by 19 members of the parliament. The combined municipality and county of Oslo has a parliamentary form of government. The supreme authority of the city is the City Council which has 59 seats. Representatives are elected every 4 years.

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30. Economic Scenario

Oslo has a very strong economy it was ranked number one among European large cities in economic potential by the fDi magazine report 'Future 2012'. Oslo is also home to some of the world's largest shipping companies, shipbrokers and insurance brokers. Oslo contributes to about 17% of Norway's GDP and also about a quarter of tax revenues. Oslo is also one of the most expensive cities in the world. Oslo has the the most expensive housing market in Norway and also the prices of services and goods is very high.

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31. Religious belief

Christianity is the most practiced religion in Oslo with 70% of the populations. Islam is the second most common religion with 4% of the population. Interestingly nearly a quarter of the population of the population registered as other religious or life stance communities.



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32. Visa requirements

Citizens of EU, US, Canada, Australia and New Zealand only need a passport to enter Norway for a period upto 90 days. All other regions need a VISA for entry to Norway. For longer stays and employment there are various rules for different regions with nationals of EU having greater ease of access.



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33. Theft and Safety

Norway is one of the safest countries in the world therefore you do not need to be hyper vigilant. Most public spaces are well lit and secure and crime is rare even at night. There are a few cases of petty crime committed by drug addicts and alcoholics but if you keep tabs on your possessions and apply common sense you should not face any problems. In case you need to report crime to the police, you will find them generally courteous and able to communicate in English. If you have something stolen, get a copy of the police report for claim against insurance.



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34. Embassy/Consulate

A complete list of foreign embassies and consulates in Oslo can be checked online at: http://embassy.goabroad.com/embassies-in/norway



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35. Accessibility

The public transport in Oslo is very friendly to wheelchair users and wheelchair users should have very little problem navigating the city. Most of the hotels in Oslo are very accessible. Although there are a few challenges, visitors with wheelchairs can experience nearly all of the city's attractions.



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36. Emergencies

Fire, accidents and serious pollution: Tel 110 Police - immediate assistance: Tel 112 Ambulance and Medical assistance: Tel 113



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37. Do's and Don'ts

Do's: • Get an Oslo pass • Rent a bike and explore the city • It is advisable to carry a certified doctor's prescription along with the medicines to ensure hassle free import clearance. • It is advisable that do not carry unsealed/ unbranded food articles as the same may be banned for import. Dont's: • Don't criticize prices and taxes • Don't eat food with your hands • Don't wear shoes indoors



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38. Tipping basics

Tipping is not required in Oslo as service tax is included in the bill but you may leave a tip if you are happy with the service. A 10-15% tip is considered very generous. If you pay with a credit/debit card it is common that the waiter brings the card terminal to the table, you may pay the exact amount or add a tip.



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39.Pet info

For entering Norway, your pet must be microchipped with an ISO 11784/11785 pet microchip that has 15 digits and is non-encrypted. You can also bring your own microchip scanner. A tattoo is an acceptable form of identification as long as it was given prior to July 3, 2011 is clearly visible and your pet's current rabies vaccination was administered after the tattoo was applied. Your pet should also

be vaccinated for rabies.



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Conclusion - Why to select this destination

To put it simply Oslo is where nature's beauty meets man's creativity. Fringed with forests, hills and lakes the city adds to the canvas of nature with some of the most beautiful architecture created by man. Enhancing the landscape both natural and manmade is the culture of Oslo with several theaters and the top art galleries and museums in Europe. The Modern Art and Barbarian beauty of the wonderful city attracts the architecture and retro lovers. It houses amazing art parks and grand cafes as Norwegians love their sculptures to be in parks instead of Museums and Oslo is known to have a thriving café culture. The cuisine here is well-known as the restaurants showcase fresh produce from around the country and serves amazing treats with great combinations! So all in all, Oslo has a bit of anything and everything. With a thriving nightlife and an active cafe bar culture, Oslo is ready to delight every traveler. All thanks to cutting-edge architecture, a funky-vintage scenario and an odd but appealing sculpture park fetish, this small city is blossoming into a tourist destination!

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