

OSLO

FREE MAP • FOR YOUNG TRAVELLERS • MADE BY LOCALS



USE-IT

HOW TO KNOW WHERE TO GO

In 2022, the municipality of Oslo introduced a colour palette to inspire the districts of Oslo to be colourful and keep their uniquenesses. If you pay attention, the colours of this map resemble the actual buildings you find in the districts. The architecture and colours divide and coincide with the city, and hence you can walk from one vibe to another in just 20 minutes. Here is what to expect:

- BYGDØY:** old villas, museums, snobs and swimming.
- FROGNER:** classical apartment complexes, fur coats, little dogs and embassies.
- MAJORSTUEN:** architectural junction point, spacious streets and old money.
- BISLETT:** venerable villas in wood and bricks, students, swimming pool and sports stadium.
- FREDENSBORG:** fancy meets shabby, wooden houses and wine bars.
- ST. HANSHAUGEN:** park life, young adults, natural wine and expensive coffee.
- SÅGENE:** sawmill industry, brick, small independent cafes and breweries.
- GRØNERLOKKA:** hipsters, vintage shops and concept bars.
- GRØNLAND:** multicultural mosaic, international food and lively atmosphere.
- RODELØKKA:** wooden houses and allotment gardens.
- TOYEN:** apartment buildings, graffiti, festivals and parks.
- KAMPEN:** artists in tiny, colourful, wooden houses.
- GAMLEBYEN:** last bit of the real Oslo with ruins from medieval times.
- BJORVIKA:** business area, nonmcorie and modern.

10 min. walk

ACT LIKE A LOCAL

SHOP AT THE WINE MONOPOLY
All alcoholic beverages above 4,7% must be bought at the Wine Monopoly (Vinnemonopole) before 18:00 on weekdays and 16:00 on Saturdays. You can buy beer and cider in the supermarkets before 20:00 on weekdays and 18:00 on Saturdays. It's strict, so don't snooze!

DRINK LIKE A LOCAL
During the daytime, we're shy and reserved, but when we go out on weekends, we don't settle for a couple of drinks. This can lead to shouting, crying and vomiting in public. Want to join the fun/embarrassment? This is our usual routine: At around 19:00 we start the party at home or in the park to save money, we go out around 23:00 and we end our night out when the bars close at 23:50 to continue the party at an afterparty.

DRINK THE TAP WATER
We pride ourselves with excellent tap water in Norway, and Oslo is no exception. Don't spend money buying bottled water. In the supermarket, just refill your bottle anywhere, like a local. Osloite would. Tap water is free at restaurants.

JOIN THE CAFFEINE MANIA

Norway is the world's second most coffee-thirsty nation, only beaten by Finland (Kippis, friends!). We prefer our coffee black and in great amounts. For many of us, up to a litre a day. Get your best cup at the non-snobish coffee places: Evita Kaffebær or Kaffe.

BLUE BIKES

Osloites are sporty people and our preferred means of transport is to walk or to bike. We recommend renting one of the blue bikes (Oslo bysykkel) you see around the city, or stop by our **USE-IT** Oslo info desk, and borrow one for free.

GREEN SHOPPING

Thorvald Meyers gate 74/Olaf Ryess plass 3/Markveien 54/Markveien 35 B
Osloites have jumped on the bandwagon of vintage and secondhand shopping, and there are several places to find unique bargains in Oslo. You find most of them in the hipster area of Grinerkka. We especially recommend Praksis Klostore, Praksis and Uff.

SUMMER ISLANDS

On nice and sunny days, we escape work and pilgrim out to the islands where we spend entire weekends sunbathing, swimming and barbecuing. The short boat ride will give you a nice breeze and the opportunity to get a unique view of the city, especially if you find a place to sit on deck. Hop on with your regular public transportation ticket (See **Practical Information**).

HOVEDØYA
Bathing Island

The largest and most popular island in the Oslo fjord, has a generous selection of swimming and picnics spots. At Hovedøya you also find the ruins of a Cistercian monastery from 1147. The ruins are still of archaeological interest. In 2021 researchers at the University of Oslo investigated the outhouse to find out what medical plants were consumed. They are literally searching for the remnants of shit.



GRESSHOLMEN

Nature Island
Once upon a time the island of grass was inhabited by



money buying bottled water in the supermarket, just refill your bottle anywhere, like a local. Osloite would. Tap water is free at restaurants.

Oslo. You find most of them in the hipster area of Grønhaugen. We especially recommend **59 Fager**, **64 Pilsner Kiosk**, **62 Past** and **59 Ut**.

PRACTICAL INFORMATION



OSLO VISITOR CENTRE

Jernbanetorget 1, Østbanehallen
The official tourist information centre in Oslo is Visit Oslo. Stop by for classic tourist tips and brochures.

OPENING HOURS

You won't find opening hours for the places in the map because they change with the seasons and demand. Check each spot's social media, or webpage for updated opening hours. We don't want you to bang your head into a closed door! Anyways, it can be good to know that we have no siesta here!

MONEY

The currency in Norway is Norwegian kroner (NOK). We mostly pay by card. It is not common to pay in cash. People will look at you as if you were a drug dealer (or worse — a tourist) if you do. Expect to pay between 200 and 300 NOK for a restaurant meal, 40 NOK for a cup of coffee, and around 100 NOK for a beer in a bar.

PUBLIC TRANSPORT

All public transport in Oslo uses the same ticket: both the metro, bus, tram and the ferries to the islands. The price is 40 NOK (lasts one hour) and you must buy the ticket beforehand with the *Ruter* app or at a kiosk like 7-Eleven, Narvesen or Bellde Luca. 24h ticket costs 121 NOK, a 7 day ticket costs 335 NOK. Use the *Ruter* app for information about routes.

TAXI

A 4-kilometre taxi ride usually costs around 300 NOK at night. It's cheaper during the daytime. Most drivers will not try to trick you, and the worst case scenario is usually a slightly longer route.

TO AND FROM THE AIRPORT

You can take a bus or an express train to and from *Oslo Lufthavn Gardermoen* (the main airport for Oslo), but we recommend the local train. It's almost just as fast, and half the price compared to the airport express train. The local train, run by Vy, is only 118 NOK and takes 25 minutes. See [vyno](#) for more information.

GRESSHOLMEN

Nature Island

Once upon a time the island of grass was inhabited by rabbits. This was prior to the early 2000s rabbit-genocide, when Oslo decided to make the beloved Gressholmen bunnies extinct. The result is a beautiful island with an abundance of plants and a lack of... Well, we are not going to rabbit in.



LANGØYENE

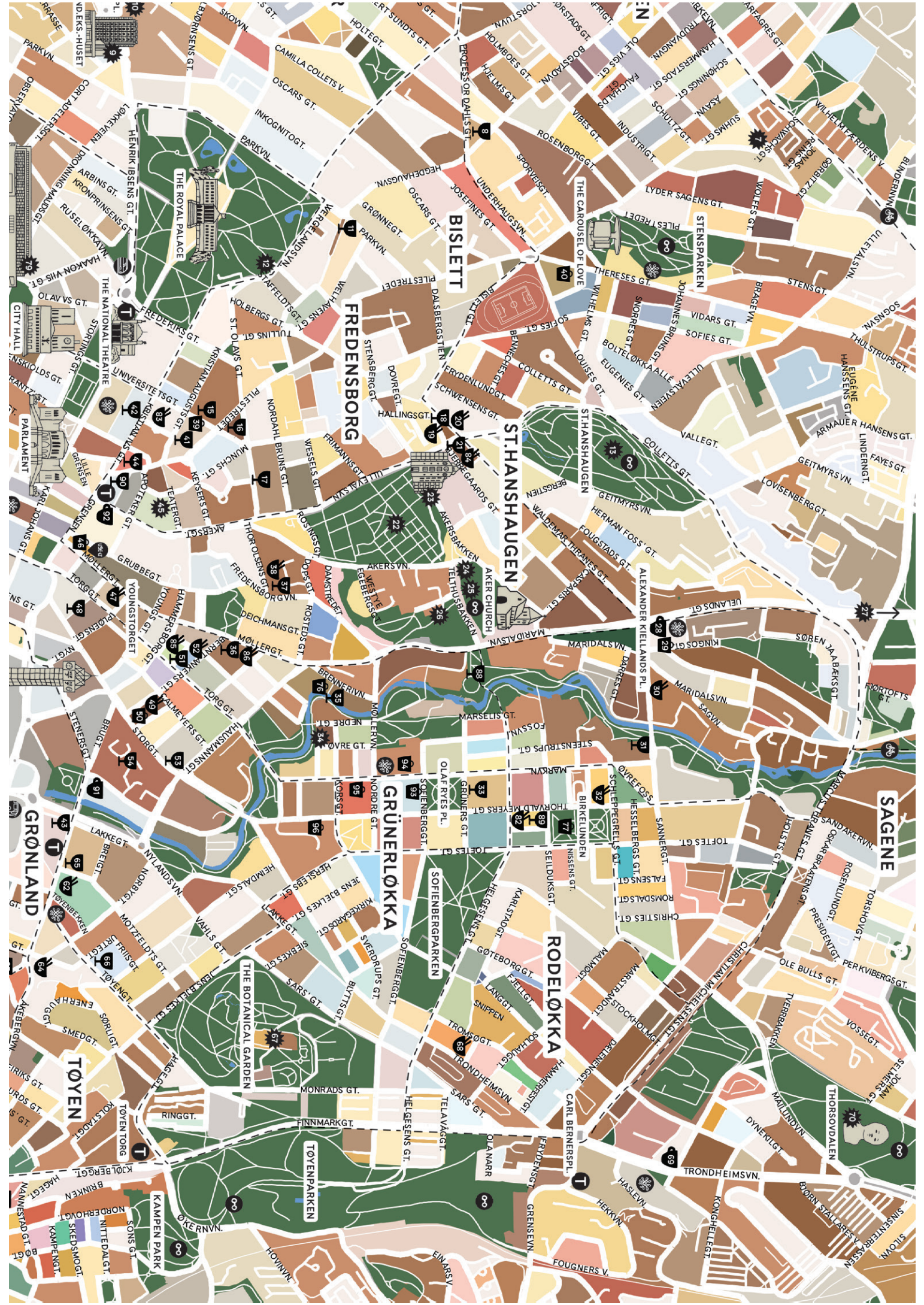
Camping island

Throughout your life you've made some mistakes, but you probably didn't make a junkyard out of a summer paradise. For decades the island was a place where the garbage of Oslo was dumped. The municipality of Oslo has now used 512 million NOK to renovate the island they once ruined, and it has now taken back its original status as a summer paradise. The irony is tangible. Nevertheless, Langøyene is the only island on which you can set up your tent and stay for the night. Enjoy!



BYGDØY







USE IT OSLO INFO DESK

Want more information about Oslo or tips on what to do tonight? Visit the USE-IT Oslo info desk at the youth information centre Ungtin.

FREE TIPS AND COFFEE

Come by for a cup of coffee or tea, print your tickets and connect to Wi-Fi, and ask us for more honest and local tips on where to eat, go out and what to see. We also have maps from other USE-IT cities. Everything is free!

BORROW A HAMMOCK

We have five hammocks and sleeping bags that young travellers can borrow within our opening hours. Stop by or send us an email to book your gear and we will give you tips for when to go and where you can spend a night under the stars.

BORROW A BIKE

We have two bikes that young travellers can borrow within our opening hours. Leave your ID (or your luggage) as a deposit.

STORE YOUR LUGGAGE

Young travellers are welcome to store their luggage at the info desk for a short period of time. Keep in mind that you'll have to pick it up again within our opening hours.

OPENING HOURS:

Mon-Fri, 12:00-17:00
Wed, 12:00-19:00

HOW TO GET HERE:

Find us in Møllergata 3d, a five-minute walk from the central station.

@useit_oslo

USEIT.OLSO

MARKETS



Did you think that Oslo is at rest just because the shops close on Sundays in Norway? Think again! Sunday is the Osloite's favourite day of the week for strolling. Grab a cup of tea and check out some of the many Sunday markets and vintage stores around the city.

Regular Sunday markets:

- 16** Vestkantstorgtet
- 17** Søndagsmarkedet på BLA
- 17** Birkeblunden

Pop up markets (Google for location):
Egger marked
Fiole marked
Bordenas marked

MUSEUM BROTHERS

You have probably heard of Gustav Vigeland? The sculptor's allegedly crazy younger brother, Emanuel Vigeland, built his own museum in the outskirts of Oslo. It's a dark, vaulted room completely covered with murals, where you can create 14 astonishing seconds of eco. The ashes of Emanuel are placed above the entrance. Admission for the museums is 50-100 NOK.

TOURIST CLASSIC

THE BIGGEST ATTRACTION

Nobel's gate 32

Yes, you should visit the biggest tourist attraction in Oslo. The Vigeland sculpture park while you are here. This is the world's largest sculpture park made by a single artist. Most of the works were placed in 1950. The park itself is stunning, but our favourite part is the echo-point in front of the Monolith. The echo-point is now known from the movie *Oslo August 31st* by the award winning director Joachim Trier. Which is funny, since there is a saying that Norwegian film is buried under the Monolith, because the municipality back in the day used most of the culture budget on this park.

HANG WITH TREES!

Strømsborgveien 48

If you want a whiff of the ocean while being surrounded by trees, *Bygdøy* is worth a visit. It's best known for being one of the most expensive places to live in Oslo, but anyone can come here to enjoy the scenery. Go for a walk, run, swim or bring a hammock and settle in between the trees. Recommended means of transport: biking.

CINEMA PARADISO

Frognerveien 30B

Frogner kino is Oslo's first silent film movie theatre. It started in 1926 and has since then kept its authentic charm, showing independent and international films. The movie theatre has a built-in orchestra pit, and sometimes they show silent films with a live orchestra playing. As the theatre is built like an old-fashioned Italian cinema theatre, we get the feeling of being a character in *Cinema Paradiso*. We recommend visiting their equally authentic bar *Punchobollen*, and enjoy a glass of wine before the movie starts.

BEERS WITH FROTSKY

Valleyveien 15B

If you are intrigued by the brown pub culture, you should get your beer at *Valleyveien restaurant* (or *Wolke* as the locals call it). This is a historical place, and a bit of an odd one at that. It's known to be Leon Frotzky's preferred spot for a brew during his amnesty in Norway. It's weird in all the right ways, and in my opinion, the best place to discuss *Det Kjøfede*. On Wednesdays there is usually a local quintet playing folk music.



7

ANE'S LOCAL TIP: COFFEE WITH THE POETS

Karvingen by gate 2

Close to the Vigeland Park you find *Majortstuen*, a place known for old money and old architecture. A famous Norwegian poet, *André Blytve*, lived here. In *Jacob Aalis gate*, he wrote the poem *The Autumn of Oslo*, where he personified the autumn in Oslo depicting it as a crisis-plusive woman. In Oslo depicting it as a crisis-plusive woman shows herself on the walls of *Majortstuen*, covering the buildings in sharp red virginia creper. I like to enjoy my coffee and sit on the bench at the end of *Jacob Aalis gate*, while I imagine the lived life of old poets in this neighbourhood.



8 CRAFT BEER HEAVEN

Bogstadveien 6

Oslo Mikrobryggeri has been here since 1999 and is the oldest brew pub in Oslo. The clientele mostly consists of the typical Norwegian beer geeks: middle-aged white men. But it's worth it if you have a nose for great craft beer. They only offer their own beer on tap (uncompromising indeed) and have their walls decorated with old Norwegian beer posters. Try an Oslo pils with a bucket of popcorn on the side.

9 OSLO'S UGLEST BUILDING

Henrik Ibsens gate 100

Lovers (and haters) of brutalism should stare intensely at the Indeks-house close to Solli. A decade ago it was awarded "ugliest building in Oslo" with 46 % of the votes. You might miss this towering building on a cloudy day when the building's grey qualities merge with the sky. While you are near Solli you can also look at the French artist Auguste Rodin's bronze cast sculpture *Le fiancé* with the key.

11 SHRIMP COCKTAILS AT 3AM

Parkeveien 12

The culture institution *Lorry*, is a brown bar that has been run by the same family for three generations. Here you'll find red glowing lamps between you and some half-glowing national celebrity. The clientele here might flirt with you in all the wrong ways, and you can easily become a victim of a washed out celebrity's speech about the good ol' days. However, if you would like to observe the high and low culture elite in Oslo, or if you crave the perfect shrimp cocktail at 3 AM, this is the place.

12 THE HOUSE OF POETS

Wergjellandsveien 2

Tourists in Oslo will often be in the vicinity of the king's castle and its surrounding park. If you go for a stroll to the north-eastern outskirts, you stumble upon the Swiss-style artist residency *Grotten* (meaning the cave or the grotto). The residency was established by the poet and activist Henrik Wergeland in the 1840s and is the state's residence of honour for artists. Since then, several of the most famous Norwegian artists, writers and poets have lived here. Currently, the residency is occupied by the world-renowned playwright and author *Jon Fosse*.

13

Emilie's local tip: MIDSUMMER NIGHTS DREAM

Do you want to make the most out of those long bright summer evenings? I love the Scandinavian summer and St. Hanshaugen park is perhaps the

17 JAPANESE INTIMACY

St. Olavs gate 7

Who'd have guessed that this anonymous door in a dark basement was like a passage to Japan? Behind it lies *Izakaya*, where you'll get a variety of ostanman (small dishes) and sake. The past few years we've seen many new izakaya-style establishments in Oslo, but this is still the best one. We come here for the vibe, and love the lighting, the artworks and the fact that they always play Japanese 80s tunes. It's always crowded, so make sure to be here when they open at 17:00.

18 JAZZ, DOGS AND PIZZA

Waldemar Thranes gate 8

Parkstasjonen is a laid back, dog-friendly corner place. They claim to have the best drinks in the district, and the vibe of the place is often set by jazz tunes and cute dogs. If you wonder where the person at the next table got their pizza from, it's probably from the neighbour *Jungefi Pizza*. You're welcome to run across the street and get one to enjoy here. We certainly recommend it!

20 THE DETECTIVES COURSE

Waldemar Thranes gate 8

You want a taste of traditional Norwegian nutrition? Of course you do. *Restaurant Schjoder* isn't best known for their brown interior and old paintings, nor their traditional Norwegian meals, which is better than what most people have feared according to us. No, they're known to be the place where the troubled but brilliant detective *Harry Hole* starts his meals in the book universe of the Norwegian best-selling author *Jo Nesbø*. It might be a bit of a stretch to assume that you know *Jo Nesbø*? Well, let's pretend we don't judge you if you don't.

TOURIST CLASSIC

THE COLOURFUL PATHWAY OF LOVE

Damstredet

Close to Oslo city centre, you find a small, steep street of colourful wooden houses named *Trethusbakken*. Both tourists and Osloites find the area interesting, and it's a popular photo-spot destination. We would like to mention that it's perfectly fine to look inside the houses, but remember that the people on the inside will be staring back at you. A nice route is to walk up *Trethusbakken* and follow the path to *Kjellerstien* (meaning the pathway of love) and enjoy the view over the east side of Oslo.

ACCEPTED APPLE SCRUMPING

Kjerfveien gate 9

The garden *Gaithyra skolehager* is a hidden oasis at Sagene. The garden is filled with vegetables, plums, apples and flowers depending on the season you are visiting. The garden is mainly reserved for the pupils of the Oslo school to grow vegetables and plants, but it also works as a meeting space for activities and events. It's free and open to the public every day until 16:00. P.S. Apple scrumping is accepted if you are not greedy.

CHEESY DATE

Thorvald Meyers gate 27

How many cheese lovers can you fit with? The answer at *Ostebutikken* is: heart desires. This place started out store and has evolved into an event. Almost everything on the menu is sea of course. We don't know if it's been atmosphere or the delicious product cheese, but something about it makes us loosen up a bit.

CINEMATIC UTTERLIS

Olaf Ryges plass 11

Grunnetlikafe is one of the most popular drink and go out in Oslo. You'll find bars and stores in and around the street Meyerers gate. Our all-time favourite is and gift venue converted from a 1920s and perfect spot to experience *utepil beer* in early spring.

LOCK UP YOUR REGRETS

Nedre gate 8/A/Bederamsfjelle

If you are looking for a place to unwind, don't want to sing in front of an audience, private rooms for karaoke at *Syng*. Or sing their hearts out and regret it all you've been to *Syng*, you know what door, there is a group of drunk people failed careers as artists. It might be a bit, three beers from *odder*, you'll see behind you, realising that you've already point of no return.

MONDAY BLUES!

Bernernveien 9c

Everyone in Oslo has an opinion on *ranging from jazz, pop, and electron stoner*, and down, the club is now so quality music. It's a gem for concertgoers is an important cultural meeting point house band *Frank Zora* Quartet play every Sunday, all year round. It may day, but Monday isn't a great day any

WELCOMING HOLE

Møllergata 39A

Are you a wine snob or a wine flopp at the intimate *Bar Lardo* will guide vast selection of natural wines that would like some wine, what do you want, whether you know everything or not bartender will give you a taste of several week's selection. Free alcohol (even dips) is a rarity in Oslo, so this is seen from an Osloite's eyes. The snob bar is like a hole in the wall, but we welcome you.

BRING'S LOCAL TIP: PLAY YOUR PART

Federbussveien 22A

We won't tell you what to feel about any of this. To be honest, the critics often have the upper hand, shouting with loud voices. We know for sure that there is a lot of enthusiasm about the development of the city. Opinions will always be divided, yet the building will stand. We recommend you take your own architectural sightseeing tour, to see for yourself. It's definitely more interesting to see these buildings knowing how much significance they had on the public agenda in the last decade.

As Jim Jamnesh's cult classic *Coffee and Cigarettes* is one of my favourite movies, I was happy to hear about a place called *Coffee & Cigarettes*. It guarantees that there was opening in the bar this is your opportunity to feel like a local moviestar. In the movie, a really nice main character, just a weird, random people talking about dreams and everything in between there, imagine that you're in the

THE CITY IN THE ASHES

The city centre of Oslo has changed rapidly in the last decade. Architecturally, it's a whole other city than it was just twenty years ago. A modern, futuristic style has invaded the town, sparking debates everywhere. In 2021 and 2022 two new museums opened, both with distinct and noticeable exterior that fueled the already fired up debate about the look and expressions of the city. So how did *The Munch Museum* and *The National Museum* make a discursive burning hell? Well, the sparks were there long before their openings.

Oslo has spent years and millions modernising the city centre, topped off by the symbolic *Baroque*. Many Osloites felt threatened by the somewhat imperialistic style of it, all worrying that the city was going to be uninhabitable, corporate and claimed by the rich. In addition to the lack of identity, many didn't like this new direction of architecture, so to see it spread its wings in the middle of the city, was heartbreaking for tender patriot souls.

Throughout the years the debate silenced gradually. More and more people began appreciating the significance of the baroque. Or, they just accepted its existence.

In 2018 *Detleimann*, the new public library, opened with its distinctive, cold, features. The reactions were howling through the social and unusual forms of media, claiming that the library looked more like a corporate office building, than an inviting public space. In the old smoke of the, we now saw some sparks. Then we saw flames.

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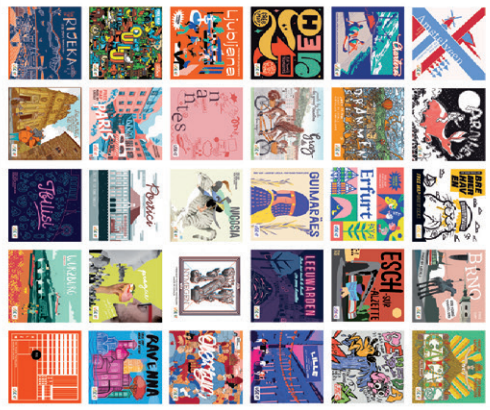
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17 søndagsmarkedet på Blå
18 Birkelunden
 Pop up markets (google for location):
 Eiger marked
 Floke marked
 Bordens marked

18) This is a historical place, and a bit of an odd one at that. It's known to be Leon Trotsky's preferred spot for a brew during his amnesty in Norway. It's weird in all the right ways, and in my opinion, the best place to discuss *Des Kjøftet*. On Wednesdays there is usually a local quintet playing folk music.

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USE-IT is tourist info for young people made by locals, no-nonsense and up to date. Want to be the first to know about new mugs? Like us on Facebook: www.facebook.com/USE-IT

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UNGorg UNGinfo Oslo

Emilia's local tip:
A MIDSUMMER NIGHT'S DREAM
 0711 Oslo
 Do you want to make the most out of those long bright summer evenings? I love the Scandinavian summer and St. Hanshaugen park is perhaps the best place in Oslo to experience it. I recommend you bring a blanket and a basket filled with picnic essentials and watch the sun set (at 22:41 1st of July). The feeling of contentment always hits me in the park, watching the sky go from red to purple, absorbing the moment of summer. PS. This dream might burst if you go here on a Saturday night. It is not quite as romantic when the park is filled with hammered young adults, barking and yelling ugly Norwegian words. But then again, who says no to a summer party in the park? The sun will send you home (at 04:01 2nd of July).



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17 ROLL ON THE RED CARPET

Ullevålsveien 16A

Rouleur is a small bar with a view of the busy St. Hanshaugen crossroads. Two things make this bar worth visiting. Firstly, the place is connected to its bikestop neighbour. We don't know if it is because of the bike stop, but notice how the main road outside acts as a show off for the city's bike enthusiasts. Before the end of your drink, you will be aware of the latest bicycle development: bikes with boxes, race bikes, three wheeled bike trucks and some of the old classics with baskets. Secondly, this is where all the B-celebrities (and sometimes A's) go for the perfect glass of wine. Of course, you probably wouldn't know them. But if you look closely, maybe you can pick them out.

18 FAMOUS FERTILISERS

Akerbakken 32

Do you enjoy thinking about death? At Vår Frelvers Gravd you can visit the graves of Henrik Ibsen, Edvard Munch and other famous Norwegians who you probably haven't heard of. Despite thousands of rotting corpses, this place is a popular detour for people on their Sunday walk. The park itself is beautiful and solemn. Nearby you find a street called **233**Akersbakken. Here you'll encounter an iconic postmodern 90s building drawn by Jon Schuitz. Further up the street is another building that looks like it's from Blade Runner.

19 THE OLDEST STANDING BUILDING

Akerbakken 26

If you are interested in Oslo's history, you should see Old Aker Church. It was built in the 1100s and is the oldest standing building in Oslo. It's built with limestone from the cemetery Vår Frelvers Gravd and the bricks are said to contain fossils of octopuses. According to the old tale Historia Norvegia, the church rests on four pillars of gold that surround a treasure guarded by a dragon. The church is open to the public on Thursdays from 16:00-18:00.

sightseeing tour, to see for yourself. It's definitely more interesting to see these buildings knowing how much significance they had on the public agenda in the last decade.

28 DOUGHY DILIGENCE

Waldemar Thranes gate 72

Baker Rigali has specialised in French sourdough. We recommend ordering cinnamon rolls and cold brew coffee. If you want a more technical reason for your choice, ask the barista (who is also the baker). He treats the baked goods as art and he will tell you passionately about the history and chemistry of both your coffee and your dough. You can trust that each recommendation will come from the bottom of this barista's heart.

29 FEMINIST BOOKSHOP

Kingsgata 4

Whenever we feel inspired, creative or ready to change the world (and want a book that reflects this mood), we stop by Kingsgata 4. This secondhand bookstore might be perceived as humble at first glance, but once you step inside, you will find that the shop is all but unassessive. They have a vast selection of literature curated to reflect diverse, intersectional and feminist perspectives.

30 SUPPORT YOUR LOCAL WIENER

Martdalsveien 45B

Since 1979, the twelve-square-metre kiosk Syvertkiosken has had only one thing on the menu: hot dogs. Not impressed yet? Friend, the owner, serves wiener (Vienna sausage) made from a special recipe, and you can choose from about 20 different toppings like mashed potato or charrellele stew and 35 types of mustard.

31 GENERATIONAL BIERGARTEN

Sammergata 1b

Come and have a radler in the sunny Biergarten by the Akerslave river. Every one between 1 and 100 years old is welcome here. St. Paul Biergarten is part of the old people's home Paulus, located in the floors above in the same building. The residents sometimes come down for a beer and a chat with the local youth or families, having a break on their river walk. It's open all summer from 14:00, if the weather allows it.

The morning, it's a café, and in the bar. This is your opportunity to really meet some characters, just a weird, random people talking about dreams and everything in between. Imagine that you're in the the movie plays itself out right in

38 THE WORLD IS YOUR OYST

Fredensborgveien 22A

EH EH is the perfect spot for oysters minimalist, intimate, and the chair and table to sit on. Perhaps they to imagine how the living system feel. The wine-selection is excellent with biodynamic and ecological. Also do said to be an aphrodisiac? Fall in love. The world is your oyster?

39 DEPEND ON THE INDEPEND

Universitetsgata 12

We don't have an abundance of indie in Oslo, but the ones we have are great for its comic book- and nonfiction as a beautiful selection of books in Eng is the tiny but well-stocked **40** Blate

41 SHRED SOME ALCOHOL

Kristian Augusts gate 7A

Makulatur is the Norwegian word to distributing machine that turns your and secret diaries into fragments the meaning of the text, through destruction however, is a bar where we go for a name of the bar indicates that this is can erase the stress of the day.

42 GAY OSLO

Kristian Vs gate 12

All genders and preferences are well ultimate gay club Esker. Put on your shoes and sequins and come dance Eurovision songs. More interested in beer and a chat? **43** Bob's Pub at Gr shabby local bar that's not really bra but is nonetheless a favourite in the

25 **TRULY PATHWAY OF LOVE**

Damstedet
 city centre, you find a small, colourful wooden houses skakken. Both tourists and the area interesting, and photoshoot destination. To mention that it's to look inside the houses, that the people on the starting back at you. A nice tip up **Kjølshusbakken** and **Kjøpmannsgaarden** (pathway of love) and enjoy the east side of Oslo.

32 **CHEESY DATE**

Thorvald Meyers gate 27
 How many cheese lovers can you fit into a hole in the wall? The answer at **Oslostøkken** is: as many as the heart desires. This place started out as a tiny cheese store and has evolved into an even thrier restaurant. Almost everything on the menu is served with cheese, of course. We don't know if it's because of the intimate atmosphere or the dopamine produced while eating cheese, but something about it makes us Osloites loosen up a bit.

33 **CINEMATIC UTEPILS**

Oldt Nytes plass 11
 Grunerløkka is one of the most popular areas to eat, drink and go out in Oslo. You'll find many of the hottest bars and stores in and around the street. Thorvald Meyers gate. Our all-time favourite is **Parktheatret**; a bar and film venue converted from a 1920s cinema. This is the perfect spot to experience *utepils*, the first outdoor beer in our spring.

34 **LOCK UP YOUR REGRETS**

Nedre gate 8/Arbeiderstrømunets plass 1/Solligata 2
 If you are looking for a place to sing karaoke, you can book private rooms for karaoke at **Syng**. Osloites go here to sing their hearts out and regret it all the next day. Once you've been to **Syng**, you know that behind every closed door, there is a group of drunk people singing out their failed careers as artists. It might be an unsettling picture, but three beers from sober, you'll see the door close behind you, realising that you've already passed the point of no return.

35 **MONDAY BLUES!**

Brenneriveien 9c
 Everyone in Oslo has an opinion on **Bla**. With music ranging from jazz, pop, and electronic to underground stoner and doom, the club is now synonymous with quality music. It's a gem for concertists and clubbing, and is an important cultural meeting point. The legendary house band **Frank Zortot** quartet plays free concerts every Sunday, all year round. It may fuck up your Monday, but Monday isn't a great day anyway.

36 **WELCOMING HOLE**

Møllergata 35A
 Are you a wine snob or a wine floop? The friendly staff at the intimate **Bar Lardo** will guide you through their vast selection of natural wines either way. Just say "I would like some wine, what do you recommend?" and whether you know everything or nothing about wine, the bartender will give you a taste of several wines of the week's selection. Free alcohol (even in the form of small dips) is served early in Oslo, so this is exceptional service seen from an Osloite's eyes. The small and anonymous bar is like a hole in the wall, but we assure you, it's a very welcoming hole.

37

Brage's local tip: PLAY YOUR PART

Fredriksbergveien 22A
 As Jim Jarmusch's cult classic *Coffee and Cigarettes* is one of my favourite movies, I was happy to hear about a place called **Coffee & Cigarettes** that was opening in Oslo this year. In the morning it's a café, and in the evening it's a bar. This is your opportunity to experience Oslo like a local moviestar. In the movie, there aren't really any main characters, just a bunch of cool, weird, random people talking about life, ideas, dreams and everything in between. While you're there, imagine that you're in the movie, or that



44 **GO OUT TO SEE A BEER**

Rosenkrantzgate 4
 At **Roar** you meet 74 different beers on tap and nice, laid-back bartenders. They often play vinyl records, and on a good day you might get to influence the music that is being played. The beer selection is exceptional and the prices are ordinary. Every beer-gnostic should go here, but there is also enough room for every non-beer-fanatic looking for a new friend and a drink to quench their thirst.

Am Helen's local tip: GIANT LIP

Oslo
 Have you noticed something weird about our lips? Maybe you've seen someone take out a greenish little box from their pocket, containing pillow-like bags that they put under their upper lip? Well, don't worry, it's a common Norwegian habit. Snus is actually tobacco, and has become the preferred way to enjoy nicotine in Norway. As of the law prohibits indoor smoking. The **Tobacco Act of 1975** actually prohibits me from describing the feeling of snusing, and I can't tell you which type, brand, flavour and strengths there are. You won't see them in the shops either, as they're hidden away to make it less tempting to buy, so you'll have to ask for it. Common side effects from trying snus for the first time include headaches, dizziness and sometimes vomit. Yet 22% of people under the age of 24 use it. Feeling adventurous? Ask if you can have one like this: *Konjeggomme* er snus?



52 **SMOKED WALLS AND SMOKED COD**

Bernt Ankers gate 25
 It is the entrance that sets the vibe at the Mexican restaurant **La Mayor**. It's quite anonymous, and you might have to spend some time looking for the right door. In the hallway you will be met with oak walls and 60s patterned brick walls. The smell of old cigarettes might make you wonder if you are entering a time where the **Tobacco Act** isn't thought of yet. As you climb the stairs and enter the restaurant, the teal walls will follow you, but the air of old cigarettes will disappear, and fold into a much warmer atmosphere. We recommend ordering smoked cod and mango salsa.

53 **NOT ANOTHER HIP PLACE**

Husmannsgate 29
 Are you tired of cafes or bars looking like some sci-fi noir, trying too hard or too much to be what they are not? **Café Sara** doesn't try to be anything. It isn't. They are an alternative to all the modern and hip places, and somehow that makes them cooler than them all. You can't read the word authentically anywhere, but you can feel it. Their dark interior, cosy backyard, and the fact that the kitchen is open until late has made it the favourite place of so many Osloites.

54 **THE SECRET GARDEN**

Chr. Kochs gate 15
Prindsen Hage is a secret beer garden in the heart of the city. It's only open in the summer season. When the sun is out, this is the perfect place to bring your friends. They've got everything: good drinks, hammocks, food trucks, outdoor games, and if the weather is really good, there are ice cream stand with the most delicious mid-bear treats. There are other events such as markets, screenings of big sports events and, if you're lucky, a food festival.

55 **MAMMA MIA!**

Dronningens gate 22
 Do you think it is charming to have the staff yelling in Italian while you eat your pizza? We do. That is why we love to go to **Mamma pizza**. This osteria is located in the city centre of Oslo and is run by three siblings from Bologna. Order the *gnocchi* if you want a taste experience to remember for weeks.

56 **REOPENING THE OLD CINEMA**

Dronningens Gate 16
 Every city with some sort of decency, has a cinema-queue. Luckily for you, Oslo has decency: lots of it. Not only do we have one, it's also recently been renovated! A cinematicque specialises in avant-garde films, both national and international. So if you feel like watching a movie to remember, or find yourself in the artistic corner, or if you just want a beer and see what a Norwegian cinephile looks like, **Cinemastaket** is the place for you!

57

Julie's local tip: SHY PEOPLE'S SAUNA

Langtata
 The Finnish sauna culture has hit Oslo hard, and you'll find saunas all along the fjord. Watch the corporate city chase the clock, while the stands still inside walls of warm wood. **Oslo Badstuerne** runs several saunas and I recommend the one at **Langtata**. This sauna is in the middle of the modern architectural Oslo and from here you'll see **Blokkva**, the Deichman library, the Opera House and the Munch Museum. Drop-in costs 150 NOK for non-members. Remember: no bring your swimsuit! Yes, you heard us right: Swimsuit. No one is naked in a Norwegian sauna.



61 **GRAB A DRINK AND BRING YOUR LUNCH**

Mølnerbekken 54
Oslo Melanische Verksed often referred to as *Oslo mek*, has this cabin-like feeling. It's warm and laidback, and you board games, books, cardies and a fireplace. On warmer days you can take a seat in the oasis outside. The bar rules are clear: no speeches, singing or dancing for the sake of the other guests. The truly great thing for the penny-pinchers like ourselves, is that you can bring your own lunch or takeaway food as long as you also buy something from the bar. **Hot tip**: our favourite **Punjab Tandori** is not too far away!

63 **REVELATION OF SECOND GLANCES**

Gjølmandstretet 27
 At first glance, **Gjølmand Boulevard** og **Spisest** just looks like another cosy brownish bar. But that is until you discover a second world inside that bar, with quite the opposite experience. You'll see a field where people play boule, airhockey and arcade games, and further into that world you see a screen showing today's football game surrounded by shouting fans. It's isn't for you, just go back into the bar again, listen to some jazz, participate in a quiz, and forget all about that strange second world.

64 **SOMALI BREAKFAST**

Pilestova gate 6
 If you want a taste of Somalia, go to **Waaberi**. It's the best place for both breakfast, lunch and dinner, at a fair price. We recommend ordering *liver*, which is a common Somali breakfast. Don't be surprised about the banana. It's served with everything! Every meal comes with free tea, a sweet and spiced favourite.

65 **STAIRWAY TO HEAVEN**

Gjølmand 14
 The sign over the gloomy entrance says it all: *rock, metal, 60, 60, 60*. The oldest rock and metal bar in Oslo. **Rock** in keeps fighting for the true spirit of hardcore music. Some people would think twice before stepping into that darkness, but for every metalhead out there, this stairway to heaven will lead you to fellow dark minded people.

66 **THE BRIGHTENING SIGN OF COFFEE**

Tøyveggata 22
 Sometimes you just need a sign to know that it is time for coffee or wine. That sign is the light of **Neopurt**. This is the kind of place you'll notice even though it's small. Perhaps the sight of the coffee sign will remind you it's time for a shot of espresso followed by a plant-based sandwich or salad. In the evening they turn the place into a wine bar, serving natural wines.

67 **PEOPLES GARDEN**

Sars gate 1
 The **Botanical Garden** really feels like the people's garden. We respect the plants and flowers as if they were our own, and we lie down in the grass as if we were alone. If you're here on a miserable day, enter the heated greenhouses to warm your heart and limbs. Make sure to check out Oslo's best museum shop at The Natural History Museum.

68 **SECRET MENU, HIDDEN DRAGON**

Tondheimstveien 64
 In the middle of a busy street under an apartment building lies the Chinese restaurant **Szechuan Chengdu**. Ask for the not so secret, "secret menu" (the red/pink-ish one). In truth they might give you this menu regardless. On it you find traditional cuisine from the Szechuan province. This style of Chinese food relies heavily on the distinct flavour of Szechuan peppers, a tummy spice that offers a slight numbing sensation that probably releases endorphins. The dishes **Mapo doufu** and **Gong Bao Ji Ding** have the USEF-Tr seal of approval. Some days they decide to make dumplings and will ask you if you want to order some. Say yes please.

69 **GOURMET KOSK**

Rosenhoffsgata 2c
 Rosenhoff is one of our favourite places to take a

73 **THE WORLD'S SMALLEST CAFÉ**

St. Halvards gate 71a
 Up until two years ago Oslo's smallest gas station functioned as a break room for the mechanics from the neighbouring workshop. Now, luckily, more people can enjoy the functionalist building, as it's turned into the coffee shop **Kosk Oslo**. Pop by for a coffee made by one of Oslo's best baristas.

74

Aden's local tip: ARTSY MOUNTAIN

Kongsvingen 25
 Some years ago, a local real estate mogul teamed up with the city of Oslo to turn **Elveberg** slopes into a sculpture park. The artworks in **Elveberget** are spectacular and if you have seen the opening scene from the Norwegian Oscar nominee *The Worst Person in the World*, you already know that the view is great. Like to bring my water bottle and take a stroll in the park before I sit down and enjoy the sunset from the spot **Munch** supposedly stood when he got the inspiration for *The Scream*.



VEGAN FOOD GUIDE

- Helgesens gate 15a/Kristian Vs gate 15B/ Bjørneggata gate 2 ar Torrigata 16/ Møllergata 58**
- Most places in Oslo offer vegetarian and vegan dishes, but there are also many restaurants that focus purely on vegan dishes. Here are our recommendations:
- 32** Cultivate food (Varied cuisine)
- 33** Nordvegna (Varied cuisine)
- 34** Trunc (Asian)
- 35** Silbroad (Asian)
- 36** Hakuna matata (Ethiopian)

CHEAP BEER GUIDE

Want to know how you reveal that you are a tourist in Oslo? Complain about the alcohol prices. There are many places to buy beer in Oslo, but it takes a local to find the cheapest ones. Here are some alternatives:

- Schweigaards gate 17/Mardalsstveien 23/ Seidukisgata 17/Akersgata 47**

le for yourself. It's definitely to see these buildings significance they had in the last decade.

the morning it's a café and in the evening it's a bar. This is your opportunity to experience Oslo like a local moviestar. In the movie, there aren't really any main characters, just a bunch of cool, weird, random people talking about life, ideas, dreams and everything in between. While you're there, imagine that you're in the movie, or that the movie plays itself out right in front of you.

SCIENCE
es gate 72
fring cinnamon rolls and cold brew

more technical reason for your a (who is also the baker). He treats it and he will tell you passionately chemistry of both your coffee and trust that each recommendation from of this barista's heart.

JKSHOP

pired, creative or ready to change a book that reflects this mood). This secondhand bookstore might be at first glance, but once you step that the shop is all but unassertive, ction of literature curated to reflect al and feminist perspectives.

RL LOCAL WIENER

square-metra kiosk Syvetkosken g on the menu: hot dogs. Not t, the owner, serves wiener (Vienna a special recipe, and you can 2 different toppings like mashed stew and 35 types of mustard.

AL BIERGARTEN

ler in the sunny Biergarten by the one between 1 and 100 years old rauli Biergarten is part of the old s, located in the floors above in the sidents, sometimes come down with the local youth or families fir river walk. It's open all summer other allows it.

restaurant on the Gaza strip.

48 BAR ALLEY

The alley *Streget* is the passage between Torggata and Storgata, and houses several alternatives to good bars. Have a cocktail while listening to live slam poetry or a concert at Uthort, see DJs and spot semi-celebs at Anget, and throw a communist party at Perestroika, where you can get a pitcher of beer at a good price. The alley provides shelter for the weather, and the bars have utilised this quite well with comfy seats outside.

49 DO YOUR NOODLE DUTIES

Who would've thought this shabby street would foster the best Vietnamese restaurant in Oslo? We surely wouldn't, but Fat East is a true diamond in the rough. Leave your snobbish attitude at home, and order dish number 13, you won't regret it.

50 YOU LOCK IT UP BUY IT

Cappelen's forslag is probably Oslo's smallest, yet best bookstore. Their selection is carefully curated by the chatty book worms Andreas and Pål. They've been near bankruptcy a few times, and in the window you can see how they're doing on the bankrupt-o-meter, ranging from "good bye forever" to "opening accounts in the Cayman Islands". The shelves contain both fiction and non-fiction, and the occasional peculiar item, such as philosopher Peter Wessel Zapffe's emergency rations of you lick it, you buy it!

51 TO CHESS OR NOT TO CHESS

The *Good Knight* has managed something few others would have thought possible, creating a chess bar concept for everyone. With chess boards built into the tables, this is the perfect place to play. This doesn't mean that you'll have to know chess. Of course, you'll see the hardcore ones, with their heads in their hands, whining over some wrong move. But you'll also see those who move their kings and queens hopelessly around not knowing what's going on. And some people don't play at all, but rather enjoy the chill, brainy energy.

52 GAY OSLO

All genders and preferences are welcome at Oslo's ultimate gay club *Esker*. Put on your best dancing shoes and sequins and come dance to Lady Gaga and Eurovision songs. More interested in sitting down for a beer and a chat? *Bob's Pub* at Grønland is a slightly shabby local bar that's not really branded as a gay bar, but is nonetheless a favourite in the gay community.

150 NOK for non-members. Remember: frothing your swimsuit! Yes, you heard us right: Swimsuit Noone is made in a Norwegian sauna.

TOURIST CLASSIC

LA TOILETTE

Kristian Flagstad's class 1

The *Openhouse* is one of Oslo's proudest tourist attractions, and the roof is always packed with people enjoying the view or having a photograph. But we love this place for other reasons: the bathroom they're clean, fancy and free. It's also on the way to the popular bathing spot at Sængja, so it's a perfect place to stop and pee before you go swimming in the fjord. A bonus is that you can check this sight off your sightseeing list!

53 SWIM IN THE SHADOW OF MUNCH

Among concrete buildings in more than 50 shades of grey, lies *Bispveika*. *Bispveika* appears as a pop of colour contrasted by its surroundings, and it's the perfect place to go for a swim. It's so close to the central station that you can go from being a train passenger to a swimmer in seven minutes flat. Bring your towel and bathe in the shadows of the new Munch Museum.

54 TASTE THE FUTURE

The modern new part of Oslo, *Bjørnlika*, has risen from the fords and opened possibilities for new bar concepts in Oslo. At *Hammerhal* bar you get great drinks in warm, soft and somewhat futuristic aesthetics. It's run by the person who started the popular *Anget* bar, and has become a venue for the blissful mix of hipsters and business people. They don't serve food here, but you can bring your own.

Ding have the USE-IT-seal of approval. Some days, they decide to make dumplings and will ask you if you want to order some. Say yes please.

55 GOURMET KIOSK

Rosenhoff is one of our favourite places to take a Sunday stroll, with its cluster of old wooden houses, and the adjacent garden at the heart of it. In one of the little wooden buildings, gourmet and student *Sverre* has revived *Rosenhoff Kiosk*, where his parents met back in the day. He makes top notch lasagna, tiramisu and focaccia, along with delicious pizzas made in a stone oven. Note that it's closed during winter.

56 YOU THINK, THEREFORE YOU ARE

In the popular park *Torshovdalen* you will encounter Marianne Heske's sculpture *Hodel M.M.* (meaning *The Head M.M.*). This 7-metre-tall portrayal of a doll's head was modelled after a doll the artist found at a Parisian flea market. It is a sort of an odd looking sculpture that invites reflection. Indeed, the artist wanted her audience to use their brain, or *brune hner*, as we say in Norwegian. The sculpture itself is hollow, suggesting the emergence of new thoughts. Either way, the artwork and the park itself is a place for thinking and therefore you are.

57 THE WOODEN SIDE OF OSLO

Some of the nicest areas in the city today used to be the homes of the poorest in Oslo. In 1624, the city of Oslo decided to prohibit wooden houses in the city centre to prevent wildfires. It was more expensive to build in brick than wood, forcing the working class to move to the suburbs. Among these areas is *Kampen*, now considered one of the most beautiful and cosy places in Oslo, with their small and colourful houses, cafés and bakeries. Notice the white piece on the yellow brick wall beside the church. This building used to house a pub on the first and a brothel on the second floor. Now it's a hyped bakery, *Fatrine*.

58 CAFFEINE DEALER AND BAKERY

Welcome to your local caffeine dealer and the next generation of bakers! That's how *Håndbakt* describe themselves. We praise their pastries, which are vegan, fluffy and delicious. You'll get the real deal here – with more grains, less sugar and few animal products.

Want to know how you reveal that you are a tourist in Oslo? Complain about the alcohol prices. There are many places to buy beer in Oslo, but it takes a local to find the cheapest ones. Here are some alternatives:

- 57 Mastermind
- 58 Fyrhuset
- 59 Los Tacos
- 60 Luna Park

The even cheaper solution that a lot of locals swear to, is to drink store-bought beer in the park. This is not legal, so we are not saying you should do it, we're just saying that everyone does it.

PHRASES

- Hei! Hi
- Gratis Free
- Koselig A mix of cosy and nice
- Oj Whops
- Oj? Would you like a beer?
- Takk Thank you
- Vel så god You're welcome
- Du er en tullbukki! You're a fool!
- Du er kjempeflink! You're doing so well!
- Skål! Cheers
- Sees See you soon!
- Nattmat Trash food you eat after you have been out drinking
- Fyllingsk Hangover