



Oslo

August 14-17

Basics

Krone (NOK)

1 krone = 10 cents

10 krone = 1 dollar

\$10 ≈ 98 kr

\$50 ≈ 489 kr

\$100 ≈ 978 kr



Hello

Hei (Hey)

Thank you

Takk (Tock)

Goodbye

Ha det bra (Hah deh bra)

Ruter

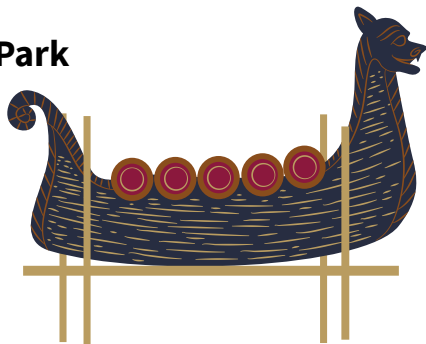
Single fare (Zone 1): 34–40 NOK (\$3.50–4.00) — valid 90 minutes

24-hour pass: 132 NOK (\$13.50)

- How to buy: Ruter app (recommended), physical travel card, or on board buses/boats (slightly more expensive on board)
- Covers trams, buses, metro (T-bane), and ferries within the city

My Must Dos

- ☐ **Norwegian Museum of Cultural History**
- ☐ **Town Hall** (murals) free tour Saturday
- ☐ Street art in **Grünerløkka** (and cute shops, take the tram there)
- ☐ **Hølse-Lovisas house** - waffles and brown cheese (11am-6pm)
- ☐ **Mathallen Oslo** (food hall)
- ☐ take the ferry to swim at **Hovedøya** swimming area, lunch at **Klosterkroa**
- ☐ **Vigeland Sculpture Park**



Itinerary

Friday, Aug 14

arrive 11:25am (Busterminalen Galleriet)

Walk through **Grünerløkka**

Check into Airbnb

Saturday, Aug 15

Morning: Ekebergparken

Meet Sarah (drop off her bags)

2pm Town Hall Tour

Walk around Rådhusplassen and Aker Brygge (waterfront)

Vippa for street food afterward

Sunday, Aug 16

Norwegian Museum of Cultural History by ferry

Hovedøya by Ruter ferry

Lunch at Klosterkroa

Swimming and monastery ruins

Monday. Aug 17

flight 12:30 PM

Friday, Aug 14

11:25am: Arrive at Busterminalen Galleriet

11:45am: Store bags at Oslo Central Station (8 min walk)

Tram/walk to **Mathallen for lunch and food shopping** (athallen is the best place to look for Norwegian specialty foods such as brunost, rakfisk, smoked fish, and local cheeses.)

Vulkanfisk: famous creamy seafood stew/casual seafood bar.

Walk through **Grünerløkka:**

- Blå and Inngate, for murals and riverside street art
- Akerselva river path, with bridges and industrial scenery
- Thorvald Meyers gate, for cafés, independent shops, ceramics, vintage, and design stores
- Olaf Ryes plass, for a coffee or drink
- Vulkan and the Akerselva edge
- Ankerbrua
- Olaf Ryes plass
- The central stretch of Thorvald Meyers Gate

Go back to Oslo Central to get my bags/**Check in at the Airbnb**

Walk through **Telthusbakken**

Continue toward Damstredet and the Akerselva

Høse-Lovisa's house for waffles and brunost (11am–6pm)

Return toward St. Hanshaugen or continue along the river

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Late afternoon: Take it easy with St. Hanshaugen Park or the nearby Galleri Epsilon mural

Evening: Dinner at Fiskeriet Youngstorget, Smalhans, or Oslo Street Food

Saturday, Aug 15

Morning: Ekebergparken

(walk to St Hanshaugen tram station, take the tram toward Jernbanetorget. Transfer to Tram 13 or 19, 15 min ride to Ekebergparken)

Take tram 13 or 19 back toward the city (Jernbanetorget)

12:30-1:30pm, travel toward City Hall and waterfront walk
From Oslo Central, walk or take the tram toward Rådhusplassen. If you arrive early, explore the harbor around City Hall and Aker Brygge.

1:30-1:50 pm, arrive at City Hall

Allow time for the security line. The free tour meets inside the building, and the City Hall recommends arriving early because all visitors pass through security.

2:00 free City Hall tour

Vippa for a late lunch

Walk to Vippa for international street food. Saturday 10-4

Evening, Himkok

If you both still have energy, finish with cocktails at Himkok. It is a natural evening add-on because it is near central Oslo and Youngstorget, rather than requiring a separate trip across town. I would either reserve ahead or verify the current door policy and hours before going.

□

Sunday, Aug 16

9:15 am Take the tram toward the waterfront and Rådhusbrygge 3. 10:00am, ferry to Bygdøy

Take the Bygdøy ferry from Rådhusbrygge 3 to Dronningen. The ferry crossing takes about 10 minutes, and the museum is about a 10-minute walk from the Dronningen stop.

10:15am–12:30 pm, **Norwegian Museum of Cultural History**
Focus on the stave church, traditional homes, craft areas, and the most visually interesting open-air sections. The museum is open daily from 10:00am to 5:00pm in summer.

Return to Aker Brygge. Take the ferry back to the waterfront and walk to the Hovedøya departure point.

B1X ferry to Hovedøya
During August 2026, use the B1X ferry from Aker Brygge. Ruter says that B1X runs every 20 minutes during the summer and that regular Ruter tickets are valid.

lunch at Klosterkroa

serves summer café food such as prawns, Skagen sandwiches, waffles, and other light dishes. 11am – 6pm

swim and explore

Walk to the west side of Hovedøya for swimming, then see the monastery ruins and forest paths. Hovedøya gives you the combination of swimming, a short ferry ride, nature, and unusual history that fits your travel style very well.

Food

- ☐ **Rakfisk** — fermented trout, pungent and polarizing but a true Norwegian specialty
- ☐ **Fårikål** — hearty lamb and cabbage stew, Norway's national dish
- ☐ **Brunost (brown cheese)** — sweet, caramel-flavored goat's milk cheese, perfect on waffles
- ☐ **Norwegian waffles** — heart-shaped, served with sour cream and jam
- ☐ **Fiskesuppe** — creamy fish soup



Syverkiosken: a historic, unassuming hot dog stand on Maridalsveien 45B. Locals line up here for their pølse i lompe (hot dog wrapped in a thin potato flatbread)
16min from airbnb, M-F 11:00 - 11:30, S/S noon - 11:30

Dovrehallen Bar & Restaurant: located in the basement of Storgata 22. It is an established, 100-year-old traditional pub favored by locals for hearty, home-cooked Norwegian classics like raspeballer (potato dumplings)

Fiskeriet Youngstorget: Located at Youngstorget 2B (about a 15-minute walk from Oslo Central Station). some of the best fish and chips in town and bacaalao (fish soup)

Lorry: Kate recommends (just north of the Royal Palace. 15 min. north of Town Hall).