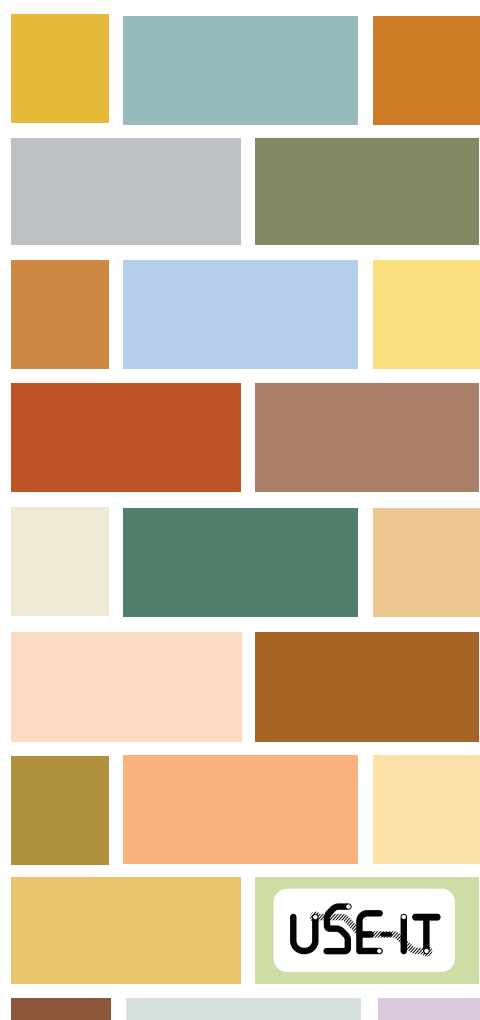


OSLO

FREE MAP • FOR YOUNG TRAVELLERS • MADE BY LOCALS



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.
- SAGENE:** sawmill industry, brick, small independent cafes and breweries.
- GRÜNERLØKKA:** hipsters, vintage shops and concept bars.
- GRØNLAND:** multicultural mosaic, international food and lively atmosphere.
- RODELØKKA:** wooden houses and allotment gardens.
- TØYEN:** apartment buildings, graffiti, festivals and parks.
- KAMPEN:** artists in tiny, colourful, wooden houses.
- GAMLEBYEN:** last bit of the real Oslo with ruins from mediaeval times.
- BJØRVIKA:** business area, normcore and modern.



ACT LIKE A LOCAL

SHOP AT THE WINE MONOPOLY

All alcoholic beverages above 4,7 % must be bought at the Wine Monopoly (*Vinmonopolet*) 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 2:30 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-snobbish coffee places **A** Evita Kaffebar or **B** 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 sykkel*) you see around the city, or stop by our **USE-IT Oslo info desk** to borrow one for free.

GREEN SHOPPING

Thorvald Meyers gate 74/Olaf Ryess plass 3/Markveien 54/Markveien 35B

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 Grünerløkka. We especially recommend **C** Fretex, **D** Prislo Kilostore, **E** Past and **F** Uff.

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 Deli de 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 23 minutes. See vy.no for more information.

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 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



- Café
- Eat
- Drink
- See/do
- Shop
- USE-IT Oslo Info Desk
- Oslo Visitor Centre
- View point
- Bathing places
- The Wine Monopoly
- Bike routes
- Metro
- Ferry
- Bus terminal
- Train station

USE-IT OSLO INFO DESK

1

MUSEUM BROTHERS

Grimelundstveien 8

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

2

THE BIGGEST ATTRACTION

Nobels gate 32

Yes, you should visit the biggest tourist attraction in Oslo, **The Vigeland Sculpture Park**. This is the world's largest sculpture park made by a single artist. Most of the works were created in 1950. The park itself is stunning, but our favourite part is the echo-point south-west 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.

3

CRAFT BEER HEAVEN

Bogstadsveien 6

Oslo Mikrobryggeri has been here since 1989 and is the oldest brew pub in Oslo. The clientele mostly comprises 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.

4

OSLO'S UGLIEST BUILDING

Henrik Ibsens gate 100

Lovers (and haters) of brutalism should stare intensely at the **Indeks-huse** 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 **10 man with the key**.

5

SHRIMP COCKTAILS AT 3 AM

Parkveien 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 of 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.

6

THE HOUSE OF POETS

Wergelandsveien 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.

7

ANE'S LOCAL TIP: COFFEE WITH THE POETS

Jacob Aalls gate

Close to the Vigeland Park you find Majorstuen, a place known for old money and old architecture. A famous Norwegian poet, André Bjerke, lived here, in **Jacob Aalls gate**. He wrote the poem *The Autumn of Oslo*, where he personified the autumn in Oslo, depicting it as a crisp, elusive woman dressed in a red ball gown. In the autumn this woman shows herself on the walls of Majorstuen, covering the buildings in sharp red virginia creeper. I like to enjoy my coffee and sit on the bench at the end of Jacob Aalls gate, while I imagine the lived life of old poets in this neighbourhood.

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10

MAN WITH THE KEY

Rodin's bronze cast sculpture

At the end of the street, you can see a sculpture of 10 men, one of them holding a key. This is a reference to the key to the city of Oslo, which was given to the city by the king in 1624.

11

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13

EMILIE'S LOCAL TIP: A MIDSUMMER NIGHT'S DREAM

0171 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 to then again, who says no to a summer party in the park? The sun will send you home (at 04:01 2nd of July).

14

NORWEGIAN CROISSANT

Universitetsgata 9/Pilestredet 24

Have you been introduced to the Norwegian *bolle*? It's a sweetened bun that is as essential to Norwegians as the croissant is to the French. At **Bollebar** you get the traditional *bolle* with a modern twist. The toppings and fillings come in flavours and colours that make the *bolle* as delightful to look at as it is to stuff in your mouth.

15

BRING YOUR BEANIE

Universitetsgata 9/Pilestredet 24

Rising out of the grey, **Tullinløkka** has become the centre of authentic urban life in Oslo. If you want to surround yourself with Scandinavian design and hipster culture, Tullin is the place to visit. Natural wine is a must, beanies are close to mandatory and you should aim to not blend in. Connecting the many bars and restaurants is the beautiful light art in the public spaces at **Tullin-kvartalet**. Check out these places: **Kafeteria August** – a food and wine bar that often has DJ sets in the evenings. **byMad** – a bar, café and a meeting place for people interested in design and architecture. **Becco** – once a stable, now a wine bar. **167 Trekanten** – a spacious bar that often hosts events on the weekends.

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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 otsumami (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 1A/Dalsbergstien 6A

Parksalongen 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 **167 Jungel Pizza**. You're welcome to run across the street and get to enjoy here. We certainly recommend it!

19

THE DETECTIVE'S COURSE

Waldemar Thranes gate 8

You want a taste of traditional Norwegian nutrition? Of course you do. **Restaurant Schröder** 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 eats his meals in the book universe of the Norwegian best-selling author Jo Nesbø. It might be ballsy of us to assume that you know Jo Nesbø? Well, let's pretend we don't judge you if you don't.

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21

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 bikeshop neighbour. We don't know if it is because of the bike shop, 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.

22

FAMOUS FERTILISERS

Brynjulf Bulls plass 2

Do you enjoy thinking about death? At **Vår Frelasers Gravlund** 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 pastured field is beautiful, but turns into a dog park if you find a street called **23 Akersbakken**. Here you'll encounter an iconic postmodern 90s building drawn by Jon Schultz. Further up the street is another building that looks like it's from Blade Runner.

23

THE OLDEST STANDING BUILDING

Akersbakken 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 Frelasers Gravlund and the bricks are said to contain fossils of octopus. 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.

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25

THE COLOURFUL PATHWAY OF LOVE

Telthusbakken

Close to Oslo city centre, you find a small, steep street of colourful wooden houses named **Telthusbakken**. Both tourists and Osloites find the area interesting, and it's a popular photoshot 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 **Telthusbakken** and follow the path to **26 Kjærlighetstien** (meaning the pathway of love) and enjoy the view over the east side of Oslo.

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28

DOUGHY DILIGENCE

Waldemar Thranes gate 72

Baker Riga has specialised in French sourdough. We recommend ordering cinnamon rolls and cold brew coffee. If you want a more traditional 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

Kingos gate 4

Whenever we feel inspired, creative or ready to change the world (and want a book that reflects this mood), we stop by **Kingos 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 unassertive. They have a vast selection of literature curated to reflect diverse, intersectional and feminist perspectives.

30

SUPPORT YOUR LOCAL WIENER

Maridalsveien 45B

Since 1979, **Blade Runner** has been a local institution. It has had only one thing on the menu: hot dogs. Not impressed yet? Erlend, the owner, serves wiener (Vienna sausage) made from a special recipe, and you can choose from about 20 different toppings like mashed potato or chantenelle stew and 35 types of mustard.

31

GENERATIONAL BIERGARTEN

Sannergata 1B

Come and have a radler in the sunny biergarten by the Akerselva river. Everyone between 1 and 100 years old is welcome here. **St. Pauli Biergarten** is part of the old people's home Paulus, located in the floors above 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.

32

CHEESE DATE

Thorvald Meyers gate 27

How many cheese lovers can you fit into a hole in the wall? The answer at **Ostebutikken** is: as many as the heart desires. This place started out as a tiny cheese store and has evolved into an even tinier 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

Olaf Ryes plass 11

Grünerikgkka 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 **Parkteatret**; a bar and gig venue converted from a 1920s cinema. This is the perfect spot to experience *utepils*, the first outdoor beer in early spring.

34

LOCK UP YOUR REGRETS

Nedre gate 8

If you are looking for a place to sing karaoke and you can't wait to sing in front of an audience, 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 **Blå**. 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 concerts and clubbing, and is an important cultural meeting point. The legendary house band Frank Znot 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 58A

Are you a wine snob or a wine phlo? Either way the friendly staff at the intimate **Bar Lardo** will guide you through their vast selection of natural wines. 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 drops) is a rarity in Oslo, so this is exceptional service even in 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.

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38

THE WORLD IS YOUR OYSTER

Fredensborgveien 22A

Eff Eff is the perfect spot for oysters and wine. It's minimalism incarnate, and the chairs are skeletonized and terrible to sit on. Perhaps their visitors are supposed to imagine how the living oyster feels inside its shell? The wine-selection is excellent with a focus on anything biodynamic and ecological. Also do order oysters. It's said to be an aphrodisiac? Fall in love with the world? The world is your oyster?

39

DEPEND ON THE INDEPENDENT

Universitetsgata 12/Thereses gate 2B

We don't have an abundance of independent bookstores in Oslo, but the ones we have are great. **Tnsomo** is known for its comic-book and nonfiction sections and they have a beautiful selection of books in English. Another favourite is the tiny but well-stocked **40 Bislet bok**.

40

SHRED SOME ALCOHOL

Kristian Augusts gate 7A

Makulator is the Norwegian word for a shredder: the shredding machine that turns your official documents and secret diaries into fragments that occludes any meaning of the text through destruction. This **Makulator**, however, is a bar where we go for a drink. Maybe the name of the bar indicates that this is a place where you can erase the stress of the day.

41

GAY OSLO

Kristian IVs gate 12/Grønland 3

All genders and preferences are welcome at Oslo's ultimate gay club **Elsker**. 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.

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44

GO OUT TO SEE A BEER

Rosenkrantzgate 4

At **Røer** 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-fanatic 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.

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46

NEW MUSIC, OLD FORMAT

Møllergata 1

At the record store **Big Dipper** you'll find a wide selection of LP records by Norwegian and international artists. They collaborate with labels and musicians arranging concerts and exclusive record signings with some of Norway's best new artists, making this an important meeting place for people with a next level interest in music.

47

FALAFEL FRIENDLY

Møllergata 10

Falafel is a household meal in Norway by now, and the crunchiest, freshest one is from **Gaza kjøkken**, where you get it with homemade hummus and a tasty herb salsa. We go here for lunch, dinner and on our way home from the bar. The best thing about this place is the owner, with the friendliest face you'll meet in Oslo. Ask him about the name of the shop: it refers to when he ran a restaurant on the Gaza strip.

48

BAR ALLEY

Torggata 11/Torggata 13

The alley **Stroget** 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 **Uhørt**, see DJs and spot semi-celebs at **Angst**, and throw a communist party at **Perestrojka**, 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

Bernt Ankers gate 4

Who would've thought this shabby street would foster the best Vietnamese restaurant in Oslo? We surely wouldn't, but **Far 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 LICK IT YOU BUY IT

Bernt Ankers gate 4B

Cappelen's forslag is probably Oslo's smallest, yet best bookstore. Their selection is carefully curated by the chatty book worms Andreas and Pili. 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 Zapfe's emergency rations of chocolate from 1960. Remember the sign by the door; you lick it, you buy it!

51

TO CHESS OR NOT TO CHESS

Badstugata 9

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

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 teal 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 margaritas.

53

NOT ANOTHER HIP PLACE

Hausmanns gate 29

Are you tired of cafés or bars looking like some sci-fi pub, trying too hard or too much to be what they are not? **Cafe 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 authenticity 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. Krohgs 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's an ice cream stand with the most delicious mid-beer treats. There are often 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's 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-theque. Luckily for you, Oslo has decency: lots of it. Not only do we have one, it's also recently been renovated! A cinematheque 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, **Cinemateket** is the place for you!

57

JULIE'S LOCAL TIP: SHY PEOPLE'S SAUNA

Langkaia

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 time stands still inside walls of warm wood. **Oslo Badstoforening** runs several saunas and I recommend the one at Langkaia. This sauna is in the middle of the modern architectural Oslo and from here you'll see Bjørkiva, the Deichman library, the Opera House and the Munch Museum. Drop-in costs 150 NOK for non-members. Remember to bring your swimsuit! Yes, you heard us right: Swimsuit. No one is naked in a Norwegian sauna.

58

SECRET MENU, HIDDEN DRAGON

Trondheimsveien 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 funky spice that offers a slight numbing sensation that probably releases endorphins. The dishes Mapo doufu and Gong Bao Zi 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.

59

GOURMET KIOSK

Rosenhoffgata 2A

Rosenhoff is one of our favourite places to take a Sunday stroll, with its cluster of old wooden houses and the allotment 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.

60

YOU THINK, THEREFORE YOU ARE

Torshovdalen

In the popular park Torshovdalen you will encounter Marianne Heske's sculpture **Hudet N.N.** (meaning *The Head NN*). 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 *brude huet*, 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.

61

THE WOODEN SIDE OF OSLO

Bøgata 1

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 wild fires. 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 whale 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 hyed bakery, **Farine**.

62

CAFFEINE DEALER AND BAKERY

Kjølberggata 21

Welcome to our local caffeine dealer and the next generation of bakeries. 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.

63

REVELATION OF SECOND GLANCES

Grønlandsleiret 27

At first glance, **Grønland Boulevard og Spiseri** 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 can see a screen showing today's football game surrounded by shouting fans. If this 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

Platous 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

Grønland 14

The sign over the gloomy entrance says it all: *rock, metal, øl, satan*. 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

Tøyengata 22

Sometimes you just need a sign to know that it is time for coffee or wine. That sign is the light of **Neongrut**. 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

PEOPLE'S 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.

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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 **Kiosk Oslo**. Pop by for a coffee made by one of Oslo's best baristas.

74

ADEN'S LOCAL TIP: ARTSY MOUNTAIN

Kongsveien 23

Some years ago, a local real estate mogul teamed up with the city of Oslo to turn Ekeberg slopes into a sculpture park. The artworks in **Ekebergparken** 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. I 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*.

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