



Sorenga. Photo: VisitOSLO/Didrick Stenersen

# OSLO

## The vibrant capital where culture meets nature

Oslo is one of the most exciting capitals in all of Europe, with amazing changes going on in everything from local cuisine to architecture and city development. Combine this with excellent attractions and a rare closeness to nature, and you have a cruise destination quite out of the ordinary. Four cruise quays are located right in the city centre. Walk along the Harbour Promenade in one direction, and you'll soon hit the lively Aker Brygge wharf and the Tjuvholmen district with its state-of-the-art architecture. Walk the other way, and you can enjoy wonderful views from the roof of Oslo's famous opera house and the new cool borough The Oslo Bay. A 10-minute ferry ride takes you to the Bygdøy peninsula, where some of the city's most popular attractions await.

**Astrup Fearnley Museet**  
The modern Oslo landmark Astrup Fearnley Museet is designed by the renowned Italian architect Renzo Piano. It houses a collection of modern and contemporary art that is counted among the most significant of its kind in Northern Europe. Temporary exhibitions complement the permanent collection of works. The museum is flanked by Tjuvholmen Sculpture Park, also designed by Renzo Piano.

**Oslo Opera House**  
Oslo's iconic opera house is located right at the harbour, with an angled, white exterior that appears to rise from the water. It invites visitors to climb its roof and enjoy panoramic views of Oslo and the fjord, all year round. The Opera presents a varied programme from three stages, and guided tours are available in Norwegian, English and German.

**Nobel Peace Center**  
The Nobel Peace Center offers a combination of changing and permanent exhibitions that focus on issues relating to war, peace and conflict resolution. Permanent installations include a presentation of all Nobel Peace Prize laureates in a beautiful "garden" of fibre-optic lights. The centre has daily guided tours in English and Norwegian during summer season, and on weekends the rest of the year.

**Oslo City Hall**  
Inaugurated in 1950, Oslo City Hall is Oslo's administrative body and the seat of the City Council. The building has been decorated by great Norwegian art from 1900-1950, with motifs from Norwegian history, culture and working life. The Nobel Peace Prize is awarded here in December every year.

**Royal Palace**  
The royal residence at the top of Oslo's main street Karl Johan is home to HM King Harald V and HM Queen Sonja. The building is in neoclassical style, and was completed in 1849. The Royal Palace Park, with grassy areas, majestic trees, small ponds and statues, surrounds the palace. Changing of the guards every day at 13:30 p.m. Guided tours are offered daily.

**Akershus Fortress**  
The venerable Akershus Fortress is a great place to explore Oslo's history. The building of the fortress commenced in 1299 under King Håkon V. King Christian IV (1588-1648) had the castle modernised and converted into a Renaissance complex and royal residence. The Akershus Fortress Visitors Centre offers guided tours for both individuals and groups.



Viking Ship Museum. Photo: Mir/AART architects

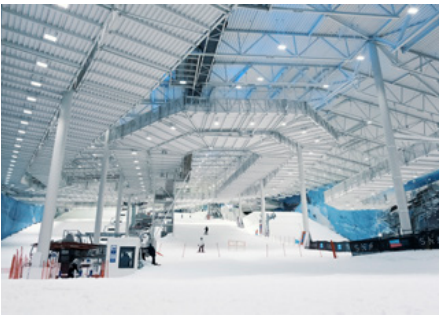
**Nordic Bible Museum**  
Home of an original page from a Gutenberg bible. The only Bible Museum in the Nordic countries, based on a collection of more than 3,000 bibles. Highlights includes an edition of the Swedish king Gustav Vasa's bible from 1541, an original page from a 15th century Gutenberg bible, unique hand-written manuscripts from the 13th century, a miniature Bible collection with the world's smallest printed Bible and a King James Version exhibition. Print your own Bible page with the medieval printing press.

**SALT**  
A nomadic art and culture project located vis á vis the Opera House, in the middle of Oslo. SALT offers an eclectic atmosphere with a whiff of northern Norwegian fishing villages and artist districts in Berlin. Here tourists and artists, the city and the coast, the new and the old, and the monumental and the simple meet.

**The Viking Planet**  
- resurrects the Viking times with VR-technology, holograms, interactive screens and 270-degree films. At this digital museum you can learn about and experience how the Vikings lived, join them on their expeditions, feel the power of the elements onboard a Viking ship in a storm, and take a picture of yourself in Viking armor. The centre has been equipped with the latest in technology and has hired production companies with long experience in storytelling, VR and special effects. Here you can use all you senses to learn about the Vikings religion, mythology, ships and cultural heritage.

**Ekebergparken**  
Ekebergparken is a sculpture and national heritage park, boasting a collection of sculptures and outdoor art installations of international standing. The art works are surrounded by beautiful scenery, with many spectacular lookout points. Ekebergparken is always open, and is free to visit.

**Vigeland Sculpture Park**  
Vigeland Sculpture Arrangement is the life work of Norwegian sculptor Gustav Vigeland (1869-1943), and includes more than 200 sculptures in bronze, granite and cast iron. With more than one million visitors every year, the park is one of Norway's top tourist attractions. It is free to enter at all times.



Snø

**Holmenkollen Ski Jump and the Ski Museum**  
Norway's most visited attraction includes a ski museum, jump tower, souvenir shop and a ski simulator. The ski museum presents more than 4,000 years of skiing history, Norwegian polar exploration artefacts and an exhibition on snowboarding and modern skiing. The ski jump tower offers breathtaking views of the city, the forest and the fjord.

**SNØ**  
The world's most spectacular indoor arena for SNOW experiences. Here at SNØ, you can play, train and learn - we unite cross-country skiing, alpine skiing, freeski, snowboarding and ice climbing under the same roof. In the warm section of SNØ, you also find restaurants, shops and a fitness centre.

**The Rose Castle**  
In 2020, it was 80 years since Norway was attacked in 1940, and 75 years since its liberation in 1945. Rose Castle 2020 is an art installation and educational project aimed at telling the story of the occupation of Norway and of the basic principles of democracy, the rule of law and humanism that were then put out of force. We want to tell the story of the war without demonizing or glorifying, central to the narrative is the individual and its choice. We touch on both known and lesser-known aspects of the occupation: the sufferings of prisoners of war, the unknown individual, everyday life, the drama of war sailors, the resistance struggles in the south and north. The persecution of the Norwegian Jews receives great attention in the series of images and anti-Semitism, before and during the war, is depicted.

**Culinary Tours**  
Combine an urban hike with beer and cheese tasting in different local pubs and bars. Let the guide take you through history complemented by a gourmet meal with cider or wine tasting.

**The Beer Academy**  
Learn the history, brewing process and the distinctive styles of Norwegian beer. See how to combine beer with food, which glasses to use and at what temperature the different beer styles should be served. An insight in to Viking history and how and what they used to get intoxicated by. The beer tasting is informal and fun where the goal is to create a warm and unforgettable atmosphere.



Holmenkollen Ski Jump and Ski Museum. Photo: Andreas Bache Wiig

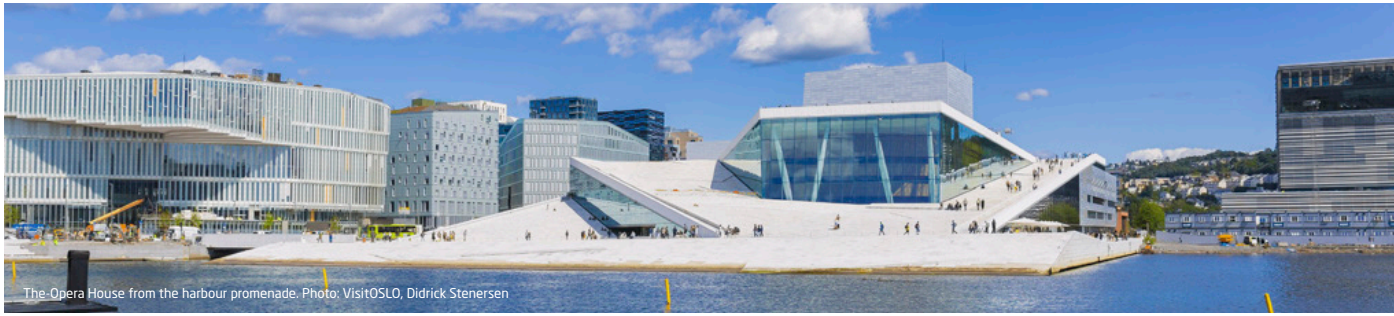
**Mathallen**  
Mathallen Oslo is a foodie's paradise: an indoor food market with more than 30 specialty shops, cafés and eateries that offer high-quality products and dishes from Norway and abroad. Here you will find items that you cannot find elsewhere in the city, and you will meet staff who are proud of their products and who will gladly talk food and give you good recommendations. Several of the shops and eateries have their own serving areas, but it is also possible to buy food from several different places and enjoy it in the common serving area in the centre, Torget.

**The Mini Bottle Gallery**  
This gallery has the world's largest collection of miniature bottles. Of the museum's total of 54,000 bottles, 12,500 of them are exhibited in 50 different installations over three floors. The exhibition holds miniature bottles from all corners of the world, mini bottles of different themes, mini bottles in chandeliers, in ceilings and floors - and to top it off; a slide. A museum out of the ordinary.

**Bygdøy Peninsula:**  
**The Viking Ship Museum**  
This popular Oslo museum is home to the world's best-preserved Viking ships, in addition to smaller boats, sledges, tools, textiles and household utensils excavated from Viking tombs around the Oslo Fjord. The adventure film The Vikings Alive is screened throughout the day on the ceilings and wall inside the museum.

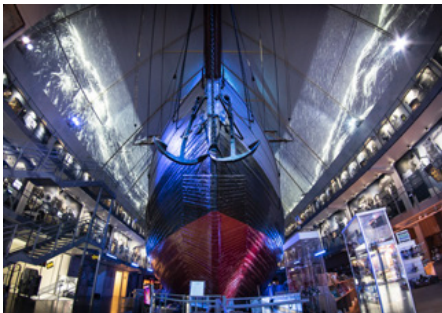
**Fram Museum**  
Fram is the strongest wooden ship ever built, and still holds the records for sailing farthest north and farthest south. At the Fram Museum, you can come on board the ship and see how the crew and their dogs managed to survive in the coldest and most dangerous places on earth. The comprehensive exhibition is presented in 10 languages: English, French, German, Italian, Spanish, Russian, Japanese, Chinese, Korean and Norwegian.

**Kon-Tiki Museum**  
Thor Heyerdahl (1914-2002) gained worldwide fame when he crossed the Pacific Ocean on the balsa wood raft Kon-Tiki in 1947. He later conducted spectacular expeditions on the reed boats Ra and Tigris. At the Kon-Tiki Museum, you can see the original vessels and up-to-date exhibits on Heyerdahl's adventures.



The Opera House from the harbour promenade. Photo: VisitOSLO, Didrick Stenersen





Fram Museum. Photo: M. Thomassen



Kistefos, The Twist. Photo: Nikos Mitis

## > OSLO CONTINUED

### Norwegian Museum of Cultural History

One of the world's oldest and largest open-air museums, the Norwegian Museum of Cultural History, comprises 155 traditional houses from all parts of Norway and a stave church from the year 1200. The museum also has indoor exhibits that include displays of traditional handicraft items, folk costumes, Sami culture and changing exhibitions.

### Norwegian Maritime Museum

Norway's national museum for shipbuilding, shipping, fishing and marine archaeology is beautifully located on the waterfront at Bygdøyenes. Highlights include Norway's oldest boat, a selection of 40 maritime paintings by famous artists and an interactive exhibition that documents Norwegian shipping and maritime activities in recent times.

### Holocaust Centre

The Centre for Studies of Holocaust and Religious Minorities (HL Centre) presents a modern exhibition on the Holocaust. Images, sounds, film, items and text documents the genocide of the European Jews, as well as the Nazi State's mass murder and persecution of other peoples and minorities.

### Fjord cruise and boat sightseeing

Cruise through narrow sounds, idyllic bays and a maze of islands with small summer cabins. The Oslofjord offers unique photo opportunities. A range of different tours and on different boats is available all year round.

### Horse and Carriage Tours

See the city in a horse carriage pulled by Norwegian breeds like the Norwegian Fjord. The welfare of these horses is of the utmost importance.

### In the surroundings of Oslo:

#### Hadeland Glassverk

Hadeland Glassverk is an attraction and shopping destination that brings together history, art, and culture and handicraft traditions in scenic surroundings. It has 10 stores with everything for setting the perfect table: glass, porcelain, textiles, utensils, decorative items and much more. The glass museum is the largest in Scandinavia, and displays Hadeland creations from the last 250 years. Hadeland Glassverk is located one hour outside Oslo.

#### Kistefos and The Twist

This is one of Europe's most important sculpture parks for contemporary art. Built on the grounds of a historical pulp mill, Kistefos today comprises an industrial museum, two art galleries and an impressive sculpture park in scenic surroundings. It has a mission to conserve the buildings and industrial heritage of the area whilst also celebrating the best of Norwegian and international contemporary art. The Twist is a gallery, a bridge, and a sculpture, all in one. The 1,000 m<sup>2</sup> building twists into a sculptural form and spans 60 m across the Randselva river. The building was designed by the Danish star architects BIG - Bjarke Ingels Group and is cited as a "must-see" cultural destination by the New York Times, Bloomberg and The Telegraph, amongst others.

#### Oslo International Airport - Gardemoen

Oslo Airport is Norway's main airport, situated north of Oslo. It takes only 19 minutes to get from the airport to Oslo Central Station. With over 28 million passengers per year and over 130 direct routes, both international and domestic, the airport is the perfect gateway to Norway and Scandinavia. The expansion of the airport was finished in 2017, with a brand new pier, departure and arrivals hall. With the expansion, Oslo Airport has a capacity of 35 million passengers a year.

### Taxis, Limousines and buses

Oslo offers a myriad of quality modes of transportation from and to the airport and around the city.

### Additional Activities

Hiking through Europe's largest urban forest, taking in a variety of sites from traditional wooden buildings, hilltop viewpoints, pristine lakes and enough berries to last an entire holiday! Begin the tour with a stunning metro ride up the hills, starting at sea level and ending nearly 500 m above the city and fjord below.

River Fishing in the Oslo Fjord, kayaking, rigid inflatable boats (RIB), helicopter tours, seaplane tours, beach clean-up, rowing, swimming, floating saunas, yoga, wind tunnel, skiing, cooking and much more.

### The Harbour Promenade

Oslo's new harbour promenade stretches 9 km along Oslo's waterfront, combining sightseeing, history, art, architecture, and a touch of adventure. It ties the city together from east to west, turning different parts of town into a string of great experiences. Large orange information towers are set up at regular intervals along the whole promenade, to make sure you find your way. The towers are decorated with art depicting comic book detectives Krüger and Krogh hard at work in the promenade area. They also hold boards with information on nearby attractions and the historical significance of the area. A trip along the harbour promenade takes you through many different parts of the city, both new and old, each with its own characteristics and unique experiences.



Hadeland Glassverk



The Viking Planet



The National Museum of Art, Architecture and Design. Photo: Børre Høstland

### Architecture

Oslo's new architecture Oslo has become a capital of contemporary architecture. Recent years have seen the addition of modern landmarks by world-class architects, the emergence of a brand new skyline, and the onset of city development projects that transforms old areas and creates new ones. Between scaffolding and busy cranes the face of the city keeps changing - these are exciting times to walk our streets! Examples of new architecture in the city centre are MUNCH, National Museum, Deichman Library and The Opera.

### Green Oslo

Inspiration for an eco-friendly stay. Oslo is full of people and businesses who work towards a healthy environment: From restaurants that serve organic foods to city developers searching for eco-conscious solutions. Together they have turned Oslo into a sustainable destination. Whether you are seeking eco-friendly travel options, enjoy exploring interesting solutions to environmental challenges or simply like to spend time outside, there are plenty of ways to enrich your stay in Oslo with touches of green.

### Guides

Authorized Oslo Guides are educated on an annual basis. The guides need to pass tests in each language they would like to use as a working language, ensuring their ability to perform as an excellent guide onboard the bus, at city walks and in museums. In addition, all guides must pass a written test on Oslo and Norwegian history.

### The Oslo Pass

This is an easy way to explore Oslo. The Oslo Pass is valid for most museums and attractions in Oslo, and entitles the guests unlimited travel by metro, bus and ferries to the islands in the inner Oslo Fjord. The Oslo Pass is available via AppStore, Google Play and at the Oslo Visitor Centre.

### Winter in Oslo

Oslo offers miles and miles of cross-country ski trails, or maybe you would like to test your ice-skating or downhill skiing skills? Not enough action? Try speeding down the 2 km toboggan run Korketrekkeren! Combine winter activities with shopping, dancing, dining and culture! Oslo has more than 40 museums, and beautiful outdoor attractions

such as Akershus Fortress and the Vigeland Sculpture Park. In the evening, enjoy the nightlife, the restaurants and the exceptional music scene.

### Christmas markets

Oslo's largest Christmas market is located right in the city centre, offering Christmas magic for the whole family. The nicely decorated stalls sell Christmas delicacies and a varied selection of crafts. You can also enjoy Christmas activities, Christmas-themed entertainment and a ride in the market's Ferris Wheel. The market is open from mid-November until the end of December.

### Shopping in Oslo

Malls, department stores, small boutiques, shopping streets with hundreds of small shops and retailers, charming antique shops, flea markets, suppliers of exclusive international brand names and local handicraft shops. Oslo has it all. Remember to ask for your VAT refund.

### PORT OF OSLO

Position: 59° 54' E 010° 44'  
Visiting address: Schweigaards gate 16, 0191 Oslo (Temporary)  
E-mail: havnevakt@oslohavn.no  
Website: www.oslohavn.no  
Phone: Oslo Port Control: +47 917 99 900  
VHF: Channel 15  
Berths for cruise: 3 (4, depening on LOA)  
Distance to city centre: 0.5 km

### DOCKING INFORMATION

Landing largest ship: Max LOA: 360 m / max draft: 10.3 m  
Air draft: NIL  
Tidal movement: MLWS 49 cm, MHWS 84 cm  
Terminal contact: Rune Aarset, asst. port captain, + 47 906 58 100 / raa@oslohavn.no

### TERMINAL FACILITIES (TURNAROUND)

Check in counters: No  
Restrooms: Yes, at Søndre Akerhus kai  
Wi-Fi Service: NIL  
Taxi, on request  
Distance to airport: 50 km

### TRANSIT AND T/A EQUIPMENT

Mobile luggage units: On request / arranged by agent  
Conveyor belts: On request / arranged by agent  
Forklifts: On request / Arranged by agent.  
X-ray and screening of guests and luggage: On request / Arranged by agent.

### PORT SERVICES

Fresh water bunkering: Shore connections, 24 hrs. notice  
Waste landing: By truck / containers, 24 hrs. notice  
Sludge landing: By truck, 24 hrs. notice  
Grey water landing: By truck, 24 hrs. notice.  
At Søndre Akershus quay delivery by hose directly to the municipal grid.

Special waste: Pyrotechnics / metal, 24 hrs. notice  
Crew facilities: At Søndre Akershus quay, free Wi-Fi / restrooms.

### SECURITY & ENVIRONMENT

Fenced terminals (ISPS)  
Security service  
Shore power: NIL  
EPI  
Max ships per day: 4  
Max pax per day: No limitations

### ANCHORAGE

Max GT: No limitations  
Type of bottom: Sand / rock  
Minimum depth: 24 m  
Distance from anchorage to tender pier: Apprx. 4.8 km



The Twist. Photo: Nikos Mitis



Quay	Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
Søndre Akershus kai	11 m	237 m	2 m	4 x torsions fenders, 5 x3.5 m	No	Yes, shore connection.	LOA: 360 m Draft: 10.3 m
Filipstadkai	11 m	400 m	2.1 m	27 x rubber fenders	No	By truck	345 m Draft: 10.3 m
Vippetangen	8.7 m	176 m	2 m	Rubber fenders	No	By truck	LOA: 230 m Draft: 8 m
Revierkai	9 m	302 m	2 m	Rubber fenders	No	By truck	LOA: 300 m, Draft: 8.4 m

