



Useful information

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USEFUL INFORMATION

The tourist information offices in Oslo are ready to assist you with information, free brochures, hotel reservations, sightseeing, currency exchange and lots more. Here you may also buy the Oslo Pass and the Oslo Package. The tourist information offices also have a great selection of souvenirs. The offices have one call centre that may be reached by telephone +47 815 30 555. For opening hours, please see www.visitoslo.com

THE TOURIST INFORMATION AT TRAFIKANTEN

✉ Jernbanetorget 1 ☎ 81530555 @ info@visitoslo.com

THE TOURIST INFORMATION BY THE CITY HALL

✉ Fridtjof Nansens plass 5 ☎ 81530555 @ info@visitoslo.com

THE TOURIST INFORMATION BY THE CRUISE TERMINAL

(Open only when cruise ships are docking)

✉ Akershusstranda, skur 35 ☎ 81530555 @ info@visitoslo.com



OSLO FOR ALL

We would like to make everyone feel welcome in Oslo. In order to make it easier for handicapped people to plan and get the most out of their stay in Oslo, VisitOslo has started a project to determine how accessible Oslo is to the physically-disabled, the hearing and visually-impaired and those suffering from allergies and asthma. When visiting our website you will sometimes find a handicap symbol (red wheelchair). This means that there is information in that specific section regarding accessibility for the disabled. You may also use the search engine to seek information for disabled or search using our digital map. If you do not have access to the Internet, we will be happy to assist you via telephone, e-mail or in person through our tourist information centres in Oslo. Welcome to Oslo for all!

For more information, please see www.visitoslo.com/oslo-for-all

COUNTRY CODE

To call Norway from abroad: +47

CURRENCY EXCHANGE

Currency exchange may be done in all banks and post offices in Oslo. Opening hours for most banks are 08.30-15.30 Monday to Friday (Thursday 08.30-17.00). In the summer time, the banks may close earlier. Most post offices are open 09.00-17.00 Monday to Friday and 09.00-13.00 on Saturdays. You can also exchange money here:

The tourist information by the City Hall

✉ Fridtjof Nansens plass 5

The tourist information at Trafikanten

✉ Jernbanetorget 1

FOREX

✉ Egertorget, Sentralstasjonen, Flytterminalen and Brugata 8

Oslo Airport Gardermoen (OSL)

12 ATM's with the most common currencies, as well as currency counter in the departure hall.

TOURISM ASSOCIATION

DEN NORSKE TURISTFORENING/OSLO OG OMEGN TURISTFOR.

☎ 22822800 – 22822822 @ turinfo@dntoslo.no 🌐 www.dntoslo.no

RELIGIOUS COMMUNITIES

See information on www.visitoslo.com/useful-links

EMBASSIES AND CONSULATES

See information on www.visitoslo.com/useful-links

USEFUL TELEPHONE NUMBERS

EMERGENCY NUMBERS

FIRES, ACCIDENTS AND SERIOUS POLLUTION ☎ 110

POLICE, IMMEDIATE ASSISTANCE ☎ 112

AMBULANCE AND MEDICAL ASSISTANCE ☎ 113

LOST AND FOUND

POLICE ☎ 22 66 98 65

RUTER AS (PUBLIC TRANSPORT) ☎ 22 08 53 61

NSB (TRAIN) (OSLO CENTRAL STATION) ☎ 815 68 340

MEDICAL AID AND PHARMACY

MUNICIPAL MEDICAL EMERGENCY SERVICE ☎ 22 93 22 93

JERNBANETORGETS APOTEK (Pharmacy) ☎ 23 35 81 00

DENTAL SERVICE ☎ 22 67 30 00

CREDIT CARD SERVICES

AMERICAN EXPRESS ☎ 800 68 100

DINERS CLUB ☎ 21 01 50 00

EUROCARD / MASTERCARD ☎ 21 01 52 22

VISA ☎ 08989

INFORMATION ON TRAFFIC AND ROAD CONDITIONS

STATENS VEGVESEN (24-timers service) ☎ 175

TOLL ROADS

STATENS VEGVESEN ☎ 02012 🌐 www.autopass.no

FOR MOTORISTS (emergency service)

FALKEN REDNINGSKORPS ☎ 02222

KONGELIG NORSK AUTOMOBILKLUBB (KNA) ☎ 21 60 49 00

NORGES AUTOMOBIL FORBUND (NAF) ☎ 810 00 505

VIKING REDNINGSTJENESTE ☎ 06000



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TRANSPORT

Oslo has a population of approximately 570 000, and is the most densely populated region in the country. Oslo is the natural centre of transport and communications in South-Eastern Norway. The country's main international airport is located a short distance from the city centre, and additionally there are ferries, trains and buses departing daily to national and international destinations. Oslo is furthermore an important port for freighters and cruise vessels.

AIRPORT

OSLO AIRPORT GARDERMOEN (OSL)

Domestic and international airport, located approx 50 km north of Oslo city centre

www.osl.no

SANDEFJORD AIRPORT TORP (TRF)

Airport for low fare airlines, located approx 120 km south of Oslo city centre

www.torp.no

MOSS AIRPORT RYGGE (RYG)

Located approximately 60 km from Oslo city centre

www.ryg.no

NATIONAL AIRLINES

NORWEGIAN AIR SHUTTLE

Oksenøyveien 10a, 1331 Fornebu 81521815 www.norwegian.no

SAS SCANDINAVIAN AIRLINES

Oksenøyveien 3, 1330 Fornebu 67597000 (Switchboard) - 05400 (Booking)

www.sas.no

WIDERØES FLYVESELSKAP

E. Lychesvei 10, 1301 Sandvika 67116000 (Switchboard) - 81001200 (Booking)

www.wideroe.no

HOW TO GET TO/ FROM OSLO AIRPORT GARDERMOEN (OSL)

FLYTOGET

Duration 19 minutes to/from Oslo city centre

815 00 777 www.flytoget.no

NSB REGIONAL AND LOCAL TRAINS

81500888 (Customer service) 177 (Local trains) www.nsb.no

AIRPORT EXPRESS BUS (SAS TRANSPORT SERVICE)

Leaves to/from Oslo Airport every 20 min.

Duration approx 40 min to/from Oslo Bus Terminal/Galleri Oslo

22804971 (Info telephone) www.flybussen.no

FLYBUSSEKSPRESSEN (NOR-WAY BUSSEKSPRESS)

Local: 177 - Regional: 81544444

SMS: write NBE (question) and send to 2177

www.nor-way.no @ ruteinformasjon@nor-way.no

HOW TO GET TO/ FROM SANDEFJORD AIRPORT TORP (TRF)



TORPEKSPRESSEN

Torpekspressen (Torp airport). Duration 110 min to/from Oslo city centre

67980480 www.torpekspressen.no

NSB REGIONAL TRAINS (Vestfoldbanen)



Free shuttle bus service to/from Torp station

 81500888 (customer service) – 177 (local trains)  www.nsb.no

HOW TO GET TO/ FROM MOSS LUFTHAVN RYGGE (RYG)



RYGGE-EKSPRESSEN

Duration 65 min to/from Oslo city centre

 67980480  www.rygge-ekspressen.no

NSB REGIONAL TRAINS (Østfoldbanen)

Free shuttle bus service to/from Rygge station.

 81500888 (customer service) – 177 (local trains)  www.nsb.no





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INFORMATION ABOUT PUBLIC TRANSPORT IN AND AROUND OSLO

(See map in the back of this guide)

TRAFIKANTEN

Local public transport information centre

✉ Jernbanetorget 1 ☎ 177 (Domestic) - +47 81500176 (International)

🌐 www.trafikanten.no

RAILWAY STATIONS

NORWEGIAN STATE RAILWAYS (NSB)

Oslo has two railway stations in the centre of town: Oslo Central Station (Oslo S) and Nationaltheatret.

☎ 815 00 888 🌐 www.nsb.no

TRAIN

UNIONSEXPRESSEN

Classical train between Oslo – Stockholm with restaurant carriage and entertainment. Travelling time 5 hrs.

☎ +46 54140248 @ info@unionsexpressen.com 🌐 www.unionsexpressen.com

BUS COMPANIES

LAVPRISEKSPRESSEN

Low fare bus service from Oslo to Bergen, Trondheim, Kristiansand and Copenhagen.

🌐 www.lavprisekspressen.no

SWEBUS EXPRESS

Low fare bus service from Oslo to Sweden and Denmark

☎ 800 58 444 🌐 www.swebusexpress.se

SÄFFLEBUSSEN

Low fare bus service from Oslo to Sweden and Denmark

☎ 815 660 10 🌐 www.safflebussen.se

FERRIES

COLOR LINE ASA

Oslo–Kiel (Germany), Sandefjord–Strömstad (Sweden)

Daily departure from Oslo to Kiel at 14:00 hrs

✉ Hjortneskaia, 0250 Oslo ☎ 810 00 811 (Booking)

@ kundeservice@colorline.no 🌐 www.colorline.no

DFDS SEAWAYS AS

Daily departure from Oslo to Copenhagen at 17:00 hrs

✉ Vippetangen Utsikker 2, 0150 Oslo ☎ 21621340 (Booking)

🌐 www.dfds.no

STENA LINE NORGE AS

Departure from Oslo to Frederikshavn Tue–Sun at 19:30 hrs in low season. 15.6–31.8

Daily departure at 19:30 hrs Pier 2, Vippetangen

✉ Jernbanetorget 2, 0154 Oslo ☎ 02010 (Booking) 23179100 (Administration)

@ info.no@stenaline.com 🌐 www.stenaline.no

FERRIES IN THE OSLO FJORD

SKIBS AS BYGDØFÆRGERNE

✉ Rådhusbrygge 3 ☎ 23 35 68 90

OSLO-FERGENE AS

Departure from Vippetangen to several of the islands in the Oslo fjord

☎ 23327780

AS NESODDEN BUNDEFJORD DAMPSKIPSSLSKAP

✉ Stranden 1 – Aker Brygge, 0250 Oslo ☎ 23 11 52 20



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OSLO CRUISE HARBOUR

Oslo is one of Norway's most popular cruise destinations and the technically-advanced harbour area can receive port visits all year round. The ships dock by Akershus Fortress in the City Centre. The Fortress is more than 700 years old, and is an excellent starting point when exploring Oslo. From the harbour you can see the City Hall, the Nobel Peace Centre with Oslo's green hills in the background. A walk along the quay to Aker Brygge and Tjuvholmen is highly recommended, as you will find restaurants, cafés and shops. In front of the City Hall or from Aker Brygge, you can take a tram (direction Majorstuen) to the famous Vigeland sculpture park. From Rådhuskaia (quai) there are several sightseeing trips, by boat or bus, to choose from and the museum peninsula of Bygdøy is only a 10 minute ferry ride away.

VisitOSLO is a member of Oslo Cruise Network and Cruise Baltic, a collaboration for quality between cruise destinations in Northern Europe.

For more information about cruise, please see www.visitoslo.com/cruise, www.cruisebaltic.com, www.oslocruise.com

