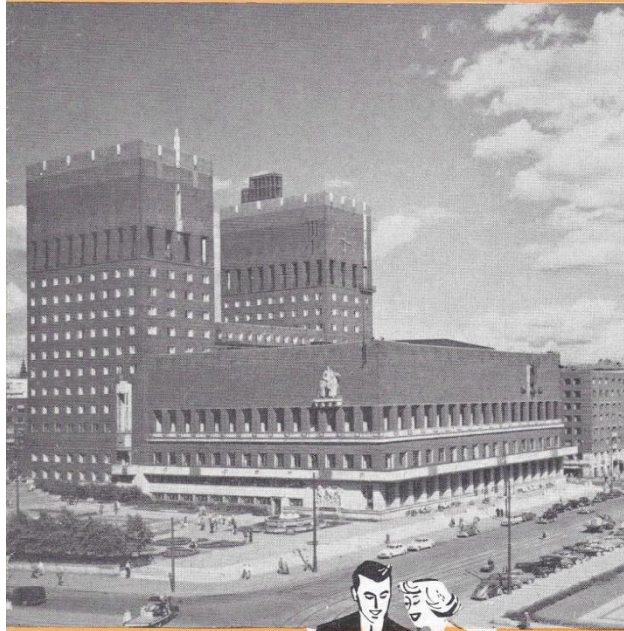


SAS CITY PORTRAITS

SAS

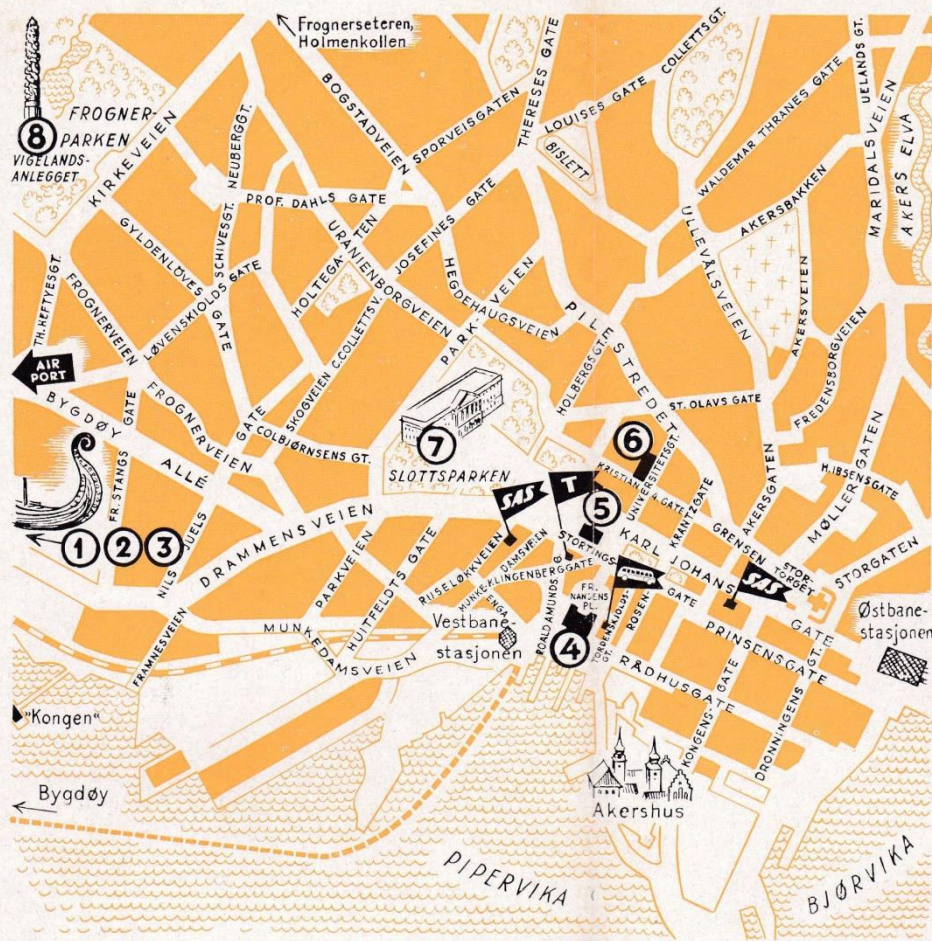
Oslo



The City Hall




SCANDINAVIAN AIRLINES SYSTEM





Key to the Map:

1. The Viking Ships at Bygdøy
2. The Kon-Tiki Museum at Bygdøynes
3. The Norwegian Folk Museum at Bygdøy
4. Oslo City Hall
5. The National Theater
6. The National Gallery
7. The Royal Palace
8. The Vigeland Sculpture Park

 SAS Ticker Office: 6 Ruseløkkvegen, tel. 42 98 74

Branch Office: 18 Karl Johans gate, tel. 42 98 74

 Air Terminal: Tordenskjoldgate, tel. 42 98 74

 Tourist Information Office (Reiseopplysningskontoret):

2 Roald Amundsensgate, tel. 41 45 67. All information is given free of charge. Sightseeing trips are arranged with guides, and monetary exchange facilities available for your convenience.

Your First Hour in Oslo

After leaving your SAS plane at Fornebu Airport, an SAS Ground Hostess will direct you to the Arrival Hall where currency, passport and customs control take place. If you find yourself with a problem, be sure to ask for assistance at the SAS Information Desk. Messages for you are placed in a rack to the left of the Information Desk. Here, too, you will find a bank. A post office and a news stand are located in the main airport building.

The bus stop and taxi stand are just outside the Exit Hall. Bus departures are announced via loudspeaker and take place approximately 5 minutes after customs clearance. Tickets at N.kr. 2.50 are bought directly from the bus driver and the trip to the city takes about 20 minutes. A taxi to the center of Oslo costs about N.kr. 8.00 plus 10% tip and takes 15 minutes.

If you have ordered an SAS drive-yourself or chauffeur driven car, check with the SAS Hostess.

The Airlines Terminal is located in the center of Oslo near the City Hall, with easy access to taxis, buses and trolleys and close to most of the hotels. Do not hesitate to ask the SAS staff for assistance whenever you need it—they will gladly help you in any way possible.

Norwegian currency units are the øre and krone. There are 100 øre to the krone and one krone is currently worth about 14 cents or 1 shilling, one US dollar being equal to 7.12 Norwegian kroner (N. kr.) and one £ Sterling to N.kr. 19.97. The rate is slightly lower for notes.

If you are flying on from Oslo by SAS, one of the first things to do after your arrival is to reconfirm your onward reservation by informing SAS of the reservation you hold and your intention to use the space previously reserved for you.

One Hour's Walk Around Central Oslo

Start from Fridtjof Nansen's Place (near SAS Town Terminal), circle Town Hall on its west side to the port façade, from where you will see busy Akers Mekaniske Verksted (wharf) and the silhouette of historic Akershus Castle. Walk in the direction of the latter to Rosenkrantzgaten, where you turn left. Follow this street, cross Stortingsgaten, pass the Parliament Building. Turn left again, after having crossed "Karl Johan", at the Grand Hotel. "Karl Johan" is Oslo's favorite promenade, along which you will find a number of travel agencies, souvenir and jewelry shops. With the "Students' Grove" on your left, walk towards the Royal Castle, past the Oslo University, and the National Theater. Turn left on castle parade ground, stroll through the park, cross Drammensvegen, and walk downhill towards the National Theater past Norway Designs and Continental Hotel to Universitetsgaten and Fr. Nansen's Place.

OSLO

Oslo, Norway's handsome capital, is one of the world's largest cities in area — and, with its population of about a half million, it boasts one of the highest ratios of area to habitation.

Oslo was founded by the Viking King Harald Hårdråde in 1050. The following centuries saw the influence of the Hanseatic League in the thriving business of Norway's ports, voluntary union with Denmark and later Sweden, and, in 1905, its modern emergence as an independent nation under King Haakon VII.

Oslo, though an old city, shows few traces of its early years. Modern buildings reflect the leadership of Scandinavian designers, and only here and there you will find relics from the distant past. The city is framed by lakes, forests and hills, and with its mild climate, it offers unexcelled opportunities for the outdoor sports so dear to the Norwegians.

Oslo is thus an excellent vacation headquarters, as well as the starting point for exploration of the spectacular Norwegian countryside, which is, of course, a scenic paradise. Whether you visit Oslo in summer as your gateway to the land of the Midnight Sun, or in winter for skiing, you will have plenty to do and much to enjoy.

English is compulsory in Norwegian schools and French and German are widely spoken and understood, so you won't have serious language problems. You won't have financial problems either, for prices are reasonable everywhere.



Hotels

In Oslo, as in all major cities in Norway, you will find fine first class hotels which besides their standard rooms also offer de luxe accommodations in suites. A word of warning: it is wise to make your reservations well in advance.

The Grand (31 Karl Johansgate), the Bristol (7 Kristian IV's gate), the Carlton (78 Parkveien), the Continental (24—26 Stortingsgaten), the K.N.A. Royal Norwegian Automobile Club (68 Parkveien) and Hotel Norum (53 Bygdøy Allé) are among the best hotels in the city. All these hotels are centrally located and most rooms have private baths. The Holmenkollen Turisthotel is located some twenty minutes from the center of town by electric railway, on a mountainside near the celebrated ski run, with a magnificent view over the Oslofjord and the city below. Prices within this category range from N.kr. 18.00 to 50.00 for a single room. Some of the hotels increase their prices slightly during the months of June, July and August.

More economical are the Astoria (21 Akersgaten), Hotel Nobel (33 Karl Johansgate), the Savoy (11 Universitetsgaten) and Hotel Viking (11—13B Gunnerus gate). Prices for these hotels range from N.kr. 15.00 to N.kr. 25.00 for a single room. The Studentbyen (Student Town), a huge modern dormitory center, which — hotel fashion — offers single and double rooms, as well as apartments, is converted into a hotel during summer season. The charge for a single room is about N.kr. 20.00 including breakfast. The address is 85 Sognsveien.

If you wish inexpensive accommodations you might try the Ritz (3 Frederik Stangsgate), the Gabelshus Hotel (16 Gabelsgate) or the Indremisjonshotellet (4 Staffeldtsgate) with prices from N.kr. 13.00 to N.kr. 15.00 for a single room.

There is a special Norwegian law which requires any establishment calling itself "hotel" to comply with standards of facilities imposed by the Government. If you are unable to obtain hotel reservations once in the city, contact the SAS Ticket Office or the Accommodation Office (Innkvarteringssentralen at the Oslo Østbanestasjon, East Railroad Station) for assistance.

Voltage for electric appliances is 220 A.C.

Restaurants

Although all first class hotels will serve you a continental breakfast on request (just ask for "café complet" or "thé complet"), people with hearty appetites will be delighted to know that Norwegian hotels generally provide a very substantial meal in the morning, as a rule from 7 to 9:30 A.M. From a huge table — the Norwegians call it a "cold table" although some warm dishes are included — you may pick and choose from a great variety of delicacies based on eggs, meat, salads, various types of fish, cheese and bread. You will find familiar cereals as well.

If you are looking for adventures in good eating, you will have a wide variety of Norwegian specialties from which to choose. Seafood and fresh-water fish naturally rank very high among the most popular Norwegian dishes. You will surely enjoy the large shrimp, their larger and extremely popular cousins the crayfish, or lobster fresh from the sparkling waters of the northern seas. In season, crabs are deliciously prepared as are trout and salmon. Trout is generally boiled or fried as for instance "trout fried in sour cream". Salmon is at its best when smoked although some gourmets prefer it boiled and served with a rich mixture of whipped sour cream, and a touch of horse-radish.



You will probably enjoy the *fjellrype* (ptarmigan), perhaps the most popular of Norway's game birds. When the autumn hunting is good, there will be an occasional woodcock, capercaillie, or wild duck. Venison, *spekeskinke* (cured ham), and even goat's and sheep's ham also cured and known as *fenalår* served with scrambled eggs and fresh vegetables are also highly regarded.

Oslo boasts some very good restaurants each with its particular specialties. If you are seeking both interesting atmosphere and good cuisine visit the artists' restaurant Blom, where the *Sorte Gryte* (the Black Pot) is featured. At the Hotel Astoria you will enjoy excellent meals in an intimate atmosphere and its nightly Little Cabaret adds pleasantly to your evening's entertainment. The Bristol Hotel has a good orchestra with dancing and floor shows in its Moorish Hall as well as fine cooking. A favorite rendezvous in Oslo is the Dagligstuen in the Hotel Continental. This is a combination of cocktail lounge, tea shop and café. In the same buildings you will find the

Theatercaféen, much frequented by actors and authors. On a pier jutting out into the harbor (not far from the Viking ships and the "Fram" and the "Kon-Tiki") is Dronningen (the Queen) which in addition to a restaurant houses the club rooms of the Royal Yacht Club of Norway (K.N.S.).

With a faint touch of Italy, Frascati extends a warm welcome in the form of excellent food and good service; no dancing here, however. Georges is another fine restaurant serving Norwegian specialties, among these the West Coast Salad.

Among other restaurants which can be recommended are Stephen's near the Parliament, under the same management as Blom, the Grand Hotel's Speilsalen (the Mirror Room). Regnbuen, Oslo's largest restaurant (seating 700 diners), provides floor shows and dancing. The K.N.A. Restaurant is owned and operated by the Royal Automobile Club of Norway and nearby is the little La Belle Sole, noted for its excellent seafood.

These restaurants, together with the Viking Restaurant of the Hotel Viking and Restaurant "13" (which gives you a fine view of the harbor from its location on the Viking Hotel's 12th floor), can be considered in the de luxe or first class and are fully licensed to serve liquor although not before 3 PM and not at all on Saturdays, Sundays or days preceding public holidays. On restricted days, only wines and beers may be served. All these restaurants provide entertainment from the softest piano to the largest and loudest of bands, floor shows and dancing. The majority close at 1:30 AM.

More reasonable but still excellent restaurants include the Grand Café (Grand Hotel), the Cecil, the Grotten (the Grotto), and Restaurant Larsen. In rustic settings you may enjoy the Folkemuseum Restaurant at Bygdøy, the Ekeberg Restaurant with a charming view of the fjord and the city, the Dronningen (the Queen) Restaurant across the harbor, or Frognersteteren on one of the hill-tops surrounding Oslo, where still another restaurant is located directly beneath the actual take off of the Holmenkollen ski jump of which it forms a part. Incidentally, you will find the Ski Museum in the same building. Worth paying a visit is also the Lanteren, a characteristic skipper's inn at Bygdøy.

In the basement of the Tostrup Building (where the famous jeweller, Tostrup, is located) you'll find Tostrupkjelleren, known for its fine seafood, while on Stortorget (flower market), near Oslo Cathedral in a 17th century building, the Stortorvet Gæstgiveri has catered to generations of Osloites. The dining room on the first floor is well known for its excellent cuisine, and there is an open-air restaurant in a centuries-old milieu. Popular

among the younger set are the Pernille and the Saras Telt open-air restaurants.

Finally, there are a number of inexpensive restaurants, offering simple but substantial meals at cafeteria prices, as for example Continental's Paviljongen (The Pavilion), Viking's Kafeteriaen, Restaurant Larsen's Kafeteria, as well as the small Express Bar at Frascati and the new Snick Snack, both are near the SAS Town Terminal.

Tipping

First class hotels add a 15 % service charge to the bill, other hotels and all restaurants add 10 %. This charge does not, however, include the head porter, nor the luggage porter. Do not tip any indoor staff at hotels unless you have received special services.

At restaurants it is customary to round off the 10 %; tip the waiter an extra 3—5%. Taxi drivers will expect 10% if a special service, such as baggage transfer, has been performed. Hair dressers and barbers do not expect a tip but it is not unusual to give them 50 øre. Coat room attendants in restaurants are tipped 50 øre per person, while theater ushers are not tipped at all.

Transportation

Trolleys, buses and a subway line serve the city area, while the suburban districts are connected by electric trains. Taxis are plentiful and fares are approximately N.kr. 1.00 per km. A wide selection of SAS drive-yourself cars is available; consult the SAS office for information and rates.

Sights

At any travel agency in Oslo you may book a seat for a sightseeing tour by motor coach. There is a 3-hour tour in the morning and another in the afternoon, including visits to the City Hall, the Vigeland Sculpture Park, the Viking Ships, the Folklore Museum, "Fram", a very famous polar exploration ship, and the "Kon-Tiki" Museum. The morning tour costs N.kr. 14.00, the afternoon tour N.kr. 18.00. There are also two different harbor tours by motor launch at N.kr. 6.00 and 8.00. The Grand Tour of Oslo by coach and boat takes 7½ hours. The price excluding lunch is N.kr. 35.00.



The important sights of Oslo are listed below, numbered according to the map.

- (1) The Viking Ships at Bygdøy. Remarkable relics of the Viking age. Three Viking ships found in the Oslo district, good collections of ancient household articles, garments from the same period. Admission: 11 AM — 7 PM. (In winter closing hour: 3 PM).
- (2) The "Kon-Tiki" Museum, at Bygdøynes, houses the raft on which Thor Heyerdahl and his five companions drifted across the Pacific. Admission: 11 AM — 7 PM. (In winter closing hour: 4 PM). Nearby see the Polar exploration ship "Fram", used by the famous Norwegian explorers Nansen, Sverdrup and Amundsen. Admission: 11 AM — 7 PM. (In winter open upon request. Phone 55 67 61 between 9 and 11 AM).
- (3) The Norwegian Folk Museum, at Bygdøy, is an open air museum of 150 wooden buildings providing examples of complete farms from various parts of Norway. The buildings, which are all original, include a 12th century Stave-Church, a typical Norwegian type of building. At the Norwegian Folk Museum visitors also will find the study of Henrik Ibsen, where the world famous dramatist worked during the last years of his life.
- (4) Oslo City Hall, completed in 1950, is an impressive 13-storey building. The interior is decorated by leading contemporary Norwegian artists.
- (5) Nationaltheatret (The National Theater). The two statues in front of the National Theater depict two of Norway's most beloved authors and playwrights, Bjørnstjerne Bjørnson and Henrik Ibsen.
- (6) Nasjonalgalleriet (The National Gallery) situated at 13 Universitetsgaten. Norwegian paintings, sculptures, drawings and graphics, including the Edvard Munch collection and a fine collection of modern French art.
- (7) The Royal Palace - with a truly royal situation overlooking Central Oslo, and facing the Parliament. Completed in the middle of the last century. In front of the castle is a statue showing King Karl Johan on horseback, saluting the city and the street named after him. The castle is not open to the public.
- (8) Vigeland Park, a unique park (75 acres/30 hectares) with 150 sculpture groups by Gustav Vigeland. Not everyone likes the style of this famous artist, who created his own world of human beings and animals in wood, stone, iron, and bronze, but nobody will leave the exhibit unimpressed. The sculpture park is part of the vast Frogner park, and an excursion should preferably be preceded by a short visit to the Vigeland Museum nearby (32 Nobelsgate).

Other worth-while sights are:

Arts and Crafts Museum (1 St. Olavsgaten). Fine exhibitions of domestic and foreign arts and crafts industries. Visitors should not miss the "Baldishol" tapestry from approximately 1180, this being one of the last five Norman tapestries in the world to-day.

The Oslo Cathedral (Church of Our Saviour), on Stortorget. Completed in 1697. Of special interest: Bronze doors, glass windows, ceiling decorations.

Excursions

Some of the smaller excursions around the city are enjoyable and scenically magnificent.

Ekeberg and Brannfjellet, 685 feet/209 m above sea level. Restaurant with fine view. Take the Ekeberg streetcar from Stortorget.

Grefsenkollen, 1,210 feet/369 m above sea level. Marvellous panorama. Take the Kjelsås streetcar from Stortorget.

Frognersteteren, 1,460 feet/445 m high. Take the Holmenkollen railway from the underground station near the National Theater and past the Holmenkollen to the Frognersteter Station. From here walk back to the Holmenkollen ski jump and restaurant.



If you are pressed for time in Norway, SAS domestic flight services may well provide the solution to your problem. Of greatest interest, perhaps, is the SAS Midnight Sun Excursion from Oslo to Bodø, a busy little seaport beyond the Arctic Circle. Flights are operated daily from early June to the middle of July leaving Oslo Airport about 9 PM and arriving in Bodø just before midnight. The excursion fare (approximately \$70) includes air transportation and in-flight meals and refreshments, as well as local sightseeing, a visit to the modern cathedral, "Midnight Supper" at the restaurant on Mount Ronvik, miniature folklore show, polar certificate, guide services, gratuities, entrance fees and incidentals. The flight returns from Bodø about 4 AM arriving in Oslo at 7 AM. You will lose a night's sleep, but what a wonderful experience you will gain! In case of poor weather and visibility, you may cancel your flight without fee even after the last weather briefing immediately prior to flight departure.

If you prefer to see the famous fjords of Western Norway, we recommend the round-trip Oslo-Bergen-Stavanger-Oslo. Visitors to Oslo in late May or early June have the unique opportunity to enjoy the fjords, the beautiful fruit blossoms and the internationally recognized Bergen (Grieg) Festival with the Festival Night Club included, all in two or three days' time.

Finally, there is the "SAS Air/Sea Tour of Northern Norway", which in 6 days takes tourists on an extensive tour of the entire northern part of the country. You fly from Oslo to Bardufoss, thence by bus through Troms Inland to Tromsø, from where you proceed by fast, modern steamers around the North Cape to Kirkenes, returning to Bodø and by plane to Oslo. The excursion fare of approximately \$192 includes air transportation, first class hotel and ship accommodations, meals, local sightseings and shore excursions (including North Cape), transfers by taxis, gratuities and porter's fees, etc.

Shopping

There are two permanent exhibitions of Norwegian arts and crafts, textiles and furniture, the Forum, 7 Rosenkrantzgaten, and Norway Designs, 28 Stortingsgaten.

The shopping district of Oslo will be found along the main street (Karl Johans gate) and the side streets of its lower part. Shops are open from 8:30 AM to 5:00 PM, on Fridays until 6 PM, and on Saturdays until 4 PM. From the end of June to the end of August closing time on Saturdays is 3:00 PM, so get your shopping done in the morning, and sightsee during the afternoons, since many such attractions are open until early evening.

Norwegian knitwear is famous. Handknit sweaters for women cost about N.kr. 100 to 140, while men will pay N.kr. 125 to 175. Sweaters for children cost N.kr. 50 to 80.

Dolls in profusion, in national costume, will delight any child and even adults. Prices from N.kr. 50 to 75. Look for a famous Lillehammer pipe as a gift for your favorite smoker. The enamel and silver work of the Norwegians is justly well known throughout the world. Silver bracelets, bowls, teaspoons and hollow ware are handsome and belong specifically to Norway. Salad fork-and-spoon sets in traditional Viking patterns and lovely pewter pitchers are wonderful buys — as are the delightful woodcarvings, from hand polished salad bowls to carved wooden bears, both examples of a highly perfected art.

Last, but by far not least, the very best and latest in skis and skiing equipment is to be found in Norway and represents one of the best buys in the country. First class slalom skis and poles cost N.kr. 375 (incl. bindings). A complete outfit, consisting of slalom boots, skiing trousers, heavy knitted sweater, scarf, mittens and cap sells at N.kr. 575. These prices are for top quality equipment, — but very good equipment can also be bought at more reasonable prices.

Entertainment and Night Life

Tourists seeking after dark entertainment will discover that Oslo has little to offer in the way of night clubs, there are no authentic late night spots. Norwegians prefer dinner-dancing with limited floor shows added and therefore night clubs of the international variety do not thrive in the city.

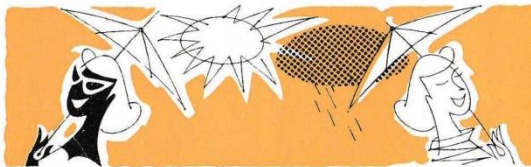
There are five permanent theaters in the city of Oslo, the most distinguished being the National Theater. The classical dramas of Ibsen and Bjørnson, as well as the comedies of Ludvig Holberg ("Molière of the North") are presented here along with more modern plays. Visitors who do not understand Norwegian may well prefer

to go to the cabaret theater Chat Noir, which during the summer season usually operates as well under the name of Casino Non-Stop Show, presenting shows of high international standard.

The movies show the best American and European films in their original languages. Performances generally start punctually and doors are closed at 5, 7 and 9 PM after which no one is admitted. So be on time for your ticket is only valid for the performance for which it is bought.

The Oslo Philharmonic Orchestra gives concerts from September to May, and its high standards are further enhanced by leading guest artists and conductors from other countries. There are also numerous chamber music and church concerts and solo recitals.

Details are always to be found in the newspapers, in the monthly publication "Oslo Guide", or from the hall porter at your hotel who will also tell you about performances offered at the summer theater at Frognerparken or folk dancing at Folkemuseet.



Climate and Clothing

Norway has more daylight in summer than any other country in the world, and there is practically no darkness between the end of April and the middle of August. On Midsummer's day, for example, Oslo has 18½ hours of daylight. It may come as a surprise that the average temperature in June, July and August is higher than in London or San Francisco! June and July are warm and dry, the autumn colors are glorious and winter snows provide a paradise for sportsmen from December to Easter.

The Norwegians are easy-going and formal dress is not required at theaters, restaurants, or hotels at any time. In the summer bring light-weight cottons, but during the winter months a warm winter coat is necessary. Do not forget your raincoat or your walking shoes! Laundry service is available in most of the hotels on a 24 hour basis and there are also good drycleaning facilities throughout the city.

Sports

Surprising as it may seem the geographical center of Oslo lies within the Nordmarka — a national park of

mountainous woodland partly inside the city limits. This park, donated by a leading citizen, offers an inexhaustible variety of summer and winter hikes, carefully cultivated forests, lakes and rivers, some of the latter stocked with trout. Within hiking distance are log cabins and chalets for the benefit of citizens and tourists alike.

The hills around the city rise to a height of some 2,000 feet (610 m), and ski lifts, ski and toboggan runs (some floodlit for night sport) as well as skating rinks are located almost everywhere. The most important sports event of the year is the Holmenkollen Ski Competition, which takes place annually on the first Sunday in March. More than 100,000 spectators come to watch some of the world's greatest skiers. The world-famous "Horse-shoe", which at this time is jam packed with fans dressed in ski togs eagerly watching and commenting on the events, is conveniently converted into a giant swimming pool during the bathing season.

Speaking of water sports, you will be amazed to learn that the water temperature of the sheltered Oslo and South Coast fjords is the highest in Europe aside from the Mediterranean itself. The same coastal area, as a rule, offers less wind and more sun than many a continental beach. There are a number of good beaches on both sides of the fjord. The two largest are Ingierstrand Bad on the east side and Hvalstrand on the west side. Both well equipped with diving boards, water chutes etc. Large restaurants.

You will find large open air pools in the Frognerparken or the Holmenkollen "Horse-Shoe" as well as in Lake Bogstad. There is an 18-hole golf course at Bogstad and tennis courts are found near the pools in the Frognerparken. Yachting fans may obtain from their home yacht clubs a letter of introduction to the Royal Yacht Club of Norway which will be very useful as a means of getting in touch with Norwegian yachtsmen. The sailing season begins towards the end of May and usually lasts well into September. A cruise along the cliffs and islands of Oslofjord and southern Norway is a pleasure not quickly to be forgotten.

Public Holidays

January 1, (New Year's Day), Maundy Thursday, Good Friday, Easter Monday, Ascension Day, May 1, (Labor Day), May 17, (Independence Day). Everyone celebrates Norway's national freedom day with processions through the Karl Johans gate. Whit Monday, Christmas Day and Boxing Day (the 26th of December). All shops and offices are closed on these days.



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As part of that service, SAS has prepared a collection of City Portraits. You are holding one in your hand right now. As you read it the entire city opens to you . . . its history, its people, its sights and delights. The research for this Portrait was done by SAS travel experts. And all information is from official sources. New Portraits are being prepared to cover all 84 cities in 42 countries on 5 continents served by SAS. Ask for the one you want when you arrive at your destination. And use it as part of your wonderful journey on SAS . . . transatlantic or transpolar between the U.S.A. and Europe . . . directly over the North Pole between Europe and the Orient . . . to Africa or South America . . . or 'round the world between wherever you are and wherever you want to go'.