



SAS CITY PORTRAIT

Oslo

10th ed.

**SAS** SCANDINAVIAN AIRLINES



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*The information given in this booklet is based on facts available in November 1969*



Front cover: *The City Hall.*

## Introduction

Oslo, modern Norway's spacious capital, was founded in 1050 by Viking King Harald Hårdråde. During the centuries that followed, the city experienced first the influences of the Hanseatic Guild; later the voluntary union with Denmark, ceasing in 1814; the alliance with Sweden; and finally in 1905, Norway became wholly independent. In 1624, all too frequent attacks culminating in the firing of the then widely-spread city, caused King Christian IV to order a replanning and refounding of the city in less vulnerable environs adjacent to the fortress of Akershus. Appropriately, the city was named Christiania, a name which was kept unchanged until 1924, when the city again became Oslo.

A steady climb in population plus a major development in expansion (1948) has resulted in one of the world's larger cities in area: today, Oslo covers an area of some 175 sq. miles (450 sq. kms.) with almost half a million inhabitants.

The development of the timber trade and the establishment of sawmills in Oslo was followed by the growth of the Norwegian merchant navy that has proudly held its own among the major powers of the world. After the once important timber trade declined in the middle of the last century, industrialism became a dominant factor in Norway's economic life.

Though an old city, Oslo has marched in step with time, leaving few traces of its early history. Modern buildings are everywhere and reflect the initiative of Scandinavian architects and designers.

Oslo must be unique in providing so many permanent showcases for its world-famous citizens. At Frogner Park you can view 190 controversial stone, iron and bronze





statues representing 30 years' work of Gustav Vigeland, the renowned Norwegian sculptor. The paintings which Edvard Munch gave to the city are displayed in the special Munch Museum and the modern City Hall contains monumental murals of Henrik Sørensen and a colonnade of wooden reliefs by Dagfin Werenskiold. The National Theater gives regular performances of plays by Henrik Ibsen.

Oslo is surrounded by water, forests and hills. With its mild climate it offers unexcelled opportunities for the outdoor activities, so dear to Norwegians.

For the nature lover and the sportsman, Oslo is an ideal vacation headquarters for the exploration of Norway's scenic paradise.

Whether you visit Oslo in summer on your way north to the "Land of the Midnight Sun" or in winter during its long skiing season, there will be plenty for you to do and enjoy.

During your stay, you should have no language problems for English is compulsory in Norwegian schools, and French and German are understood and spoken by many.



## Entry regulations

**Passport and visa.** All travelers except citizens of Denmark, Finland, Iceland and Sweden, must hold a valid passport and, in the case of certain nationalities, a visa is also required. The latter can be obtained easily through the nearest Norwegian consulate.

## Your arrival in Oslo

When you arrive at Fornebu Airport an SAS ground hostess will be there to direct you to the Arrival Hall where currency exchange, passport and customs control take place. In the airport building you will find a bank, post office and newspaper stand.



A bus departs for the City Terminal shortly after customs clearance and its departure time is announced over the loudspeaker. The coaches leave from just outside the Arrival Hall exit, the fare to the city is NKR3.50 and the trip takes about 15 minutes. Taxis for the city are also available.

If you are flying on from Oslo, be sure to reconfirm your reservation as soon as possible after your arrival. This can be done at the airport or at the SAS offices at 6 Rusesløkkveien (tel. 42 99 70) or 18 Karl Johans Gate (tel. 42 99 70). And should you wish to see more of Norway you would be well advised to book your local flights early.

The Norwegian monetary unit is the krone, NKR, divided into 100 øre.

## Hotels

You will find first class hotels in all the main Norwegian cities with a good choice in Oslo of accommodation ranging from a de luxe suite in an international hotel to a cozy room in an inexpensive hostelry.

It is always advisable to book your hotel accommodation in advance. Your travel agent or SAS office can offer you, through the SAS Travel Planning Service, detailed information on first and tourist class hotels and in many cases can confirm your reservation immediately.

Should you arrive in Oslo without having reserved your accommodation, ask for assistance from the SAS Ticket Office (I6), tel. 41 99 70 or "Innkvarteringscentralen" (Accommodation Office) at Oslo Østbanestasjon (Eastern Railway Station (L7)).

Some of the better known hotels in the center of Oslo are listed below with code numbers in brackets for easy reference to the map on the center spread.

*Bristol* (K6)  
7 Kristian IV's Gate  
Tel. 41 58 40

*Carlton* (H7)  
78 Parkveien  
Tel. 56 30 90

*Continental* (J6)  
24-26 Stortingsgaten  
Tel. 41 70 60

*The Grand* (K6)  
31 Karl Johans Gate  
Tel. 41 58 20

*K.N.A. (Royal Norwegian Automobile Club)* (H6)  
68 Parkveien  
Tel. 56 26 90

*Hotel Nobel* (K6)  
33 Karl Johans Gate  
Tel. 33 71 90

*Hotel Norum* (E5)  
53 Bygdøy Alle  
Tel. 44 79 90

Prices range from NKR75-110 for a single room, and during May-September from NKR113-138.



More moderately priced hotels include:

*Astoria* (K7)  
21 Akersgaten  
Tel. 41 37 70

*The Savoy* (J5)  
11 Universitetsgaten  
Tel. 20 26 55

*Stefanhotellet* (K5)  
1 Rosenkrantzgate  
Tel. 33 62 90

*Viking* (off L6)  
11-136 Gunnerusgate  
Tel. 33 64 70

Prices range from NKR46 to 75 for a single room.

Less expensive hotels include:

*The Gabelshus Hotel* (F6)  
16 Gabelsgate  
Tel. 56 25 90

*Indremisjonshotellet* (I4)  
4 Staffeldtsgate  
Tel. 20 53 30

*Norrøna Misjonshotell* (K6)  
19 Grensen  
Tel. 33 60 85

*Ritz* (F6)  
3 Frederik Stangsgate  
Tel. 44 39 60

Prices range from NKR35 to 53 for a single room.

We would also mention the Holmenkollen Turisthotel, situated in delightful surroundings on the hillside near the famous ski jump with a magnificent view of the Oslo Fjord and the sprawling city. It is 20 minutes from "downtown" Oslo by electric train - plus a 10 minutes' walk.

During the summer season, the college in Studentbyen (The Students' Town), 85 Sognsveien and Northern Norway's Students Home, Berg Station (on the Sognsvann Railway) are run as hotels (price range NKR35 to 45 for a single room with breakfast).

Voltage for electric appliances in Oslo is 220 A.C.





## Restaurants and cuisine

You'll find a wide variety of interesting restaurants in and around Oslo. Each has its own special feature – an exceptional chef, a picturesque location, an intimate atmosphere or a good floor show – and we have mentioned these attractions and food specialities in the list below.

### Eating hours

All first class hotels serve a continental breakfast – ask for "café complet". Meals are served from 7 a.m. to 9.30 a.m., and those with hearty appetites will enjoy the Norwegian "cold table" of eggs, meat, salad, fish and cheese.

Most Norwegians have a light lunch and an early dinner. Dinner is served from 4 p.m., and many Oslovians have a late evening snack between 9 p.m. and 10 p.m.

### Food specialities

Norway is famed for its fish delicacies and we would recommend you to try fried trout in sour cream and delicious smoked or poached salmon.

Every meal is a culinary treat in Norway. It's a gourmet's delight to choose between tasty *fjellrype* (ptarmigan), roast reindeer cutlets and *fenalår* (specially cured mutton).

And to match the exciting fare are equally attractive restaurants. We list on the next page a selection of restaurants fully licensed to sell liquor (though not until 3 p.m. and not on Saturdays, Sundays, public holidays and preceding days). The majority of them close at 0.30 a.m.

## Drinks

As in all Scandinavian countries, "snaps" is a popular drink. Beer differs in strength and if you like a strong brew ask for "export". "Pilsner" is the standard grade, and if you prefer a beer with a low alcoholic content, ask for Norwegian "Lager".

Here are some of the good restaurants:

### Astoria (K7)

21 Akersgaten  
Tel. 41 37 70  
Intimate atmosphere

### Blom (J6)

41 Karl Johans Gate  
Tel. 41 13 37  
19th-century inn where artists gather

### Bristol Hotel (K6)

7 Kristian IV's Gate  
Tel. 41 58 40  
Fine menu, good orchestra in Moorish Hall. Grill and Rotisseri with pianist. Bristol Inn has excellent menu, moderate prices

### Hotel Carlton (H7)

78 Parkveien  
Tel. 56 30 90  
Excellent small restaurant and bar

### Continental 2nd floor

Hotel Continental (J6)  
24–26 Stortingsgaten  
Tel. 41 70 60

Informal atmosphere. In same building Theater Cafeen, traditional meeting place for actors and authors, the Tivoligrillen, and the Dagligstuen (bar)

### Frascati (J6)

20 Stortingsgaten  
Tel. 41 68 76  
Trace of Italian origin lingers, view of Students Grove, good food and service

### Restaurant Fregatten (L7)

Rear of Main Railway Station  
Tel. 42 62 29  
Excellent fresh fish dishes, splendid view of harbor

### Speilsalen (Mirror Room)

Grand Hotel (K6)  
31 Karl Johans Gate  
Tel. 41 58 20  
Also popular grill room at Grand Hotel

### KNA Restaurant (H6)

68 Parkveien  
Tel. 56 26 90  
Operated by Royal Automobile Club of Norway

### La Belle Sole (G6)

2 B Observatoriegaten  
Tel. 44 19 38  
Excellent fish restaurant



*Najaden Maritime Museum*  
Bygdøy Peninsula  
Tel. 55 44 90  
Excellent fish specialities

*The Bistro*  
*Hotel Norum* (E5)  
53 Bygdøy Allé  
Tel. 44 79 90  
Intimate atmosphere

*Regnbuen* (J6)  
4 Klíngenberggaten  
Tel. 42 39 80  
Oslo's largest restaurant, floor show, dancing

**Other restaurants include:**

*Bagatelle Restaurant* (G5)  
3 Bygdøy Allé  
Tel. 44 63 97

*Beckers Metropol* (K7)  
8 Akersgaten  
Tel. 42 25 06

*Restaurant Carl Johan* (K6)  
37 Karl Johans Gate  
Tel. 33 21 85

*Grand Café* (K6)  
31 Karl Johans Gate  
Tel. 41 58 20

*Restaurant Telle* (J6)  
4 Fr. Nansen's Plass  
Tel. 42 39 83  
Popular restaurant. In season keeps night club hours, fine floor shows

*Tre Kokker*  
*(Three Chefs)* (G6)  
30 Drammensveien  
Tel. 44 26 50

Intimate modern speciality restaurant with grill and bar. Pleasant interior and famous for fine food. Night club - "Night Cap" opens after midnight.

*Grotten (The Grotto)* (I4)  
5 Wergelandsveien  
Tel. 20 96 04

*La P'tite Cuisine* (G6)  
Ind-Eks Building  
Tel. 56 34 90

*Restaurant Larsen* (F1)  
1 Sørkedalsveien  
Tel. 60 64 92

*Munch Restaurant*  
*Munch Museum*  
Tel. 67 41 50

**Popular among local residents are such restaurants as:**

*Engbret Café* (K8)  
Bankplassen  
Tel. 42 12 62  
Popular with journalists

*Pernille and Saras Telt*  
Students' Grove  
(off Karl Johans Gate)  
Open-air restaurants

*The Statholdergaarden* (K7)  
Rådhusgaten  
Tel. 41 48 25  
One of Oslo's oldest buildings

*Stortorvet Gjaestgiveri* (L6)  
1 Grendsen  
Tel. 33 56 34  
On Market Square with colorful view of flower market, noted for excellent food. Open-air restaurant in summer

*Tostrupkjelleren* (K6)  
25 Karl Johans Gate  
Tel. 33 36 05  
Seafood speciality

For substantial meals at cafeteria prices, try one of the following:

*Parkstova* (K5)  
14 Kristian Augusts Gate

*Paviljongen* (J6)  
2 Roald Amundsensgate

*Promenade Caféen* (K7)  
12 Øvre Slottsgate

*Vikings Trattoria* (L6)  
11-13 Gunnerusgaten

*Wimpy Ekspress* (J6)  
20 Stortingsgaten

On the outskirts of the city we suggest the following restaurants are worth a visit:

*Kongen* (D7)  
Frognerstranda  
On pier in Frogner Inlet in Oslo Fjord. First class chef. Belongs to Christiania Rowing Club. Open May to September

*Ekeberg Restaurant*  
15 Kongsveien  
On heights south east of Oslo. Wonderful view of city. Take Ekeberg Line from Jernbanetorget (L7) to Navigation Academy.

*Folk Museum Restaurant* (A8)  
Bygdøy

*Kon-Tiki Restaurant* (A4)  
Sjølyst

*Dronningen* (D8)  
Huk Aveny, Bygdøy  
Opposite Kongen on another pier on western shore. Run by Royal Yacht Club

For first class cuisine with a variety of foreign dishes, in an international atmosphere, try the Caravelle, the popular restaurant at Oslo Airport. Or take an electric train on the Frognerseteren-Holmenkollen line from the station behind the National Theater (J6) to the Frognerseteren Restaurant, 1,400 feet above sea level. A slightly shorter trip takes you to the Holmenkollen Sports Restaurant.

## Sights

Most people like to "get their bearings" with an organized tour. These are operated from mid-April through to October. If you visit Oslo prior to or after this period and are pressed for time, you can get a guide to take







you around. Ask the Tourist Information Office (J7), tel. 42 71 70, for information, or let the SAS office personnel help you with any special information you may desire.

All sightseeing tours leave from Rådhusplassen, City Hall Square (J7), on the harbor side.

### Conducted city tours

**Morning Sightseeing.** After a brief visit to the "Town of King Christian IV" (this monarch ruled 1588–1648), the Flower Market, and the Cathedral, the coach takes you through the oldest section of Oslo, to the Munch Museum, housing testamentary gifts to the city by Norway's famous painter, Edvard Munch. From there you are driven to the Holmenkollen Ski Jump, then to the Frogner Park with the Vigeland Grounds in which the sculptor's works form an impressive open-air museum. The tour terminates with a visit to Oslo's City Hall. (April 1 through to October 31 except during Easter holidays. At 10 a.m. Fare: NKR30. Duration 3 hours.)

**Afternoon Sightseeing.** Highlight of this tour is the visit to the Bygdøy museums. Starting from City Hall Square, you drive along the waterfront passing Akershus Castle. The tour continues along Karl Johans Gate past the Parliament building, the Royal Palace, and the Nobel Institute and from there proceeds to Bygdøy. Visits are paid to the open-air Folk Museum with its 150 buildings from all parts of Norway, the Viking Ship Museum, the Fram House with Amundsen's and Nansen's Polarship, and Thor Heyerdahl's famous Kon-Tiki Raft. (April 1 to October 31 except during Easter holidays. Start: 2.30 p.m. Fare NKR30. Duration 3 hours.)

**Ninety Minutes' Sightseeing Cruise.** This is an enjoyable fjord trip through the harbor with its busy shipyards, past picturesque islands and inviting bathing beaches. Fast comfortable launches leave every hour 10 a.m. to 9 p.m. (May 1 to September 20). Fare: Adults NKR12, children NKR6.

**Two and One-Half Hours' Fjord Cruise.** Tourists who would like to see more of the outdoor activities to which most Oslo-vians devote their spare time in summer, will enjoy this tour. Daily departures at 10.30 a.m., 1 p.m., 3.30 p.m., and 6.30 p.m.

(May 15 to September 20. Fare: NKR18.50 for adults, NKR9.10 for children.)

**Selected Oslo Sightseeing.** A 3-hour coach and boat tour, including the Vigeland sculpture park, the Henie-Onstad Foundations' Art Center and the Kon-Tiki raft. Operated daily at 11 a.m. June 1 to August 31. Price: Adults NKR30.10, children NKR15.

**Grand Tour of Oslo.** The tour is an ideal combination of a fjord cruise and sightseeing by coach. A 2½-hour tour by boat. Visits of the Polar Ship Fram, the Kon-Tiki Raft, the Norsk Folkemuseum (one hour's stay for lunch), the Viking Ships, the Vigeland sculpture park and the Holmenkollen Ski Jump are included in this 7½-hour tour. Departure daily at 10.30 a.m. return at 6 p.m. (Operated May 15 to September 20. Price: Adults 65.10. Lunch not included.)

**Folklore Tour.** Here's an evening excursion which takes you back in time and makes you, for a brief period, a member of a village community. When you arrive at the Bygdøy Folk Museum, you are met by a fiddler who will lead the procession of guests to a party arranged in the traditional style of "Old Norway". You will see how previous generations celebrated weddings and other family events. Music will be played on ancient instruments, and the table laid with a meal of "period" dishes. Folk dancers in colorful costumes demonstrate their art – and invite you to join in. This party takes place on Mondays, Wednesdays and Fridays, during June, July and to August 15. (Start at 6.30 p.m. by coach. Fare NKR45, meal NKR15. Duration 3½ hours.)

### Oslo on your own

If you prefer to visit the city's most important sights on your own, here is some information which should prove helpful. Map references are in parentheses.

**The Viking Ships and Archaeological Finds,** 35 Huk Aveny, Bygdøy (B9). These remarkable relics of the Viking Age, which include the Oseberg ship, the Gokstad ship and the Tune ship, were all found near the Oslo Fjord. Examination of the Oseberg ship brought to light a collection of household articles, garments, etc., a treasure large and varied enough to give us a good idea of daily life in 9th-century Norway. (Open hours: From May 2 daily 10 a.m. to 6 p.m. From September 1

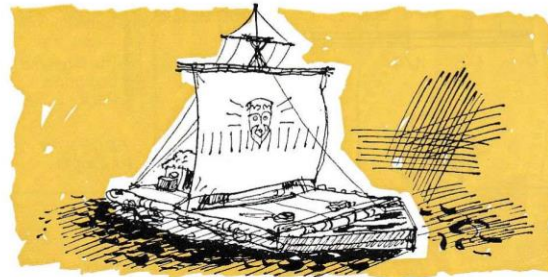
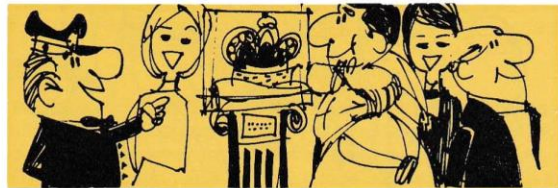


daily 11 a.m. to 5 p.m. From October 1 to May 1 daily 11 a.m. to 3 p.m. Admission charge. The Viking Ship building is reached in 15 minutes by bus No. 30 – in summer also ferry from Rådhusplassen, pier C (No. 17) from April 12, 15 and 45 minutes past every hour, from May 4, every quarter of an hour, from September 6 to September 20, 15 and 45 minutes past every hour.

**Fram Museum, Bygdøy (D10).** Fram is the famous Polar exploration vessel, built for the Nansen expedition at the end of the 19th century. It was used again for Otto Sverdrup's expedition (1898–1902) when large polar areas north of the American continent were surveyed, and also for Roald Amundsen's expedition to the South Pole (1910–12). (Open: From mid-April to April 30 daily noon to 3 p.m.; May 15 to August 31 daily 10 a.m. to 6 p.m.; from September 1 daily 11 a.m. to 5 p.m.; from October 1 to October 31 daily 11 a.m. to 4 p.m.; November 1 to December 1, Sundays noon to 3 p.m. Admission charge. See under "Kon-Tiki Museum" for details of how to get there.

**The Norwegian Maritime Museum, Bygdøy (C10).** The Boat Hall contains a collection of interesting boats, models and fishing gear – the "fembøring" with sails, the "schnjaka" from Kola, the Faroe boat and the Maelstrom boat. The Museum also houses a fine library and a very good restaurant, Najaden. (Open: May 15 to August 31 daily 10.30 a.m. to 7 p.m.; September 1 to September 30 daily 11 a.m. to 5 p.m.; October 1 to October 14 daily 11 a.m. to 4 p.m.; October 15 to May 14 Sundays only noon to 3 p.m.) See under "Kon-Tiki Museum" for details of how to get there. Admission charge.

**Kon-Tiki Museum, Bygdøy (C10).** This museum houses the raft on which Thor Heyerdahl and five companions drifted for 101 days across the Pacific from Peru to Polynesia, a distance of some 5,000 miles. The Kon-Tiki is constructed from balsa, felled in the jungles of Ecuador and modeled on rafts used by the early Incas. The museum, erected in 1957, also houses ancient sea-going craft, replicas of Easter Island gods, and other exhibits. (Open: From April 16 daily 11 a.m. to 5 p.m., from May 15 daily 10 a.m. to 6 p.m., from September 1 daily 11 a.m. to 5 p.m.; October 1 to April 15 daily 11 a.m. to 4 p.m. Admission charge.) How to get there: Bus No. 30 from the National Theater (J6). In summer also by ferry from Rådhusplassen, Pier C No. 17, from April 15 to September 20: 15 and 45 minutes past the hour.



**Vigeland Sculptures, Frogner Park (E2).** Arranged over an area of 75 acres are 150 sculptures, all by Gustav Vigeland. The artist never explained these works, leaving the interpretation to each beholder. Although the artist died in 1943, his assistants are still adding finishing touches according to his plans. The Frogner Park is always open, and admission is free. Streetcar No. 2 from the National Theater (J6), stops at the main entrance to the park facing Kirkeveien.

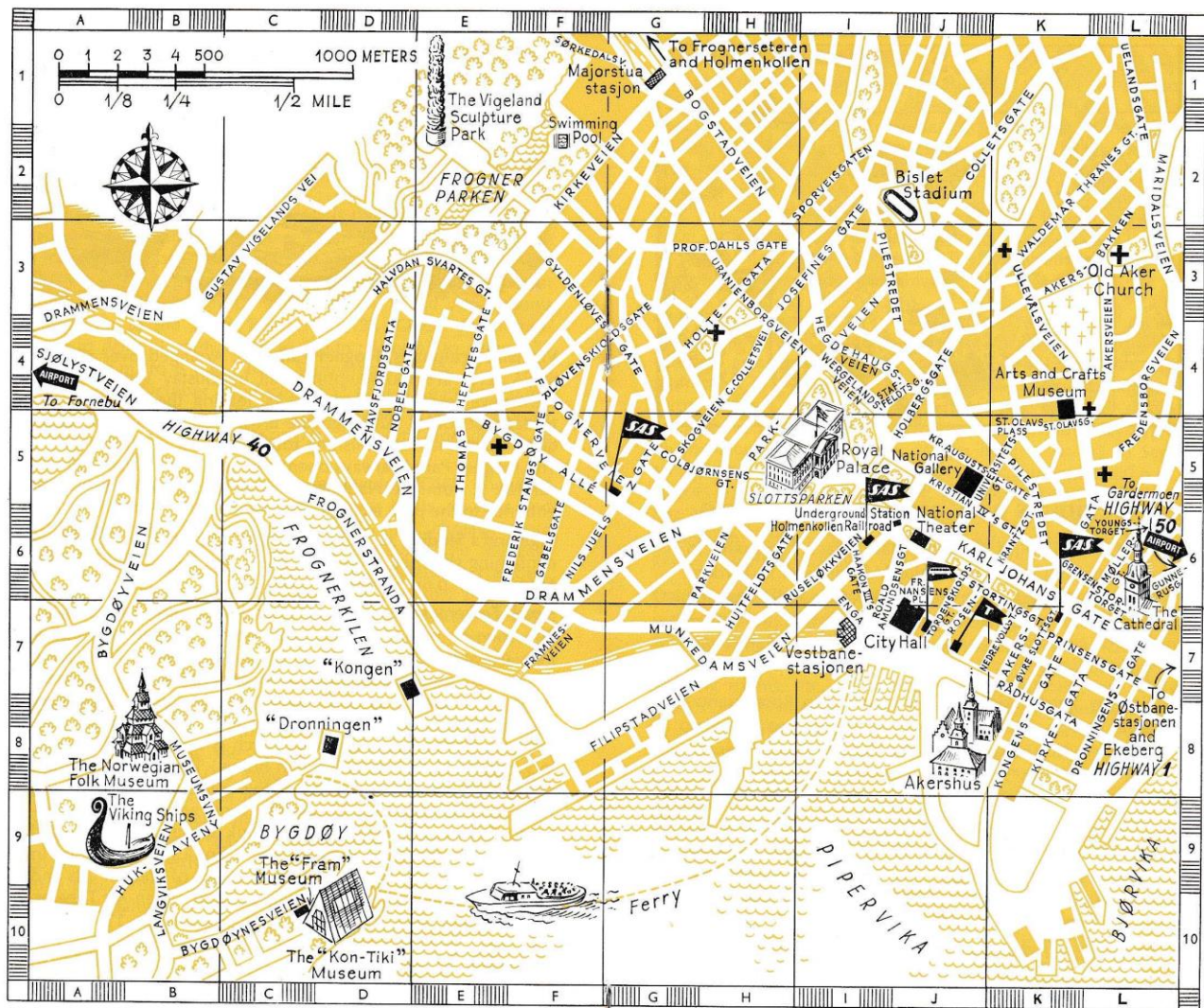
**Vigeland's Studio, 32 Nobelsgate (E3).** This is now a museum containing sketches, woodcuts, busts, etc. (Open: daily except Monday 1–7 p.m. Admission is free.)

**Norsk Folkemuseum (Norwegian Folk Museum), Bygdøy (B8).** The open-air part of the museum consists of some 150 buildings of various periods from all over Norway. They were dismantled and reassembled here at Bygdøy. Among them is the Gol church, a carefully preserved example of Norwegian "stave" churches. This particular example dates from the 12th century. (Note: near the stave church is a restaurant, housed in a replica of an old Norwegian home.) The indoor museum collections are richly representative of Norwegian culture, from ancient tapestries to modern tools and farming equipment. Among the exhibits are Henrik Ibsen's study as used by the dramatist in his lifetime, and a fine Lapp collection. In summer there are frequent demonstrations of ancient arts and crafts, folk dancing and performances at the Open-Air Theater. (Open: From May 15 to August 31, weekdays 11 a.m. to 6.45 p.m., Sundays noon to 6.45 p.m.; about September 1 to September 30 weekdays 11 a.m. to 5 p.m., Sundays noon to 5 p.m. (from October 1, 11 a.m. to 4 p.m.); November 1 to May 14, weekdays 11 a.m. to 4 p.m., Sundays noon to 3 p.m. Admission charge. For details of how to get there: see "Kon-Tiki" instructions.

**The Cathedral (Our Saviour's), Stortorget (L6).** This was built towards the end of the 17th century but has been extensively restored inside and out. The altar and the pulpit both date back to 1699. (Open: from May 2, Monday to Friday 10 a.m. to 2 p.m.; from June 1, 9 a.m. to 3 p.m.; from September 1 to May 1 open 10 a.m. to 1 p.m., Saturdays closed.)

(cont'd on page 19)





Code numbers in this booklet refer to the above map. Thus (I6) is located where lines drawn from "I" and "6" cross each other.

## Interesting sights in Oslo

- |                                  |                              |
|----------------------------------|------------------------------|
| (B9) Viking Ship Museum.         | (E3) Town Museum.            |
| (C10) Kon-Tiki Museum.           | (J5) National Gallery.       |
| (D10) Fram Museum.               | (K5) Museum of Applied Arts. |
| (B8) Norwegian Folk Museum.      | (K7) Theater Museum.         |
| (C10) Norwegian Maritime Museum. | (I7) City Hall.              |
| (E2) Vigeland Sculptures.        | (I5) Royal Palace.           |
| (E3) Vigeland's Studio.          | (I6) National Theater.       |
| (L6) Our Saviour's Cathedral.    | (J8) Akershus Castle.        |

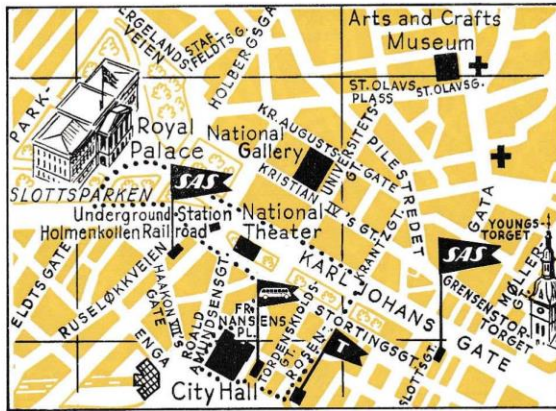
**SAS** **SAS Ticket Office:** SAS Building, 6 Ruselekkveien. Tel. 42 99 70. Open: Mondays through Fridays 8.30 a.m. to 4 p.m., Saturdays 8.30 a.m. to 2 p.m.

**SAS Branch Offices:** 1) 18 Karl Johans Gate. Tel. 42 99 70. Open: Mondays through Fridays 8.30 a.m. to 4 p.m. 2) 21 Bygdøy Allé. Tel. 42 99 70. Open: Mondays through Fridays 8.30 a.m. to 4 p.m.

**Air Terminal:** Tordenskioldsgate. Tel. 42 99 70. Open daily 6 a.m. to 11.30 p.m.

**Tourist Information Office (Reiseopplysningskontoret):** 28 Rosenkrantzgaten. Tel. 42 71 70. Open: May 15 to September 15 Mondays through Fridays 9 a.m. to 6 p.m., Saturdays 9 a.m. to 4 p.m.; September 16 to May 14 Mondays through Fridays 9 a.m. to 4 p.m., Saturdays 9 a.m. to 2 p.m. Sundays closed.





## One hour's walk around central Oslo

Start from Fridtjof Nansen's Plass (Plass = Square) in front of the City Hall near the SAS Terminal in Tordenskioldsgate, and circle behind the City Hall (the side facing the port). Here you will see the piers from which you may depart on one of the many sightseeing tours by boat.

Pass by Tordenskioldsgate and turn into Rosenkrantzgate, which leads you to the Parliament Building between Stortingssgate and Karl Johans Gate. Turn left on "Karl Johan", as it is affectionately known to the Osloviens. On your left you pass the Studentertunden (the Students' Grove). On your right you come to the University of Oslo, built in 1854. Opposite is a bronze group whose central figure is Ludvig Holberg, the great playwright. At the end of Karl Johans Gate stands the Royal Palace, built in 1848.

Changing of the guard takes place daily at 1.30 p.m., and is followed by a concert at 2 p.m. If the King is in residence, the concert is held in front of the Palace; if not, it is held at the music pavilion in the Students' Grove. Turn left in front of the Palace, and walk downhill again to Stortingssgate, where the National Theater is on your left. In front of the theater are statues of two of Norway's most illustrious poets and playwrights: Henrik Ibsen and Bjørnstjerne Bjørnson. Turn right in Universitetsgaten, and you are back at the City Hall and Fridtjof Nansen's Plass again.

(Sights cont'd from page 15)

**City Hall (I7).** This modern landmark was formerly opened in 1950. Norway's most distinguished artists contributed to the decorations. There is a monumental painting by Henrik Sørensen, plus frescoes, sculptures, and wood carvings, from a representative cross section of contemporary Norwegian artists. (Open: April 1 to September 30 weekdays 10 a.m. to 2 p.m., Mondays and Wednesdays also 6–8 p.m., Sundays noon to 3 p.m.; October 1 to March 31 weekdays 11 a.m. to 2 p.m. and Sundays noon to 3 p.m. Admission is free. English-speaking guides available free of charge.)

**Akershus Castle (J8)** is one of Norway's most venerable medieval monuments. Originally built by King Haakon V in 1300 it served as a royal residence from 1319–1380. The castle was rebuilt by King Christian IV, who changed the ponderous fortress into a more elegant structure. Akershus has subsequently been restored and redeccorated, and is nowadays used on important state occasions. (Open hours: May 13 to September 15, weekdays 11 a.m. to 2.45 p.m., Sundays 12.30 p.m. to 2.45 p.m. April 15 to May 14, and September 16 to October 31, Sundays 12.30 p.m. to 2.45 p.m., otherwise closed. Admission charge. Entrance from Kontraskjæret (Rådhusgaten) or from Kirkegaten.

**Oslo Town Museum (Bymuseet),** 67 Frognerveien (E3), in the main building of Frogner Hovedgård (Frogner Manor), which was completed about 1790. It houses an interesting collection of maps, portraits, pictures of Oslo, completely furnished drawing rooms, etc., all covering the period between 1600–1850. (Open hours: weekdays 11 a.m. to 5 p.m., Sundays noon to 5 p.m. During winter – from October 1 – closed. Admission charge. No 2 streetcar to Frogner Plass.)

**The National Gallery.** (The State Art Museum), 13 Universitetsgate (J5), contains a large collection with the emphasis on Norwegian painting, sculpture, drawings and graphic arts. The gallery also contains a fine collection of international modern art, including works by Matisse, Cezanne and Van Gogh, as well as a number of works by Swedish and Danish artists. (Open hours: May 16 to September 16, Mondays to Fridays 10 a.m. to 4 p.m., Saturdays 10 a.m. to 3 p.m., Wednesdays and Fridays also 6 p.m. to 8 p.m. Sundays noon to 3 p.m. September 16 to May 15 weekdays 11 a.m. to 3 p.m. Sundays noon to 3 p.m. Wednesdays also 6 p.m. to 8 p.m.)

**Kunstindustrimuseet (Museum of Applied Arts),** 1 St. Olavs-gate (K5). Here you can find collections of Norwegian and foreign exhibits dating from the Middle Ages. The Norwegian Gallery is a treasure house of furniture, silver, glass, ceramics and textiles produced during 700 years, including the priceless Baldishol Tapestry, one of five surviving from the Romanesque period. It was woven in Hedmark in the 12th century. (Open weekdays except Mondays 11 a.m. to 3 p.m., Sundays noon to 3 p.m. Admission free.)





**Norsk Teknisk Museum (Norwegian Technical Museum)**, at Etterstad, east of Oslo at 1 Fyrstikkalléen. The museum opened here in 1959. The exhibits illustrate technical and industrial development. A popular feature is a large model railway. (Open daily 10 a.m. to 4 p.m., Sundays 5 p.m. From October 1 to March 31 also open Tuesdays 6 p.m. to 9 p.m. Admission charge. How to get there: Bøler or Opsal streetcar from the city center to Etterstad stop.)

**"The Norwegian Design Centre"**, Drammensveien 40 (G6), the first in Scandinavia and the largest in Europe, opened in January, 1965. Situated in the new Industry and Export building, the Centre covers an area of 25,000 sq. ft. extending over two floors, and is used for a permanent, but variable, display of Norwegian industrial products. To assist buyers, manufacturers, designers and others the Norwegian Design Centre has established a photo-index, which will embrace over 10,000 Norwegian products. (Weekdays, except Monday, 10 a.m. to 5 p.m. Saturdays 10 a.m. to 3 p.m., Sundays 1 p.m. to 6 p.m. Admission free.)

**The Munch Museum**, Tøyengate 53, built 1960/1963 and inaugurated in May 1963, contains the testamentary gifts from Edvard Munch to the city of Oslo. On exhibition are about 200 paintings and as many graphic plates, together with drawings and sculptures. (Open: daily except Monday 11 a.m. to 7 p.m. Sunday from 12 noon. Admission free.) Bus No. 29 from Universitetsgaten, opposite the National Theater, to Tøyen school stop.)

**Sonja Henie-Niels Onstad Foundations' Art Center**, Høvikodden, Baerum (just 7 miles (12 kms.) southwest of the city). Completed in 1968, this ultra modern building contains a collection which includes about 250 20th-century paintings. Among the artists represented are Edvard Munch, Bonnard, Juan Gris, Villon, Picasso and Miró, and from the French abstract school of the post-war period, Bazaine, Estève, Manesier, Hartung, Soulages and Riopelle. In addition to the permanent collection, occasional exhibitions are also staged at the Art Center showing various trends in modern pictorial art. There is also a special display room containing the trophies and medals of the late Sonja Henie, Norway's world-renowned "skating queen", who together with her husband, shipowner Niels Onstad, donated the collection of paintings and established the foundations which provided the funds for the construction and maintenance of this new art center.

The museum also serves as a center for activities encompassing all forms of art: theater, music, dance, cinema, literature, architecture, and arts and crafts. There is a good restaurant in the building. Admission fee.

Open: daily 11 a.m. to 10 p.m. Closed December 24 and 25, Good Friday and Easter Sunday. Admission charge.

Take bus 32 (platform 4) from Kontraskjæret, bus 36 (platform 5), Rådhusgaten, and bus 37 (platform 13) also at Rådhusgaten.

### *Excursions from Oslo*

Oslo lies at the end of a deep fjord, which penetrates more than 60 miles into the country. Some stretches are quite narrow but on the last few miles the fjord widens perceptibly, forming an inner basin studded with islands and peninsulas. Inland Oslo is surrounded by hills: Fine vantage points within easy distance of the city are:

**Frognerseteren**, 1,460 feet (445 meters) above sea level. Go by the Holmenkollen Line from the subway station – between the Royal Park and the National Theater (J6). The trip takes 35 minutes. From Frognerseter Restaurant there is a 20-minutes' walk downhill to the Holmenkollen Ski Jump, and the Ski Museum. When opened in 1923, it was the first ski museum in the world. Its collection shows the development of Norwegian and foreign skis and also bindings. This unusual museum also contains polar equipment originally used by Nansen and Amundsen. Refreshments and meals may be taken in the nearby Holmenkollen Restaurant.

**Tryvannstårnet**, 390 feet (118 meters), the highest look-out tower in the North, is also reached by the Holmenkollen Line to the terminus Frognerseteren. From the station about 10 minutes' walk. Elevator in the tower; fieldglasses available in the public gallery, to see a magnificent panorama. Open from June 1 daily 10 a.m. to 11 p.m., from August 1 daily 10 a.m. to 8 p.m., from September 1 daily 10 a.m. to 6 p.m. October 1 to February 28 Saturdays, Sundays and holidays 10 a.m. to 4 p.m., March 1 to May 31 daily 10 a.m. to 6 p.m. Admission charge.

**Ekeberg.** (See: Restaurants.)

**Sundvollen and Krokkleiva.** The bus ride to Sundvollen is one of the loveliest in the vicinity of Oslo. The road runs through





Skaret, from where there is a fine view of the Tyriffjord Lake, and descends by a series of hairpin bends to the lake. From Sundvollen, the small Kleivstua Hotel is reached by a barrel lift (off season Saturdays and Sundays only). A 20-minute walk through the forest beyond Kleivstua leads to Kongens Utsikt (the "King's View"), one of the finest vantage points in southern Norway. The bus to Sundvollen starts from Rådhusgaten, corner City Hall Square, 10 minutes past every hour, and the journey takes 75 minutes. Take bus No. 36, destination "Hønefoss".

**Norefjell.** This great "mountain massif" to the west of Oslo, has lately become one of Norway's most popular year-round holiday centers. The bus terminal at Norefjell lies 2,250 feet (686 meters) above sea level, and the wide panorama takes in the mountain ranges to the south and west. The highest peak at Norefjell is 4,380 feet (1,340 meters). There is a direct bus connection from Rådhusgaten, corner City Hall Square. Take No. 36 marked "Norefjell". The bus journey lasts three hours, and one-day excursions may be made at reduced fares. For those wishing to stay overnight, many of the hotels and lodges at Norefjell offer excellent accommodation.

### Other excursions

**Hydrofoil Tours.** Regular hydrofoil boat services enable you to visit – speedily and in comfort – the many idyllic bathing spots and small towns along the Oslo Fjord.

These tours are operated from May until mid-September. Further details from Oslo Travel Agents.

**Midnight-Sun Excursions.** The summer nights beyond the Polar Circle – in the land of the Midnight Sun – are unique. The entire trip from Oslo to this enchanted region may be made in one glorious daylight night. It is night by the clock only, for the sun never sets at all. It sinks low on the horizon, coloring mountains, glaciers and islands, then it rises again without ever having disappeared from view. Leave from Oslo for Bodø in the evening. Flying time is two hours and 40 minutes, and Bodø is reached around midnight. There's time for sightseeing and supper on the Rønvik Mountain. Return to Oslo early morning.

A variety of Midnight Sun Excursions are offered you by Oslo Travel Agents.

## Shopping and souvenir hunting

Norwegian artists and craftsmen have a great aptitude for adapting traditional designs and modern materials. Indeed, many of the souvenirs which catch your eye in Oslo's gay shops will probably have a history dating back to the Vikings! The exquisite silver filigree jewelry, for example, was beloved by these ancient sea-farers while the hand-woven wall hangings with the modern touch still retain a strong similarity with the 12th-century tapestries to be seen in the Museum of Applied Art!

### Textiles

Tapestry weaving was an art in the Viking age, and throughout Norway, the same could be said today. Plaids, rugs, luncheon mats, and napkins are produced often in traditional designs.

Hand-knitted sweaters, cardigans, caps, scarves, gloves, mittens and stockings (matching ski sets for "him" and "her") can be found in a variety of patterns. Ask for the Selbu range of knitwear.

### Handicrafts

Pottery and ceramic products usually come from a number of small high-quality workshops, but many good mass-produced models – the result of collaboration between distinguished artists and larger factories – are also available. Wood is another widely fashioned material. In recent years carved animals have become very popular, and such articles as bowls, breadboards, saladspoons and forks are well worth looking over.

### Glassware

Norwegian glass has traditions to uphold and glassware for everyday-use is functional as well as ornamental. Wine glasses, decanters, bowls and vases make fine souvenirs.

### Enameled silverware

This is a Norwegian speciality – and enameled silverware has received many honors in international exhibitions.







There are silver dishes with enamel finish, salad servers, demitasse spoons or bracelets – to mention just a few. Lower-priced enameled articles are revived in filigree work within numerous attractive brooches and bracelets. Pewter, which has undergone a special surface treatment, is also very popular.

#### *Furs*

Or why not pick a fur? Seal, blueblack and whitecoat, polar fox and polar bear furs are not so well known outside Norway. Mink, of course, plays an important part in the Norwegian fur trade; other specialties are the blue fox and stone marten. A soft jacket of reindeer calf is fine for the sports spectator as well as for the participant.

A name? Ask to see SAGA mink and bluefox!

#### *Sports equipment*

In the homeland of skiing you can find the very best in skis and skiing equipment – at very reasonable prices. Visit Gresvig, Scandinavia's biggest sports center. For the angler, you'll find an assortment of fishing rods and other tackle at very attractive prices.

#### *Jewelry*

Contemporary design jewelry combining silver and Norwegian stones is top of our list. The PLUS Organization (see note at end of this chapter) uses designs by three clever artists, Tone Vigeland, Anna Greta Eker and Erling Christoffersen – you'll find the pendants particularly impressive. TROLL jewelry is both traditional and modern with designs by Uni David-Andersen, Harry Sørby, Unn Tangerud, Ben David-Andersen, Marianne Berg and Bjørn Østern.

#### *Special gift suggestions*

For her – A piece of Hadeland crystalware in the shape of a bird or fish, or a colorful "lusekoft" sweater.

For him – A pewter drinking mug, hand-knitted tie, or if he's a pipe smoker one of the famous Lillehammer pipes.

And why not treat yourself to a typically Norwegian gift – a pair of cuff links or earrings made from an original Viking design?

#### *Exhibitions*

It's always a good idea to view the permanent exhibitions and display centers before starting your shopping expedition. Try to visit one or all of the following:

*Norway Designs* (J6)

28 Stortingsgaten

The name itself reveals what you can expect to see and buy here.

*Forum Permanent Exhibit* (K6)

7 Rosenkrantzgate

Direct sales, and orders may be placed.

*Den Norske*

*Husflidsforening* (I6)

4 Møllergaten

A nonprofit-making organization selling products of the Norwegian cottage industries.

#### *Reminder*

If you ask the shop assistant to arrange delivery of your purchases to your plane or ship as you leave, you can avoid purchase- and luxury tax. Furthermore a discount of 10% – corresponding to the purchase tax – will be given on many articles, if the firm sends your purchase direct to your address at home.

#### *Shopping hours*

Shopping hours are: Mondays to Thursdays 8.30 a.m. to 5 p.m., Fridays 8.30 a.m. to 6 p.m., and Saturdays 8.30 a.m. to 3 p.m.

#### *Shopping list*

Just a few suggestions:

**Department stores**

*Steen & Strøm A/S* (K7)

23 Kongensgate

*Vika Varehus* (I6)

16 Ruseløkkveien

*C. C. Colosseum* (G1)

5 Essendropsgate





### Handicrafts

*Husfliden* (L6)  
4 Møllergaten

*Norway Designs A/S* (I6)  
28 Stortingsgaten

*Forum A/S* (K6)  
7 Rosenkrantzgaten

*Heimen* (K6)  
4 Kristian IV gate

### Knitwear

*Husfliden* (L6)  
4 Møllergaten

*Trønderstua* (K7)  
22 Stortingsgaten and  
3 Ruseløkkveien

*William Schmidt & Co.* (J6)  
41 Karl Johansgate

*Heimen* (K6)  
4 Kristian IV gate

### Jewelry

*N. M. Thune* (K6)  
Karl Johansgate/Øvre Slottsgate – 12 Øvre Slottsgate

*David-Andersen* (K6)  
20 Karl Johansgate

*J. Tostrup A/S* (K6)  
25 Karl Johansgate

*Trygve B. Sunde* (K5)  
7 Pilestredet

*Martin Sunde* (L6)  
8 Storgaten

### Glass & Ceramics

*L. Galigani* (J6)  
22 Stortingsgaten and  
25 Nedre Slottsgate

*Galigani Krystall A/S* (I6)  
3 Ruseløkkveien

*Christiania  
Glasmagasin A/S* (L6)  
10 Stortorvet

### Furs

*Pels-Backer A/S* (K7)  
31 Kongensgate

*Brødrene Walker* (K7)  
18 Prinsensgate

*Brødr. Thorkildsen A/S* (K7)  
9 Nedre Slottsgate

*Oslo Bundtmaker  
Forretning A/S* (K6)  
13 Grensen

### Antiques

*Kaare Berntsen A/S* (K5)  
12 Universitetsgaten

*Hammerlunds  
Kunsthandel* (J6)  
3 Tordenskjoldsgate

*Wangs Kunst- og  
Antikvitetshandel* (K6)  
12 Kristian IV gate

### Watches

*Fr. Aug. Michelet* (K7)  
21 Prinsensgate

*Alf Lie A/S* (K7)  
22 Prinsensgate

*Ole Langerud* (K7)  
17 Kirkegaten

*Den Norske  
Ur-Import A/S* (K7)  
39 Akersgaten

If you have time for “exploring”, here’s another suggestion – why not visit the picturesque village of Fredrikstad, 90 minutes’ drive from Oslo, where the PLUS arts and craft organization is based? Here you can study at first hand the production of many art handicraft articles in the various workshops, and also buy on the spot.

## Entertainment and night life

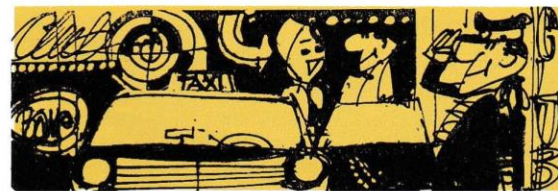
Tourists seeking after-dark entertainment will discover that Oslo has few nightclubs, but from June to September the Telle Night Club, 4 Fr. Nansen’s Plass (J6) and the Bristol Night Spot, Kristian IV’s Gate, are open 11 p.m. to 4 a.m. while Tre Kokker (Three Chefs) Night Cap, 30 Drammensveien opens midnight to 4 a.m. the year round.

There are five permanent theaters in Oslo, the most distinguished being the National Theater (J6). The classical dramas of Ibsen and Bjørnson, as well as the comedies of Ludvig Holberg (“The Nordic Molière”), are presented here, along with more modern plays.

Unless you understand Norwegian, you’ll probably prefer the lighter entertainment of the cabaret Chat Noir (near the National Theater), which in summer operates under the name of Casino Non-Stop Show and offers international programs.

The Norwegian Opera at Youngstorget (I5) provides a varied bill of opera, operetta, and ballet. The foyer is richly adorned with paintings by Per Krohg and Guy Krohg – names you will meet again and again in Norway. The Folk Theater Buildings also houses a Children’s Theater and a Toy Theater. The theater season lasts from approx. August 10 to June 15. The opera and concert season is from beginning of September to May 17.

Cinemas show American and European films in their original languages. At 39 Karl Johans Gate, there is a joint booking office for six central cinemas, open week-







days from 10 a.m. to 4.15 p.m. Other large cinemas have their own booking offices, usually open from 10 a.m. onwards.

The Philharmonic Society's Orchestra gives concerts from September to May, and frequent visits by prominent foreign soloists and conductors help to maintain a high standard. Since a large Concert Hall is still in the planning stage, the Philharmonic performs either in the Oslo University Aula (the old city building – J6), or in the Freia Hall in the chocolate factory of the same name, at 28 Verksgaten (east of L2). There are also numerous chamber- and church-music concerts, as well as recitals.

In summer, concerts are given by the Oslo City Orchestra in the courtyard of the Vigeland Museum near Frogner Park (see Sights). These are held on Wednesdays at 8 p.m. and Sundays at 1 p.m. Admission is free. During summer the Oslo Cathedral offers organ recitals every Wednesday at 1 p.m., admission free.

The Oslo City Orchestra also gives concerts in the parks where, however, the program is not confined to music only; ballet, pantomimes and plays are also included free of charge. Details of current programs can be found in the newspapers, or in the weekly publication "Oslo This Week". The hall porter at your hotel will also be able to give you up-to-date information about performances at the Summer Theater in Frognerparken, or folk-dancing programs at the Folkemuseum Open-Air Theater at Bygdøy.

## Transportation

Streetcars, trolley buses and a subway line serve the city itself, while suburban districts are connected by electric trains and buses. Local trains have their city terminal at Østbanestasjonen (L7) or Vestbanestasjonen (I7), suburban trains at the National Theater (J6) and

Østbanestasjonen – the majority of lines from here are subways – or Stortorget (L6).

The basic fare for taxis is NKR3, with a subsequent charge of approximately NKR1 per kilometer (5/8 of a mile). Only one company operates in Oslo, and it is licensed and controlled by the authorities. Sightseeing taxis may be hired. There are taxi-stands throughout the city.

Drive-Yourself cars of all types are available – a convenient way for exploring, at your leisure, the lovely surroundings of Oslo. Consult the SAS office for information and rates.

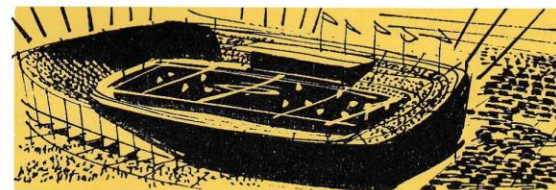
## Tipping

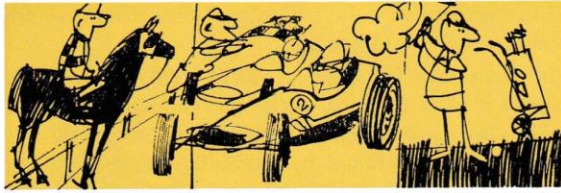
A service charge of 10–15 % is generally added to hotel bills (usually 15 % in the larger establishments). The only services it does not include are those of the luggage porter and the hall porter whom you should tip individually. There is no need to tip the hotel staff unless you have received extra services. In restaurants it is customary to tip 3–5 % in addition to the service charge on the bill. A cab driver will expect an extra 10 % more than the meter reading, especially if he has been helpful with the luggage.

Hairdressers and barbers, do not expect tips, though many customers leave 50 øre. Cloak-room attendants expect 50 øre per person. Ushers in theaters and cinemas are not tipped.

## Sports

The most important of all Norwegian sports is skiing and the most important of all Norwegian skiing events is the annual Holmenkollen Skiing Competition with the





"Holmenkollen Day", which takes place on one of the Sundays in March. More than 100,000 spectators come to watch the greatest ski-jumpers in the world from the famous "Horse Shoe". During the bathing season this "Horse Shoe" is converted into a giant swimming pool. Bislet stadium (1/2) is the scene of some of the world's finest speed skating, and the sight of 28,000 enthusiastic spectators cheering their own favorites, refutes the theory that Norwegians are shy and reserved people.

If you want to practise skating yourself there are numerous skating rinks open to the public, e.g. at the Frogner or Bislet Stadium, where there are skates for hire.

If you are a member of a curling club you are welcome to play on the fine rinks of Oslo Curling Club.

Skiers have at their disposal the vast and lovely area of Nordmarka surrounding the city. Electric suburban lines and local buses reach the skiing terrain in about half an hour from "downtown" Oslo. For night skiing there are special floodlit facilities and slalom slopes. If you don't want to bring your own skis, you can always hire equipment.

The sailing season begins towards the end of May, and usually lasts until September. A cruise along the Oslo Fjord is a pleasure never to be forgotten. There are many fine beaches on both sides of the Fjord, and many small islands where you may swim, go for a stroll or relax in the sun. Local boats to all of these islands leave from the quays at the City Hall Square.

Two 18-hole golf courses welcome visiting members of other golf clubs.

Horse racing takes place at Øvrevoll Race Course (20 minutes by electric train or bus from the City Hall Square). Important racing events are the Oslo Cup and the Norwegian Derby. The season opens the first Thursday or Sunday in May, and closes in late October.

## Climate and clothing

Norway is a land of climatic surprises. It has more daylight hours in summer than any other country in the world and on Midsummer's Day, Oslo enjoys 18½ hours of daylight. In June and July there is usually little rain, autumn is pleasant and winter snows create a sportsmen's paradise from December through to April.

The average monthly high and low temperatures in Oslo are:

	Max.		Min.			Max.		Min.	
	F	C	F	C		F	C	F	C
January	27°	-4°	16°	-9°	July	71°	22°	51°	11°
February	29°	-2°	16°	-9°	August	66°	18°	50°	10°
March	35°	2°	22°	-6°	September	55°	13°	41°	5°
April	46°	8°	32°	0°	October	43°	6°	32°	0°
May	57°	14°	39°	4°	November	32°	0°	25°	-4°
June	64°	18°	44°	7°	December	27°	-3°	20°	-7°

For a summer visit pack light-weight dresses and suits, but during the winter months a good warm overcoat or fur is necessary. And don't forget your raincoat.

The Norwegians dress informally, and evening attire is seldom obligatory in theaters, restaurants, or hotels.

Laundry service is available in most hotels on a 24-hour basis, and there are efficient dry-cleaning facilities throughout the city.

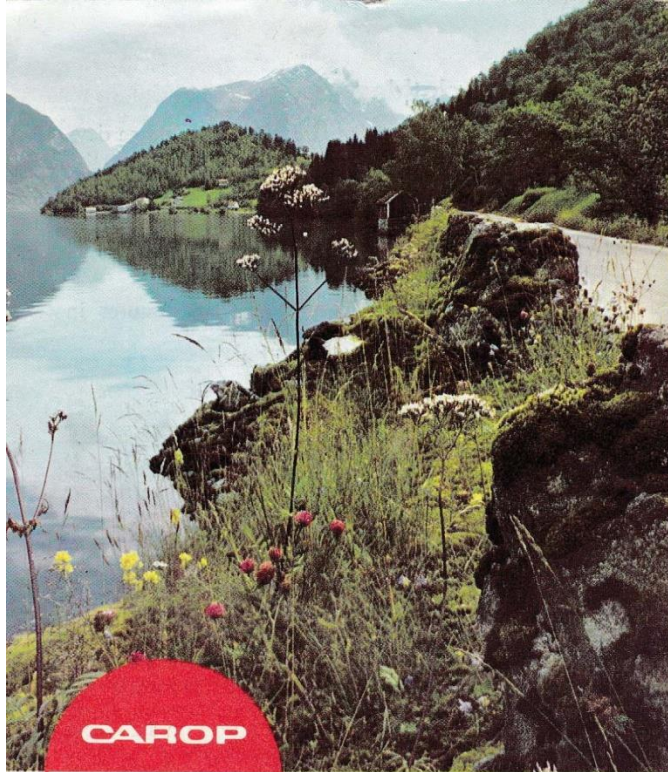
## Highdays and public holidays

January 1	New Year's Day
	Maundy Thursday
March/April	Good Friday, Easter Monday
May	Ascension Day
May 1	Labor Day
May 17	Independence Day
May/June	Whitmonday
December 25	Christmas Day
December 26	Boxing Day

All shops and offices close on public holidays.

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