



OSLO,  
I love you



This is a personal 7 day trip map to Oslo by Virginia Duran. It is in conjunction to Google maps directions. Oriented towards architecture, it shows what to visit, why, where and when. Prices and other helpful tips about this city. Importance is marked with (\*) being (\*\*\*\*) the most see. See end for useful links.

	WHAT	Architect	WHERE	Notes
	Zone 1: Gamle Oslo + Sentrum (City Center)			
***	Schweigaardsgate 21 + 23	Lund+Slaatto Architects	Schweigaards gate 21	The award-winning buildings Schweigaardsgate 21 and 23 were designed as one architectural composition. Each of the two buildings completed in 2013, volumes appears as almost perfectly cubic shapes. Within each there is a glazed atrium that provides daylight into the office floors. The office plans are mainly based on a U-shape, where the central atrium opens towards the main road on the lower floors, and then as on ascends up the space rotates incrementally toward the opposite direction and the view out over the main railway station to the south. The two buildings were given distinct characters in the facade cladding. Both buildings are clad in granite, but on S21 the stone is light grey, while on S23 it is almost black.
***	The Wedge Office Building	A-Lab	Dronning Eufemias gate 42	This eleven-story building completed in 2016 is the last of BARCODE's 13 buildings to be completed and the farthest to the east. Built on a narrow wedge-shaped lot, the building's offices are only 5-10 metres wide. Each floor has meeting rooms cantilevered out over the eastern facade, a space-saving feature that adds a lively architectonic quality. An exterior stairway / fire escape zigzags between these meeting-room boxes, further enhancing the building's iconic sculptural expression – facing the Mediaeval Park and the City of Oslo to the east, this is a fitting conclusion to BARCODE's long row of façades.
*****	DNB Hovedkontor	MVRDV	Dronning Eufemias gate 30	DNB Bank Headquarters, completed in 2012, expresses both the transparency and stability of DNB as a modern financial institution. The pixelated volume based on small-scale working units adapts to the various influences of the urban context, combining an efficient and flexible internal organisation with a variety of specific communal spaces such as the main entrance lobby, a transparent trading floor, a sheltered public passage, respect for urban view lines and collective terraces overlooking the fjord to the south. The development of the new headquarter cluster is a strategic operation concentrating the DNB offices formerly spread out over Oslo at one location, aiming for synergy and a clear identity.
**	DNB House	Dark Arkitekter	Dronning Eufemias gate 28	Barcode is part of the mixed-use development of Bjørvika, a former harbor area and highway intersection that expands Oslo city center. Dark teamed with MVRDV and A-Lab and won the international design competition for the development. Dark was responsible for the glass- and granite "West-Building", which accommodates 600 occupants completed in 2012. An underground concourse containing meeting rooms, canteen, and other common functions runs continuously under all three DNB buildings. The 15-story office building resembles a giant stair, in which each tread is a large roof terrace and each riser is a two-story-tall glazed common room. The extensively planted rooftops retain water while also providing employees with contemplative break spaces that look towards the east and south.
*****	Lambda	Juan Herreros	Operagata 3	In 2008, Oslo's city council decided to build a new museum for Munch's art and the Stenersen art collection in Bjørvika. An architectural competition for the new museum was announced, and in 2009 an international jury named as the winner Spanish architect Juan Herreros' proposal Lambda. The new museum provides strong, engaging and modern art experiences. In the new museum building, you can visit 11 exhibition areas spanning over seven floors, and



				explore many of the 28 000 works by Edvard Munch from the museum's collection. The new museum is currently scheduled to open in 2020.
*****	Oslo Opera House	Snøhetta	Kirsten Flagstads Plass 1	The Norwegian nature is free for everyone to walk in, and The Oslo Opera House, which opened in 2008, was built as an extension to this idea. Usually, you are likely to be arrested if you walk on rooftops. This new building in the very epicentre of the capital of Norway feels like the complete opposite of the usual "Please don't touch" culture tourists are often met with worldwide. The subtle variations in the structure of the marble-embellished roof is signed by Norwegian artists Kristian Blystad, Kalle Grude and Jorunn Sannes, and is truly a beautiful surface meant to be stepped on.
***	Amerikalinjen Hotel	Kritt Arkitekter AS	Jernbanetorget 2	Within the hotel genre to which it belongs, the Amerikalinjen hotel has certainly become both successful and beautiful. And yet, one is left with the impression that the architect has been demoted to the role of facilitator, while the interior architects were allowed to splurge. The facades have been beautifully restored, and the ground floor is perfectly programmed. But there are disappointingly few remnants of the original details and materials of the building to be found throughout the project. Instead, the interiors are smooth and shiny, and lacking any connection to the history of the building.
***	Oslo Cathedral	Arnstein Arneberg	Karl Johans gate 11	The parish church for downtown Oslo was first consecrated in 1697, and in 1950 it was restored back to its original baroque interior. The pulpit, altar piece and organ front with acanthus carvings are all originals. The large ceiling murals were painted by Hugo Lous Mohr between 1936 and 1950, and the stained glass windows are by Emanuel Vigeland. The chapel on the south side, designed by architect Arnstein Arneberg, were completed in 1950. Mon-Sun (10am-4pm), Fri (4pm-6am)
**	Sentralen	Atelier Oslo + KIMA Arkitektur	Øvre Slottsgate 3	Sentralen consists of Christiania Sparebank's old bank building from 1899, and an adjacent office building from 1900 (architects Henrik Nissen and Ivar Cock). In 2012 Atelier Oslo and Kima Arkitektur started the work of turning these two buildings into a new cultural hub of Oslo, offering co-working spaces for cultural producers and social innovators. Both buildings were characterized by several refurbishments in recent decades, and an extensive amount of debris were removed in the beginning of the rebuilding process. Structural changes in the protected facades and interiors was made to make the buildings more inviting and open the former bank buildings to the public. Mon-Sun (8am-10pm)
*****	Akershus Fortress		0150 Oslo	The building of Akershus Castle and Fortress was commenced in 1299 under king Håkon V. The medieval castle, which was completed in the 1300s, had a strategical location at the very end of the headland, and withstood a number of sieges throughout the ages. King Christian IV (1588-1648) had the castle modernised and converted into a Renaissance castle and royal residence. Guided tours of the fortress are available to the public in summer, and start at the Fortress Visitor Centre. Mon-Sun (6am-9pm)
*****	National Museum - Architecture	Christian Grosch and Sverre Fehn	Bankplassen 3	Oslo's new museum of architecture, a branch of the National Museum of Art, Architecture and Design, has taken over the oldest premises of the Norwegian Central Bank, designed by Christian Grosch and completed in 1830 as one of Norway's first monumental buildings in the Empire (Regency) style. Sverre Fehn was the architect for both the refurbishment of the old building and the new exhibition pavilion. The aim of the refurbishment was to recreate the original character of the buildings while accentuating the structure in the interaction with new elements and spaces. This is Norway's largest architecture collection and consists of more than 300,000 artefacts, dating from the 1830's and up until today. General admission NOK 50. Tue-Wed (11am-5pm), Thu (11am-7pm), Fri (11am-5pm)
**	Norway Resistance Museum		Bygning 21	Norway's Resistance Museum also known as the Norwegian Home Front Museum documents Norway's domestic World War II history from the years 1940-1945. The exhibitions have re-created five years of occupation through pictures, documents, posters, objects, models, original copies of newspapers and recordings. The Resistance Museum is located in a building from the 17th century, adjoining the memorial for Norwegian patriots executed during the war. Mon-Sun (10am-4pm)
***	Rådhuset	Arnstein Arneberg and Magnus Poulsson	Rådhusplassen 1	Inaugurated in 1950, Oslo City Hall is the city'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. Oslo City Hall is built of red brick and has two towers, one 63 meters tall and other 66 meters tall. The bricks used are larger than what was typical at the time of construction, but are roughly the same size as bricks used in the Middle Ages. The bricks - measuring approximately 27,5 x 13 x 8,5 cm - were produced by Hovin Teglværk in Oslo. The eastern tower has a



				set of 49 bells. Carillon concerts on the first Wednesday of every month at 1 pm. Pre-booked tours for groups of up to 30 persons are available all year. Mon-Fri (9am-4pm)
*****	Nobel Peace Center	David Adjaye	Brynjulf Bulls plass 1	The Nobel Peace Center was opened in 2005 and it is situated in the old train station. Dating from 1872, the former station building was drawn by architect Georg Andreas Bull. It ceased to be used as a railway station in 1989. British architect David Adjaye is responsible for the Center's creative design, including its color schemes; the American designer David Small developed its hi-tech installations. The Center is also an arena where culture and politics merge to promote involvement, debate and reflection around topics such as war, peace and conflict resolution. General admission NOK 150, students NOK 100. Tue-Sun (10am-6pm)
*****	Nasjonalmuseet	International Design Studio	Universitetsgata 13	The National Museum of Art, Architecture and Design was established on 1 July 2003 by the merging of the Architecture Museum, Art Industry Museum, National Exhibitions, the Museum of Decorative Arts and Design, the Museum of Contemporary Art, and the National Gallery of Norway. The National Museum collects, preserves, displays, and conveys the country's most extensive collection of art, architecture and design. The collection has up to 400 000 works. The New National Museum is currently under construction near Oslo City Hall.
****	Ling Ling Oslo	MAPT + Alliance arkitekter	Stranden 30	Ling Ling Oslo, completed in 2009, it is a restaurant and cafe for Oslo but it also has the capability to host concerts and conferences etc and the open floor plan can be subdivided according to temporary needs. Wood is the material for the primary and secondary construction as well as the facade system. The restaurant has an outdoor serving area and a rooftop bar with great views of Aker Brygge and the Oslo Fjord. Sunday 6-6.30am
***	ETT BORD	Radius Design AS	Ruseløkkveien 3	The aim of the design was to create a generous place with good daylight and visual connection to the street. The entrance area exhibits the raw materials for the day's menu, and gives a view into the kitchen. The six metre long specially designed table in solid oak obviously dominates the restaurant space. It seats 24 people and is carefully proportioned for the social interaction between the guests. Materials and colour scheme separates the different zones. Mon-Fri (4-11.30pm), Sat (12-11.30pm)
*****	Astrup Fearnley Museum of Modern Art	Renzo Piano	Strandpromenaden 2	The Astrup Fearnley Museum of Modern Art is a privately owned contemporary art gallery in Oslo in Norway. It was founded and opened to the public in 1993. The collection's main focus is the American appropriation artists from the 1980s, but it is currently developing towards the international contemporary art scene, with artists like Jeff Koons, Richard Prince, Cindy Sherman, Matthew Barney, Tom Sachs, Doug Aitken, Olafur Eliasson and Cai Guo-Qiang. The museum gives 6-7 temporary exhibitions each year. Astrup Fearnley Museum of Modern Art collaborates with international institutions, and produces exhibitions that travels worldwide. In 2012 the museum moved to two new buildings designed by Renzo Piano on Tjuvholmen. Tue-Wed (12-5pm)
***	Storting building	Emil Victor Langlet	Stortingsbygningen, Karl Johans gate 22	The Storting building is the seat of the Storting, the parliament of Norway. Following the establishment of the Parliament of Norway in 1814, which had happened at a private home belonging to Carsten Anker in Eidsvoll, the newly established legislature started meeting at Christiania lærde Skole at Tollbodgaten and Dronningsgate. The building is built in yellow brick with details and basement in light gray granite. It is a combination of several styles, including inspirations from France and Italy. A characteristic feature of Stortingsbygningen is the way the plenary chamber is located in the semi-circular section in the front of the building, as opposed to the building's centre. The back side of the building mirrors the facade of the front, with the meeting chamber of the now-abolished Lagting legislative chamber. The interior of the building is also designed by Langlet.
****	Karl Johans gate		Karl Johans gate	Karl Johans gate is the main street of the city of Oslo, Norway. The street was named in honor of King Charles III John, who was also King of Sweden as Charles XIV John. Karl Johans gate is a composite of several older streets that used to be separate thoroughfares. The eastern section was part of Christian IV's original city near the ramparts surrounding the city. When the ramparts were removed to make way for Oslo Cathedral, three separate sections eventually became Østre Gade.kut The wider western section was built during the 1840s as an avenue connecting the newly erected Norwegian Royal Palace with the rest of the city. In 1852, it was named Karl Johans gate in honor of the recently deceased king. His equestrian statue, by sculptor Brynjulf Bergslien, was later erected during 1875 in front of the Royal Palace. When the Norwegian parliament building was



				completed in 1866 at the junction of the two formerly separate streets, the two streets were joined and the whole length was named Karl Johans gate.
****	Paleet Shopping Center	JVA	Karl Johans gate 37 - 43	Paleet is a shopping center situated on the high street Karl Johans gate in the very centre of Oslo. It has operated as a shopping mall since 1990, a new building sitting behind retained historical facades from the 1860's. In 2014 Paleet has undergone an extensive refurbishment. The aim has been to create a shopping destination with a strong personality. The project seeks to provide an overall experience through exquisite design as well as offering a range of dining venues and high end boutiques. The lightly hued terrazzo flooring with golden fragments plays in tandem with the copper and the dryness of the cedar cladding of the walls. Mon-Sat (11am-5pm)
**	Gyldendal Norwegian Publishing	Sverre Fehn	Sehesteds gate 4	Gyldendal is Norway's largest publisher, but by 2005 its activities had expanded to the point where the publishing house occupied an entire block in the centre of Oslo. Over time the old-fashioned internal structure, with its maze of small rooms, had become impractical and difficult to work in. The architect commissioned to redesign the offices, with a view to keeping and restructuring the existing buildings. Thus the original facades were retained and a new building constructed within the old structure. A large central courtyard was created that contained the "Danish house", a copy of the original premises of the Danish mother company in Copenhagen. The main entrance is now the original gateway in Sehesteds plass, and the company's distinctive copper entrance door has been restored and moved from its previous position in Universitetsgaten to the new Sehesteds plass entrance.
***	Historical Museum	Henrik Bull	Frederiks gate 2	The Historical Museum is located in one of Oslo's most beautiful jugend buildings, and shows permanent and changing exhibitions on four floors. The ground floor is home to large collections from the Middle Ages, gold and silver treasures, and the interdisciplinary exhibition Collapse. The ethnographic exhibitions on the second and fourth floors exhibit Egyptian mummies and Antique art, as well as items from Arctic expeditions and African, American and East Asian cultures. General admission NOK 120, students NOK 90. Free entry on the last Saturday of the month. Tue-Sun (11am-6pm)
*****	The Royal Palace	Hans Linstow	Slottsplassen 1	The Royal Palace in Oslo was built in the first half of the 19th century as the Norwegian residence of the French-born King Charles III John of Norway, who reigned as king of Norway and Sweden. The building is in neo-classical style with a facade of stuccoed brick, and was completed in 1849. The Royal Palace Park surrounds the palace on all sides and features grassy areas, majestic trees, small ponds and statues. Changing of the guards every day at 1.30 pm. Service in the Palace Chapel on Sundays at 11 am. It's currently home to HM King Harald V and HM Queen Sonja. Guided tours NOK 135. The Royal Palace is open to the public during the summer.
<b>Zone 2: Frogner</b>				
***	Oslo City Museum (Oslo Bymuseum)		Frognerveien 67	Oslo City Museum was first founded in 1905 as the association Det gamle Christiania. The museum moved into the main building at Frogner Manor in 1909 - which dates to the 18th century. In 2006 it became part of the newly established Oslo Museum, together with two other museums; the Intercultural Museum and the Theatre Museum. Oslo City Museum has an extensive library with the purpose of documenting the history of the City of Oslo, as well as the former municipality Aker. Particularly valuable is the museum's art collection and photo collection with Oslo motifs and portraits. The museum has one of the largest and most important photo collections in Norway. Free admission. Tue-Sun (11am-4pm)
***	The Vigeland Park	Gustav Vigeland	Nobels gate 32	Frogner Park contains, in its present centre, the Vigeland installation, a permanent sculpture installation created by Gustav Vigeland between 1924 and 1943. In the park you'll find more than 200 sculptures by Gustav Vigeland (1869-1943) in bronze, granite and cast iron, including The Angry Boy (Sinnataggen in Norwegian), The Monolith (Monolitten) and The Wheel of Life (Livshjulet). Vigeland was also responsible for the design and architectural outline of the park, which is one of Norway's top tourist attractions, with more than one million annual visitors. The park is free to enter and open all year round.
**	Villa Stenersen	Arne Korsmo	Tuengen allé 10C	Villa Stenersen is considered one of the main works of Norwegian modernism. The private home was built for finance broker and art lover Rolf M. Stenersen and his family. Architect Arne Korsmo (1900-1968) applied the international architectural ideas of his time. The villa was home to works from Rolf Stenersen's art collection, exhibited in the piano nobile-like first floor, where the facade consists of glass blocks with ordinary windows inserted, partly due to the outstanding



				view of the city and fjord. Situated on a prominent rise in the landscape, the house has a somewhat monumental character, quite different from the typical coziness of Norwegian villas.
<b>Zone 3: St. Hanshaugen</b>				
**	St. Olav's Catholic Cathedral	Heinrich Ernst Schirmer	Akersveien 1	St. Olav's Cathedral was located in the countryside outside the then city of Oslo. The work was funded by private donations and fundraising abroad, the most generous individual donor being Queen Josephine, who was a Catholic herself. The first mass of the church was celebrated on 24 August 1856, but as there was no Roman Catholic bishop in the country, the church was not consecrated until 8 August 1896. A relic, reportedly a bone from St. Olav's arm, have been placed in a showcase since the 1860s. When the Roman Catholic Diocese of Oslo was established in 1953, St. Olav's was chosen as the episcopal seat and was elevated to the rank of cathedral.
**	Old Aker church nursery		Akersbakken 32	Old Aker Church (Gamle Aker kirke) is Oslo's oldest remaining building and the only remaining church from the Middle Ages. It is assumed that it was built around the year 1150. It is a stone church, built as a three-naved Roman-style basilica. The church has been pillaged and ravaged by fire several times. The oldest part of the surrounding churchyard dates back to the 12th century. The church has a baroque pulpit and baptismal font from 1715. The tower was built in 1861. Thu (4-6pm)
*****	Damstredet		Damstredet	Damstredet is a cobbled street with wooden houses from the first half of the 19th century. The street runs between Akersveien and Fredensborgveien and is just 160 metres long.
<b>Zone 4: Grünerløkka</b>				
***	Lærernes hus	Element Arkitekter	Osterhaus' gate 4A	Element Arkitekter won the competition in 2004 for the Union of Education Norway, which wanted "a conference room as big as possible" on this site. The headquarters for Union of Education is situated in the parallel street and in the backyard. Smykkeskrinet is an extension of the existing facilities. Visitors either enter the lobby of the main building in Hausmanns Gate or the lobby of Smykkeskrinet. The struggle has been the tolerances because the two existing neighboring buildings are tilted and not parallel. Therefore the basement has a smaller footprint than the other three floors. The building is anchored by poles into the earth. Tubes in the decks and the main concrete staircase circulate warm and cold water. The heat from the sun is collected (through the south western glass façade to the street (200 m2) and also some heat from the north eastern façade towards the backyard) in the thermal concrete mass and stored in the earth to be taken up in the wintertime.
****	Kulturkirken Jakob	Georg Andreas Bull	Hausmanns gate 14	Kulturkirken Jakob is a church in Oslo, Norway, designed by architect Georg Andreas Bull and built in 1880. The church is named after the Apostle James (the Great), in Norwegian language: Apostelen Jakob. The altarpiece of the building year by Eilif Peterssen and shows the adoring shepherds. In the porch hangs a relief of the Archangel Michael. The church, with 600 seats, served as the parish church of Jakob parish until 1985, when it was closed by the due to building restoration. The church was reopened in February 2000 as a church of culture, directed by Kirkelig Kulturverksted for long term rental of the Church of Norway (Kirkelig Fellesråd) in Oslo. The church is one of the few pure churches of culture, with performances of theater, dance and other cultural expressions. The basement has showrooms for exhibitions. Check exhibitions <a href="http://jakob.no/en/">http://jakob.no/en/</a>
***	Design og arkitektur Norge (DOGA)	JSA	Hausmanns gate 16	In 2004 Norsk Form and the Norwegian Design Council established this meeting point, gallery and conference center for Design and Architecture in a former Transformer-Station in Hausmannsgate 16. The building consisted of different additions and alterations from 1860 until 1980. The architects revealed this history by uncovering the "voices" from the past. They removed only the plaster that was in bad shape, thus creating a "story" of the building's alterations. By revealing this architectural information the design gained a complex quality. The new additions inside like walls, furniture and stairs are constructed with simple geometries and rough surfaces. However, the precision and careful detailing of new elements create an elegant contrast to the ruin-like environment. In the same way as in Mortensrud church, steel joints and welding are exposed, presenting visitors with clues to the construction methods. Mon-Fri (10am-4pm)
**	Nedregate Culture District	Space Group	Nedre gate 5	In 2012, Space Group completed the refurbishment of a late nineteenth century industrial building designed by architects Ove Ekman and Einar Smith. This area along the Akers River was historically referred to



				as NY York (New York) due to its explosive development in 1858. Today the area reflects a transformation towards a district focused on art, architecture and design. Signal Mediahus sits next to the Aker River in Oslo. The original industrial building has a rich history of uses, from textile industry to offices and events. Part of the building burned down in the 1980s. The program is organized around a main void that brings light from a glass roof into the deep section of the building.
*****	Oslo School of Architecture and Design	JVA	Maridalsveien 29	The new Oslo School of Architecture, completed in 2001, is based in an existing building from 1938, located by the Akerselva River in the eastern part of Oslo. The school is part of a larger effort to revitalise this former industrial area for education-related use. The long-term aim is a campus for arts education along the riverbank. The exterior of the existing building has a conservation status. The architects have kept the block open towards the river, and combined the new programme with the logic of the existing building together with the surroundings in one spatial sequence. Mon-Fri (8am-4pm)
**	Bellona Foundation	LPO arkitekter	Vulkan 11	The office building has a characteristic south facade with integrated solar panels that reduce solar exposure. On sunny days the building delivers energy to the local grid. The tenant of this building is the environmental organization Bellona, Norway's most environmentally friendly office building at the time, with an estimated power consumption of only 68 kWh/m2/year. The building consists of offices, businesses and restaurants. Everything from material selection to life cycle analysis was examined. A mobility plan for the whole Vulkan area was established. The most striking aspect is its saw-tooth-shaped south facade, where the glazed surfaces face downwards and are shielded from excess solar gain by solar panels on the upper surface.
*****	Grünerløkka		Grünerløkka	Grünerløkka lies on the east side of the river, behind the old industrial buildings. Grünerløkka is a traditional working class district, but from the late 20th century a gentrification process has taken place in the area. Here you will discover numerous little cafés, restaurants and bars. Grünerløkka is also a popular shopping district, with original design shops and many vintage and second-hand stores. The first element was derived from the surname Grüner. The last element is the finite form of Løkke meaning paddock. Grünerløkka was named after Friedrich Grüner (1628-1674) who served as chief administrator (Oberhauptmann) and the administrator of the mint (myntmester) at Christiania from 1651 until his death in 1674.
**	Løren Metro Station	Arne Henriksen Arkitekter + MDH Arkitekter	Peter Møllers vei 3	The neighbourhood of Løren, a former industrial area and military camp, has in recent years emerged as a new, attractive residential district. As a further development of the area a new metro station was planned. The station is located 27 meters underground and accessed by stairs, escalators or lifts from the two entrances. The main vestibule comprises a closed, technical part made in concrete, and a public part made in steel and glass. Large steel girders in the ceiling make the room open and column-free, and the many skylights open up for changing light conditions through the day.
***	Natural History Museum		Sars' gate 1	The Natural History Museum at the University of Oslo is Norway's oldest and largest museum of natural history. The Zoological Museum has permanent and changing exhibitions displaying wildlife from Norway and the rest of the world. Here you can among other things see a lifelike replica of a beaver dam, scenes from arctic wildlife and an international exhibition with exhibits ranging from penguins in Antarctica to chimpanzees and okapi in African rainforests. General admission NOK 120. The Natural History Museum has free entry on Thursdays (except during school summer holidays and on public holidays). Tue-Fri (11am-6pm)
***	The Botanical Garden		Sars' gate 1	The University Botanical Garden (Botanisk hage) is Norway's oldest botanical garden. It was first established in 1814 and is administrated by the University of Oslo. The Tøyen estate is rich in history, and the main wing is probably the oldest wooden building in greater Oslo. Tøyen i Aker was originally an estate owned by the Nonneseter Abbey. The University of Oslo's oldest building, Tøyen Manor (Tøyen hovedgaard), is located in the garden. Today the historic Tøyen Manor houses temporary exhibitions and a café for staff and visitors. The University Botanical Garden (Oslo), founded in 1814, belongs to the Natural History Museum of the University of Oslo. Mon-Sun (7am-9pm)
<b>Zone 5: Gamle Oslo + Nordstrand</b>				
*****	Munch Museum	Einar Myklebust, Gunnar Fougner	Tøyengata 53	The Munch Museum's collection, left to the city of Oslo by the artist, consists of paintings, graphical prints and drawings. By constantly changing the exhibitions, the museum presents the variety in his



				production. he museum now has in its permanent collection well over half of the artist's entire production of paintings and at least one copy of all his prints. This amounts to over 1,200 paintings, 18,000 prints, six sculptures, as well as 500 plates, 2,240 books, and various other items. General admission NOK 120, students NOK 60. Mon-Sun (10am-4pm)
***	Sørenga Sjøbad	LPO arkitekter	0194, Sørengkaia	The middle part of the Sørenga pier has a new park area that extends into a beach that was completed in 2015. Around the whole pier a new harbour promenade culminates and extends into a wooden floating jetty with diving boards a 50-metre pool with lanes, and a 200 sq metre seawater pool. The beach and sea water pool is exposed to the fjord and has a wide view out to the Hovedøya island and over the city centre, with the new Barcode area and the Oslo Opera house. The new areas offer opportunities for water related activities in summer and is in use as a recreational area throughout the year.
***	Ekebergrestauranten	Lars Backer		Ekebergrestauranten is a restaurant and banquet facility in a hillside overlooking downtown Oslo, Norway. Ekebergparken Sculpture Park is the nearest neighbor. The restaurant has been owned by Christian Ringnes since 2005. The Functionalist building was first completed in 1929, drawn by architect Lars Backer. The restaurant has flat roofs, large windows, a terrace and an arched entrance in a corner tower. The architect maximized the number of window seats. The interior of the new Ekebergrestauranten was designed by Thomas Ness.
****	Ekebergparken Skulpturpark		Kongsveien 23	The park combines its long history, beautiful nature, stunning views and impressive sculptures in a unique way. The artworks that are spread around the whole park are by internationally renowned artists like Louise Bourgeois, James Turrell, Dan Graham, Sarah Lucas, Damien Hirst and Roni Horn. In addition to the sculptures, you can also find traces of Oslo's long and diverse history in the park, from rock carvings and ruins from the stone age to cemetery's that date back to 900-400 BC.
*****	Ekeberg		Ekeberg	Ekeberg is a neighborhood in the city of Oslo, Norway. The Norway Cup soccer tournament takes place at Ekebergstetta every summer. "Sletta" means "the plain". The painting "The Scream" by Edvard Munch is painted from Utsikten ("the view"), a part of Ekeberg. In the area are a number of old Iron Age grave mounds and Bronze Age ritual sites. This establish the area of Ekeberg as one of the oldest inhabited places around Oslo. During the Middle Ages, the farm of Ekeberg belonged to Hovedøya Abbey. The area was later taken by the crown.
<b>Zone 6: Bygdøy</b>				
***	The Fram Museum	Colin Archer	Bygdøynesveien 39	The Fram Museum is a museum telling the story of Norwegian polar exploration. The Fram Museum was inaugurated on 20 May 1936. It honours Norwegian polar exploration in general and three great Norwegian polar explorers in particular-Fridtjof Nansen, Otto Sverdrup and Roald Amundsen. Fram is the strongest wooden ship ever built and still holds the records for sailing farthest north and farthest south. The museum also exhibits images of the fauna of the polar regions, such as polar bears and penguins. General admission NOK 120, students NOK 50. Mon-Sun (10am-5pm)
*	Kon-Tiki Museum		Bygdøynesveien 36	Thor Heyerdahl is one of history's most famous explorers. In 1947 he crossed the Pacific Ocean on the balsawood raft Kon-Tiki. This was his first expedition to be captured on film, and was later awarded Academy Award for best documentary in 1951. He later completed similar achievements with the reed boats Ra, Ra II and Tigris, through which he championed his deep involvement for both the environment and world peace. He was also responsible for important archeological excavations on the Galapagos Islands, Easter Island and in Túcume. The Kon-Tiki Museum exhibits objects from Heyerdahl's world famous expeditions, the original Kon-Tiki raft, and the papyrus boat Ra II. General admission NOK 120, students NOK 50. Mon-Sun (10am-4pm)
*	Norwegian Maritime Museum		Bygdøynesveien 37	The Norwegian Maritime Museum is situated in beautiful surroundings on the waterfront on the Bygdøy peninsula. The museum presents Norwegian maritime history, shipbuilding and underwater technology. The museum was founded in 1914 and previously known as the Norsk Sjøfartsmuseum. The Norwegian Maritime Museum is operated in conjunction with Norwegian Folk Museum. General admission NOK 120, students NOK 50. Mon-Sun (10am-5pm)
****	Center for Studies of the Holocaust and Religious Minorities	Christian Morgenstierne and Arne Eide	Villa Grande, Huk Aveny 56	The Center for Studies of Holocaust and Religious Minorities (HL Center) in Norway is located in Villa Grande on the Bygdøy peninsula. The center was established in 2001. In 2006 it moved from the University of Oslo campus to Villa Grande, the former residence of



				Vidkun Quising. The construction of the building began in 1917, designed by the architects Christian Morgenstjerne (1880–1967) and Arne Eide. The original owner was Sam Eyde, founder of Norsk Hydro. The HL Center presents a modern exhibition on the Holocaust. Images, sounds, film, items and text documents the genocide on the European Jews, as well as the Nazi State's mass murder and persecution of other peoples and minorities. General admission NOK 70, students NOK 50. Mon–Sun (10am–4pm)
*	Viking Ship Museum		Huk Aveny 35	The Viking Ship Museum was completed in 1932. It is part of the Museum of Cultural History of the University of Oslo, and houses three Viking era burial ships that were found as part of archaeological finds from Tune, Gokstad (Sandefjord), Oseberg (Tønsberg) and the Borre mound cemetery. Building of the last hall was delayed, partly due to the Second World War, and this hall was completed in 1957. The adventure film The Vikings Alive is screened throughout the day on the ceilings and wall inside the museum. General admission NOK 120. Mon–Sun (10am–4pm)
*****	The Norwegian Museum of Cultural History		Museumsveien 10	Norsk Folkemuseum, at Bygdøy, Oslo, Norway, is a museum of cultural history with extensive collections of artifacts from all social groups and all regions of the country. One of the world's oldest and largest open-air museums, with 155 traditional houses from all parts of Norway and a stave church from the year 1200. The museum also has indoor exhibits with traditional handicraft items, folk costumes, Sami culture, weapons, toys, pharmaceutical history and changing exhibitions. General admission NOK 160. Mon–Sun (11am–4pm)
*	Stave church from Gol		Museumsveien 10	Gol Stave Church is a stave church originally from Gol in the traditional region of Hallingdal in Buskerud county, Norway. The reconstructed church is now a museum and is now located in the Norwegian Museum of Cultural History at Bygdøy. The copy was built in the 1980s and consecrated by the bishop of Tunsberg in 1994. In 1907 this early open air museum, the world's first, was merged with the Norwegian Museum of Cultural History, which now manages the stave church, still nominally the property of the reigning monarch. General admission NOK 160. Mon–Sun (11am–4pm)
*****	Oscarshall	Johan Henrik Nebelong	Oscarshallveien	Oscarshall was built from 1847 to 1852 by Danish architect Johan Henrik Nebelong, commissioned by King Oscar I, and since 1863 it has been at the King's disposal. It is considered neo-Gothic masterpieces in Norway, and is one of the country's main national romantic memorials. The grounds include a main building, a park that leads down to the water and an open pavilion. The palace is now open for guided tours during the summer season. General admission NOK 70. The palace is open to the public every summer.
<b>Zone 7: Outskirts</b>				
***	Statoil Regional and International Offices	a-lab	Martin Linges vei 33	Statoil is a Norwegian energy producer, the 57th largest company in the world by revenue, with about 30 000 employees in 37 countries. 2500 of these now work in this unique office building, with a spectacular view over adjacent park areas and the fjord of Oslo. The iconic structure, completed in 2012, seeks to reflect Statoil's role as an innovative and internationally pioneering petroleum company as well as giving a new identity and pulse to the local environment. The Fornebu area, a previous site for Oslo's main airport, is undergoing a radical transformation into an urban area, with commercial and residential buildings and public recreation areas.
**	Technopolis Fornebu	a-lab	Martin Linges vei 17 – 25	The "portal building" in Fornebu is an extension to the former Airport Terminal housing business and incubation centers for information technology companies on 28.000 m2. A-lab was commissioned to develop the building, after winning the competition in 2004. The design reduces volume and waste, providing healthy and communicative workplaces with a flexible layout. The concept was to strip and divide the program into independent elements defined by function, in order to gain a distinct architectural identity. The project is situated on the raised ground of the former apron of the airport, and the symmetrical layout follows the axis of the old terminal, which was designed by Odd Nansen in 1963 and today is a listed building.
**	Lysaker stasjon	Snøhetta	Drammensveien 325	Lysaker stasjon on the Drammen Line and Asker Line is situated in Bærum, near the former airport of Fornebu, making it an important node for both local, regional and airport express trains. The station project, completed in 2009, is a result of the new train line westwards from Oslo, which made it necessary to double the number of tracks and platforms. The station is elevated and features two island platforms with four tracks. Snøhetta won the architecture competition for the station, the rather sharp curves of which caused some concern about safety. A generous public passage cuts through the massive



				concrete base of the station, giving good access both to the adjacent bus terminal and the large number of office workplaces in the area.
***	Henie Onstad Art Center	Jon Eikvar and Sven Erik Engebretsen	Sonja Henies vei 31	The Henie Onstad Kunstsenter is an art museum founded in 1968 by World and Olympic champion figure skater Sonja Henie (1912–1969) and her husband, shipping magnate and art collector Niels Onstad (1909–1978). Their private collection of contemporary art, total 110 images, as well as funds for construction and operation of the centre was donated by the couple in 1961, when the Sonja Henie and Niels Onstad Foundation was created. In 1994, the building was extended, and a two-story wing with exhibition spaces and technical rooms was added. General admission NOK 80. Tue–Wed (11am–5pm)
***	Bærum Kulturhus	Snøhetta	Claude Monets alle 27, 1338 Sandvika	The Bærum Cultural Center is built in an exciting town centre site next to A. Haukelands Plaza. The building forms the focal point of an important cultural axis running through the town centre of Sandvika, a town outside of Oslo. The building plaza connects the old town hall, the bridge crossing the river, the new city hall with municipality offices, and the neighboring cinema complex. The Cultural Center is formed around a 600-seat theater hall, equipped with all necessary back stage facilities, two rehearsal rooms and a large public foyer. Check events <a href="http://www.baerumkulturhus.no">www.baerumkulturhus.no</a>
****	Oslo International School	JVA	Gamle Ringeriksvei 53	Oslo International School is a private school with about 500 children from more than 50 different nations, divided into kindergarten, reception, primary and secondary school. The school is based on a traditional use of classrooms combined with special facilities for advanced studies. The existing structure from the 1960-ies was worn down, but had obvious architectonic qualities. The organization on one level gives easy orientation, good natural lighting and a close contact to the outdoors. The modular structure is flexible to programmatic changes. The new structure of 2009 gently transforms the easy organization within a limited budget, and tries to keep the inherent qualities. The new mechanical systems are placed on the roof. Mon–Fri (9am–3.30pm)
****	Emanuel Vigelands museum	Emanuel Vigelands	Grimelundsveien 8	Brother to Gustav Vigeland, whose eccentric sculptures occupy a prominent park in central Oslo, Emanuel Vigeland (1875–1948) will be remembered through his own strange and enchanting artistic work. Dubbed Oslo's "best kept secret" by locals, the Emanuel Vigeland Museum serves double duty as a mausoleum designed and decorated by Vigeland himself. The building is entered by stooping through a heavy, low iron door. Inside, a large, darkened barrel-vaulted room is completely covered with paintings that show human life from conception to death in explicitly erotic scenes. The 800 square meter fresco took Vigeland 20 years to finish. Vigeland began construction on the building in 1926 with the intention of later filling it with his paintings and sculptures. Today, the museum is only open to the public for a few short hours each week, but it plays host to several concerts (sometimes involving didgeridoos) throughout the year. Check performances <a href="http://www.emanuelvigeland.museum.no">www.emanuelvigeland.museum.no</a>
*****	Holmenkollen Ski Museum	JDS Architects	Kongeveien 5	Holmenkollen Ski Museum is located at the base of the Holmenkollen ski jump in Oslo, Norway. The Ski Museum was founded in 1923 and is the world's oldest ski museum. The initiator of the museum was the architect Hjalmar Welhaven. His private collection formed the foundation of the antique and historic skis on display at the museum. Until 1951, the collection was housed in a building in the Oslo neighborhood of Frognerstøeren. In connection with the rebuilding of Holmenkollbakken in 1951, the museum collection was moved to new premises at Holmenkollbakken. The museum contains 4,000 years of skiing history, starting with rock carvings dating from the Stone Age. It also displays skiers and skis from the Viking Age. General admission NOK 150, students NOK 130. Mon–Sun (10am–4pm)
**	Oslo Skatehall	Dark Arkitekter	Stavangergata 28	Skateboarding was banned in Norway on 1 September 1978, with the intention of preventing serious accidents. This did not discourage the skateboarders, and the skateboarding scene grew steadily. When the ban was lifted in 1989 the interest exploded. Skateboarders went from being lawbreakers to celebrities and youth idols. In January 2017, 28 years after the ban was lifted, Oslo finally got its own custom-built venue for the today a well-established sport. Oslo Skatehall stands now as the best custom-designed skatepark, and one of the largest of its kind in northern Europe. Mon–Fri (2–10pm), Sat (11am–8pm), Sun (9.30am–8pm)
*	Sagene Church	Christian Fürst	Dannevigsveien 17	Sagene Church is one of the most rugged and prominent in Oslo. The church was built in gothic revival style and it was consecrated in 1891. Fountain and landscaping around the church were conducted from 1891 to 1895, and upgraded from 1923. The church has a number of stained-glass windows. a large rose window above the main entrance,



				four windows in the middle of the choir with Old and New Testament motifs. Closest to the church ship are six stained-glass windows, each displaying two apostles with stylized ornaments in between. The church has three church bells, cast by the German firm of C. Albert Bierling, Dresden in 1891.
***	Spikerverket	MAD arkitekter	Nydalsveien 20	The project area, known as Spikerverket, was previously a factory that produced nails. It is located in an area called Nydalen in Oslo. The valley of Nydalen has undergone a transformation from an industrial area to a commercial, residential and educational zone with focus on the river Aker that flows through the neighbourhood. Aker River is one of Oslo's main recreational axes and serves to link Nydalen to the rest of Oslo. Communication is central to Egmont's activities, the tenant of the building. To encourage informal communication and chance meetings, all the social and common areas - coffee bars, meeting rooms, showroom - are located around a core, Egmont's Heart.
**	Nydalen Metro Station Extension	Kristin Jarmund Architects	Nydalsveien 38	Nydalen station was opened in August 2003 and has acted as a catalyst for the expansion of the area including the new management school (BI), restaurants, cafes, and housing. As a result of this expansion, there was an increased number of people using the underground station, and its original design capacity of 900 people was quickly surpassed. A renovation of the station was thus necessary; bringing capacity up to 1200. This capacity increase entailed extensive work on both eastern and western entrance pavilions as well as on the platform itself. The eastern pavilion was modified and rebuilt with careful consideration to the original concept and materials. Covered bicycle parking was integrated, entrances were increased from one to three and escalators down to the platform increased from two to three.
*	Grorudparken	LINK arkitektur	Trondheimsveien 44	Grorudparken (Grorud Park) is one of four new neighbourhood parks in Groruddalen. The park introduces facilities for athletics, play, recreation, youth programmes, social interaction, and cultural activities for the diverse local population. LINK Landskap was the project Landscape Architect, under commission from Oslo Municipality's Department of Water and Sewage. However, several other municipal departments were also involved in the project - The Department of Recreation, The Planning Office, The Office of Cultural Heritage Management, and the District of Grorud. Planning and design work for the park began in the autumn of 2009, based on recommendations contained within the Development Control Plan for Alna Reserve (KDP Alna Miljøpark).
*	Kuben Vocational Arena	Arch Uno	Kabelgata 10-12	The project is a combination of secondary and vocational school in the same industrial transformation area as the Quality Hotel 33. It is the largest school of this type in Oslo with 2000 students. White has designed the interior of the school, which has a wide range of different vocational courses. The aim of Kuben yrkesarena is to support and encourage lifelong learning. Therefore, the 40,000 m2 building also functions as a meeting place for students, teachers and representatives from the private and public sectors.
****	Quality Hotel 33	Erling Viksjø	Østre Aker vei 33	Architect Erling Viksjø designed this brutalist building in 1968 the Økern neighborhood of Oslo to serve as the headquarters for a telephone and cable company. 40 years later a hotel operator turned the office building into a hotel, called the HOTEL 33. The conversion of 2008 by Mellbye Arkitektur Interiør is a key project in the transformation process of this industrial zone in Oslo. The building is part of a group of similar structures by Viksjø, including the high rise building of the government office complex and the headquarters of the Norsk Hydro company. A trademark of the architect is the sandblasting technique which exposes embedded pebbles in both internal and external concrete walls. Still a monolithic exposed concrete slab from the outside, the interiors have been totally reworked: The lower floors contain large event- and conference rooms while at street level, there is a restaurant with 300 seats. The added top floor has a bar and restaurant section as well as a spa area, which offer good views of the city and surroundings.
***	Mortensrud church	Jensen & Skodvin Architects	Helga Vaneks Vei 15	The church, completed in 2002, is situated on the top of a small crest with large pine trees and some exposed rock. Geometrically speaking the church is an addition to the existing ground, no blasting and excavation was necessary except carefully removing the thin layer of soil. This technique, among other things, makes it easier to preserve the existing vegetation and topography, thereby adding a dimension to the experience of the building. A number of trees are preserved in atriiums within the enclosure. Some of the rock formations emerge like islands in the concrete floor of the church, between the congregation



				and choir. Thus the church takes its major divisions from elements already on the site. This is possible because there are relatively large tolerances in dimensioning the rooms.
*****	Heddal Stave Church		Heddalsvegen 412	The church is a triple nave stave church and is Norway's largest stave church. It was constructed at the beginning of the 13th century. The interior is marked by the period after the Lutheran Reformation in 1536–1537 and is for a great part a result of the restoration that took place in the 1950s. Around the year 1250 the church was expanded with a larger apse as we see it today. Ore-pine from the woods in Heddal, beautiful carved portals and inventory indicates of a blossoming age in Heddal at the time. There is a legend telling about the erection of the church and how it was built in three days. General admission NOK 80, students NOK 60. The church could be closed on Saturdays and Sundays due to weddings
***	King's View		3531 Krokkleiva	The view point Kongens Utsikt is 484 metres above the beautiful lakes of Tyrifjorden and Steinsfjorden, west of Kleivstua. Admire the fantastic vistas of large parts of Ringerike and Hole. King Karl Johan's visit in 1832 gave the view point its name: Kongens Utsikt means the King's view point. You can either start at Sundvolden and walk the 1,300 metres up to Kleivstua, or you can drive to Kleivstua. (Toll road, NOK 25). The path from Kleivstua to the view point is clearly signposted. The walk takes around 30 minutes each way.
*****	The Twist Museum	BIG	Samsmoveien 41, 3520 Jevnaker, Norway	Traversing the winding Randselva river, BIG's first project in Norway, The Twist, opens as an inhabitable bridge torqued at its center, forming a new journey and art piece within the Kistefos Sculpture Park in Jevnaker, Norway. Kistefos' new 1,000m2 contemporary art institution doubles as infrastructure to connect two forested riverbanks, completing the cultural route through northern Europe's largest sculpture park. Built around a historical pulp mill, The Twist is conceived as a beam warped 90 degrees near the middle to create a sculptural form as it spans the Randselva. Visitors roaming the park's site-specific works by international artists such as Anish Kapoor, Olafur Eliasson, Lynda Benglis Yayoi Kusama, Jeppe Hein, and Fernando Botero, among others, cross The Twist to complete the art tour. As a second bridge and natural extension to the park, the new museum transforms the visitor experience while doubling Kistefos' indoor exhibition space. General admission NOK 150, students NOK 120. The Twist opens on the 24th of May to the 11th of October for the 2020-season. Tue-Sun (11am-5pm)
*****	Oslo Airport Expansion	Nordic Office of Architecture	Edvard Munchs veg, 2061 Gardermoen	Designed by Oslo-based practice Nordic-Office of Architecture, the 115,000 sqm expansion to Oslo Airport has achieved the world's first BREEAM 'Excellent' sustainability rating for an airport building. Nordic's design increases the airport capacity from 19million to an anticipated future capacity of 30million, whilst passenger flow was improved with a maximum walking distance of just 450m, far shorter than most airports. Snow from the runways will be collected and stored during wintertime in an on site depot to be used as coolant during the summer. Natural materials have been used throughout the building: the new pier is entirely clad in timber sourced from Scandinavian forests. Recycled steel and special, environmentally friendly, concrete mixed with volcanic ash has been used throughout. By choosing environmentally friendly materials, the building's CO2 emissions were reduced by 35%.

- ULR map: <https://drive.google.com/open?id=1ZZv4xU1KBayCXUC1ZH7uwUoPrPijEgoi&usp=sharing>
- Metro map: <https://ruter.no/en/journey/route-maps/>
- Note: Directions are given in order of neighborhoods following this diagram.

1. Sentrum + Gamle Oslo
2. Frogner
3. St. Hanshaugen
4. Grünerløkka
5. Gamle Oslo + Nordstrand
6. Bygdøy



