



Social★stars NORDIC


OSLO VISITOR & TRAVEL GUIDE - NORDIC BACHATA CONGRESS 2026


18-22C
WEATHER


Cards OK
PAYMENT


English
LANGUAGE


Safe
TAP WATER



112
EMERGENCY



NOK
CURRENCY

You're here for the dancing - but Oslo has so much more to offer. This guide covers transport, scooters, top attractions and practical tips - all updated for 2026.


GETTING AROUND


Public Transport - Ruter

	Single Ticket Valid 60 min incl. transfers
Adult Zone 1	NOK 46
Child / Senior	NOK 23
On-board	+ extra

	Period Tickets Reduced from 3 May 2026
24-hour pass	NOK 137
7-day pass	NOK 379
30-day adult	NOK 655
30-day child	NOK 238




	Ferries & Coverage Fjord islands in Zone 1
B2 Fjord islands	Zone 1
Metro T-bane	Zone 1
All trams & buses	Zone 1
Vy trains Oslo	Zone 1

 Buy in the Ruter app BEFORE boarding - on-board tickets cost more. App Store & Google Play.

 30-day adult ticket cut by 150 kr (from 805 kr) in May 2026 - state subsidy + Oslo municipality.

MICRO-MOBILITY

Electric Scooters

 Bolt Popular	 Voi Widest coverage	 Ryde Budget option
1-Day Pass ~NOK 35	1-Day Pass ~NOK 39	1-Day Pass ~NOK 39
1-Week Pass ~NOK 45	3-Day Pass ~NOK 69	1-Week Pass ~NOK 119
bolt.eu visit	1-Week Pass ~NOK 129	ryde-technology.com visit




Prices approximate - check each app. Helmet recommended. Minimum age 18.

THE OSLO PASS - Free entry to 30+ museums + unlimited public transport

What is included:	Duration	Adult	Child
Free entry to 30+ museums (incl. Munch Museum)	24 hours	NOK 595	NOK 295
Unlimited Ruter transport (all zones)	48 hours	NOK 855	NOK 425
Discounts at restaurants & guided tours	72 hours	NOK 1 075	NOK 535
15% off Oslo Badstuforening sauna	Verify at visitoslo.com		
visitoslo.com/en/whats-on/oslo-pass/			

EXPLORE THE CITY

Top Experiences in Oslo



NATURE
Oslo fjord Islands

Island Hopping - Oslo Fjord

Ferry B2 from Aker Brygge to Hovedoya, Gressholmen or Langoyene. Beaches, ruins, forest walks and breathtaking fjord views.

Ferry B2 Aker Brygge Incl. Zone 1 ticket




ARCHITECTURE
Oslo Opera house

Oslo Opera House

Walk the iconic sloping marble roof for panoramic fjord views. Free, open 24/7 and one of Oslo most photographed spots.

Roof open 24/7 free Performances NOK 200+



ART & PARKS
Vigeland Sculpture Park

Vigeland Sculpture Park

212 bronze and granite sculptures in beautiful Frogner Park. Perfect for a morning walk or picnic with locals.

Tram 12 Vigelandsparken Free entry always



MUSEUMS
Munch Museum

Munch Museum

The world's largest Munch collection - including The Scream. Stunning waterfront building right next to the Opera.

NOK 180 adult Under 18 free Free w Oslo Pass



WELLNESS
SALT Sauna

SALT Sauna & Events

Three saunas, cold plunge in the Oslofjord, bar, live concerts and Nordic street food. Unmissable Oslo experience.

NOK 200-300 per session Book ahead weekends




HISTORY
Akershus Fortress

Akershus Fortress

Oslo's medieval castle overlooking the fjord. Grounds free - walk the ramparts and enjoy spectacular harbor views.

Grounds free Museums NOK 100+



ART & NATURE
Ekebergparken

Ekebergparken Sculpture Park

Forest trails, sculpture and the best city panorama in Oslo. Visit at dusk for magical light installations.

Tram 13 or 19 Free outdoor access



BEACH
Paradisbukta Beach

Bygdøy & Paradisbukta

Bus 30 or Ferry B2. Viking Ship Museum, Kon-Tiki, Fram then walk to Paradisbukta for a quiet sunset beach.

Bus 30 from city Museums NOK 160+ Free beach



NATURE & VIEWS

Frognerseteren view

Frognerseteren Viewpoint

T-bane Line 1 to the end stop - Oslo best vantage point. Hot drinks and waffles with the whole city below.

T-bane Line 1 end

Zone 1 ticket valid



FOOD & DRINK

Norwegian waffles

Norwegian Waffles & Coffee

Heart-shaped waffle with brunost or sour cream & jam - the most Norwegian thing you can do between workshops.

Coffee NOK 40-55

Waffle NOK 45-70

Tim Wendelboe

BEFORE YOU GO

Safety & Practical Tips

**Very safe city**

Oslo ranks among Europe's safest capitals. Normal precautions apply.

**Go cashless**

Visa/Mastercard accepted everywhere. Very few places take cash only.

**Tap water**

Oslo's tap water is among the purest in the world. Bring a bottle.

**English everywhere**

Virtually all Norwegians speak fluent English. No language barrier.

**Buy ticket first!**

Always buy your Ruter ticket before boarding. Fines: NOK 950+.

**Late night transport**

Trams, buses and T-bane run until late. Night buses on weekends.

**Book ahead**

SALT sauna and popular restaurants sell out fast. Book online in advance.

**Emergency: 112**

Police: 112. Ambulance: 113. Non-emergency: 02800. All speak English.

Made with love by the Nordic Bachata Congress team - See you on the dance floor!

Oslo Visitor Guide - 2026 Edition - All prices correct as of June 2026