



Scandinavian Capitals - by rail & ferry

14 days - Independent tour with emphasis on city stays and some fabulous fjord scenery.

This classic self-guided tour gives you the best of the Nordic capitals and the dramatic fjord & mountains of Norway. Travel by rail and local ferries with ample time to digest the scenery and the modern Scandinavian capital cities.

Highlights include a day trip to Tallinn, overnight voyage to Helsinki through the magnificent Baltic Sea archipelago, Norway in a nutshell and great cities such as Stockholm, Copenhagen and Bergen. Enjoy new attractions such as the ABBA museum and the Blue Planet Aquarium in Copenhagen.

Independent - departs any day all year. **One of our best sellers!**

QUICK FACTS

Start Place

Copenhagen, Scandinavia

End Place

Helsinki, Finland

Countries Visited

Scandinavia

Denmark

Norway

Sweden

Finland

Estonia

Duration

14 Days

Type

Touring

Suitability

Easy independent holiday suitable for singles & couples

Code

SCC001

DETAILS

TRANSPORTATION

Local bus, trains, boat/ferry and local flights.

INCLUDED

All hotel accommodation in shared double/twin room with private facilities

Daily breakfast

All train, bus and boat/ferry tickets as per itinerary, including day trip to Tallinn

Seat reservations on intercity trains where available

Flight Bergen to Copenhagen including taxes

City passes/cards in Copenhagen (24hrs), Bergen (24hrs), Oslo (48hrs) and Helsinki (48hrs)

24-hour emergency service (<https://fiftydegreesnorth.com/info-centre/why-book-with-50-Degrees-North>)

Taxes and service fees (<https://fiftydegreesnorth.com/info-centre/why-book-with-50-Degrees-North>)

NOT INCLUDED

International Flights

ITINERARY

Day 1 - Arrive Copenhagen

Arrive in Copenhagen any time and make your own way to our centrally located hotel. Plan for your evening meal well in Copenhagen as there are many world class restaurants to enjoy. Or just head down to Nyhavn for a beer and some snacks with the locals.

ACCOMMODATION

71 Nyhavn Hotel

RESTAURANTS

Geranium (<https://fiftydegreesnorth.com/attractions/geranium>)

Relæ (<https://fiftydegreesnorth.com/attractions/rele>)

OPTIONAL ADD ONS

Copenhagen Food Tour (<https://fiftydegreesnorth.com/attractions/copenhagen-food-tour>)

Visit Malmö - "The Bridge" (<https://fiftydegreesnorth.com/attractions/visit-malmo-the-bridge>)

Day 2 - Wonderful Copenhagen - small and intimate capital.

Copenhagen has a long history, and many delightful attractions and sights - you will never run out of something to see or to do. The city is small and cosy, an ideal way to explore the city is by foot, and public transport.

You will have a Copenhagen Card on hand allowing you to free travel on buses and trains within the cities metropolis, as well as free entrance to over 70 museums and attractions. Be sure to visit the new Aquarium (<https://fiftydegreesnorth.comhttp://www.denblaaplanet.dk/en/>) if you are interested in design and fish! This new aquarium is included in the Copenhagen card.

If Viking ships and history interests you, consider a trip out to Roskilde Viking Ship Museum. Or the Louisiana Art Gallery for art lovers.

Be sure also to climb the tower of Church of our Savior - the spiral stairs were on the outside of the tower and it offers a great aerial view of the city! Not for the faint hearted though.

MEALS

1 Breakfast

ACCOMMODATION

71 Nyhavn Hotel

RESTAURANTS

Geranium (<https://fiftydegreesnorth.com/attractions/geranium>)

Relæ (<https://fiftydegreesnorth.com/attractions/rele>)

Slottsträdgårds Cafe (<https://fiftydegreesnorth.com/attractions/slottstradgards-cafe>)

OPTIONAL ADD ONS

Copenhagen Food Tour (<https://fiftydegreesnorth.com/attractions/copenhagen-food-tour>)

Visit Malmö - "The Bridge" (<https://fiftydegreesnorth.com/attractions/visit-malmo-the-bridge>)

Visit Roskilde & the Viking Ship Museum (<https://fiftydegreesnorth.com/attractions/visit-roskilde-and-the-viking-ship-museum>)

Days 3 - 4 - Historic Bergen - Hanseatic wharf, fish and flower markets.

A morning flight takes you north to Bergen, the gateway to the fjords. Make your own way to the hotel. You have the evening and the next full day to explore. Recommended sights of interests are the Hanseatic harbour 'Bryggen', Fløibanen Funicular, Edward Grieg's house at Troldhaugen and the Fish & Flower market. The Bergen Card will guide you around the city with free entrance to the cities museums, free public transportation and so much more.

MEALS

2 Breakfasts

OPTIONAL ADD ONS

Fjord Tour with White Lady (<https://fiftydegreesnorth.com/attractions/fjord-tour-with-white-lady>)

Day 5 - Norway in a Nutshell

After breakfast you depart from Bergen by train. Today you will experience Norway's most popular round trip; Norway in a Nutshell. The excursion takes you through some of the most beautiful scenery in Norway's fjord region, and over the mountains to Oslo.

MEALS

1 Breakfast

ACCOMMODATION

Clarion Collection Hotel Folketeateret (<https://fiftydegreesnorth.com/attractions/clarion-collection-hotel-folketeateret-dc>)

Days 6 - 7 - Modern Oslo - visit the Viking Ship and other interesting museums.

The Norwegian capital has a great deal to offer the discerning traveller, and you have two full days to discover the city with the help of an Oslo Pass. We can recommend visiting some of the Oslo highlights, including the Viking Ship, Kontiki & Fram museums, the Vigeland Sculpture Park, Ekerbergparken and the Holmenkollen Ski Jump and Museum. A walk around the centre of town to view the Parliament, the Castle, the Harbour area and the new Opera House is well worth it.

MEALS

2 Breakfasts

ACCOMMODATION

Clarion Collection Hotel Folketeateret (<https://fiftydegreesnorth.com/attractions/clarion-collection-hotel-folketeateret-dc>)

RESTAURANTS

Maaemo (<https://fiftydegreesnorth.com/attractions/maaemo>)

Solsiden Restaurant (<https://fiftydegreesnorth.com/attractions/solsiden-restaurant>)

Festningen (<https://fiftydegreesnorth.com/attractions/festningen>)

Restaurant options in Oslo (<https://fiftydegreesnorth.com/attractions/restaurant-options-in-oslo>)

OPTIONAL ADD ONS

Fjord Sightseeing (<https://fiftydegreesnorth.com/attractions/fjord-sightseeing>)

Summer night on Oslo fjord (<https://fiftydegreesnorth.com/attractions/summer-night-on-oslo-fjord>)

Oslo Food Tours (<https://fiftydegreesnorth.com/attractions/oslo-food-tours>)

Days 8 - 9 - Charming Stockholm

In the morning catch a 6-hour train ride through the Swedish countryside to Stockholm. Sweden's capital is charming, vibrant and surrounded by beauty and water - hence its nickname, Venice of the North! Stockholm offers interesting museums and castles; the city offers a warm atmosphere and the old town has charming small alleyways boasting several famous restaurants.

On one of your afternoons here, be sure to make time for a visit to the ABBA museum with great interactive exhibits - a glass of champagne (for Dutch courage to get on stage & the pure fun of it) to accompany your tour is recommended! On the other hand, take the serious option & visit the Nobel Prize museum in the Old town.

MEALS

2 Breakfasts

ACCOMMODATION

Hotel Rival (<https://fiftydegreesnorth.com/attractions/hotel-rival-dc>)

RESTAURANTS

Restaurant Söders Hjärta (<https://fiftydegreesnorth.com/attractions/restaurant-soders-hjarta>)

Restaurant Mathias Dahlgren (<https://fiftydegreesnorth.com/attractions/restaurant-mathias-dahlgren>)

Slingerbulten (<https://fiftydegreesnorth.com/attractions/slingerbulten>)

Restaurants in Stockholm (<https://fiftydegreesnorth.com/attractions/restaurants-in-stockholm>)

Meatballs for the People (<https://fiftydegreesnorth.com/attractions/meatballs-for-the-people>)

Paradiso (<https://fiftydegreesnorth.com/attractions/paradiso>)

OPTIONAL ADD ONS

Brunch cruise on Strömma (<https://fiftydegreesnorth.com/attractions/brunch-cruise-on-stromma>)

The Nordic Experience Food Tour (<https://fiftydegreesnorth.com/attractions/the-nordic-experience-food-tour>)

ABBA Boat trip (<https://fiftydegreesnorth.com/attractions/abba-boat-trip>)

Day 10 - Overnight ferry to Helsinki

The morning and early afternoon is free in Stockholm before boarding the overnight voyage to Helsinki through the magnificent Baltic Sea archipelago. Accommodation in seaside cabins with shower/WC.

MEALS

1 Breakfast

ACCOMMODATION

Outside twin cabin with sea view and private facilities

Days 11 - 13 - Cool Helsinki with daytrip to Tallinn

You have two full days to explore this fabulous eastern Nordic capital. We recommend a walking tour of the city, which is known for its great mixture of neo-classical buildings, orthodox style churches and bars and restaurant scene. You have the opportunity to visit the Senate Square, Uspenski Cathedral, Parliament House, New Opera House, Sibelius Park & Monument and the Underground Temple. The included Helsinki card offers free entrance to almost 50 museums and use of public transportation. Need to take a break - head to the Kotiharjun Sauna, the last traditional wood-burning sauna in Helsinki. On one of your days in Helsinki we have included return tickets for the ferry from Helsinki to Tallinn. Your trip to Tallinn would normally take a full day departing Helsinki at 07:30 in the morning and arriving back in Helsinki at 19:30. The ferry trip each way takes 2 hours and suddenly you are at the shores of this Eastern beauty. The infinitely charming medieval Old Town is well worth the visit. The cobblestone streets and medieval buildings are a whole world away from what you can expect from Helsinki, Stockholm, Oslo, or Copenhagen. Tallinn feels distinctly Eastern, its architecture reminding the visitor of other beautiful Eastern European Old Towns, such as those of Prague, Krakow, or Riga. Through its history, culture, and location, Estonia connects Eastern Europe, Central Europe, and Scandinavia, offering something altogether different in comparison to your itinerary so far. Be sure to also check out the option of a day trip from Helsinki to Porvoo on a heritage sailing boat.

MEALS

3 Breakfasts

ACCOMMODATION

GLO Kluuvi (<https://fiftydegreesnorth.com/attractions/glo-kluuvi-dc>)

Hotel Haven - D (<https://fiftydegreesnorth.com/attractions/hotel-haven-d>)

RESTAURANTS

Kappeli (<https://fiftydegreesnorth.com/attractions/kappeli>)

Peppersack (<https://fiftydegreesnorth.com/attractions/peppersack>)

Gabriel 1763 (<https://fiftydegreesnorth.com/attractions/gabriel-1763>)

Restaurant Timbaali (<https://fiftydegreesnorth.com/attractions/restaurant-timbaali>)

Grotesk (<https://fiftydegreesnorth.com/attractions/grotesk>)

Restaurants in Helsinki (<https://fiftydegreesnorth.com/attractions/restaurants-in-helsinki>)

OPTIONAL ADD ONS

Summer day cruise to historic Porvoo (<https://fiftydegreesnorth.com/attractions/summer-day-cruise-to-historic-porvoo>)

Tallinn Food Tour (<https://fiftydegreesnorth.com/attractions/tallinn-food-tour>)

Helsinki on a Bike (<https://fiftydegreesnorth.com/attractions/helsinki-on-a-bike>)

Day 14 - Depart Helsinki

Our services end after breakfast.

MEALS

1 Breakfast

IMPORTANT INFORMATION

New attractions are opening all the time in these destinations - ask us for advice about tickets should be pre purchased before you depart.

Practical information about Scandinavian Hotels

Hotel rooms in Scandinavia are normally furnished with twin beds, which can be moved together to form a double bed or placed separately. Please note that single rooms are generally smaller than doubles, and are often equipped with a shower instead of a bath. Purpose-built triple or family rooms are likewise unusual in Scandinavian hotels. Whilst it is possible for 3 persons to share a room, this will normally be a double room with an extra bed, with correspondingly less space to move about in.

It is also unusual to have a porter at hotels to carry your luggage.

There is free wi-fi in many hotels in Scandinavia.

Unexpectedly, all forms of Scandinavian accommodation rarely provide tea and coffee facilities in their rooms. If you are lucky, a kettle will be supplied but nothing else. Please ask at reception for some provisions when you arrive or just carry a small selection from home.

Please also note that in Scandinavia - in particular, during winter - the included lunch will often be a hearty warm soup with bread.

More remote hotels in Lapland will offer dinner at an additional cost. In some spots, there will be limited choices elsewhere. Generally, you get a very nice home-cooked Scandinavian dinner. However, you may sometimes find only one or two choices only for your main course.

In Scandinavia, it is normal for washing and laundry facilities to be in the basement. If you are staying in apartment type accommodation, check downstairs or ask for assistance.

Travel Insurance

Travel insurance is compulsory for all tours with 50 Degrees North. Please ensure that you have this organised as we will need to see proof of this upon issuing your tour documentation. Please contact us for a quote or visit <http://www.suresave.net.au/> (<https://fiftydegreesnorth.com><http://www.suresave.net.au/>)

Practical budgeting information before your departure to Norway:

BUDGET SURPRISES:

Norway has a few items that typically surprise travellers when visiting Norway for the first time. Alcohol and luxury items are heavily taxed and therefore prices are higher than you would expect. On the other hand, necessities such as bread and milk, are taxed low and therefore are great value.

ALCOHOL IMPORT ALLOWANCE INTO NORWAY:

We recommend that you bring all the alcohol you're allowed to bring into the country when you arrive. There are many lovely parks and balconies where you can enjoy your duty free. However, be sure not to bring more than you're allowed!

As of May 2014, the allowances according to Visit Norway

(<https://fiftydegreesnorth.com><http://www.visitnorway.com/en/about-norway/travel-facts/before-you-go/customs-and-regulations/>) are:

Alcoholic beverages:

Minimum age: 18/ 20*

1 litre of beverages with more than 22% up to and including 60% alcohol per volume as well as 1½ litre with more than 2.5% up to and including 22% alcohol per volume or three litres with more than 2.5% up to and including 22% alcohol per volume

and

2 litres of beer with more than 2.5 % or other beverages with more than 2.5% up to and including 4.7% alcohol per volume.

This means that you may for example bring with you five litres of beer provided you do not have any other alcoholic beverages with you.

*For importing alcoholic beverages with more than 22% alcohol per volume the minimum age is 20.

It's illegal to bring extra alcohol into Norway and can end up costing you. Another thing you should bring and not buy in Norway is razor blades. Good razor blades in Norway are expensive.

Self-catering in Norway

Written by Jayde Kincaid, who married a Norwegian, and was happily (albeit with some hesitation) introduced to a world of Norwegian every day food habits.

At 50 Degrees North, we want to encourage our travellers to try local Norwegian food & drink. This may seem difficult in Scandinavia in general without a large budget, and in particular Norway. Some of the more remote villages you might visit have limited restaurants or cafes, some of which can be pretty expensive. There is certainly no street food! One way to get about sampling local food is by self-catering. You will find plenty of friendly locals in the small town grocery stores and supermarkets who will be happy to help you picking out local ingredients. Just don't be shy – ask! And, don't rush – make your local small town shopping part of your holiday experience. Read the local notice boards, and enjoy an ice cream out the front when you have finished. It is what the locals do!

Note: Statoil cups - a good idea to save money as you drive around Norway: purchase a Statoil (petrol station) metal cup and you get free refills of coffee, tea and hot chocolate at the Statoil stations.

GROCERY SHOPPING IN REMOTE OR FAR FLUNG NORWAY:

Norway has an extensive range of grocery stores, and in most small villages you will find at least one, if not two or three grocery stores. However, they do have limited opening hours, and except for 'Bunnpris', they are all closed on Sundays. You will see the weekend hours shown in brackets on the store sign out front. If you are arriving in a larger town, we do suggest you stock up with some staples before you head out into the mountains or on a coastal drive.

A few tips:

- Plastic bags are NOK1-2 and you will always need to pack your own shopping.
- You can recycle your bottles and cans for a receipt that you can cash in. Recycling points are found in all stores.
- Alcohol sold in food stores (mainly beer and cider) is restricted by government regulation to certain hours. This varies slightly, but on weekdays alcohol sales stop at 8pm regardless and on Saturdays at 6pm. Outside these hours and on Sundays you can only buy alcohol in licensed restaurants or bars.
- Any alcohol over 4.7% can only be bought at special government controlled liquor store (Vinmonopolet). These are very rare in smaller remote towns and villages, so stock up before you leave the city.

THINGS TO TRY FROM A GENERAL GROCERY STORE:

Meatballs or "meatcakes": these come in all shapes, sizes and quality. They are generally really tasty and a bit better than what you find at IKEA. Also pick up a packet of dried ready-made brown sauce that goes

with them. Be on the look out for Lingonberry sauce/jam, or even fresh lingonberries that you can use to make a fresh sauce (little red circular berries). Don't add too much sugar, they are served quite tart. If you want to try to make this brown sauce yourself, buy some 'brunost' (brown cheese), the required creams and follow the recipe below.

Hotdogs: known as 'pølse' in Norwegian, hot dogs are abundant in Norway. Cheap and cheerful – pølse is THE fast food of Norway. They are sold at service stations, newsagents, corner stores and fast food outlets. Pølse come with a dazzling variety of toppings and bread. Some of the pølse highlights would be the bacon wrapped ones, sprinkled with dried onion, mustards and mayonnaise. You will also find them wrapped in waffles (mostly in and around Fredrikstad) or the Norwegian pancake, 'lompe'.

Note: there are strict requirements by the Food Safety commission for traditional pølse to be of the highest quality and they have even set requirements for what types of ingredients are allowed.

Like Norwegian beer, you will find seasonal pølse – Christmas pølse (Julepølse) is obviously found only in the lead up to the celebrations.

If you are planning to eat Norwegian style, use boil pølse on the stove and add to meals with potatoes and stew.

Note; steer away from tinned cheap pølse and meatballs.

Fish cakes: these also come in lots of variation and are generally served with a white sauce and lots of parsley. The Norwegians also use a basic white sauce on broccoli with cheese on top. These fish cakes are often found in fish shops, fried or steamed, ready to eat. A great fast snack.

Reindeer: we strongly suggest you try reindeer meat when you are travelling in the far north. It generally comes frozen, so look for finely cut reindeer meat in the freezer section. It is a more expensive option, but absolutely delicious albeit quite gamey. Be sure to get mushrooms, a small amount of brown cheese and rømme (crème fraiche). Fry it all up in a pan - a bit like a beef stroganoff. Serve with boiled potatoes or rice.

Mushrooms: if you are travelling in the chanterelle harvest season (mid/late August), be sure to try them. They are the yellow mushroom found in autumn. Or better still, have a look around the pine forests and pick some. Be sure to image search them before you head out so you know what to pick. They are really delicious with the brown cheese sauce and reindeer.

Salmon, prawns & fish: always be on the look out for a chance to buy fresh fish. Yes, it is possible to smooth talk a fisherman at the harbour. Or look for the local fish-kiosk or fish-shop. Be on the look out for small signs pointing you in the direction of fresh fish sales – 'reker' (shrimps, not prawns) or 'fersk fisk' (fresh fish) are the words you need.

Norwegians are very proud of their shrimps – and of course completely justified. Their shrimps are small and tasty and harvested from the cool North Sea. Norwegians traditionally serve them with mayonnaise and lemon. Peel them and pop them on a fresh white slice of bread. Mayonnaise is layered on top with dill, pepper & salt.

Smoked Salmon: Norwegian smoked salmon is the best in the world hands down. Be sure to try all the different varieties you see – often, in larger supermarkets or delis, you can try before you buy.

Tubed 'kaviar' (caviar): this is a must try. It is cheap and perfect for the travellers pantry. This is what my husband craves like an Australian abroad would crave vegemite.

Norwegian pre-made dips and salads: the Norwegian supermarkets have a large range of premade salads and dips. They last quite a while and are good fillers for sandwiches. Our favourite are the cubed beetroot salad and the potato salads. They come in easy-to-carry and pack-up containers – perfect for picnics. Tubed mayonnaise is also handy for picnics.

'Leverpostei' (liver pate) in many variations can also be found in the supermarket. This pate is normally served on brown bread then topped with sliced red onions or sweet pickles. Protein rich and very tasty if you like pate – it is found on most Norwegian breakfast tables.

Yoghurt: now – this is an interesting one. Norwegian yoghurt comes in a variety of styles - some can be very runny, sour and low fat. There are varying names/codes for each sort. You might like to check with a local when you are buying yoghurt to be sure you are getting what you want. Some of the yoghurt comes as though it is milk, in normal milk cartons - sour runny yoghurt is NOT nice in your coffee.

Bread: the Norwegian supermarket bread generally comes un-cut. You can either cut it in the shop – ask for help the first time you do it. They have industrial bread cutting machines near the bakery section. The bread can be quite plain in the main supermarkets so be on the look out for boutique bakeries in the larger towns if you enjoy fancy bread. Also keep an eye out for the Norwegian flatbread, Lefse, which is similar to Mexican tortillas. Usually served with butter and sugar, sometimes cinnamon too. Occasionally made with potato.

Waffles: Norwegian waffle stalls are similar to the sausage sizzle or hot dog stand. It is the most common fundraising or community building food product. Don't expect sickly sweet jams or whipped cream – you will find these fresh chewy waffles served with sour cream and home made tart berry jams. Never go past one!

Chocolate: we recommend that you try the 'FREIA' milk chocolate during your stay. It melts in your mouth.

Berries: if you travel in early autumn (mid/late August) this is berry season. Forest berries that is. Ask a local and head up into the hills or forest in search for berries. You may find; blueberries, lingonberries, raspberries and if you are up north or in the central mountains; the rare yellow cloudbberries.

NORWEGIAN FARM PRODUCE:

On a self-drive journey, always be on the look out for small farm shops or stands along the road. Things you cannot drive past:

Strawberries: if you are travelling in the strawberry season – you MUST try Norwegian strawberries. They are seriously amazing. Grown in the nutritious earth that has the chance to rejuvenate through a long winter.

_And if you go past a self-pick strawberry farm, put everything else on hold and enter! Norwegians wait all year for this event. _

New potatoes: be on the look out for new season potatoes – they are often sold in little stands beside the road. Often on an honesty basis; i.e. grab a bag and put the money in an allocated tin.

CLASSIC RECIPE:

Basic Brown Cheese Recipe – can be used with meatballs, reindeer, with added mushrooms.

- 2 tablespoons butter
- 2 tablespoons flour
- ¾ cup light cream
- ½ cup chicken broth (optional - just use water if you cannot find this)
- 1 cup shredded gjetost or brown goats cheese
- ¾ cup rømme (crème fraiche)
- 2 tablespoons chopped parsley or 2 tablespoons fresh dill

Method:

Using the meat dish that has been browned off, remove as much oil from the pan as possible and blend in butter and flour. Remove from heat and blend in light cream. Add chicken broth, bring to boil, stirring and cooking until thickened. Mix in Gjetost cheese. Turn heat low.

Blend some of the sauce into the rømme (crème fraiche), then return all to sauce. Add chopped parsley or fresh dill.

Happy shopping and cooking!

OUR NORWEGIAN DESTINATION SPECIALIST, IVY THOMPSON, ON WAYS TO ENJOY AND EXPLORE A VIBRANT OSLO

I have just returned from a long overdue visit to Oslo in Norway, the city where I grew up. Oslo has gone through continuous and monumental change in the past 20 years; becoming less the "younger sibling"-capital of the former Scandinavian union of Norway, Denmark and Sweden, while rapidly transforming into a charming mix of classical apartment-buildings, villas, parks and shiny, contemporary architecture by the fjord.

The inner-city area on the edge of the Oslofjord is heaving with activity, life, culture and innovation: The Sorenga-precinct behind the famous Oslo Opera House is complete, the new yet iconic Barcode-buildings are gleaming and the grand Deichman Library and spectacular Munch Museum will both open their doors in 2020. Tjuvholmen and Aker Brygge continue to dazzle with indulgent food, shopping, art and people watching.

While parts of central part of Oslo may look busy with cranes and construction-works, there are many amazing, and sometimes hidden, gems for you to enjoy if you know where to find them. **Explore this modern capital nestled amongst forested green hills with cutting-edge architecture right on the water's edge, and find your own favourite spot to feel the pulse of Oslo:**

Vippa/ Akershus Medieval Fort

Take a stroll from the Oslo Town Hall down along the pier below the medieval Akershus Fort, and find yourself down by the new street-food-with-a-conscience hub 'Vippa'. Named after the original name of the pier itself, Vippetangen, the converted fishing-warehouse is now the thriving home of nine uniquely different street-food stalls complete with a bar, barista, outdoor seating and a sustainable ethos. In their own words:

"Vippa is a social and business model to facilitate and integrate immigrants and young aspiring food entrepreneurs into the social fabric of Norwegian culture. Vippa, strategically located in the Port of Oslo, is the host of multiple food stands offering sustainable and diverse food to Oslo's increasingly bustling foodscape. Vippa's vision is to bring together cultures through cuisines.[...] We see food as a way to stimulate dialogue amongst citizens and best agricultural practises as a best way to feed them. We feel obliged, by today's social and cultural unrest, to create a space - a common platform where these best practises could serve as links between cultures, languages and cuisines in the act of moving forward."

Enjoy a delicious lunch with a side of microbrewed local beer and treat yourself to an organic soft-serve ice-cream for dessert before walking the slow way back through the historic Akershus Fort above the fjord.

Address: Akershusstranda 25, Oslo

HIMKOK/ Torggata Botaniske

Who doesn't love to stumble upon the secret bars that hip locals frequent? If you consider yourself a world-class cocktail connoisseur and love exciting combinations of flavour, you cannot go past these two gems in inner-city Oslo near Youngstorvet (Youngs Square). Both bars pride themselves on local, seasonal flavours and beautiful presentation. Make sure you visit for a Nordic nightcap after dinner, there are many lovely restaurants to choose from in the area.

Don't let the unassuming front-door fool you; an exciting micro-distillery experience awaits at the cool and spacious HIMKOK. The bar distills their own vodka, gin and Scandinavian favourite aquavit and use them in bases of drinks so outstanding it's rated as one of the world's best bars.

Address: Storgata 27, Oslo

The nearby Torggata Botaniske is easier to find and smells fresh and flowery thanks to the vines and plants covering both walls, windows and the ceiling. The small but interesting cocktail-list concentrates on botanical ingredients; think drinks with fresh basil and salted seaweed powder, spicy chipotle, ginger,

lemon myrtle, rhubarb or crisp Norwegian apples.

Address: Torggata 17B, Oslo

Tim Wendelboe Espresso Bar/ Mathallen/ Nedre Foss Gaard

Catch the eastbound 11 or 12 trams from the city and get off at the Olaf Ryes Plass-stop to wander through the eclectic, young Grunerlokka in Oslo's inner East. This old working-class suburb is now full of interesting restaurants, boutiques, bars and cafes. If the smell of freshly ground coffee-beans gets you going; make sure to stop by world-renowned and awarded Tim Wendelboe Espresso Bar. The tiny coffee-roaster treats brown brew as a fine art and the results are magnificent. Their Iced Latte served in a martini-glass tastes perfect on warm summer-days in the city and still is the best coffee I've had to date.

Address: Grünersgate 1, on the corner of Fossveien in Grünerløkka, Oslo.

Peckish? Take the short stroll from Tim Wendelboe down the grassy river-bank towards Mathallen. A trip to Mathallen ('The Food Hall') down by the River Akerselva offers upmarket produce from a good selection of international as well as local cuisines and products. Shop anything from artisan Belgian chocolate, French macarons, deep-fried Hungarian bread and Italian house-made gelati to local Norwegian cheeses, baked goods and cured meats for a relaxing picnic on a nearby park-bench.

Address: Mathallen, Vulkan 5, Oslo

Thirsty? Join the locals' love for a cold, refreshing 'utepils' (translates to 'beer outside') or glass of sparkling prosecco, and cross the footbridge from Mathallen back across the river to Nedre Foss Gaard, a beautifully restored old farmhouse dating back to the 1200s. On the 2nd floor you will find Nedre Foss Brewery with no less than 30 kinds of beer on tap. Indulge in Norwegian seafood in the stylish, downstairs dining-room. Nedre Foss Gaard offers beautifully presented brunch (weekends only), lunch and dinner with carefully selected seasonal ingredients. The inviting outdoor tables under umbrellas and trees are lovely for a late summer dinner by the river.

Address: Nordre gate 2, Oslo

oto: [Thomas Rasmus Skaug / Visitnorway.com](#)

Restaurants to try in Oslo

Oslo restaurants, in the tradition of the New Nordic Food Movement, have the depth and sophistication you would expect from the capital city of Norway. Read our options for places to try.

In Oslo you find restaurants in all price categories and genres.

Norwegian cuisine in its traditional form is based largely on the raw materials readily available in Norway and its mountains, wilderness and coast. It differs in many respects from its continental counterparts with

a stronger focus on game and fish. Many of the traditional dishes are results of using conserved materials, with respect to the long winters.

Here is a few of our favourites in Oslo's wide variety of restaurants:

Lofoten Fish Restaurant, traditional and quaint with the broths and creamy fish options you would expect in Norway

Restaurant Kontrast (<https://fiftydegreesnorth.com><http://www.restaurant-kontrast.no/en/>) , near Mathallen, 1 Michelin-star restaurant with a moderate price tag (pictured above)

Topp Hem (<https://fiftydegreesnorth.com><http://www.toppthem.no/>) , Norwegian, seasonal and local from nearby farms served as share-platters

Maaemo

Nedre Foss Gård (<https://fiftydegreesnorth.com><https://www.nedrefossgaard.no/>) - it's an old historic farm in Oslo that is now a refurbished (after a fire in 2016) restaurant/ bar with and outdoor courtyard. Nedre Foss Gård means Lower Waterfall (Foss) Farm.

Theatercafeen

Solsiden Restaurant

De Fem Stuer (<https://fiftydegreesnorth.com><http://defemstuer.no/>) , is located in the old wooden building from 1894 and is one of Oslo's best restaurant set in a great surrounding on top of hill overlooking Oslo

Ekebergrestauranten

Engebret Café

Frognerseteren Restaurant: Finstua

For less expensive restaurants, head to the **Grunerlokka district**. It is great place to take in the city's pulse in the city's more ethnically diverse east. In this once working-class area, the vital signs of budget Oslo are most apparent, with low-cost restaurants, second-hand clothes shops and student bars grouped around the streets Markveien and Thorvald Meyers Gate. Among them, the café bar *Fru Hagen* has a legion of blond locals seeking cheap eats. On a Sunday evening, when much of the city is almost deserted, *Fru Hagen* is heaving.

When in Oslo try these local cuisines:

Smoked Salmon or Røkt Laks

Kjøttboller - Meatballs

Krumkake - waffle-like pancake, which are then filled with whipped cream