

Visit Green Oslo

Oslo is a capital city with plenty of space for people, experiences, and diverse nature. Here, you can take the metro from bustling city streets to peaceful forest trails in under half an hour – or how about a 15-minute ferry ride that takes you straight from the National Museum’s art collections to a swim at Hovedøya?

With this map, you'll find your way to a wealth of outdoor activities right in the heart of the city. In Oslo, nature is never far away!

But natural diversity isn't Oslo's only green quality. As the first city in the world to adopt a climate budget, Oslo is a leader in environmental innovation and sustainability. The city has long been ahead of the curve with ambitious initiatives and smart solutions which turn waste into new resources and reduce car traffic. In fact, in 2019, Oslo was awarded the title European Green Capital.

Circular Solutions and Sustainability

Did you know that bricks from the monastery on Hovedøya were used to build Akershus Fortress? Reuse in construction is nothing new.

Oslo's efforts to promote sustainable living aren't just about grand strategies – they're also about everyday choices. Across the city you'll find small recycling stations, along with secondhand shops and markets where you can pick up or pass on pre-loved items. Reusing is good for both the planet and your wallet!

Fires and barbecues are only allowed in designated spots.

On Lindøya, Nakholmen and Bleikøya you'll find charming summer house communities surrounded by nature reserves, swimming spots, and peaceful outdoor experiences. A small shop is open during summer season.

Hovedøya offers swimming spots, monastery ruins, grazing sheep, and rich biodiversity. Well-equipped for day visits. Café in the summer season.

Langøyene (not shown on map) is a large island with beaches, hiking trails, and camping opportunities.

Gressholmen is a nature reserve with a rich bird life and walking paths. Swimming area and an open café in the summer season.

Love the sea? Keep it litter free!

Harbour Promenade
Please use the bins – keep Oslo clean and green.

Remember swimming safety guidelines!
Water shoes can help protect you from cuts caused by Pacific oysters.

Swap, rent, borrow
Perhaps you need a drill, a bike, or a lawnmower? Instead of buying new, contribute to a more sustainable Oslo by renting, swapping, or borrowing what you need – try your local library!

Our Deichman libraries offer so much more than books!

You can also borrow tools, gardening equipment, and even seeds. Many branches host courses and activities and serve as free meeting places where you can learn, create, or simply take a break.

For more tips on green and sustainable services, activities, and offers in Oslo! We've gathered information, guides, and links to everything from bike paths and hiking trails to repair services, vegetarian restaurants, and much more!



Walk when you can, drive if you must.

This map is created by Bykuben!

Bykuben is Oslo's Centre for Urban Ecology. We're a municipal project centre promoting sustainable urban development through collaboration and dialogue with residents, users, and city-makers. Our aim is to make Oslo a city where people care for nature and for each other.

Got questions? Get in touch: bykuben@pbe.oslo.kommune.no

Trees play an important role in creating a healthy environment for people, wildlife and nature. Find out more about Oslo's tree-planting campaign at oslotraer.no!

In this map, we've gathered destinations and activities to make everyday life and holidays more fun and more eco-friendly. Symbols and numbered points guide you to the best of Oslo – from scenic urban spaces and viewpoints, to reuse services and urban gardening activities. You'll find both well-known favourites and a few hidden gems, and most activities are completely free!

We've highlighted a few special places because they stand out in their category – whether for their natural beauty, newness, size, or just that little something extra.

Take a Swim, Take in the Scenery – or Just Breathe

Need an overview? Or simply want to enjoy beautiful scenery? This map highlights the best spots to take in views of the cityscape or the fjord, rest your legs, or enjoy a front-row seat to lush nature right in the heart of the city.

If you'd prefer a refreshing dip, Oslo has plenty of great swimming spots – freshwater, saltwater, or pools. We've picked a few favourites near the city centre, such as the newly opened Tøyenbadet with waterslides and both indoor and outdoor pools. Other swimming spots are marked with a symbol on the map. You can check the water quality and available facilities at oslo.kommune.no/badeplasser.

If you're sensitive to the cold, one of Oslo's many floating saunas might be the perfect alternative. They're open year-round!

Feeling Adventurous?

With short distances between attractions, Oslo is a great city to explore by foot or by bike, but it also has an extensive public transport system. If your legs get tired or you need to cross the city quickly, hop on one of the city's electric trams, boats, subways, or buses. One public transport ticket covers all types of transport, and you can plan your route and buy tickets using the Ruter app.

Island Hopping in the Inner Oslofjord

The islands are a key part of Oslo's blue-green infrastructure and offer unique opportunities for recreation and nature experiences. Each island boasts its own unique character and offers varying amenities for day-trippers. All are car- and bike-free, and easily reached by public ferry (Ruter).

Oslo's Surrounding Forests

The vast forest area known as Marka surrounds Oslo and is loved by locals. Miles of trails wind through scenic nature, where you can pick berries, swim in forest lakes, or spend the night under the stars. Be sure to visit one of the many forest cabins for waffles, buns, or even a three-course meal. Several stations along the Gjøvik Line serve as excellent starting points for exploring Nordmarka – such as Snippen, Movatn, Hakada, Harestua, and Grua. Other popular entry points include Sognsvann and Maridalen. For trips in Østmarka, consider starting from Skullerud, Bøler, Ellingsrud, Mariholtet, Bysetermåsan, or Lutvann.

Walk Along the Water

Kjelsås is a great starting point for a walk along the Akerselva River all the way down to the city centre. There are trails along many of Oslo's rivers and streams, such as Alnaelva, Hovinbekken, and Lysakerelva. The 9 km long Harbour Promenade follows the waterfront, passing landmarks as the Munch Museum, Akershus Fortress, the National Gallery, key urban development areas, cosy eateries, and designated urban swimming spots.

Welcome to our green capital!

Oslo is well on its way in the green transition – and you are warmly invited to join in! Explore the map, discover new places, and help make the city even greener and better. Oslo has made great progress on climate, nature, and the environment – but we know that none of it is possible without collaboration. That's why we invite you, as a visitor, to take part! Walk, share, borrow, explore – and be inspired by everything Oslo has to offer.

Have fun in Oslo!

Warm regards from Bykuben and the City of Oslo

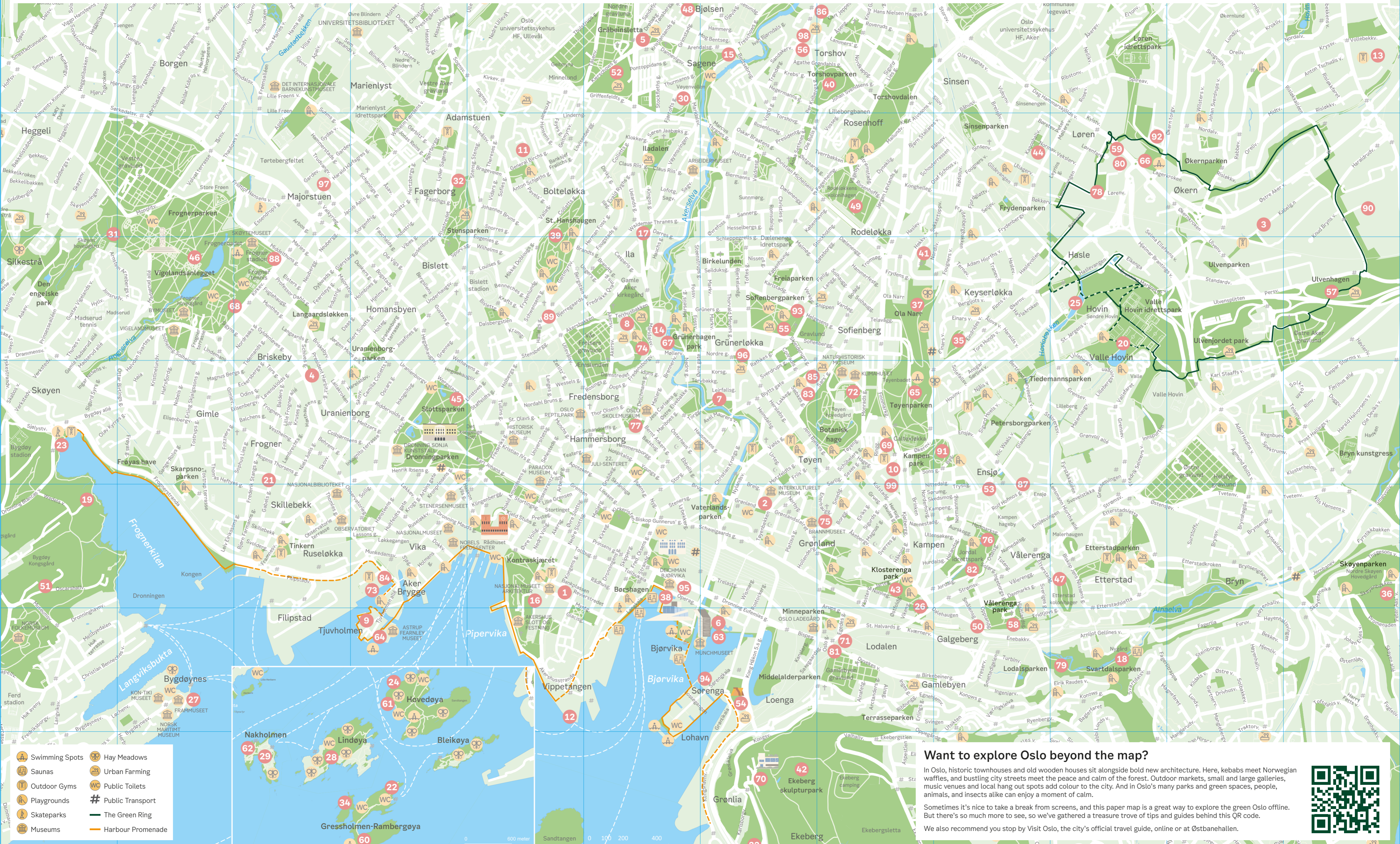
Oslofjorden 8.0
Marka 0.0

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Explore the Eco-Friendly City



- Public Spaces**
 - 1 Bankplassen E6
 - 2 Gata Grønland G6
 - 3 Kabelgata K3
 - 4 Marie Jøstad's garden C5
 - 5 Sagene F2
 - 6 Stasjonsallmenningen G7
 - 7 Søndre gate G5
 - 8 Telthusbakken F4
 - 9 Tjuvholmen D7
 - 10 Tøyen square H5
- Urban Nature Walks**
 - 11 Veterinærhøgskolen E3
 - 12 Vippen E7
 - 13 Vollebekk square L2
 - 14 Vulkan F4
 - 15 Akerselva river G2
 - 16 Akershus fortress E6
 - 17 Alexander Kiellands plass and lidalen F3
 - 18 Alna river J7
 - 19 Bygdøy A6
- Scenic Viewpoints**
 - 20 The Green Ring J4
 - 21 Frogner C5
 - 22 Gressholmen D8
 - 23 Harbour Promenade A5
 - 24 Hovedøya D7
 - 25 Hovinbekken river J4
 - 26 Klosterenga H6
 - 27 Kyststien (Coastal Path) B7
 - 28 Lindøya C8
 - 29 Nakholmen C8
 - 30 Sagene and Torshov F2
- Sculpture Parks**
 - 31 Vigelandsparken and Frognerbekkdalen A3
 - 32 Blåsen in Stensparken D3
 - 33 Ekebergskråningen G8
 - 34 Gressholmen C8
 - 35 Hasleparken I4
 - 36 Nordre Skøyen Manor L6
 - 37 Ola Narr H4
 - 38 Operataket roof top F6
 - 39 St. Hanshaugen E3
- Allotment Gardens**
 - 40 Torshovparken H2
 - 41 Norsk billedhoggerforening sculpture park H4
 - 42 Ekeberg sculpture park G8
 - 43 Klosterenga sculpture park H6
 - 44 Peer Gynt park in Lørenparken I3
 - 45 Princess Ingrid Alexandra's Sculpture park D5
 - 46 Vigelandsparken B4
- Urban Gardens**
 - 47 Etterstad allotment gardens J6
 - 48 Hjemmets allotment gardens F2
 - 49 Rodeløkkens allotment gardens H3
 - 50 Foflekken city garden I7
 - 51 Gartneriet A6
 - 52 Geitmyra skolehager F2
 - 53 Kampen organic visitor farm I6
- Designated Swimming Areas**
 - 54 Losøter G7
 - 55 Sofienbergparken vegetable garden G4
 - 56 Torshov roof top garden on Deichman Torshov G2
 - 57 Ulvehagen L4
 - 58 Vålerenga community farm I7
 - 59 Økern Portal roof top garden J3
 - 60 Gressholmen D8
- Outdoor Gyms**
 - 61 Hovedøya D7
 - 62 Nakholmen C8
 - 63 Sorenga city beach G7
 - 64 Tjuvholmen city beach D7
 - 65 Tøyenbadet public bath H5
 - 66 Økern public bath J3
 - 67 Nedre Foss F4
 - 68 Frognerborgen C4
 - 69 Kirsebærlunden H5
 - 70 Ekeberg climbing park G8
- Playgrounds**
 - 71 Krakøbøla (Byen i byen) H7
 - 72 Pilehagen in the Botanical Garden H5
 - 73 Trettenparken D6
 - 74 Utsikten F4
 - 75 Enerhaugen bouldering wall H6
 - 76 Jordalparken I6
 - 77 Kristiparken F5
 - 78 Løren activity park J3
 - 79 Svartdalen outdoor gym J7
- Skateparks**
 - 80 Økern Portal roof top garden J3
 - 81 Gamlebyen skatepark (GSF) H7
 - 82 Jordal skatepark I6
 - 83 Lakkegata skatepark G5
 - 84 Skur13 and Trettenparken D6
 - 85 BUA Lokka G5
 - 86 BUA Sagene H2
- Recycling and Reuse Points**
 - 87 FRIGO outdoor activity centre I6
 - 88 Skattkammeret Frogner C4
 - 89 Skattkammeret St. Hanshaugen E4
 - 90 Haraldrud reuse market hall L3
 - 91 Kampen mini recycling station I5
 - 92 Ombygg J3
- Libraries**
 - 93 Sofienbergparken recycling station G4
 - 94 Sorenga recycling station G7
 - 95 Deichman Bjørnvika F6
 - 96 Deichman Grünerløkka G4
 - 97 Deichman Majorstuen C3
 - 98 Deichman Torshov G2
 - 99 Deichman Tøyen H6



- Swimming Spots
- Saunas
- Outdoor Gyms
- Playgrounds
- Skateparks
- Museums
- Hay Meadows
- Urban Farming
- Public Toilets
- Public Transport
- The Green Ring
- Harbour Promenade

Want to explore Oslo beyond the map?

In Oslo, historic townhouses and old wooden houses sit alongside bold new architecture. Here, kebabs meet Norwegian waffles, and bustling city streets meet the peace and calm of the forest. Outdoor markets, small and large galleries, music venues and local hang out spots add colour to the city. And in Oslo's many parks and green spaces, people, animals, and insects alike can enjoy a moment of calm.

Sometimes it's nice to take a break from screens, and this paper map is a great way to explore the QR code Oslo offline. But there's so much more to see, so we've gathered a treasure trove of tips and guides behind this QR code.

We also recommend you stop by Visit Oslo, the city's official travel guide, online or at Østbanehallen.