



3 DAYS IN

Oslo

Wet, cold, and slightly airborne.

BASE
AKER BRYGGE

DURATION
3 DAYS

BEST SEASON
JUN – SEP

CONCEPT
WATER / SNOW / HEIGHT

FROM THE EDITOR

Three Elements, Three Days

"Most people do Oslo as a stopover between fjord trains. We built this one to prove the city itself is the adventure — you just have to get wet, get cold, and get up in the air to find it."

BRANT PINVIDIC, EDITOR-IN-CHIEF

Oslo has a strange advantage over almost every other capital in Europe: it sits on a fjord, backs onto a forest, and treats winter sports as a year-round hobby instead of a three-month window. Most visitors never touch any of it. They do the museums, the Opera House roof, the fish market, and go home having barely gotten their feet wet — literally.

This guide skips almost all of that on purpose. Three days, three elements. Day one is water: a guided sea kayak past the Opera House, a floating sauna that sails you out onto the fjord and lets you jump straight off the deck into it. Day two is snow, in the middle of summer if you want it, at an indoor arena fifteen minutes from the city centre. Day three is height: a climbing park with more zip line than anywhere else in the city, followed by the chance to launch off the same ski jump tower the Olympians use.

Every operator in here is real, still operating, and bookable today. We've done the research so the Reject Average team can pick up the phone tomorrow and start locking in dates. Nothing here has been dressed up — where prices vary by source or season, we've said so. Ditch the ordinary. Get wet, get cold, get high.

— Brant

ACCOMMODATION

Where To Stay

One base covers this whole trip. Aker Brygge and Tjuvholmen sit on the same stretch of waterfront as KOK's sauna dock, a five-minute walk from the kayak put-in, and on the direct T-bane line out to both Tryvann and Holmenkollen. Sleep here and nothing on this itinerary requires backtracking across the city.

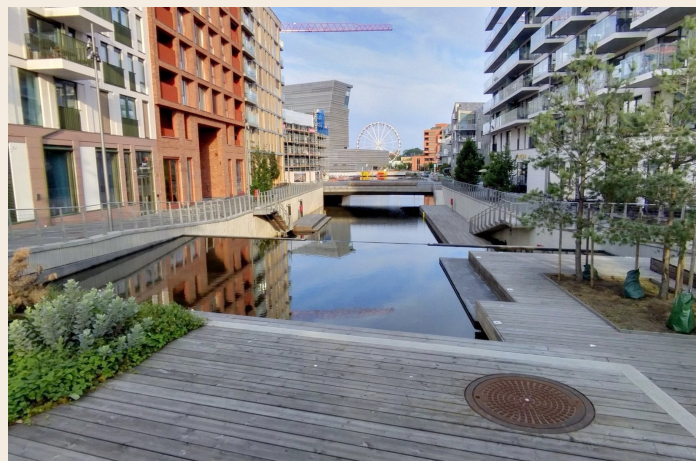


PHOTO: OSLO HARBOUR & WATERFRONT, AKER BRYGGE / TJUVHOLMEN

The Thief — Tjuvholmen

Design hotel built into the art scene next door at the Astrup Fearnley Museum, right on the water and a straight shot across the footbridge to the KOK dock at Aker Brygge. Rooftop bar, spa, and a one-minute walk to the Tjuvholmen city beach if anyone wants a swim before breakfast.

Website: thethief.com | **Contact:** stay@thethief.com

WHY THIS BASE WORKS

Everything on this itinerary is within reach

KOK (Aker Brygge dock): 4–5 minute walk. **Kayak put-in (Bjørvika):** 15–20 minute walk or a short tram ride.

Vippa / Sørenga: 20 minutes on foot along the harbour promenade. **SNØ (Lørenskog):** T-bane to Oslo S then

onward connection, roughly 25–30 minutes door to door. **Tryvann / Skimore & Holmenkollen:** National theatret T-bane station is a 10–12 minute walk from Tjuvholmen, then it's the same line 1 out to Voksenkollen or Holmenkollen.

HOW THE DAYS UNFOLD

The 3-Day Framework

Water, then snow, then height. Each day is built around one operator that anchors the theme, with the surrounding meals and add-ons chosen to keep the momentum going rather than pad the schedule.

DAY 1 · WATER
Kayak, Swim, Sauna, Fjord

A guided sea kayak past the Opera House, a public seawater pool, and a KOKCRUISE floating sauna that sails out onto the fjord and lets you jump straight off the deck into it.

DAY 2 · SNOW
Ski, Snowboard, Terrain Park

A full session at SNØ, the indoor snow arena at Lørenskog — real machine-made snow, a 500-metre main slope, a cross-country loop, and freestyle features, guaranteed regardless of what the weather is doing outside.

DAY 3 · HEIGHT
Climb, Zip, Jump

Scandinavia's most-visited climbing park at Tryvann, then an afternoon zip-lining off the top of the actual Holmenkollen Olympic ski jump tower.

A note on accuracy: this guide is built from current operator websites and public information, not a completed Reject Average trip. Prices, especially KOKCRUISE's, vary by source, season and time of day — we've flagged ranges rather than inventing a single number. Confirm exact pricing and availability directly with each operator before booking.

Kayak. Swim. Sauna. Fjord.

Start on the water and stay there most of the day.



SEA KAYAKING THE OSLO WATERFRONT

MORNING

09:00 – 11:00

Oslo Fjord Kayak Tour — "Fjord City"

MAD GOATS · DEPARTS FROM BJØRVIKA (SUKKERBITEN / NEAR THE OPERA HOUSE)

A guided, no-experience-required paddle past the Opera House, the Munch Museum, Akershus Fortress and Aker Brygge — the entire city read from water level instead of a footpath. Everyone gets a life jacket, paddle and a proper safety briefing before setting off, so nobody needs a våttkort (Norway's sea-kayak certification) to take part.

WEBSITE

madgoats.no/oslo-kayak-tour

DIRECT BOOKING

[Book via madgoats.no](https://madgoats.no)

CONTACT

kontakt@madgoats.no
[+47 40 08 04 40](tel:+4740080440)

DURATION

2 hours

ESTIMATED COST

From ~€70 / person (~NOK 750–800) —
confirm at booking

WHAT TO BOOK

Guided group tour slot, min. age 12

Add-on, no booking needed: Sørenga Sjøbad, Oslo's largest seawater pool, is a 15–20 minute walk south along the harbour promenade from the kayak put-in. Free, open year-round, with a 50-metre swim lane, diving board and views of the Opera House and Barcode skyline — exactly where Oslo locals go to swim in summer. Good for filling the gap between kayaking and lunch.

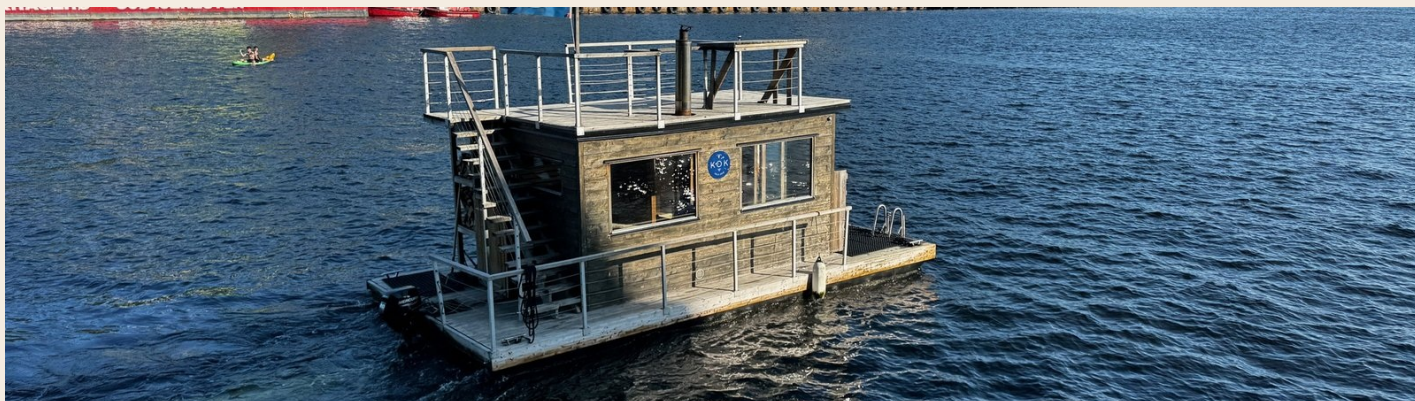
LUNCH • 12:00

Vippa Food Hall

Location: Akershusstranda 25, Vippetangen — on the water, a short walk from Sørenga

Website: vipppa.no

A dozen food stalls in converted shipping containers right on the fjord — order by QR code, mix dishes from different vendors, eat outside looking at the water. Casual, fast, and exactly the register this day needs between activities.



FLOATING SAUNA ON THE FJORD

AFTERNOON

14:00 – 16:00

KOKCRUISE — Floating Sauna Cruise

KOK OSLO • DEPARTS FROM AKER BRYGGE (ALSO RUNS FROM LANGKAIA)

This is the headline of the day. The sauna itself pulls away from the dock and drifts out into the near archipelago while the wood-fired stove keeps working — when the group is fully cooked, the skipper stops the boat so everyone can jump straight off the deck into the fjord. No other city sauna experience in Europe actually sails while you're inside it.

WEBSITE

koknorge.no/sauna-cruise

DIRECT BOOKING

koknorge.no/rent-sauna-oslo (select Aker Brygge, KOKCRUISE)

CONTACT

kundeservice@koknorge.no · bedrift@koknorge.no (groups/business) +47 934 00 522

DURATION

2 hours, private boat, up to 10 people

ESTIMATED COST

Roughly NOK 2,600–3,700 for the full boat — published prices vary by source, date and time slot. Confirm exact price on the live booking calendar.

WHAT TO BOOK

KOKCRUISE slot, Aker Brygge or Langkaia. Bring swimwear and two towels each.

EVENING • DINNER

Lofoten Fiskerestaurant

Location: Stranden 75, Aker Brygge — a two-minute walk from the KOK dock

Website: lofoten-fiskerestaurant.no | **Contact:** lofoten@fiskerestaurant.no (groups of 8+)

Oslo's best-known seafood room, right on the boardwalk with a fjord-view terrace — the kind of dinner where you can watch the boats that were out on the water with you an hour earlier come back to dock. Their fish soup is the thing to order. Expect NOK 650–950 per person with wine.

Ski. Snowboard. Terrain Park.

Guaranteed snow, fifteen minutes from the city, regardless of the season outside.



INDOOR SNOW, SNØ SKI ARENA

MORNING

10:00 – 13:00

SNØ — Main Slope Session

SNØ OSLO · SNØFONNA 5, 1470 LØRENSKOG

This is real, machine-made, water-ice snow inside a refrigerated dome kept around 3–5°C — not a plastic mat. The main slope runs roughly 500 metres, graded blue to red, with a four-person gondola and a beginner button lift. Book this regardless of the calendar date: it's the one place in the region that guarantees a ski day whether it's July or a bad-snow January.

WEBSITE

snooslo.no

DIRECT BOOKING

snooslo.no/products/daypass

CONTACT

kontakt@snooslo.no
+47 916 31 490

DURATION

Half day (SNØpass covers the full day)

ESTIMATED COST

Roughly NOK 350–540 including ski/snowboard rental, boots, helmet and lift access — verify at sno.no, price varies by day and time slot

WHAT TO BOOK

SNØpass (day pass) + equipment rental; add a group beginner lesson if anyone hasn't skied before

Getting there: T-bane line 2 or 5 from Oslo city centre to Lørenskog station, roughly 20–25 minutes, then a signposted 10-minute walk or short shuttle. By car it's about 20 minutes east on the E6 with free parking on site.

LUNCH • 13:00

On-Site at SNØ

Location: SNØ's own café/restaurant, inside the arena — no need to leave for lunch

Website: snooslo.no

Skip the transit time and eat where you're already standing. SNØ's restaurant area has windows looking straight onto the slope, which makes it an easy way to keep an eye on gear and regroup before the afternoon session.



THE GONDOLA AND MAIN SLOPE AT SNØ

AFTERNOON

14:00 – 16:00

Cross-Country Loop & Terrain Park

SNØ OSLO • SAME FACILITY, SEPARATE ZONES

Most first-time visitors never leave the main slope. SNØ also has a dedicated indoor cross-country loop (about 1 km, classic and skating lanes groomed separately) and small freestyle features — kickers and rails — active during set sessions on the main slope. Worth using the afternoon to see the parts of the facility everyone else walks past.

WEBSITE

snooslo.no/products

DIRECT BOOKING

snooslo.no/products (add cross-country as an extra to the day pass)

CONTACT

kontakt@snooslo.no
+47 916 31 490

DURATION

Included within the same SNØpass day

ESTIMATED COST

Cross-country add-on is typically less than the main slope pass — confirm current pricing at booking

WHAT TO BOOK

Add cross-country equipment rental to the same day pass

EVENING • DINNER

Rorbua

Location: Stranden 71, Aker Brygge

Website: rorbua.as | **Contact:** post@rorbua.as (groups of 10+) • +47 22 83 64 84

Built like an actual North Norwegian fisherman's cabin, open since 1990, with an open fireplace and a menu of cured cod, bacalao, reindeer and whatever the "dish of the day" is. The right register after a day of physical activity — hearty, informal, no dress code, five minutes from the hotel.

Climb. Zip. Jump.

Scandinavia's biggest climbing park, then the actual Olympic ski jump tower.



THE CLIMBING PARK AND ZIP LINES AT TRYVANN

MORNING

10:00 – 13:00

Skimore Oslo — Climbing Park at Tryvann

SKIMORE OSLO • TRYVANNSVEIEN 64, 0791 OSLO

Built with Høyt & Lavt in 2012 and still Scandinavia's most-visited climbing park: 227 elements across 14 trails ranging from half a metre off the ground up to 20 metres in the trees, plus over 1,000 metres of zip line — more than anywhere else in Oslo. The standout is Tigerspranget, the "Tiger Jump": a 25-metre pole you climb, then step off into a controlled free-fall line (minimum weight 40kg). One important correction for anyone expecting a bike park here — that's at Skimore's Drammen location, not Oslo. Tryvann is climbing and zip lines only.

WEBSITE

oslo.skimore.no/en/klatreparken

DURATION

Allow 2–3 hours for a full circuit

DIRECT BOOKING

Via the Skimore app (climbing must be booked in-app)

ESTIMATED COST

Guest pass (1 day): NOK 225 (under 110cm) / NOK 325 (110–140cm) / NOK 425 (over 140cm) — includes harness and helmet

CONTACT

Support@Skimore.no
+47 22 14 36 10

WHAT TO BOOK

Climbing park guest pass via the Skimore app; mandatory safety briefing on arrival

For group, corporate, or an editorial visit: Espen Bengston, CEO of AS Parks (Skimore's parent company) — Eb@Asparks.no, +47 920 36 045. For marketing/partnership: Alexander Olsen, Marketing Manager — Ao@Skimore.no, +47 930 77 168.

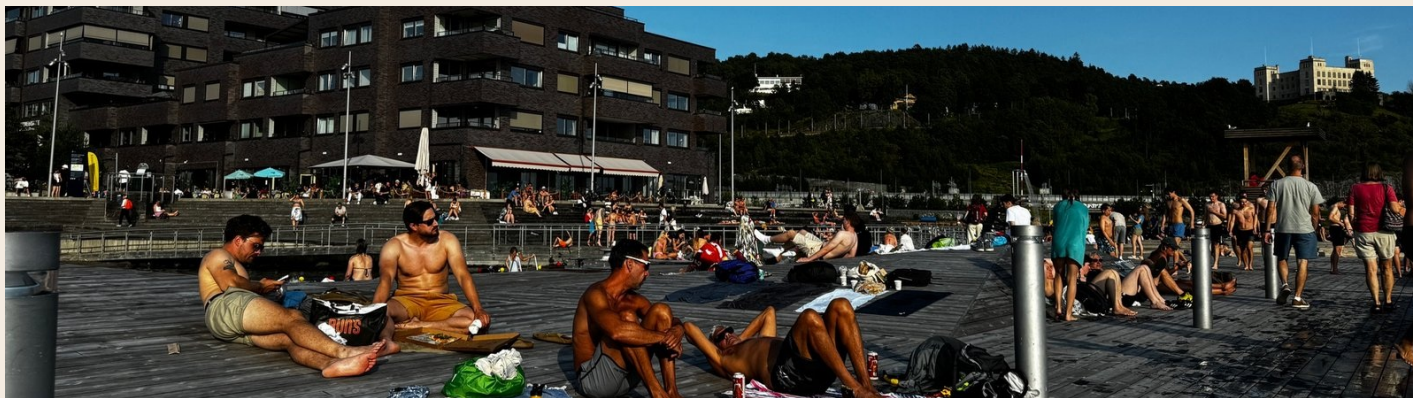
LUNCH • 13:00

Tryvannstua

Location: By the lake at Tryvann, a short walk from the climbing park — built in 1931

Booking: Walk-in sports lodge café, no reservation needed

A cabin café right on the water at Tryvann, popular with hikers and skiers taking a break. Waffles and cocoa if you want it simple, a proper lunch menu if you don't. Easiest option since it's on the way between the climbing park and the T-bane back down toward Holmenkollen.



SØRENGA, BACK AT SEA LEVEL BETWEEN THE TWO ACTIVITIES

AFTERNOON

14:30 – 16:00

Kollensvevet — The Holmenkollen Ski Jump Zipline

HOLMENKOLLEN SKI MUSEUM & SKI JUMP TOWER

One T-bane stop from Voksenkollen, back toward the city. This zip line launches from the top of the actual Holmenkollen Olympic ski jump tower — the same 361-metre flight path and 107.5-metre vertical drop that World Cup ski jumpers fly, reaching roughly 60–70 km/h. It's the single most direct way for a non-skier to understand what ski jumping actually feels like, and it closes out the "height" theme of the trip literally at the top of Oslo's most famous landmark.

WEBSITE

holmenkollen.com/kollensvevet

DIRECT BOOKING

Ski Museum entry required first, then zipline is paid drop-in at the tower — see website for current process

CONTACT

Contact form via holmenkollen.com — no direct email publicly listed

DURATION

Allow 1–1.5 hours including museum entry and queue

ESTIMATED COST

Roughly NOK 800 for the zipline plus NOK ~200 Ski Museum entry (~NOK 1,000 total) — confirm current price at booking

WHAT TO BOOK

Ski Museum ticket (required for access); weight limits apply, roughly 30–120kg, adjusted for wind conditions. Seasonal: typically April–October.

EVENING • CLOSING DINNER

Sjømagasinet, Tjuvholmen

Location: Tjuvholmen Allé 14, facing the Astrup Fearnley Museum

Website: sjomagasinet.no | **Contact:** tjuvholmen@sjomagasinet.no • +47 23 89 77 77

Fine-dining seafood, right back where the trip started at the water's edge. A proper way to close three days that ran through a fjord, an indoor snow dome and an Olympic ski jump — sit down, order the shellfish plateau, and let the last night be the slow one.

GOOD TO KNOW

Practical Reality

GETTING THERE

Fly into Oslo Gardermoen (OSL). The Flytoget express train runs to Oslo Central Station in about 20 minutes. From there it's a short tram or walk to Aker Brygge/Tjuvholmen.

GETTING AROUND

Ruter runs Oslo's trains, trams, buses and T-bane on one ticketing system. A 24 or 7-day travel pass covers everything on this itinerary, including the T-bane out to Lørenskog, Voksenkollen and Holmenkollen. No car needed.

OSLO → SNØ (DAY 2)

T-bane line 2 or 5 to Lørenskog station, roughly 20–25 minutes, then a signposted 10-minute walk or shuttle. By car, about 20 minutes via the E6.

OSLO → TRYVANN & HOLMENKOLLEN (DAY 3)

T-bane line 1 toward Frognerseteren. Get off at Holmenkollen for the ski jump/zipline, or continue to Voksenkollen for Tryvann/Skimore (12-minute walk, or a connecting shuttle bus on weekends). Journey from the centre is roughly 30–35 minutes.

MONEY

Oslo is genuinely expensive — card and tap-to-pay work everywhere, cash is rarely needed. Budget generously for food, lift passes and activity bookings rather than trying to do this trip cheaply.

WEATHER & WHAT RUNS REGARDLESS

SNØ and the Skimore climbing park both operate rain or shine (climbing pauses only in genuinely severe weather). The Holmenkollen zipline is seasonal, typically April–October, and wind-dependent on the day. KOKCRUISE runs year-round but may switch to a dockside sauna if conditions are too rough for the boat to go out.

PACE

This itinerary is deliberately full — three distinct activities, three different parts of the city, three days. Build in a buffer of 20–30 minutes around each transit leg and don't stack same-day bookings back to back without checking actual operator opening hours first.

BOOKING LEAD TIME

KOKCRUISE and the Skimore climbing park (via app) can often be booked within a few days. SNØ weekend sessions in peak periods benefit from booking 3–5 days ahead. The Holmenkollen zipline is drop-in but weather-dependent, so build flexibility into that slot if possible.

PACKING

What To Pack

Three completely different physical environments in three days — open water, a refrigerated snow dome, and a treetop climbing park — means the packing list is more specific than a normal city trip.

DAY 1 — WATER

- Swimwear (worn under clothes for the kayak tour)
- Two towels per person for the sauna — one to sit on, one to dry with
- Quick-dry layers for after the sauna/swim
- Waterproof phone pouch or dry bag
- Sandals or water shoes

DAY 2 — SNOW

- Thermal base layer — merino or synthetic, not cotton
- Light fleece mid-layer
- Warm hat and gloves (helmet is provided)
- Own ski/snowboard clothing if you have it, or add rental (~NOK 150–200)

DAY 3 — HEIGHT

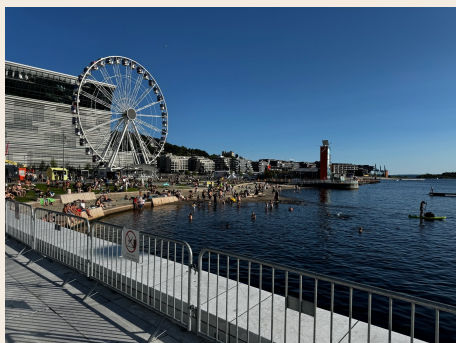
- Closed-toe athletic shoes (required for the climbing park)
- Clothes you can move freely in — harness goes over them
- Light gloves, optional (available to buy on site)
- Layer for wind at the top of the Holmenkollen tower

GENERAL

- Ruter transit pass (buy on arrival, covers all three days)
- Cards for tap-to-pay — cash rarely needed
- A charged phone for booking confirmations and QR codes
- Rain shell — Oslo weather turns quickly regardless of forecast

OSLO, NORWAY

Gallery



Watch The Recap

Brant's own Norway recap, live on Instagram — fjords, cold water and the kind of trip this guide is built to set up.

[Watch on Instagram →](#)

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Ready To Go?

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Confirm exact pricing and availability directly before locking dates — then get
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