

Visit Tromsø!

Visit Tromsø is Eco-Lighthouse certified

SUSTAINABLE TOURISM

Miljøfyrtårn

TROMSØ'S OFFICIAL TOURIST INFORMATION CENTRE

Visit Tromsø Region AS, Samuel Arnesens gate 5, 9008 Tromsø
Tromsø Havn Prosteneset (Port Terminal)
Tel: +47 77 61 00 00 - info@visittromso.no - www.visittromso.no

EMERGENCIES
Ambulance: 113 - Fire: 110 - Police: 112
Medical emergencies: +47 77 11 11 / +47 77 62 95 40
Pharmacy: +47 77 21 26 00

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BOOK YOUR NEXT ARCTIC ADVENTURE HERE

Visit Tromsø!

TROMSØ CITY MAP

Discoveries of the High North

UIT The Arctic University Museum of Norway

The Polar Museum E2

Tromsø Arctic Alpine Botanic Garden D5

MV Polstjerna A2

UIT The Arctic University Museum of Norway
uit.no/tmu
Tlf +47 77 64 50 01

LA FAMIGLIA
Italian cuisine, from lunch to lounge
Tel. +47 930 50 999

Nyt
FOOD & BEVERAGE
Tel. +47 911 81 482

PRELATEN
KRO & SCENE
TAVERN, CULTURE AND NIGHTCLUB
Tel. +47 905 08 711

STORGATA 71/73, SJØGATA 12 - TROMSØ

A bit cold outside today, isn't it? Why not pamper yourself with a relaxing day at Tromsøbadet?

we are open for you

Mon & Fri: 8:15-21:00
Tue, Wed & Thu: 6:15-8:15 & 12:00-21:00
Sat & Sun: 9:00-18:00

www.tromsøbadet.no

TROMSØ TAXI
+47 776 03 000
Airport transfer - Sightseeing - Taxi

GET YOUR TROMSØ PASS!
See more, pay less

Sold exclusively at Tromsø Tourist Information
Tromsø Havn Prosteneset, Samuel Arnesens gate 5

DAY PASS
FAMILY PASS
HALF DAY PASS
CULTURE PASS

Visit Tromsø!

Tromsø Gift & Souvenir Shop
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VIKING CRAFTS • LOCAL GLASS ART
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www.naturebowgame.com

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VESTREBATA 2

Make a smart Change

€ \$ £ ₪

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+47 47465116

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BEST ARCTIC

Northern light tours, dog-sledding, snowmobile, whale watching and much more...

www.bestarctic.com

TROMSØ CITY CENTRE

ATTRACTIONS

- THE ARCTIC CATHEDRAL** E3
ISHAVSKATEDRALEN
From 1965, Europe's second-largest mosaic glass window.
Summer and winter concerts.
Hans Nilsens veg 41
www.ishavskatedralen.no
Bus 20, 24 from Kystens Hus to Bruhodet øst
Bus 26, 28 from Torgsentret to Tromsdalen Bruvegen
- THE ARCTIC UNIVERSITY MUSEUM OF NORWAY** A5
NORGES ARKTISKE UNIVERSITETSMUSEUM
Sami culture, Stone Age and Viking eras, church art, Northern Lights and Arctic wildlife.
Lars Therings veg 10
www.uit.no/tmu
Bus 39 from Bankgata to Tromsø Museum
Bus 33 from Bankgata to Telegrafbukta
- BLUE VISION** D2
Blue Vision is a center for salmon aquaculture.
Stortorget 1, Kystens Hus
www.blue-vision.no
- BOTANICAL GARDEN** D5
BOTANISK HAGE
World's northernmost botanical garden. Open around the clock. Café Hansine Hansen is open during the summer (Jun-Aug).
Stakkevollvegen 200
www.uit.no/tmu/botanisk
Bus 20, 21, 34 from Smørtorget to UIT/Planetarier
Bus 42 from Killengrens gate to Breivika
- THE CABLE CAR** C3, B6
FJELLHEISEN
Cable car to Storsteinen 421m. Restaurant, café, viewing platform.
Sollivegen 12
www.fjellheisen.no
Bus 26 from Torgsentret to Fjellheisen
- OPEN AIR MUSEUM** A5
Two outdoor areas with 24 buildings of antiquarian value.
The museum is open summer only.
Kvaløyvegen 38
www.perspektivet.no
Bus 33 from Bankgata to Folkeparken
Bus 39 from Bankgata to Tromsø Museum
- FULL STEAM** D2
Troms region fishing history until the early 1900s.
Guided tours available.
Søndre Tollbodgate 3
www.fullsteam.no/tromso/
- MACK BREWERY** B1
ØLHALLEN
Brewery established 1877, city's oldest pub, microbrewery, shop, tours.
Guided tour Mon-Fri 15:30, Sat 14:30
Storgata 4
www.mack.no/olhallen
- MAGIC ICE** C2
Northernmost magic ice art gallery.
Kaigata 4
www.magicice.no/listings/tromso-norway/
- MS POLSTJERNA** A2
Historic sealing vessel and Snowhow exhibition.
Hjalmar Johansens gate 10
www.uit.no/tmu/polstjerna
- NORTHERN NORWAY ART MUSEUM** C2
NORDNORSK KUNSTMUSEUM
Art from early 19th century to present.
Free Wi-Fi.
Sjøgata 1
www.nknk.no
- PERSPEKTIVET MUSEUM** D1
International documentary photography, Cultural-historical photographs. Exhibitions.
Storgata 95
www.perspektivet.no
- THE POLAR MUSEUM** E2
POLARMUSET
History of winter trapping, seal hunting and polar expeditions; temporary exhibitions with Arctic content.
Søndre Tollbodgate 11
www.uit.no/tmu/polarmuseet
- POLARIA** A1
Panoramic films about Northern Lights and Svalbard; aquariums of Arctic fish; bearded and harbour seals; knowledge-based exhibits.
Seal training and feeding daily.
Hjalmar Johansens gate 12
www.polaria.no
- SCIENCE CENTRE OF NORTHERN NORWAY** D5
NORDNORSK VITENSENTER
Interactive exhibits and planetarium films.
Hansine Hansens veg 17
www.nordnorskvitensenter.no
Bus 20, 21, 34 from Smørtorget to UIT/Planetarier
- TROLL MUSEUM** C2
The first and only museum about trolls and fairy tales in Norway.
Kaigata 3
www.visittroll.no
- TROMSØ CATHEDRAL** C1
TROMSØ DOMKIRKE
World's northernmost Protestant cathedral from 1861. Summer concerts.
Kirkegata 7
www.kirken.tromso.no/menighetene/domkirken-menighet
- TROMSØ DEFENCE MUSEUM** F4
TROMSØ FORSVARS MUSEUM
Exhibits related to the sinking of the battleship Tirpitz in 1944 at Håkøya. Closed during the winter (Oct-Apr).
Solstrandvegen 370
www.tromsoforsvarsmuseum.no
Bus 28 from Torgsentret to Forsvarsmuseet

Legend:

- Attraction
- Café / pub / restaurant
- Bus route
- Bus stop
- Airport Express Coach
- Bus tickets machine
- Taxi
- Electric car charging
- Pharmacy
- Supermarket
- Rental centre
- Tourist information
- Public toilet
- Luggage storage
- Waiting room
- Viewpoint
- Toll station

Please check on our website www.visittromso.no for more information on attractions.